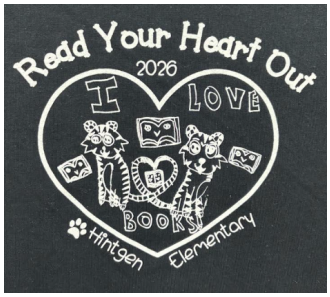
HINTGEN ELEMENTARY

May 2026 Newsletter









DREAM
BELIEVE
ACHIEVE

EMPOWER
EVERY
CHILD,
EVERY DAY.

IMPORTANT DATES

TUESDAY, MAY 5
GR 4/5 MUSIC CONCERT
6:00 PM

THURSDAY, MAY 7
GR 2, FIELD TRIP TO LA CROSSE PUBLIC LIBRARY



TUESDAY, MAY 12
ORCHESTRA CONCERT
5:00 PM

FRIDAY, MAY 15
GR 2 LA CROSSE HISTORY TOUR
8:45 - 12:30 PM

FRIDAY, MAY 15
FAMILY PBIS PICNIC
10:40 AM - 12:15 PM

THURSDAY, MAY 21
HINTGEN FIELD DAY
8:30 - 2:45 PM

FRIDAY, MAY 22
GR. 2 FIELD TRIP TO LA CROSSE QUEEN
8:30 - 12:30 PM

MONDAY, MAY 25
NO SCHOOL - MEMORIAL DAY (HOLIDAY)

TUESDAY, MAY 26
QTR. 4 FIELD TRIP DAY, ALL DAY
9:55 AM - 2:00 PM

FRIDAY, MAY 29
LAST DAY OF SCHOOL
11:35 AM (DISMISSAL)

A MESSAGE FROM THE PRINCIPAL



Greetings Hintgen Families,

It is hard to believe that we are embarking on the month of May! Despite the ups and downs in the spring weather, it surely is warming up now and that means summer is truly around the corner. In less than 5 weeks, the last day of school will be here and summer will begin. As the school year wraps up, we continue to focus on education and ensuring the highest levels of learning for all students. In addition, we just wrapped up our Forward Exam testing for all students in grades 3, 4, and 5 in the last weeks of April. We also continue to focus on additional supports for all students during their WIN times so that they can receive the additional intervention, enrichment, or ongoing practice that they need to continue to make academic gains as we finish out the year strong. We will continue our WIN groups until May 22nd . As we completed the AIMs spring screeners for students in grades K, 1, 2 and 3rd , your child may have qualified for a Personalized Reading Plan. This plan would have come home in your child's take home folder in early spring and as the year ends you will receive updated paperwork to demonstrate end of the year progress. This will come home to you in your child's take home folder.

As May 29th comes closer, I want you to know that I am very proud of all of our students and their dedication to their learning this year and I appreciate your support as parents in partnership with us at school for the betterment of your child. I have enjoyed yet another year here at Hintgen and as our relationships grow stronger and I get to know each of your children and your families, I am reaffirmed at what a great place Hintgen is to be. Over the summer you can expect some changes in our building. Some of our teachers will move classrooms, summer cleaning will take place, YMCA surround care will meet here, and summer school will not be taking place this summer at Hintgen. Our custodial staff will prepare for another new school year, our last school year at Hintgen and we cannot wait to welcome you back. This next year will be our last year together as a Hintgen community at the Hintgen site. We will continue to show up for you, our families, everyday!

Over the summer, I will not be working full time at school, but I am always available via email. Please feel free to reach out if you have any questions, or ideas on how to continue to make Hintgen great! Mary, our secretary will be available this summer and you can contact her either via email or phone to set up a time to meet with her. If you have any new neighbors, please kindly remind them to contact school and register their children and let them know what a great place Hintgen is! I hope that everyone has a safe and enjoyable summer, and I am looking forward to seeing everyone back this fall!

Your partner in education,

Amy Oliver
Principal



UPDATE ON HINTGEN AND STATE ROAD CONSOLIDATION AUGUST 2027 (FROM MRS. OLIVER)

As a part of the Hintgen community, we are all aware of our community's decision that passed the School District of La Crosse referendum last November, which will bring Emerson and Spence Elementary Schools together at the Hogan administrative site along with a new building. The consolidation will also bring State Road and Hintgen Elementary school together at the State Road elementary site. The groundbreaking construction for this addition took place in October, and building construction is already underway.

As a school community, I want to keep you updated and aware on the progress occurring at this consolidated site to ensure our Hintgen students, staff, and families are informed. There are a few ways that you can stay in the loop. The first way is a LIVE camera feed that is on 24/7 on the State Road site. You can access this camera feed at any time to see the ongoing construction progress. **CLICK HERE FOR THE LIVE CONSTRUCTION VIDEO.**

Additionally, I am working with State Road's principal Jac Lyga to bring a video series to our students and staff that showcases the ongoing construction so that we have a shared understanding, a shared investment in our future and can build excitement over the next 1-1/2 years. I will also share this video with you - our families, our Hintgen community - to keep you in the loop and stay updated on the progress.

Over the past few months we have gone through the naming process for the name of the building at the State Road site when we consolidate and the naming process for the Spence and Emerson consolidation at the Hogan site. In that process, I shared with you the recommendation that each schools committee brought forth to the board. The recommendations from Hintgen and State Road were: Pammel Creek Elementary, Woodside Elementary, Maple Ridge Elementary and then the current site name of State Road Elementary. **On April 20th, our SDLAX School Board decided that the name should be changed and they voted to change it to Pammel Creek Elementary School when we consolidate in August of 2027**. This signifies an important next step for our Hintgen students, families, staff and community at large to be a part of a new culture and community as we move forward.

There are now five construction video updates that have been shared with our students, and you can access these below to check out the construction progress:

Click on the icons below to watch the videos

1 2 3 4 5

PARENT TEACHER ORGANIZATION

The PTO meets monthly on the **2nd Tuesday of the month. All meetings are virtual,** and you can click the button or scan the QR code to the right to join us in Google Meet. All PTO meetings **begin at 5:30pm.**

Please consider joining us at a meeting, or helping out in any capacity as we are always looking for additional family supports. There are many ways you can be a PTO member. Please contact our **PTO rep, Dawn Ortiz (608) 792-8713** or email the PTO at **ptohintgen@gmail.com**. They can help you if you have any questions or want to know ways to become involved. Check out the PTO Facebook group by clicking on the orange button to the right!

Our May meeting is on May 12th.

Join the Meet

Hintgen PTO Facebook Group

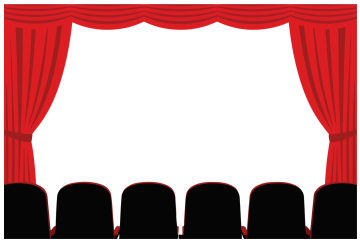


HINTGEN'S GOT TALENT!

This year during the last weeks of school we will again host **Hintgen's Got Talent**, a talent show for students in grades 3-5.

Students who are interested need to begin to plan for an in-person talent show, LIVE. More details will be coming soon on how to sign up and the time requirements but please plan for this and be ready to perform (if you are interested) the last week of school in front of the school audience!





ORCHESTRA CONCERT & INSTRUMENT TURN IN



The Hintgen Spring Orchestra Concert will be at 5:00pm on May 12th in the Cafeteria. Students should arrive at 4:30 and report to the orchestra room. THe concert will be over by 5:45 so that Longfellow orchestra families can go to their concert as well. There will be treats for students following the concert and instrument check in. All are welcome and we hope to see you there!

All school owned instruments, lesson books, instrument name tags and other school owned materials must be turned in to Ms. Hofland by May 22nd. Students should check them in with the helper and leave them in the Orchestra room after the concert.

Ms. H thanks everyone for an awesome year and hopes you have a wonderful and musical summer!

