

SPRING 2024

WILDCAT NEWS

BLAIR-TAYLOR SCHOOL DISTRICT NEWSLETTER



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Blair-Taylor
School District

United Campus

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A Message From Our Superintendent, Mr. Lynn Halverson

The conclusion of the 2023-24 school year is quickly approaching and the Class of 2024 will soon be walking across the stage at the end of May. Our Class of 2024 graduates have a wide array of unique talents and interests. Some will choose higher education, some will choose to enter the workforce, and some will choose to enter the military. With that said, the "mission" of Blair-Taylor School District is to "educate all learners to reach their potential as productive citizens". To further define this mission, it means that we strive to send our graduates on their future path with a strong work ethic, empathy for others, strong communication skills, critical thinking skills, problem-solving skills, time management skills, and the ability to achieve goals, happiness, and serve productively to our society.

Not all of our graduates are in the top 10% academically. Not all of our graduates have a perfect disciplinary record. Our students are real, they do their best with their situations in life and surrounding support from family and community. In life, there will be bumps in the road, and there will be mistakes made. How our graduates respond to those bumps and mistakes define who they are, and what they learned while at Blair-Taylor School District, family, and our community. My hope is that all of our graduates have the "grit" to persevere through an imperfect world and achieve their goals. Attitude, mindset, and how individuals treat themselves and others is a majority of the equation to achieve success.

In closing, congratulations to the graduating Class of 2024. It's been a blessing to serve each of you since you were in 4th grade. Be proud of who you are! Whatever you choose to do in the future, make it meaningful and do it well! I wish you all the absolute best of luck with future endeavors and we're always here for you!

Sincerely,
Lynn Halverson
Superintendent

WALL OF INSPIRATION

*Please note that two individuals will be inducted at the conclusion of the 2023-24 school year. Blair-Taylor School District is accepting nominations for our beautiful Wall of Inspiration. We want to recognize current or past residents of the Blair-Taylor School District who have excelled in the areas of service, contributions, leadership, character and impact on others. The nomination criteria are listed below.

Nomination Criteria:

- Nominees can be living or deceased.
- Must be a past or present resident of Blair-Taylor School District.
- Nominees do not have to be a graduate of Blair-Taylor School District.
- Nomination forms must be completed and submitted to the Blair-Taylor School District Office or online. No verbal nominations will be accepted.
- Nominations are unlimited.
- No self nominations.

Nomination forms can be obtained in the elementary, middle/high, or district office. Or nominations can be submitted by using the following QR code:

Nominations are due by Friday, May 17, 2024.



From the desk of Mrs. Lisowski



Mrs. Beth Lisowski
District Principal
lisowb@btsd.k12.wi.us

STATE EXAMS

During the spring of each year, many of our students are required to take state assessments. Students in grades 3, 4, 5, 6, 7, 8, & 10 will be taking the Wisconsin FORWARD Exam. The FORWARD Exam is administered online and tests include:

- grades 3-8 in English Language Arts (ELA) and mathematics,
- grades 4 and 8 in Science and,
- grades 4, 8, and 10 in Social Studies.

Freshmen and Sophomores take the PreACT Secure online assessment. This assessment is aligned to the ACT and the ACT College and Career Readiness Standards. PreACT Secure measures what students have learned in the areas of English, Reading, Mathematics, and Science.

Juniors take the ACT with writing which includes Reading, Math, English, Science and Writing. For the first time, the students will be taking the online version of the ACT. Scores from the ACT can be used by students for a variety of purposes including college admission, scholarships, and course placement.

PROM

Prom will take place on April 13th from 8:00-11:30 p.m. The Grand March will be at 8:30 p.m. in the auditorium. Everyone is welcome!

HIGH SCHOOL GRADUATION

Graduation will take place on Saturday, May 25th at 1:00 p.m. The ceremony will be held in the gymnasium.

The Baccalaureate and Senior Award Ceremony will take place in the auditorium the Sunday before graduation on May 19th beginning at 5:30 p.m. All seniors and their families are welcome to attend.

ELEMENTARY SUMMER SCHOOL

Blair-Taylor Elementary Summer School will once again be offering a summer school program two days (Wednesday & Thursday) a week for six weeks. Summer school will run from 8:00 a.m. - 3:30 p.m. each day. Students attending summer school will receive free breakfast and lunch each day. Students eligible for Kindergarten - 5th grade in the fall of 2024 can attend.



