

TMS NEWSLETTER

MRS. AMY LANGNER



MRS. AMY KING



MR. JARED SASADA

2026-2027 School Calendar

TASD 2026-2027 Calendar



Athletic & Activities Information

Website

UPCOMING TMS DATES:



No School

Monday
September 7, 2026



TMS Fundraiser

August 31-September 15th
Ask your student about it!



No School

September 24th & 25th
Cranfest Weekend

SCHOOL PICTURE INFO

Click here to
view and order!



TMS Picture Code:
FE274326



Welcome Back, TMS Families!

We are off and running, and it has been great to see our hallways filled with students, energy, and plenty of Timberwolf spirit! The beginning of a new school year always brings excitement, new friendships, new challenges, and lots of opportunities to grow. We are so glad your child is part of the TMS family!

As we settle into routines, our focus remains simple: High Quality Student Learning. Every Child. Every Day. We are committed to creating a school where students feel known, supported, challenged, and proud to be a Timberwolf. Our staff is working hard each day to build strong relationships, support student learning, and help every student find success.

This month, we are kicking off our Howl Worthy Character Traits by focusing on RESPECT. We will be challenging our students to show respect for themselves, others, our school, and our community. We believe respect is more than just a word, it is something we demonstrate through our choices, our actions, and the way we treat others every day. We encourage you to talk with your child about what respect looks and sounds like at home, at school, and in our community.

We also know that strong communication between school and home makes a difference. Be sure to check your email, our school website, and our Facebook page for important updates, upcoming events, celebrations, and ways to stay connected to TMS.

Thank you for partnering with us as we begin another great year. We are excited about what's ahead and can't wait to see our Timberwolves learn, grow, and show what it means to be Howl Worthy!

Go Timberwolves!

Amy Langner
Principal
Tomah Middle School

Contact Us!

Principal:

Amy Langner- amylangner@tomah.education

Assistant Principal:

Amy King- amyking@tomah.education

Dean of Students:

Jared Sasada- jaredsasada@tomah.education



NEWSLETTER



If your child is going to be late, absent, or needs to leave early for an appointment, please call or email the attendance office @ (608)374-7881 or sheilacruz@tomah.education.

Contact the main office for other inquiries @ (608) 374-7885.

When visiting TMS campus whether it be picking up a student, dropping off meds, or dropping off other items, it is helpful to know which window to go to.

Counseling/attendance office (window on the right): picking up a student, dropping off meds, dropping off a doctor's note.

Main Office (window on the left): coming for a meeting, dropping off money, or an item for your child that is not medicine.

CHECK OUT THE TMS FACEBOOK PAGE TO SEE WHAT EXCITING THINGS THE TMS STUDENTS ARE UP TO! OUR FACEBOOK PAGE ALSO HELPS NOTIFY FAMILIES OF SCHOOL CLOSURES, LATE STARTS, AND OTHER WEATHER RELATED INTERRUPTIONS IN OUR USUAL SCHEDULES.



Back to Middle School: Big Feelings, New Beginnings

The first weeks of middle school can bring a mix of excitement, nerves, friendship worries, and new expectations. As parents, we may feel some of those emotions too as we watch our children navigate this important stage.

One of the most important things we can do is keep talking with our children. Ask what is going well, what feels difficult, and whether they have noticed anyone being left out, teased, or treated unkindly.

Just as importantly, we can teach our children that kindness is a choice and a responsibility. Encourage them to include others, speak up when someone is being treated poorly, apologize when they make a mistake, and think about how their words and actions affect those around them. Middle schoolers are still learning how to manage friendships, emotions, disagreements, and mistakes—and we can help guide them through those experiences.

It is also important to understand the difference between unkind behavior, conflict, and bullying. Not every disagreement, rude comment, or hurt feeling is bullying, although hurtful behavior should never be ignored. Students can learn to set boundaries, make better choices, work through conflicts, and ask for help when they need it.

At the same time, repeated harassment, intimidation, threats, or behavior that targets a student and causes them to feel unsafe deserves serious attention from adults. Using the right words helps us find the right solution.

As we begin a new school year, let's work together to create a culture where children feel comfortable speaking up, conflicts can be worked through, kindness is valued, and genuine bullying is taken seriously.

Most of all, remind your child: "You can always talk to me. Even when you're not sure what to call what happened, we can figure it out together."

Let's have a great, fun, and safe year at TMS!

Respectfully, Ms. Lynch and Ms. Whitwam TMS Counselors



Welcome back, TMS!

The Library Media Center is excited to welcome Mrs. Shafer as our new library manager who will help in our library this year. We have been busy getting the library ready for everyone this year! In addition to adding to our library collection with more fiction, non-fiction, graphic novels, wonderbooks, and other types of titles, we plan to add more STEAM (science, technology, engineering, art, and math) related activities for students and staff use. We also hope to build on our success from last year in the state-wide Battle of the Books competition. Watch for more information on how to participate. Here's to another great year!