END OF SCHOOL YEAR MEDICATION PICKUP

A reminder to parents that have medications at school for their child(ren): Medications should be picked up in the Hintgen office by 11:35 on May 29th. All medications must be picked up by a parent/guardian.



PARENTING TIPS OVER SUMMER BREAK

There are a few parenting tips podcast from Gunderson Clinic as a reminder to all parents/kids during summer break. See flyers for more information.

-Parenting Tips Podcast
-healthychildren.org
-Screen TIme
-Family Activity Menu

CALLING FOR BOOKS



All library books are due back May 19th. Notices of books still checked out to students will be emailed, and a paper copy sent home, after May 18th.

Lost books can be paid for with cash to the LMC or checks made out to School District of La Crosse and in the memo line write “Lost book fee”

FROM LMC

The end of the school year is upon us! All Hintgen library books will be due on your child's last library day- between May 12th and May 19th.

The school library offers ways that your student can keep reading through the rest of the school year and throughout the summer.

To take advantage of these offerings, you need a tablet, computer, or smart phone. With Classlink students use one username and password to access all of their digital resources.

Accessit is our online library catalog. This is how the library materials are managed. Use this link to search for materials you might be interested in reading. **In the upper right hand corner of the Hintgen Library Homepage, you will find and click on 'Guest' to get to the below apps and programs.** Students - Please use your school district login to place items on hold. If you need assistance with login info, please reach out to your teacher or myself.

BrainPop: an animated education site for kids - science, social studies and more.

Flocabulary: video-based lessons and activities that leverage the power of hip-hop, storytelling, and emotional connections.

MackinVIA: provides easy access to electronic books. Click on the MackinVIA icon on the library Classlink site, or download the MackinVIA app on a tablet. Students use their school username and password to access available titles.

PebbleGo: a non-fiction database with a wealth of information. It offers biographies, and information about animals, dinosaurs, social studies and science.

Sora: read ebooks, audiobooks, magazines and graphic novels; enjoy them on your phone, tablet, laptop or desktop.

Lastly, make sure to visit the La Crosse Public Library this summer for an assortment of fun and free summer reading programs!

Happy Reading!

Ms. Evelyn Hyson
Hintgen Library Media Specialist/HPL Teacher

A FOND FAREWELL AND BEST WISHES TO THE FOLLOWING HINTGEN STAFF

We would like to thank the following staff members for their dedicated service to the families and children at Hintgen.

Denise Lichtie - 3rd Grade Teacher

Michelle Mirasola—Speech and Language Teacher

Cindy Reiland - 4K Teacher Assistant

Kris Markworth - Title 1 Teacher



We wish them all success and happiness in their future endeavors!

LOOKING TO NEXT YEAR STAFFING

Below is a look at what grade level sections will look like next year. Certainly, summer can bring additional changes but as of now, here is what the fall sections look like at Hintgen:

KG - Christine Rox	3rd - Lisa O'Malley
KG - Shanon Bills	3rd - Kate Peterson
1st - Jaime Hauser	4th - Jillian Shanks
1st - Jen Thill-Sanders	4th - Delane Swanson
2nd - Caroyee Moua	5th - Pada Yang
2nd - Theresa Semlar	5th - Madeline Leisgang



The last day of school is Friday May 29th. All students will have lunch provided and will be dismissed at 11:35.

PRE-REGISTRATION FOR SUMMER SCHOOL



HINTGEN IS NOT A SUMMBER SCHOOL SITE OPTION FOR THIS YEAR. SPENCE & HAMILTON ARE THE CLOSEST SITES.

Registration for Foundations Summer School classes started on March 23rd. Online scheduling is closed, but you can still call the school office to register your child.

The Summer School dates for our FOUNDATIONS classes (Preschool Pals, Kindercapers, and Reading & Math) are:

- July 6th - 30th
- Monday-Thursday (No Friday Classes).
- Sites: Emerson, Hamilton, Spence, and Northside.

CLICK HERE for ***Summer School Catalog***

PRESCHOOL REGISTRATION 2026-27 SCHOOL YEAR

Have you enrolled your child in Preschool for the 2026-27 school year? Registration is for students who will be four years old by September 1, 2026. New student Online enrollment is open now.

Visit 4K Preschool Enrollment page at
https://www.lacrosseschools.org/enrollment/preschool/

• Existing Family in District: You will log in using your Skyward family account information and click the New Student Online Enrollment on the top left.

• New Family in District: If you are new to the school district, follow the prompts to create an account and complete the New Student Online Enrollment process in Skyward.

Your student's 4K enrollment must be completed to be able to choose your preschool site online starting on February 10th at 7:00 a.m. Early registration is recommended as placement is based on a first come first serve basis and spots are limited at each location.

KINDERGARTEN 2026-27

If you are planning on sending your child to Kindergarten at Hintgen next school year, please call the Hintgen office to confirm at 608-789-7767, ext. 0.



SPRING WILDLIFE ART SHOW

Congratulations Summer!!!

Summer's ceramic bird sculpture was selected by School Board Member Jeff Jackson. During Youth Art Month, School Board Members and Administrators select their favorite artwork from the various schools in the La Crosse School District.

Great Job Summer!



SUMMER BUILDING HOURS

Hintgen will NOT be a summer school site this summer.

- Summer School Information will be sent out in June.
- There will be Surround Care this summer at Hintgen, Emerson and Spence.
- The Hintgen office will be open this summer, however Mary will be taking some vacation time in June so please call or email ahead of time to arrange a time to come into the office if needed. You can leave a voicemail at 608-789-6801 or email: hintgen@ lacrossesd.org
- Mrs. Oliver will be working in and out of the building during the summer as she is not required to be here. Please know that Mrs. Oliver will be checking email frequently so if you should have any needs please feel free to email her at aoliver@lacrossesd.org.

WALKING SCHOOL BUS ON WEDNESDAY MORNINGS



We will walk every Wednesday, starting April 8th through May 20th. Please meet at 7:05 at the Big Electrical Pole, between Kenton and Birch Streets on 33rd St. Miss Delane will see you there! If the weather looks iffy please listen for a PARENT SQUARE MESSAGE or check the Hintgen Facebook Page for updates.

TEACHER APPRECIATION WEEK MAY 4–8



Once again this year our Hintgen teachers have poured countless hours into connecting with students and families to ensure the most optimal learning experience for your child. I am appreciative of their dedicated work and their partnership with each of you as families.

During the week of May 4th – 8th, teachers will be reminded by our PTO, our LPEF community and Mrs. Oliver, the many ways that they are appreciated, with little tokens of appreciation. I encourage you as parents and community members to share your stories, letters and thanks of gratitude to your child's teacher. While teachers get into this profession for their love and passion for working with students, appreciation affirms their work and fills their hearts. Thank you for taking the time to share your appreciation with them, it will mean the world to them!



PICTURES, REGISTRATION, AND OPEN HOUSE FOR THE 2026–27 SCHOOL YEAR

Again this year we will host our Registration and Open House on two different dates in an effort to ensure that all families can partake and that our Open House is a great big "welcome back to school" event.



Pictures and registration will take place on **Wednesday, July 29th, 1-7pm**. More information will come in your summer mailing packets, but you can expect your child's picture to be taken and all registration/paperwork will take place on this day in our building. We will be able to utilize our gym to avoid long lines or build up in the hallway and then better meet family needs.

On **Monday, August 17th**, we will host our annual Open House. On this day, students/families will be able to drop off school supplies, meet their teacher and check out community resources available to our Hintgen families. This will be a slower paced evening and allow families and kids to get excited to return to school! **The Open House will be from 5:30-6:45 PM.**

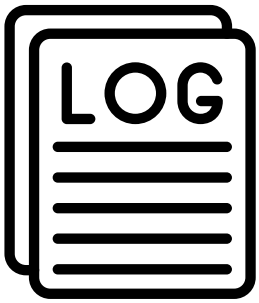
PLEASE ADD THESE DATES TO YOUR CALENDAR!