Bussing/Transportation will be provided for students by area pick up/drop off locations.

The pick up/drop off locations will be:

<u>Blair</u>	<u>Taylor</u>	<u>Etrick</u>
2nd & Immell	Taylor Cenex	Beaches Corners
Blair Library	2nd & Pearl (Old School)	
Center & Knutson		

Summer School Dates:

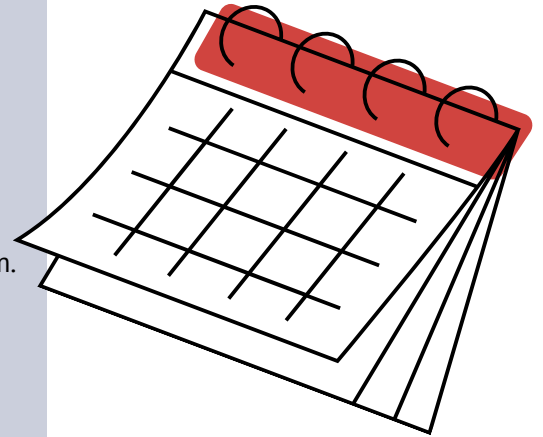
June 12 & 13	June 26 & 27	July 17 & 18
June 19 & 20	July 10 & 11	July 24 & 25

Registration for elementary summer school will be coming home with students at the end of April.

MARK YOUR CALENDARS!

DISTRICT EVENTS

- April 13** Junior Prom
- April 26** Teacher Inservice (No School for students)
- April 24** 4K / Head Start Registration
- April 29** MS/HS Parent Teacher Conferences 4:00 - 7:30 p.m.
- May 9** Senior Exit Interviews
- May 14** MS/HS Spring Concert
- May 19** Baccalaureate and Senior Award Ceremony @5:30 p.m.
- May 24** 3rd - 5th grade Spring Concert
- May 25** High School Graduation @1:00 p.m.
- May 27** Memorial Day - No School
- May 30** Kindergarten Graduation @1:00 p.m.
- May 31** Last Student Day



4K / Head Start Registration

4K/Head Start registration will be on Wednesday, April 24th, 2024 from 3:00 - 6:00 PM in the Blair-Taylor Elementary School commons area. It will run similarly to other open houses – come when best for you. Parents can come sign up their children to attend our 4K program for the next school year. Parents can also come in to see our Early Learning Center facility at registration. Due to this event being focused on paperwork and answering parent questions, future students do not have to be present.

Our 4K program runs four full days a week— Monday - Thursday. Children need to be four years old before September 1, 2024 to qualify. Call the school if you have any questions at 608-989-9835 or the Head Start program and talk with Kim Serum or Karen Robertson at 608-989-9860. Thanks!

TITLE I Reading Corner with Mr. Nelson



Mr. Scott Nelson

Title One / Reading Specialist
nelsos@btsd.k12.wi.us

This year's One School, One Read book was Roald Dahl's *Charlie and the Chocolate Factory*. A new book was gifted to each family just before Spring Break for this project. All chapters were recorded by various staff members for everyone to enjoy. All this was made possible by a generous donation and partnership with the Blair-Preston Library. Immense appreciation to Mrs. McNamer for ordering & funding the books and all the staff members who recorded the story. The recordings will no longer be available at the time of printing this newsletter; however it is never too late to read the book as a family. (There are many audio book platforms available with a wide selection of titles.) Reading a book as a family builds relationships, generates discussion, and expands vocabulary and academic knowledge. Everyone wins!

I stumbled across the following acronym when researching another project. Yes, it is geared towards students, although it is applicable to everyday life.

- I C.A.N.**
- C** - I can complete my work. I can be creative.
 - A** - I can be accurate. I can do my work with a good attitude.
 - N** - I can do my work neatly.

What tasks need to be completed with a "can do" approach? Washing the dishes, pet chores, studying for a test, picking up toys, taking out the trash, etc.

Yes, you C.A.N.!

Keep reading & have a great month!

Mr. Nelson
BTSD Title 1



Summa Cum Laude

CLASS OF 2023

Congratulations to the following seniors who achieved the accomplishment of earning Summa Cum Laude Honors; which means they participated and excelled in vigorous course work throughout high school. There are three levels of honors, with Summa Cum Laude being the highest level you can achieve.