-From Mrs. Rice, Library Media Specialist TMS



AUGUST 2026

MONDAY, AUGUST 24TH:

FIRST DAY OF SCHOOL!

TUESDAY, AUGUST 25TH

WEDNESDAY, AUGUST 26TH

EARLY DISMISSAL

RA SCHEDULE MON/THURS

SHOW CHOIR PRACTICE @ 3:30-5:00PM @TMS

THURSDAY, AUGUST 27TH

FRIDAY, AUGUST 28TH

MONDAY, AUGUST 31ST



SEPTEMBER 2026

TUESDAY, SEPTEMBER 1ST

SUPPORT STAFF MEETING @ 3:35PM

WEDNESDAY, SEPTEMBER 2ND

EARLY DISMISSAL

RA SCHEDULE TUES/FRI

GUIDING COALITON MEETING @ 3:45PM .

SHOW CHOIR @TMS FROM 3:30-5:00PM.

THURSDAY, SEPTEMBER 3RD

FRIDAY, SEPTEMBER 4TH

**BOYS' AND GIRLS' GOLF MEET @ SPARTA RIVER RUN
GOLF COURSE @4:00PM-DISMISSAL @2:20PM.**

MONDAY, SEPTEMBER 7TH

NO SCHOOL

TUESDAY, SEPTEMBER 8TH

STAFF MEETING/TEACHERS @3:35PM

WEDNESDAY, SEPTEMBER 9TH

EARLY DISMISSAL

RA SCHEDULE MON/THURS

THURSDAY, SEPTEMBER 10TH

**BOYS' AND GIRLS GOLF MEET @COULEE GOLF
BOWL @ 4:00PM-DISMISSAL @ 2:25PM.**

**BOYS' AND GIRLS' CROSS COUNTRY MEET
@ SPARTA MEADOWVIEW MS**

@4:30PM-DISMISSAL @2:45PM.

**G IRLS' TENNIS VS ONALASKA MIDDLE @ 3:30PM
THS TENNIS COURTS.**

**7TH GRADE GIRLS' VOLLEYBALL VS MEADOWVEW MS
@THS SMALL GYM.**

**8TH GRADE GIRLS' VOLLEYBALL VS MEADOWVIEW MS
@ 4:15PM-TMS.**

FRIDAY, SEPTEMBER 11TH

MONDAY, SEPTEMBER 14TH

RTI ACADEMIC MEETING @ 3:35PM.

**7TH GRADE VOLLEYBALL @WESTBY MS-4:30PM
DISMISSAL @2:45PM.**

**8TH GRADE VOLLEYBALL @ WESTBY MS-4:30PM
DISMISSAL @2:50PM.**

**BOYS' AND GIRLS' GOLF MEET VS SPARTA MS
@ RIVER RUN GOLF COURSE @ 4:00PM-
DISMISSAL @ 2:20PM.**

TUESDAY, SEPTEMBER 15TH

7TH GRADE FOOTBALL VS ONALASKA MS

@4:15PM @ THS MCKEAN FIELD

8TH GRADE FOOTBALL VS ONALASKA MS-

4:15PM @ THS MCKEAN FIELD.

GIRLS' AND BOYS' CROSS COUNTRY TRACK

MEET @ ONALASKA MS-DISMISSAL @2:45PM.

GIRLS' TENNIS VS AQUINAS MS @ GREEN ISLAND

TENNIS COURTS 1-7 @ 4:30PM-DISMISSAL @2:45PM

WEDNESDAY, SEPTEMBER 16TH

EALRY DISMISSAL

RA SCHEDULE MON/THURS

DISTRICT PD MEETING

SHOW CHOIR FROM 3:30-5:00 PM AT TMS

THURSDAY, SEPTEMBER 17TH

GIRLS' TENNIS VS LACROSSE LOGAN MS @ COPELAND PARK

@4:30PM-DISMISSAL @ 2:50PM.

7TH GRADE VOLLEYBALL VS. HOLMEN MS @ 4:30PM

@THS SMALL GYM.

8TH GRADE VOLLYBALL VS HOLMEN MS @ 4:30 PM @ TMS.

FRIDAY, SEPTEMBER 18TH

GRADE LEVEL TEAM VISITS

BOYS' AND GIRLS' GOLF VS ONALASKA MS

@ HIAWATHA GOLF CLUB @ 4:00PM.

MONDAY, SEPTEMBER 21ST

TMS CRISIS TEAM MEETING @3:35 PM.

BOYS' AND GIRLS' GOLF MEET @ HIAWATHA GOLF CLUB

@ 4:00PM.

GIRLS' TENNIS VS LONGFELLOW MS @ THS TENNIS COURTS

@ 4:30PM.