MONTHLY READING LOGS



A reminder that at the end of each month, students are encouraged to bring back their home/school reading logs and turn them into their teacher. When they do so, they may have an opportunity as a class to visit our Book Vending Machine and receive a free book, as well as a coupon for a free pizza! Only when kids read at school and at home can they continue to make reading progress and feel successful as a reader! Check out who are mystery readers are for this month too – keep reading!



BACK TO SCHOOL



There will be three 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 -July 8th: 5:30 pm-7 pm -1331 Clinton Street, La Crosse
La Crosse Center - August 4th: 9 am-12 pm and 1 pm-5 pm -Arena Floor
Mathy BGC -August 11: 5:30 pm-7 pm -8118th Street South, La Crosse

SEE ATTACHED FLYER FOR MORE INFORMATION!

TIGER PRIDE COUNTDOWN



We encourage students to join in with us to keep our Tiger pride spirit strong as we finish out the year!

SEE THE ATTACHED TIGER COUNTDOWN SHEET. THE COUNTDOWN BEGINS ON MAY 15TH.

ANNUAL PBIS FAMILY PICNIC FRIDAY, MAY 15TH

Please see the attached flyer for more information on our annual family picnic lunch to be held at Hintgen on Friday, May 15th. If you or anyone in your family is able to join us, please fill out the attached signup and send it back to school. Providing the weather is nice we will enjoy our luncheon together outdoors. We hope to see you there!

Parent must present valid Driver's License or State ID when joining for lunch.

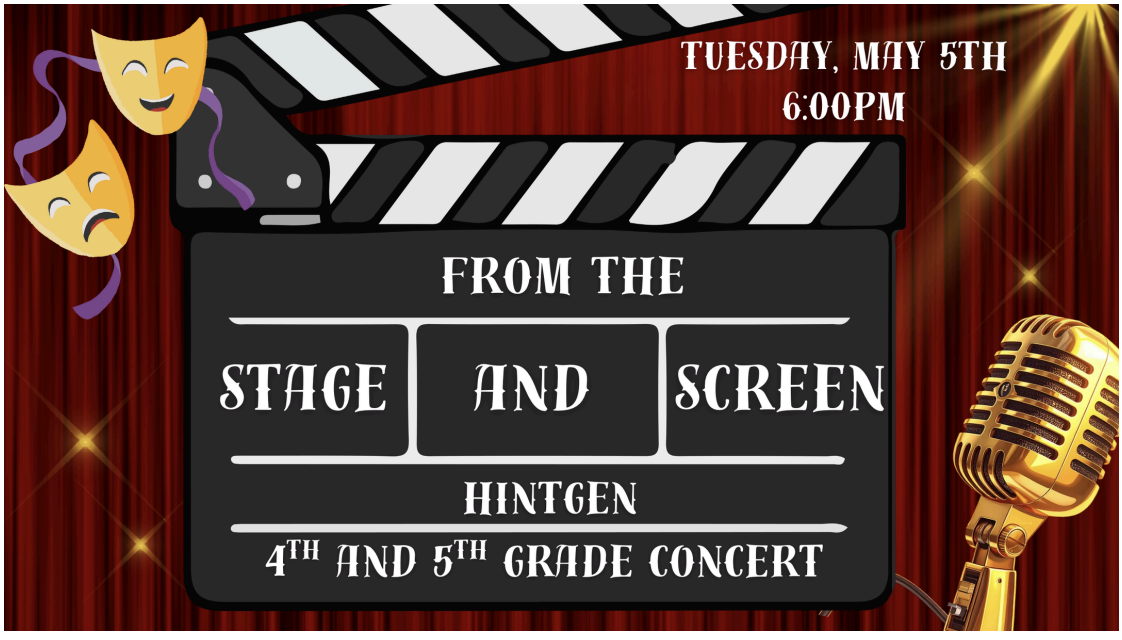


PETS IN AND AROUND HINTGEN

As the weather gets warmer, it is likely that we will see many of our families with their pets outdoors. As a friendly reminder, pets are not allowed on school grounds per district policy. This is for the safety of all students and pedestrians. Additionally with allergies of students, only pre-approved pets are allowed. Thanks for your help with ensuring this for everyone's safety.



SPRING MUSIC CONCERT DATE!



ATTENDANCE MATTERS



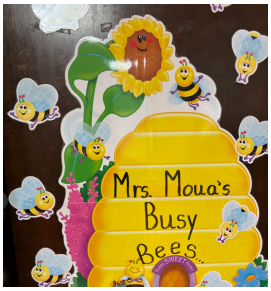
Parents, please remember if your child is going to be absent due to sickness, appointments or if you are out of town, please call the Hintgen Office at 608-789-6801 by 8:30 a.m. the day of the absence. If there is no call, the absence will be recorded as unexcused. Please remember that attendance at school is vital for your son/daughter's success. Coming in late not only is considered tardy but it also impacts your child's ability to start their day participating in their class morning meeting and to be a part of their classroom community. In addition they are unable to know the routines and schedule for the day and miss out on these crucial times with their school community. Please make it a priority to ensure that your child is at school on time and ready to learn! If your child is going to be absent due to a doctor or dentist appointment, it is always helpful to bring in a doctor's note so it can be noted in their attendance record.

This year the School District of La Crosse continues to partner with La Crosse County and one way that we will stay current and inform you of your child's attendance is to send home attendance notification letters. These will occur at 3, 6, 9, 12, 15, and 18 day intervals for all absences. Once your student has 10 excused absences, per state law and district policy, you can expect communication from school. This is to inform you as a parent of the total # of missed days. Missing school days means missing classroom instruction, routines and procedures and connections with kids and adults who care. Missing school matters. We recognize that multiple days can occur quickly, so we will continue to keep you informed of those missed days with letters that come via parent square and in your child's backpack. As always our goal is to partner with you to reduce the number of absences from school.

If you receive a parent letter, this is simply notification. If Laura Husby, our school counselor/social worker reaches out this is to partner with you in effort to reduce barriers to ensure your child can be here at school. Together we can make sure that attendance is not a reason your child is not successful.

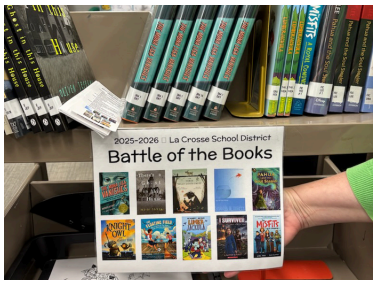
HINTGEN ELEMENTARY

MAY 2026 Newsletter









608-789-7767, ext. 0

Hintgen@LaCrosseSD.org

3505 S. 28TH St., La Crosse, WI 54601

DREAM, BELIEVE, ACHIEVE.

EMPOWER EVERY CHILD, EVERY DAY.

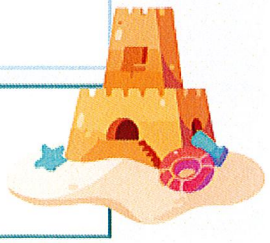


TIGER PRIDE

Countdown to Summer



Friday 5/15	T	**Tiger Pride Day** Wear Hintgen colors or tiger themed gear
Monday 5/18	I	**Island Day!** Wear tropical outfits, leis and sunglasses
Tuesday 5/19	G	**Game Day!** Wear jerseys, uniforms, etc. to show support for your favorite player or team
Wednesday 5/20	E	**ExtraRecess** Enjoy some extra time outside with your class
Thursday 5/21	R	**Red, White and Blue Day!** Happy 250th Birthday USA!
Friday 5/22	P	**Pirate Day!** Ahoy!! Dress like a pirate!
Tuesday 5/26	R	**Rock Star Day!** Dress like a rock star or music legend (sunglasses, glitter, etc.)
Wednesday 5/27	I	**Inside Out Day & iPad collection**
Thursday 5/28	D	**Disney Day!** Dress as your favorite character or wear anything Disney
Friday 5/29	E	**End -of -Year Celebrationn Day!** Dress your best for the last hurrah!