Students are listed in alphabetical order by last name.

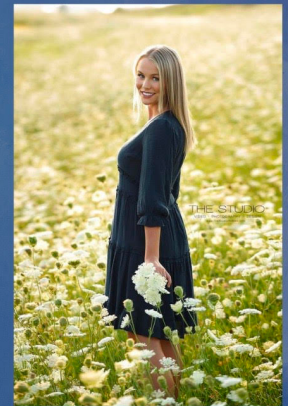
Jenna Beam

Major: Psychology



Ella Halverson

Major: Communications Sciences
and Disorders



Emmalee Johnson

Major: Family and
Consumer Science Education



Anthony Oldendorf

Major: Nutrition Science



Emma Nyen

Major: Accounting



Michael Waldera

Major: Mechanical Engineering



From the desk of Mrs. Semb



CRUNCHY VEGETABLE WRAPS

- 4 tablespoons cream cheese, low-fat
- 2 flour tortillas
- 1/3 tablespoon Ranch dressing (1 teaspoon)
- 1/4 cup broccoli (washed and chopped)
- 1/4 cup carrot (peeled and grated)
- 1/4 cup zucchini (washed and cut into small strips)
- 1/4 cup summer squash (yellow, washed and cut into small strips)
- 1/2 tomato (diced)
- 1/8 cup green bell pepper (seeded and diced)
- 2 tablespoons chives (chopped fine)

DIRECTIONS

1. Wash hands with soap and water.
2. In a small bowl, stir ranch dressing into cream cheese; chill.
3. Wash and chop vegetables.
4. Steam broccoli in microwave for 1 minute with 1 tablespoon of water.
5. Spread cream cheese onto flour tortilla, staying one inch from edge. Sprinkle vegetables over cream cheese. Roll tortilla tightly.
6. Chill for 1 to 2 hours before serving (the wrap will hold its shape better). With a sharp knife slice into circles and serve.

- Be creative. Try different vegetables, herbs, and spices. For examples, try green beans, lettuce, radishes, corn; dill, oregano, basil, mint, curry, or chili powder.
- You can substitute pre-made flavored cream cheeses, such as chive, herb, or vegetable.



Mrs. Jenny Semb

School Nurse

sembj@btsd.k12.wi.us

LIBRARY MATTERS

Wow! This school year has been flying by! It's difficult to believe that it's already April and MS/HS classes are well into third trimester at this point.

Due to time constraints, I am just going to offer a quick peek at what's been going on in the library since my last installment of this column (Fall of 2023).

CHANGE

As we all know, change is a part of life.

In addition, most of us are well aware that staffing shortages have impacted a number of industries and occupations. Education is no exception.

Due to staffing changes/issues, this school year has been a bit of a rollercoaster for us in the library, though we continue to strive to meet both staff and student needs to the best of our ability.

One change is that our (formerly) full-time library media aide, Mrs. Armitage, has transitioned to a new role/position in the district office. At the present time, she typically works in the district office in the morning and then works in the library in the afternoon. This amounts to a reduction of .5 for us in terms of library staffing, as she usually works four hours in the library, as opposed to eight.

In addition, earlier this school year, it was determined that I (Mrs. Joten) would need to help out with middle school English/Language Arts (MS ELA). In early October, I started teaching MS ELA three days a week, and working in the library for two. Initially, it was hoped that I may only need to teach MS ELA for a short time (a few weeks), until someone else could be hired. That was not to be. Here we are in April, and I am still teaching MS ELA three days a week, and I fully expect to be doing so until the end of the school year.

Fortunately, our district was able to find a local retired school librarian (Mrs. Sharon Ivers) who was willing to come in on a "long-term substitute" basis to work in the library on most of the days that I teach MS ELA. We are grateful for her help. Thank you, Mrs. Ivers!!!

Through all the changes this school year, one staff member has remained constant: Mrs. McNamer. Most of you likely know that she works at the school library for four hours in the morning, and then heads to her job as Library Director for Blair-Preston Public Library. While she's long been an exceptional member of our staff and an asset to the district, in light of all the recent changes related to library staffing, I would be remiss if I did not attempt to convey how grateful we are for all she does. Thank you, Mrs. McNamer!!!

Thankfully, the administration & school board have been focusing heavily on improving staff attraction & retention. Parents & community members showed their support of this, in part, by voting to approve the operational referendum. We know it will take some time for these efforts to show results, but we are hopeful for the future.