7TH GRADE VOLLEYBAL VS WEST SALEM MS @4:30PM

@ LA GRANGE GYM.

8TH GRADE GIRLS' VOLLEYBALL VS WEST SALEM @TMS

@ 4:30PM.

TUESDAY, SEPTEMBER 22ND

STAFF MEETING/ALL STAFF @ 3:35PM.

7TH GRADE VOLLEYBALL @ WINONA MS @4:45 PM

DISMISSAL @ 2:50PM.

8TH GRADE VOLLEYBALL @ WINONA MS @ 4:45PM-

DISMISSAL @ 2:20PM.

7TH GRADE FOOTBALL VS MEADOWVIEW MS @ 4:15PM

@ THS MCKEAN FIELD.

8TH GRADE FOOTBALL @ MEADOWVIEW SPARTA MS-

@ 4:00PM- DISMISSAL @2:35PM.

BOYS' AND GIRLS' CROSS COUNTRY MEET

@ LONGFELLOW MS -DISMISSAL @2:35PM.

WEDNESDAY, SEPTEMBER 23RD

EARLY DISMISSAL

RA SCHEDULE TUES/FRI

SHOW CHOIR FROM 3:30-5:00PM @ TMS

THURSDAY, SEPTEMBER 24TH

NO SCHOOL/CRAFEST

FRIDAY, SEPTEMBER 25TH

NO SCHOOL/CRAFEST

MONDAY, SEPTEMBER 28TH

END OF 4 ½ WEEK CLASSES

7TH GRADE VOLLEYBALL VS AQUINAS @ THS SMALL GYM

@ 4:30PM.

8TH GRADE VOLLEYBALL VS AQUINAS @TMS @ 4:30PM.

BOYS' AND GIRLS' GOLF VS MEADOWVIEW MS

@HIAWATCHA @ 4:200PM.

7TH GRADE FOOTBALL @ JACK YOUNG MS @ 4:30PM-

DISMISSAL @ 2:45PM.

TUESDAY, SEPTEMBER 29TH

**BEGINING OF 4 ½ WEEK CLASSES-ATHLETIC GRADE CHECK
MIN-QUARTER GRADES DUE**

GIRLS' TENNIS @ ONALASKA MIDDLE @ 4:30PM-

DISMISSAL @ 2:50PM.

BOYS' AND GIRLS' CROSS COUNTRY MEET @ MAPLE GROVE

VENUES @ 4:30PM-DISSMISSAL @ 2:25PM.

8TH GRADE FOOTBALL VS JACK YOUNG MS @ 4:30PM @ THS.

WEDNESDAY, SEPTEMBER 30TH

GUIDING COALITION MEETING @3:45-4:45PM

EARLY DISMISSAL

RA SCHEDULE MON/THURS

SHOW CHOIR FROM 3:30-5:00PM.

Tomah Area Community Resources

Food Assistance

Neighbor for Neighbor, Inc.
1118 W. Veterans Street
Tomah, WI 54660
608-372-6737
www.n4npantry.org
*Call for hours

Tomah Community Table
Masonic Lodge
520 E. Saratoga Street
Tomah, WI 54660
Mondays 4:30pm-5:10pm
*Closed if a holiday falls on a Monday

Second Harvest Mobile Pantry
Monroe County Fairgrounds-Located
in the Gold Building.
1st Tuesday of the month 3:30pm
1625 Butts Ave.
Tomah, WI 54660
608-223-9121
[www.secondharvestsw.org/find-](http://www.secondharvestsw.org/find-food-near-you/)
[food-near-you/](mailto:info@secondharvestsw.org)
info@secondharvestsw.org
*Check website for additional information

Tomah Baptist Church Food Pantry
1701 Hollister Ave.
Tomah, WI 54660
608-372-2071
[tomahbaptistchurch.com/ministries/](http://tomahbaptistchurch.com/ministries/food-pantry)
[food-pantry](http://tomahbaptistchurch.com/ministries/food-pantry)
*By appointment. Contact the church office for
additional information about the food pantry.
Office hours, M-TH 9:00am-3:00pm.



Food Assistance Cont.

Oasis Food Pantry
22547 State Hwy 21
Tomah, WI 54660
608-567-9230
[https://www.oasischurchtomah.org/](https://www.oasischurchtomah.org/oasis-food-pantry)
[oasis-food-pantry](https://www.oasischurchtomah.org/oasis-food-pantry)
*\$15 suggested donation.
*1st Monday of each month.
Time: 4:00-7:00pm
* Oasis Food Pantry information on the Oasis
Church website.

Tomah Area School District
Summer Food Services Program
[www.tomah.education/departments/](http://www.tomah.education/departments/food-services)
[s/food-services](http://www.tomah.education/departments/food-services)
*Visit the website listed above for information
regarding the Summer Food Services Program for
Tomah Area School District.