MAY 2026

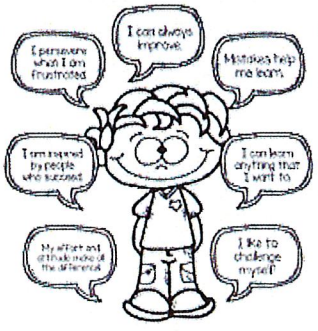
PBIS Newsletter

May's Core Value

PERSEVERANCE

Perseverance is the core value of **continuing to strive toward goals despite obstacles, setbacks, or frustration**, acting as a crucial driver for academic and personal growth. It cultivates a growth mindset, building student resilience, self-esteem, and the ability to view mistakes as learning opportunities rather than failures.

I have a
GROWTH MINDSET!



The Power of YET

Teach your child to reframe "I can't do this" as "I can't do this yet" to foster persistence.

Upcoming Events

- PBIS Family Picnic May 15
- TIGER PRIDE countdown starts May 15
- Field Day May 21
- Last Day of School May 29

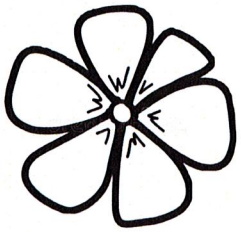
Core Values

Respect, Friendship, Giving, Responsibility, Compassion, Honesty, Self-Discipline and Perseverance

Kindergarten 25-26

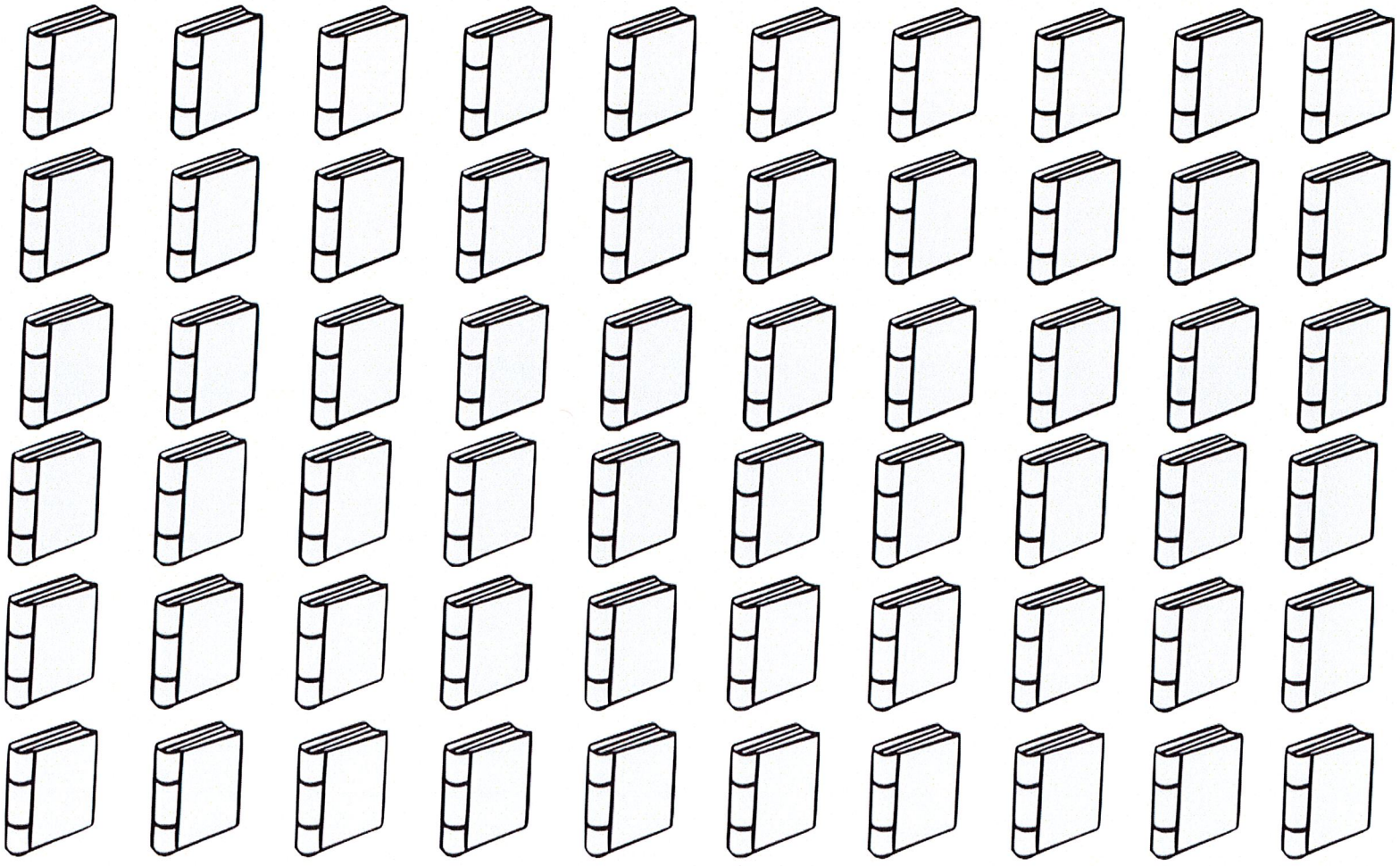
Name: _____ **Teacher:** _____

Every night, color in the number of books you read. At the end of the month, each student who turns in their completed reading log will receive a coupon for a free pizza.



May Reading Log

My goal is to read 60 books this month!



Mystery Reader: Scan the QR code, listen to the story and write your guess of who you think the mystery staff reader is.

Mystery Reader #1

Mystery Reader #2

Mystery Reader #3

_____ _____ _____

HINTGEN'S GOT TALENT

Calling all 3rd, 4th and 5th graders:
Be a Star! Talents must be able to be done in person, live, during an all-school assembly in the gym. Talent Acts (no longer than 2 minutes) could include: singing, playing an instrument, gymnastics, dance, martial arts, magic tricks, joke-telling, trick shots, and many more!

WHEN: LAST WEEK OF SCHOOL
WHERE: HINTGEN GYM





Sign up for a slot on Ms. V-C's door to perform your talent act and get approved BEFORE the show.

SIGN UP FOR APPROVAL SLOTS WILL BE ON MUSIC ROOM DOOR ON MAY 11TH



PARENTING TIPS *podcast*

A podcast series to help parents of young or school aged children - From Child and Family Therapist, Jeff Reiland, MS.

EACH PODCAST IS FILLED WITH INFORMATION ABOUT:

- Why parenting well is so important for the physical and mental health of your child.
- What tools you can use to create the best possible relationship with your child.
- What the science of child development and parent-child relationships tell us works... and what does not work.
- Suggestions for what you can do - starting today - to become a more effective parent and have happier and healthier children.

SCAN THE QR CODE

to access the parenting tips website. https://bit.ly/3OJ56jr, or Search Spotify & Youtube - Find under the Podcast category using keywords Jeff Reiland or Gundersen Health.