Thank you for your continued support of our school district and our library!

Build a Healthy Eating Routine

You know that healthy eating is key to a healthy life — and the good news is that small changes can make a big difference!

Follow these tips to build a healthy eating routine that works for you.



Choose a mix of healthy foods

There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, grapefruit, papaya, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, and whole-wheat bread



Proteins — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you.

Cut down on added sugars, saturated fat, and sodium

Check the Nutrition Facts label to buy foods with less of these 3 things:

- **Added sugars** are sweeteners with calories that food companies add to foods and drinks — or that you add at home. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, and candy.
- **Saturated fat** is higher in animal foods like butter, cheese, whole milk, and fatty meats like ribs and sausage. It's also in some plant foods like coconut oil and palm oil. Choose foods with unsaturated fats instead — like seafood, avocados, nuts and seeds, and olive oil.
- **Sodium** comes from salt — and most of the sodium we eat comes from packaged foods and restaurant meals. Try cooking more at home and flavoring foods with herbs and spices instead of salt.

What about alcohol?

If you choose to drink alcohol, drink in moderation — 1 drink or less in a day for women and 2 drinks or less in a day for men. Remember, drinking **less is better** for your health. And if you're pregnant, don't drink at all — alcohol is not safe for your baby.



Choose whole grains

Whole grains are a healthier choice than refined grains. Try:

- Whole-wheat bread instead of white bread
- Corn or whole-wheat tortillas instead of white flour tortillas
- Plain popcorn instead of corn chips

Get a mix of veggies

Make half your plate fruits and veggies — and eat a variety of veggie types, including:

- Dark green veggies — like collards and kale
- Red and orange veggies — like tomatoes and carrots
- Beans, peas, and lentils — like black beans and chickpeas
- Starchy veggies — like potatoes and plantains
- Other veggies — like Brussels sprouts, squash, and cauliflower



Find out how many calories you need

The number of calories you need each day depends on things like your age, weight, height, sex, and how much physical activity you get.

Use the MyPlate Plan tool to find out how many calories you need – and the amount of food you need from each food group: [MyPlate.gov/MyPlate-Plan](https://www.myplate.gov/MyPlate-Plan)



Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Check the label

The Nutrition Facts label can help you make healthier choices. Look for this key info:

- Serving size – if you eat more than 1 serving, you'll get more of everything on the label
- Calories – keep in mind how many calories you need each day, and how many are in 1 serving

Then look at the % Daily Values:

- 5% or less is **low** – try to choose foods low in added sugars, saturated fat, and sodium
- 20% or more is **high** – try to choose foods high in fiber, calcium, potassium, iron, and vitamin D



What about taking supplements?

Most people can get all the nutrients they need from food, but you might need to take a vitamin or another supplement. For example, some people don't get enough vitamin D from food and sunlight.

Talk with your doctor **before** you start taking any supplements.

Make healthy eating work for your schedule — and your budget

- Too busy to cook? Try planning and prepping meals ahead of time. Making a big batch of soup or chopping a bunch of veggies on the weekend can save time during the week.
- Worried about cost? Try buying fruits and veggies that are in season — and remember that fresh, frozen, and canned options all count. If you can't afford enough healthy food, check out programs that can help at [USA.gov/Food-Help](https://www.usa.gov/food-help).



Not sure where to start? **Try cooking a healthy dinner just once a week.** Cooking more at home is a great way to start making healthier choices.

Remember, it's never too late to start eating healthy

Healthy eating can lower your risk of health problems like:

- Overweight and obesity
- Heart disease
- Type 2 diabetes
- Some cancers

And there's no one "right" way to do it! You can find an eating routine that works for you, no matter your age, income, lifestyle, culture, or tastes.

So **start simple** — make a small change in your eating routine today.

- Learn about the Dietary Guidelines for Americans and get more resources to help you eat healthy at [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)
- Find more healthy eating tips and recipes at [MyPlate.gov](https://www.myplate.gov)



ODPHP

Office of Disease Prevention
and Health Promotion



WHY THIS MATTERS

Everyone has thoughts, emotions, and behaviors – what we know as mental health – infants and toddlers are no different. Having positive mental health and responsive relationships in early childhood is critical to a child's health, as well as their caregivers'. Building awareness of the importance of early childhood mental health and prioritizing the mental health of young children and their caregivers leads to positive effects on a community-wide level.