Housing Assistance

Families First of Monroe County
1500 N. Superior Ave., Suite 2
Tomah, WI 54660
608-374-4141
www.familiesfirstmc.org
*Call for an appointment

Couleecap, Inc.
217 N. Black River Street
Sparta, WI 54656
608-269-5021
www.couleecap.org
*Call for hours or to schedule appointment

Monroe County Housing Authority
1108 W. Wisconsin Street, Apt. 103
Sparta, WI 54656
608-269-5017
*Call for hours or to schedule appointment

Tomah Area Community Resources

Housing Assistance Cont.

Tomah Housing Authority
City Hall Annex
107 E. Milwaukee St.
Tomah, WI 54660
608-374-7455
www.tomahwi.gov/cdbghousing/page/other-area-resources-affordable-housing

*Call for hours or to schedule appointment

Sparta Housing Authority
307 N. Court Street
Sparta, WI 54656
608-269-2188
www.spartawisconsin.org/sparta-housing-authority

*Call for hours or to schedule appointment

The Salvation Army
223 N. 8th Street
La Crosse, WI 54601
608-782-6126
centralusa.salvationarmy.org/lacrosse/

Family Promise of the Great Rivers
117 W. Oak St.
Sparta, WI 54656
608-487-2745

www.fpgreatriverswi.org

*Call for an appointment

YWCA La Crosse
212 11th St. S.
La Crosse, WI 54601
608-781-2783
www.ywcalax.org/supportive-housing

info@ywcalax.org

*Youth Homelessness Demonstration Program (18-24 year old young adults)

Clothing/Household Items

Families First of Monroe County
1500 N. Superior Ave., Suite 2
Tomah, WI 54660
608-374-4141
www.familiesfirstmc.org
*Call for an appointment

Goodwill Industries
1516 N. Superior Ave.
Tomah, WI 54660
608-372-7464

The Caring Closet Inc.
1310 North Superior Ave.
Tomah, WI 54660
608-343-1652

*Call for an appointment



Energy/Utility Assistance

Families First of Monroe County
1500 N. Superior Ave., Suite 2
Tomah, WI 54660
608-374-4141

www.familiesfirstmc.org

*Call for an appointment



Wisconsin Home Energy Assistance Program (WHEAP), contact
Flocks Guardians, Inc.
606 Cap Street
Sparta, WI 54656
608-487-9356

*Call for an appointment

Tomah Area Community Resources

Additional Resources

Great Rivers 2-1-1 (Wisconsin)
(Speak with a community resource
Specialist in your area)
Dial 2-1-1 from service area
Toll-Free Alternative Number:
(800) 362-8255 **or** Text your zip
code to 898-211
www.greatrivers211.org

The Parenting Place
1500 Green Bay Street
La Crosse, WI 54601
608-784-8125
www.theparentingplace.net
*Call for information regarding resources and
programs

Brighter Tomorrows
608-269-7853
24-hour crisis line: 1-888-886-2327
www.mocobrightertomorrows.com

Legal Action of Wisconsin
855-947-2529
legalaction.org
*Apply for free legal help

Monroe County Department of
Human Services
112 S. Court St.
Sparta, WI 54656
608-269-8600
[www.co.monroe.wi.us/departments/
human-services](http://www.co.monroe.wi.us/departments/human-services)

Next Steps for Change
608-466-6677
www.nextstepsforchange.com

Wisconsin's Western Region for
Economic Assistance (Medicaid,
BadgerCare Plus, FoodShare, and
others)
Monroe County Department of
Human Services
112 S. Court St.
Sparta, WI 54656
888-627-0430

Well Badger Resource Center
Wisconsin's Health Information &
Referral Program. Free &
Available to All
Phone: 1-800-642-7837
Text: 608-360-9328
Email: help@wellbadger.org
[www.wellbadger.org/s/?language=
en_US](http://www.wellbadger.org/s/?language=en_US)

Reach Services & Resource Center
212 11th Street South
La Crosse, WI 54601
608-781-2783
reachcenterlacrosse.org

Find Help
Findhelp.org
*Find resources in your area.

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608-269-8600
[www.co.monroe.wi.us/departments/
human-services](http://www.co.monroe.wi.us/departments/human-services)

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Monroe County Department of
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112 S. Court St.
Sparta, WI 54656
888-627-0430

Well Badger Resource Center
Wisconsin's Health Information &
Referral Program. Free &
Available to All
Phone: 1-800-642-7837
Text: 608-360-9328
Email: help@wellbadger.org
[www.wellbadger.org/s/?language=
en_US](http://www.wellbadger.org/s/?language=en_US)

Reach Services & Resource Center
212 11th Street South
La Crosse, WI 54601
608-781-2783
reachcenterlacrosse.org

Find Help
Findhelp.org
*Find resources in your area.