GUNDERSEN HEALTH SYSTEM®

Parenting Tips Podcast with Jeff Reiland

(List of topics. Updated 1-6-2026)
Spotify Link: bit.ly/parentingtipsbyemplifyhealth
Emplify Health by Gundersen

What's In your toolbox?
- 1. Introduction to Parenting Tips
- 2. The Parent-Child Relationship
- 3. Who Parents?
- 4. Our Social Inheritance
- 5. Parenting Styles

Assessing the situation or problem behavior
- 6. Why Children Misbehave
- 7. Keeping Track of Problem Behaviors
- 8. Common Parenting Mistakes
- 21. Change Part 1 – Stages of Change
- 22. Change Part 2 – Barriers to Change
- 23. Change Part 3 – Making a Change

Parent self-care
- 9. Taking Care of Yourself
- 30. The Great Question Book
- 59. Parenting with Mental Illness Introduction
- 60. Parenting with Depression
- 61. Parenting with Anxiety
- 62. Parenting with Bi-Polar Disorder
- 63. Parenting with Addiction
- 68. Parenting with a History of Trauma

Responding to bullying behavior
- 18. Defining Bullying
- 19. Bullying vs. Mean
- 20. Taunting vs. Teasing

Helping your child manage big emotions
- 17. Big Deal-Little Deal
- 73. Children and Emotional Regulation
- 74. The Development of Emotions
- 75. When Children Become Dysregulated
- 76. Tools and Strategies to help children Regulate Their Emotions
- 77. Understanding and Responding to Your Child's Temperament

Helping your child with self-regulation (delaying gratification, problem solving, flexible thinking)
- 11. The Even and Odd Rule
- 10. Shopping Trip Problems
- 47. Co-Regulation
- 48. Self-Regulation
- 49. Teaching Patience
- 54. Flexible Thinking
- 55. Problem Solving
- 56 Children Seeing Different Points of View
- 71. When Children say I can't, or I don't know how
- 72. Building Confidence in Children

Encouraging positive behaviors
- 24. Growing Good Behavior
- 25. Positive to Negative Ratio
- 26. Praising Kids
- 27. Nonverbal Praise
- 28. Planning and Preparation

Managing challenging behaviors
- 29. Saying "No"
- 31. What Does "Discipline" Mean
- 32. Setting Limits
- 33. Ignoring Certain Behaviors
- 34. Giving Effective Commands
- 35. Distraction
- 36. Giving Choices
- 37. Natural Consequences
- 38. Logical Consequences
- 39. Delay of Privileges
- 40. Punishment vs. Discipline
- 41. Time-Out Part I: Why Time Outs
- 42. Time-Out Part II: Before the Time Out
- 43. Time-Out Part III: During the Time Out
- 44. Time-Out Part IV: After the Time Out
- 45. Time In

Building friendships
- 50. Why Friendships are Important in Childhood
- 51. Stages of Friendship During Childhood
- 52. Skills for Friendship
- 53. Empathy

Guidelines for recreational screen time
- 12. Pediatric Guidelines for Screen Time
- 13. Media Tips for Families from The American Academy of Pediatrics
- 14. Assessing Your Family's Screen Time
- 15. Activity Menus for Managing Screen Time
- 16. Assessing Parent Screen Use

Encouraging learning
- 46. Creating a Language Rich Home
- 57. Encouraging Curiosity
- 58. Encouraging Creativity

Special topics
- 64. Understanding Adverse Childhood Experiences ACEs
- 65. Understanding Social Determinants of Health
- 66.Protective Factors that Buffer Children from Toxic Stress
- 67. Building Resilience in Children
- 69. Grand Families
- 70. Children of Incarcerated Parents
- 78.Intro to Children of Divorce Series
- 79. The Effects of Divorce on Children
- 80. Telling the Childre about Your Decision to Divorce
- 81. The Good Divorce
- 82. High Conflict Divorce-The Bad
- 83. Kids Caught in the Middle
- 84. Why do Parents Put Their Kids in the Middle?
- 85. Parallel Parenting
- 86. Introducing a New Person to the Children
- 87. Basic Rules for Co-Parenting

QR Code to access podcast series through the Gundersen Health System Patient Education website

healthychildren.org

American Academy of Pediatrics

1. Setup device control settings

- **Enable parental controls:** Turn on parental controls to block access to risky or inappropriate content, based on your child's age. This helps create a safer online experience. For example, you can add website content filters to iPhones, iPads, laptops and other devices that use Apple iOS. Gaming consoles like the Nintendo Switch often have parent control apps available to help you set limits based on your family's preferences.

- **Learn about the 5Cs of media use** to better understand what content and boundaries are appropriate for your child based on their age.

- **Ensure a good night's sleep:** Many devices have specific restrictions for nighttime, such as Apple's Downtime, to prevent devices from getting in the way of sleep routines.

- **Set time limits and reminders:** Use built-in tools or downloadable apps such as Google's Family Link to limit your child's time on their devices. You can also set reminders to help them manage device use effectively.

- **Encourage screen breaks:** Apps such as Time Out offer useful reminders to step away from the screen.

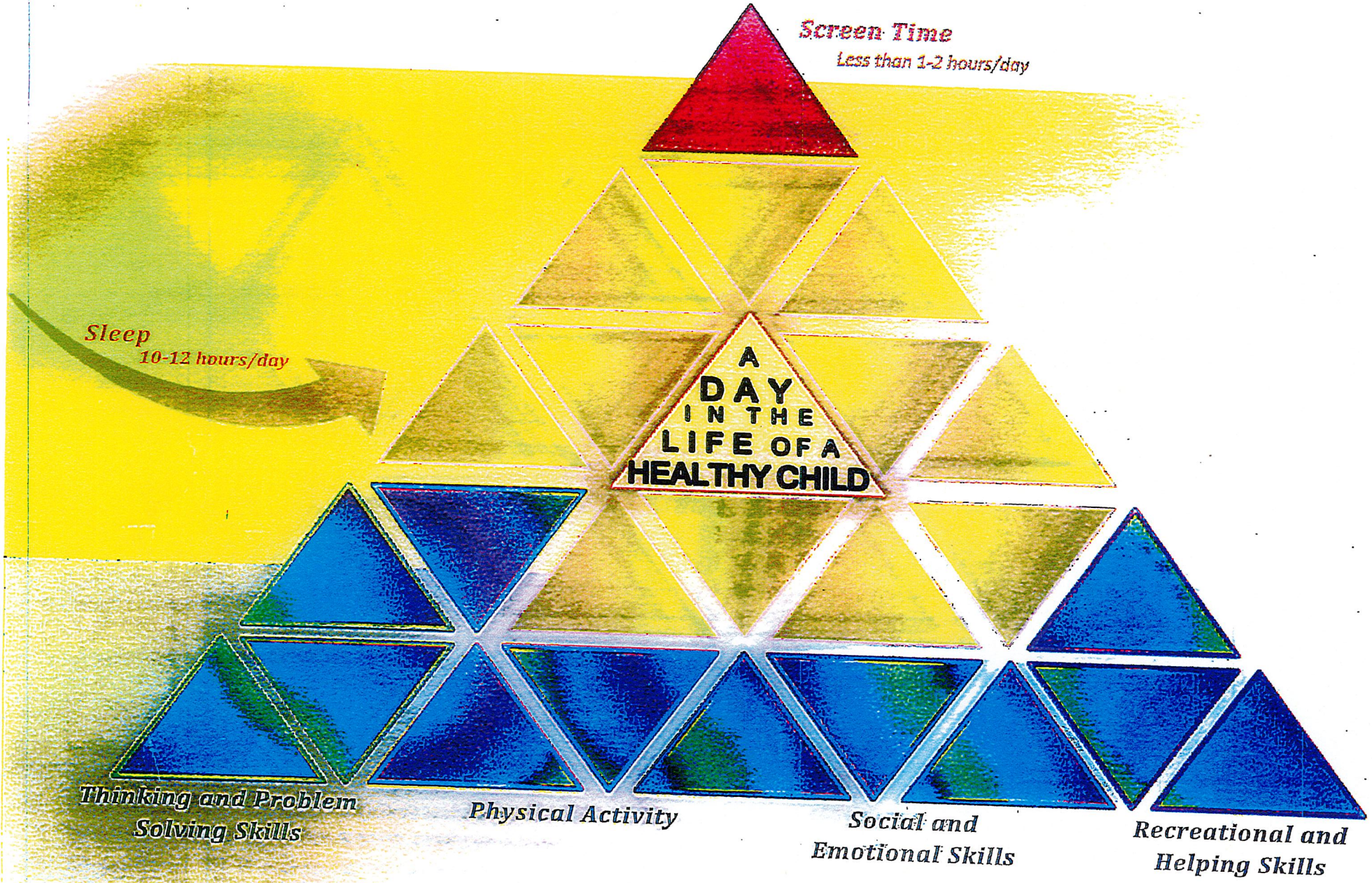
- **Learn the digital landscape:** AAP's Glossary of Digital Media Platforms provides detailed information (including control settings) about social media, video sharing and gaming apps that might be available on your child's new device.