WHAT THE RESEARCH SAYS

A baby's brain doubles in size in their first year. By age 3, a child's brain grows to about 80% of its adult size, and by age 5, it has grown to 90% of its full size.¹

During these pivotal early years, babies and toddlers are rapidly developing brain connections, which are formed through positive experiences and interactions with their caregivers. Healthy, responsive, secure relationships with the adults in their lives is vital to infant and toddler brain development.

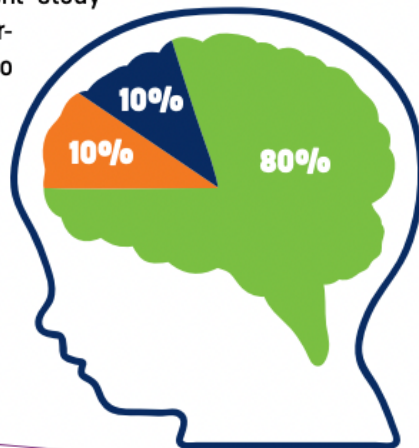
In a process known as 'serve and return', children build these essential brain connections when the adults around them respond to their invitations to interact, whether it is in the form of crying or playing or singing. When adults respond to these behaviors in a sensitive and responsive manner, healthy brain circuitry is formed, and the basis of healthy relationships is established, benefiting both the adult and the child.²

Research shows that high quality child care leads to healthier brain development, improved emotional well-being, and fewer behavioral challenges. Additionally, a recent study found that high-quality center-based child care starting prior to age two can produce robust, sustained academic benefits in elementary school.³

80% of brain development occurs between ages 0-3

10% of brain development occurs between ages 4-5

10% of brain development occurs after age 5



WHAT'S HAPPENING IN WISCONSIN

The Wisconsin Alliance for Infant Mental Health (WI-AIMH) works to promote infant mental health and support all professionals who care for our youngest children. WI-AIMH is working to reach all early care sectors including pediatrics, child care, Head Start, home visiting and child welfare. They have a number of projects throughout the state, including **Healthy Minds Healthy Children** –the state's Infant and Early Childhood Mental Health Consultation Program –and training programs that coach caregivers on the social and emotional development of babies, toddlers, and young children.

The **Wisconsin Child Psychiatry Consultation Program (CPCP)**, coordinated by the state Department of Health Services, provides consultation, education, and referral support to primary care providers, including pediatricians caring for children ages 0-5.

UW-Madison offers a **Capstone Certificate Program for Infant, Early Childhood and Family Mental Health**. An intensive academic program intended for practicing professionals, the program trains practitioners, which helps to address the workforce shortage in youth mental health.



WHAT HELPS

Infant and Early Childhood Mental Health Consultation (IECMHC) is a preventative strategy that promotes the social and emotional competence and mental health of infants, toddlers, and their caregivers. IECMHC can be particularly helpful in coaching early care educators (ECE) on how to respond to challenging behaviors and handle classroom management.

Caregivers' mental health – whether families' or professionals' – impacts infant mental health. Addressing caregivers' mental health is a key step in helping children's mental health.

While studies show IECMHC is effective at improving the mental health of both children and their caregivers, the majority of ECE professionals surveyed during the pandemic lacked awareness of, or access to, these consultation services.⁴

WI-AIMH is working to expand access to consultation throughout Wisconsin's child care sector and beyond, with the goal of consultation being available to all those who work with infants, young children, and families. Expanding consultation to professionals in other sectors is key to scaling up implementation and improving child well-being throughout the state.

REFERENCES

- ¹ Lebel et al. *NeuroImage*, Vol 40(3). April 2008. Microstructural maturation of the human brain from childhood to adulthood. doi: <https://doi.org/10.1016/j.neuroimage.2007.12.053>.
- ² Harvard University Center on the Developing Child. *A Guide to Serve and Return: How Your Interaction with Children Can Build Brains*. Retrieved from: <https://developingchild.harvard.edu/guide/a-guide-to-serve-and-return-how-your-interaction-with-children-can-build-brains/>.
- ³ Horn, et al. 2022. "Kindergarten through Grade 3 Outcomes Associated with Participation in High-Quality Early Care and Education: A RCT Follow-Up Study" *Education Sciences* 12, no. 12: 908. <https://doi.org/10.3390/educsci12120908>.
- ⁴ Yale-CARES data as reported in *Examining the Mental Health of Early Childhood Professionals and Children Early in the Pandemic*. May 2023. Retrieved from https://childandfamilysuccess.asu.edu/sites/default/files/2023-05/mh-report_051623.pdf

WHAT WE CAN DO

➤ PARENTS/CAREGIVERS:

- Explore the emotional world of babies and young children at [The Power of Connection](#).
- Use serve and return techniques to build your child's brain and establish a secure connection.
- Prioritize building a responsive relationship with your child.
- Support your child's caregivers' mental health and your own.