2. Talk about online privacy and security

- **Set up privacy settings:** Make sure privacy settings are turned on to protect personal information.

- **Know what data apps collect:** Walk through the various app settings together so you know what data they are collecting and how it is being used. Some devices such as smartphones offer the option to review or change an app's permission to track your data.

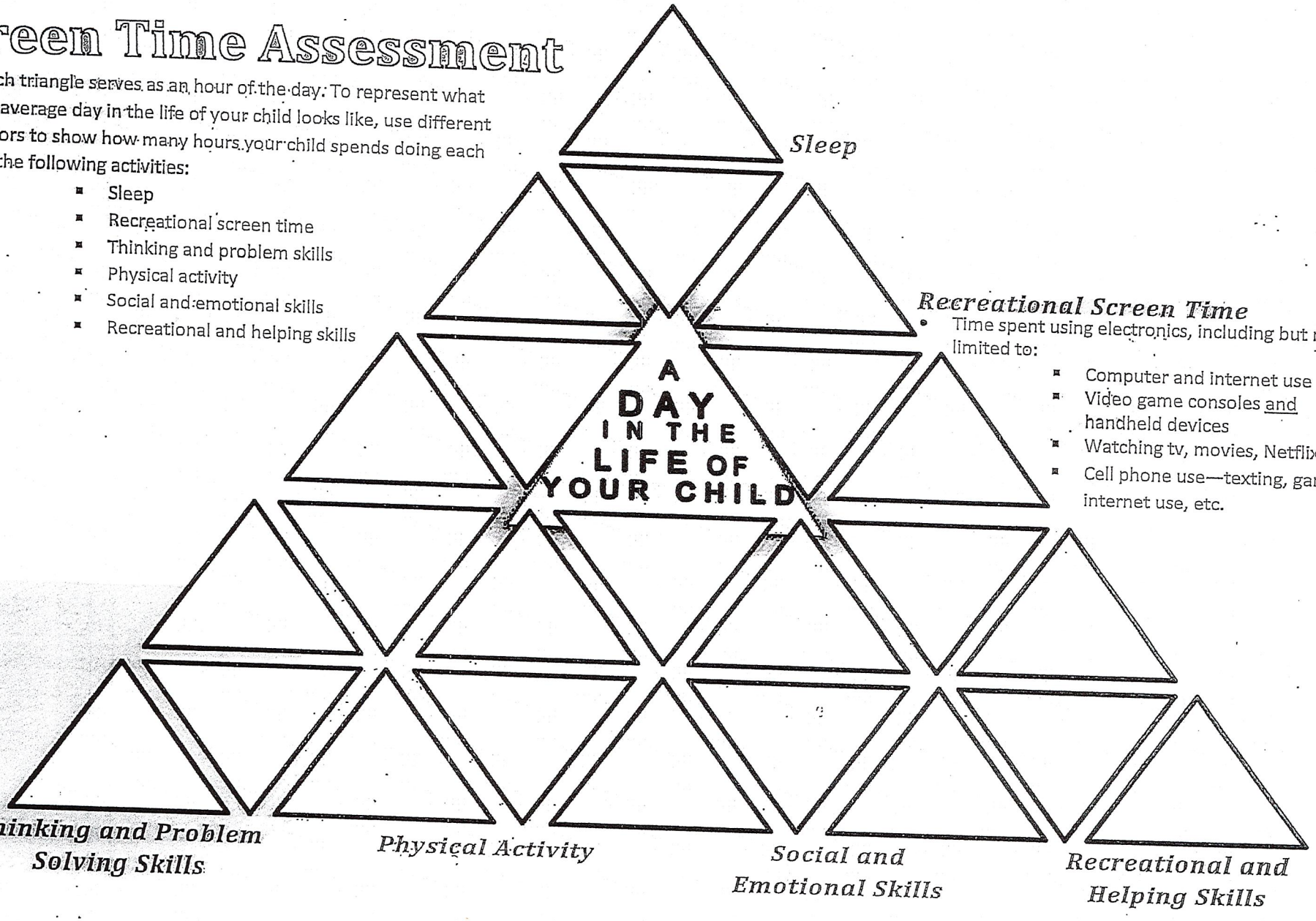
- **Take a digital citizenship class:** Consider learning about online safety and responsible internet use together. Find more information on digital citizenship classes and resources you can explore with your teen here.



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Screen Time Assessment

- Each triangle serves as an hour of the day. To represent what an average day in the life of your child looks like, use different colors to show how many hours your child spends doing each of the following activities:
  - Sleep
  - Recreational screen time
  - Thinking and problem skills
  - Physical activity
  - Social and emotional skills
  - Recreational and helping skills



Recreational Screen Time

- Time spent using electronics, including but not limited to:
  - Computer and internet use
  - Video game consoles and handheld devices
  - Watching tv, movies, Netflix, etc.
  - Cell phone use—texting, gaming, internet use, etc.

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Family Activity Menu

Helping my family create great experiences

There are many reasons that you might want to enrich your family life in simple, but meaningful ways. Which of these are important for you and for your children?

Check off the benefits that you feel are the most important to you:

- ☐ Children complain of being bored less often when they are active.
- ☐ Active and engaged children argue with each other less often.
- ☐ Individual play time develops independence.
- ☐ Individual play time develops imagination and creativity.
- ☐ Activity with others promotes social skills of sharing, turn-taking, and problem solving.
- ☐ Parents and children sharing activities together provides opportunities for parents to model emotional and social skills.
- ☐ Parents and children sharing activities together creates richer memories.
- ☐ Family members sleep better.
- ☐ Family members that are active are physically healthier.
- ☐ Children will have and share more positive memories of childhood
- ☐ Children will have better planning skills for their future, including parenting their own children

Can you think of other benefits not mentioned here?

- ☐ _____
- ☐ _____

Do one or more of these reasons make sense to you? Do you feel it is worth investing your time to make some changes? If so, let's get started!

A day in the life of a Healthy Child

What is a good balance of activity for children? Most experts recommend that children need about 10-12 hours of sleep in a 24 hour period. How is the rest of the time used? Children learn and grow when they are active. If we break down what the rest of the day could look like, it would include activities that involve physical exercise, social and emotional interaction, engaging in thinking and problem solving, and learning how to be part of a family through developing recreational and life skills like getting dressed, putting toys away and other helping tasks. The work of childhood takes up about half of their entire day!

How Screen Time Does My Child Have?

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Please share with parents!

How much screen time is too much? Recreational screen time is not bad. But too much recreational screen time has been linked to numerous health and developmental problems with children. The American Academy of Pediatrics recommends no more than one to two hours of recreational screen time for children age 3-18, and no screen time for children under the age of three!

Let's look at how much recreational screen time your children have right now. To do this, count up all of the recreational screen devices your child has access to. This includes television, computer, any videogames, iPads and readers and cell phones! Estimate how much time you and each of your children spend with each of these devices each day. If you are not sure, take a week and keep track using the Recreational Screen Time Assessment Chart. You might want to keep track of your own use also! The two graphs on the following pages can help.

Two Steps to Creating Great Experiences with Children

Step 1

Take a sheet of paper and make five columns. You are going to be making lists of options for you and your children to help them find alternatives to screen time. Ask your children to help make these lists!

1. **Inside Activities I Can Do by Myself**
2. **Inside Activities I Can Do with Others**
3. **Outside Activities I Can Do by Myself**
4. **Outside Activities I can Do with Others**
5. **Things to do in the Community**

Inside Activities I Can Do by Myself. Make a list of all the non-screen related activities your child can do by themselves. Be specific! Coloring, drawing, reading, building a fort, playing with blocks, cars, dolls. Describe the options your child has right now at home. No need to buy more stuff!

Inside Activities I Can Do with Others. Make a list of all the non-screen activities your child can do with others. This could be a sibling, a parent, the babysitter, or friends. Be specific! Examples include puzzles, baking or helping in the kitchen, craft projects, specific card games and specific board games. It is important to list each one!

Outside Activities I Can Do by Myself. Make a list of all the activities your child can safely do in your outside space. This will depend on the season and weather. It may include side walk chalk, building a fort, sand box, watching birds and butterflies.

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Outside Activities I can Do with Others. Make a list of all the activities your child can safely do in your outside space with a parent, siblings or friends. This may include games of catch, hopscotch, tag, hide-and-go-seek, or building a blanket fort.

Things to do in the Community. Finally, make a list of all the activities that you can do with your child in your community. This may also be a seasonal list. Be sure to be specific. List specific parks. Each park has its own unique qualities. Where are the favorite places to go in winter, spring, summer, and fall?

Pictures and words. For very young children it may help to use pictures to help them see all of their choices. They can help by drawing pictures of the activities on the list, taking a picture of the activity, or finding a Google image of the activity. You can use either the hand written list, or create your own on the computer.

Use these five lists when planning out your days and weekends. When your child complains of being bored, Use these lists with your children to guide them in deciding what their choices are and how to plan out their time. Make recreational screen time a privilege. Make it the dessert of the day, a treat after the "work" of childhood.

Step 2.

Create and enforce rules around recreational screen time.

Create a rule in the family that recreational screen time can only happen after other important activities that include homework, chores, and other important activities such as playing with others, reading, art, or imagination time.

Here is a sample rule:

- ***Recreational screen time is a privilege that happens after dinner on weekdays and only after family members have completed homework, chores, and other important activities.***

Additional Guidelines

- Recreational screen time can be banked when a family has other plans for the day or evening. This screen time bank account can be tapped on rainy days or during cold winter months in small amounts of an extra hour or two.
- Have a recreational screen time buy-back program! Consider buying back un-used screen time from your child in order to help them learn about economics. If there is a toy your child really wants, consider having them sell their excess screen time for a small amount per hour.

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Tips:

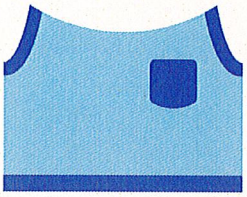
Be aware of your own screen time use. You are your child's most important teacher. Model how to limit your own screen time activity. Have a rule that bans cell phones or television time during family meals. If a friend calls while you are investing time with your child, call them back later. This tells your child that they are more important to you!

Check back each day to see how you have done in redirecting your child's recreational screen time use. Count your successes! Having fun and interesting activities available and making these a priority over recreational screen time is an important step in creating a healthy lifestyle for your child.

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Staying Safe in the Sun

Spending too much time in the sun can harm our bodies. Here's how you can protect yourself.



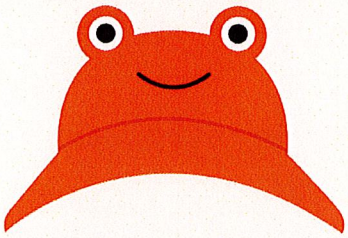
Dress up

with protective clothing and light-coloured clothes.



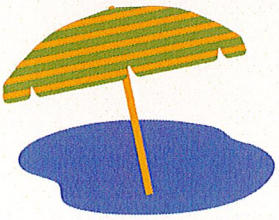
Slather

on 30+ SPF sunscreen everyday!



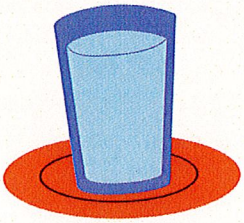
Put

on a wide-brimmed hat!



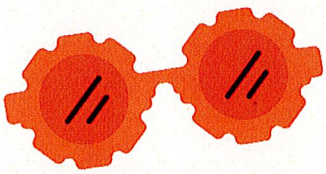
Find

shade to cool yourself.



Sip

lots and lots of water!



Wear

your cute sunglasses to protect your eyes.

Reference: "Sun Safety for Kids." Bimi Boo, 7 June 2021, bimiboo.net/sun-safety-for-kids. Accessed 14 May 2023.

GROW



connecting youth to healthy food and nature since 2012

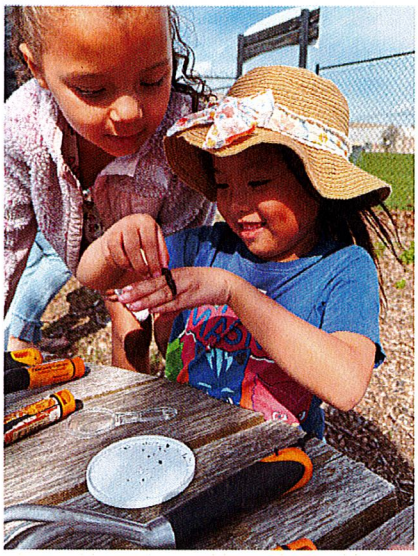
GROW

SCHOOL NEWS

May 2026

What's the FBI of a Garden?

Students are learning all about the FBI (Fungus, Bacteria and Invertebrates) that help keep our garden soil healthy. This study shows students how important it is to have a rich base for growing a garden that produces the nutritious foods we need to fuel our bodies. Spring lessons offer a chance to get our hands dirty looking for life in the soil before we plant seeds that will grow into fruits and vegetables later in the season. *Ask student what they know about garden FBI.*







Garden Volunteers Wanted

Your school garden thrives with the steady care from a team of volunteers. Volunteering is a great activity for families interested in sharing skills or learning more about caring for a garden. Scan the QR code to start. Sign up on the volunteer interest form. Then attend orientation. Weekly emails keep volunteers connected to garden needs. Signup.com offers an easy way to find and sign up for a shift.

Scan to get started!

Summer Programming Registration

Look for the Summer Sprouts Garden Club & Summer on the Farm opportunities in the School District summer enrichment course offerings. You can also register for a July 14th - 16th Summer on the Farm session directly at https://GROWLaCrosse.org/farm-camps/.



Thank You Garden Sponsors

KUJAK ORTHODONTICS

SCHOOL DISTRICT OF LA CROSSE

DAIRYLAND POWER COOPERATIVE

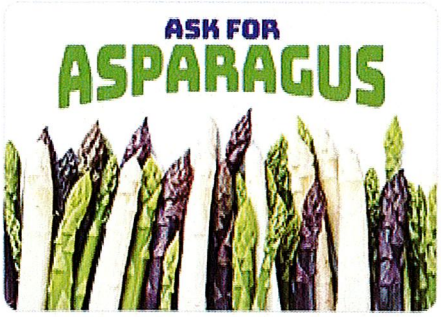
MAYO CLINIC HEALTH SYSTEM

GUNDERSEN HEALTH SYSTEM

Vicki Miller

HARVEST OF THE MONTH
NEWSLETTER MAY 2026

COULEE REGION FARM TO SCHOOL
LOCAL FOODS, HEALTHY KIDS



Asparagus is the Harvest of the Month!

Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

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

Select – Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

Store – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

Prepare – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

Did you Know?

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.

wisconsin harvest of the month

Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program –SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Recipe of the month

Asparagus with Gremolata Sauce

Serves 6

Ingredients:

- 2 cups asparagus, washed and trimmed (about 8 ounces)
- 2 tablespoons unsalted butter
- 2 teaspoons lemon peel (grated)
- 1 large garlic clove (minced)
- 2 tablespoons lemon juice

Per serving: 45 calories, 4 g fat, 1 g protein, 2 g carbohydrate, 1 g fiber, 2 mg sodium

Directions:

1. Wash hands with soap and water.
2. Cook asparagus in a large pot of boiling water until tender, about 4 minutes.
3. Drain: rinse with cold water to cool quickly, and drain again.
4. Pat dry; wrap in a paper towel and then plastic wrap and refrigerate.
5. Melt margarine in a heavy large skillet over medium-high heat.
6. Add lemon peel and garlic and stir for 30 seconds.
7. Add asparagus and toss to coat.
8. Sprinkle with lemon juice. Sauté until asparagus is heated through and coated with Gremolata sauce, about 3 minutes.
9. Transfer to platter. Sprinkle with parsley and serve.

FOOD WISE
Healthy choices, healthy lives.
UW-MADISON EXTENSION

Source: laxf2s.org

Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, and the School Districts of Bangor, Holmen, LaCrosse, Onalaska, and West Salem. FoodWIse education is funded by the USDA Supplemental Nutrition Assistance Program–SNAP and Expanded Food and Nutrition Education Program–EFNEP. The University of Wisconsin–Madison Division of Extension provides equal opportunities in employment and programming in compliance with state and federal law.

wisconsin harvest of the month

ACTIVITY GUIDE
RADISH

LEARN

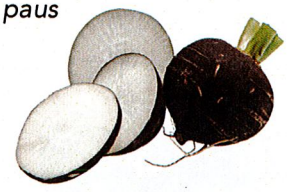
facts





Watermelon

Black Spanish



- Spanish translation: *El rábano* • Hmong translation: *Zaub ntug hauv paus*
- Radishes originated in China thousands of years ago. They were also an important food of ancient Egypt, Greece, and Rome.
- Radishes are a type of root vegetable. "Radish" comes from the Latin word "radix" meaning "root."
- The most well-known variety of radish is the Red Globe. This radish is small (1-4 inches) and has red and white coloring. It is commonly eaten whole or sliced on salads. Other varieties of radishes grown in the United States include Daikon, Watermelon or Beauty Heart, Black Spanish, and French Breakfast.
- Winter radishes, like Black Spanish, are planted in mid to late summer and grow to be much bigger than spring radishes. They store well into the winter.

EAT

nutrition & seasonality





French Breakfast

- **Key nutrients:**

  Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects our cells from damage.

  Potassium - Helps maintain normal blood pressure.

  Fiber - Keeps digestion running smoothly.
- Fresh, small, red radishes grown in Wisconsin are available from May through June.

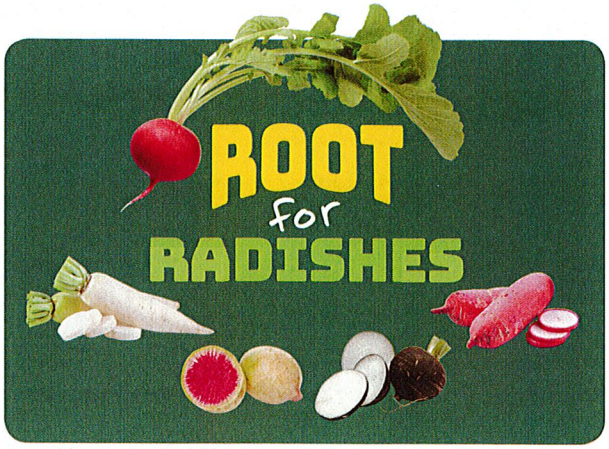
TASTE

taste testing



Nutritious, Delicious, Wisconsin!

Have kids try a few new varieties of radishes, like Black Spanish, Watermelon/ Beauty Heart, or Daikon. Before you cut the radish, ask kids to predict the color of the inside of the radish. Cut each of the radishes in half. Were the predictions correct? Slice a piece of radish for each child to try. Encourage kids to use their five senses to observe, smell, feel, listen, and taste the radishes. Are some spicier than others? Is there a class favorite?



MAY 2026

MON	TUE	WED	THU	FRI
Breakfast is served with white milk. Breakfast choice #2 is always cereal. Lunch includes fruit, veggie, and choice of milk. **Menu is subject to change.**				1 day 6 BREAKFAST #1 Cinnamon Roll LUNCH #1 Pepperoni Calzone **#2 Sub Sandwich**
4 day 1 BREAKFAST #1 Snack Bread LUNCH #1 Orange Chicken #2 Yogurt	5 day 2 BREAKFAST #1 Cheese Omelet LUNCH #1 Walking Taco #2 Pizza	6 day 3 BREAKFAST #1 Sausage Pizza Bagel LUNCH #1 French Toast Sticks & Cheese Omelet #2 EZ Jammer	7 day 4 BREAKFAST #1 Pancake on a Stick LUNCH #1 Sloppy Joe Sandwich #2 Pizza	8 day 5 BREAKFAST #1 Donut Holes LUNCH #1 Cheese-Filled Breadstick **#2 Sub Sandwich**
11 day 6 BREAKFAST #1 Muffin LUNCH #1 Dill Chicken Patty Sandwich #2 Yogurt	12 day 1 BREAKFAST #1 Breakfast Croissant LUNCH #1 Fish Sticks #2 Pizza	13 day 2 BREAKFAST #1 Pancakes LUNCH #1 Lasagna Roll-Up #2 EZ Jammer	14 day 3 BREAKFAST #1 Breakfast Tater Bowl LUNCH #1 Flatbread Turkey Club #2 Pizza	15 day 4 BREAKFAST #1 Cinnamon Roll LUNCH **#1 Burger** **#2 Sub Sandwich**
18 day 5 BREAKFAST #1 Banana Bread LUNCH #1 Breaded Ravioli #2 Yogurt	19 day 6 BREAKFAST #1 Bacon Breakfast Pizza LUNCH #1 Mini Corn Dogs #2 Pizza	20 day 1 BREAKFAST #1 Waffle Dunkers LUNCH #1 Chicken & Waffle #2 EZ Jammer	21 day 2 BREAKFAST #1 Crispy Chicken on a Biscuit LUNCH #1 BBQ Pork Sandwich #2 Pizza	22 day 3 BREAKFAST #1 Apple-Filled Donut LUNCH #1 Garlic Cheese Bread **#2 Sub Sandwich**
25 NO SCHOOL!	26 day 4 BREAKFAST #1 Chef's Choice Breakfast LUNCH **#1 Sweet & Sour Chicken** #2 Pizza	27 day 5 BREAKFAST #1 Chef's Choice Breakfast LUNCH **#1 Mac & Cheese** #2 EZ Jammer	28 day 6 BREAKFAST #1 Chef's Choice Breakfast LUNCH **#1 Chicken Patty** #2 Pizza	29 DISMISSAL 11:35 AM LAST DAY OF SCHOOL BREAKFAST #1 Chef's Choice Breakfast LUNCH **One Choice Only:** Hot Dog Lunch