➤ EARLY CHILDHOOD PROFESSIONALS:

- Educate staff and parents on infant mental health.
- Embed responsive relationship techniques and social emotional skills into early care culture.
- Learn more about [IECMHC](#) and [WI-AIMH Healthy Minds Healthy Children](#).
- Promote mental health literacy among staff and support their own coping skills/self-care.
- Seek opportunities to receive reflective supervision
- Consider earning Infant or Early Childhood Mental Health Endorsement

➤ POLICYMAKERS:

- Provide long-term investments for infant and early childhood mental health consultation across sectors.
- Provide long-term investments for Child Care Counts.
- Increase state funding for the Birth to 3 Program to support access to early intervention for children with developmental delays or disabilities.
- Fund recruitment and retention programs to strengthen ECE workforce development. Provide student debt relief for ECE professionals.
- Require all insurers provide 12-month postpartum coverage.
- Increase payments to private insurance and Medicaid for early childhood mental health services.
- Ensure use of proper diagnostic tools when assessing infants and young children's mental health.
- Support evidence-based home visiting programs.

➤ PROVIDERS AND PEDIATRICIANS:

- Share with parents how to create supportive environments for emotional development.
- Consider additional training and certification in infant and toddler mental health.
- Explore opportunities like [the Pediatric Mental Health Care Access and Education Program](#) through the Department of Health Services to fund behavioral health integration.

From the Library

In 2020, the Blair-Preston Public Library sponsored a book vending machine for the Blair-Taylor Elementary School. Since that time, public librarian Kris McNamer has had the honor of handing out special coins for the machine to each of the school's Students of the Month! Over 100 new books have been given out each school year for students to keep. We would like to thank the BT School District and elementary staff for making this partnership work.



From the desk of Mrs. Tenneson

SUMMER FOOD PROGRAM

The Blair-Taylor School District is happy to announce it will once again sponsor the Summer Food Service Program. This program helps fill a void when regular school meals are not available, helping to meet the nutritional needs of children during the summer. The Summer Food Service Program (SFSP) is funded by the U.S. Department of Agriculture (USDA) and is administered by the Wisconsin Department of Public Instruction (DPI). The program provides nutritious meals to children during the summer.

Free meals will be offered to all children 18 years of age and under. The SFSP will coincide with the Blair-Taylor summer school program; however, persons may receive free meals even if they choose not to enroll in the summer school program. The SFSP meals will be available Wednesdays and Thursdays only, starting June 12th, 2024 and continue through July 25th, 2024. Please note that meals will not be available the week of July 4th. Meals will be served in the elementary commons at the Blair-Taylor School, N31024 Elland Road, Blair, WI 54616. Breakfast will be served in the elementary commons from 7:45 am -8:15 am and lunch will be available from 11:00 am-12:00 pm.



Mrs. Kim Tenneson
Director of Food Service
tennek@btsd.k12.wi.us

SUMMER FOOD DISTRIBUTION

In addition to offering both breakfast and lunch Wednesdays and Thursdays during summer school, Blair-Taylor School District will also operate a summer food distribution program offering 5 days of meals for all children 18 years of age and younger starting June 9th, 2024. The pick-up day will be on Tuesdays of each week at two locations, the Blair-Taylor Elementary School and the Taylor Community Center (old school). Pick-up times will be 9:00 am-11:00 am. If you have questions, please contact the Blair-Taylor Elementary office at (608) 989-9835.

USDA NON-DISCRIMINATION STATEMENT

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- fax: (202) 690-7442; or
- email: program.intake@usda.gov

Claim forms are also available on the Blair-Taylor School website.

<https://www.btsd.k12.wi.us/>

This institution is an equal opportunity provider.

SUBSTITUTE POSITIONS

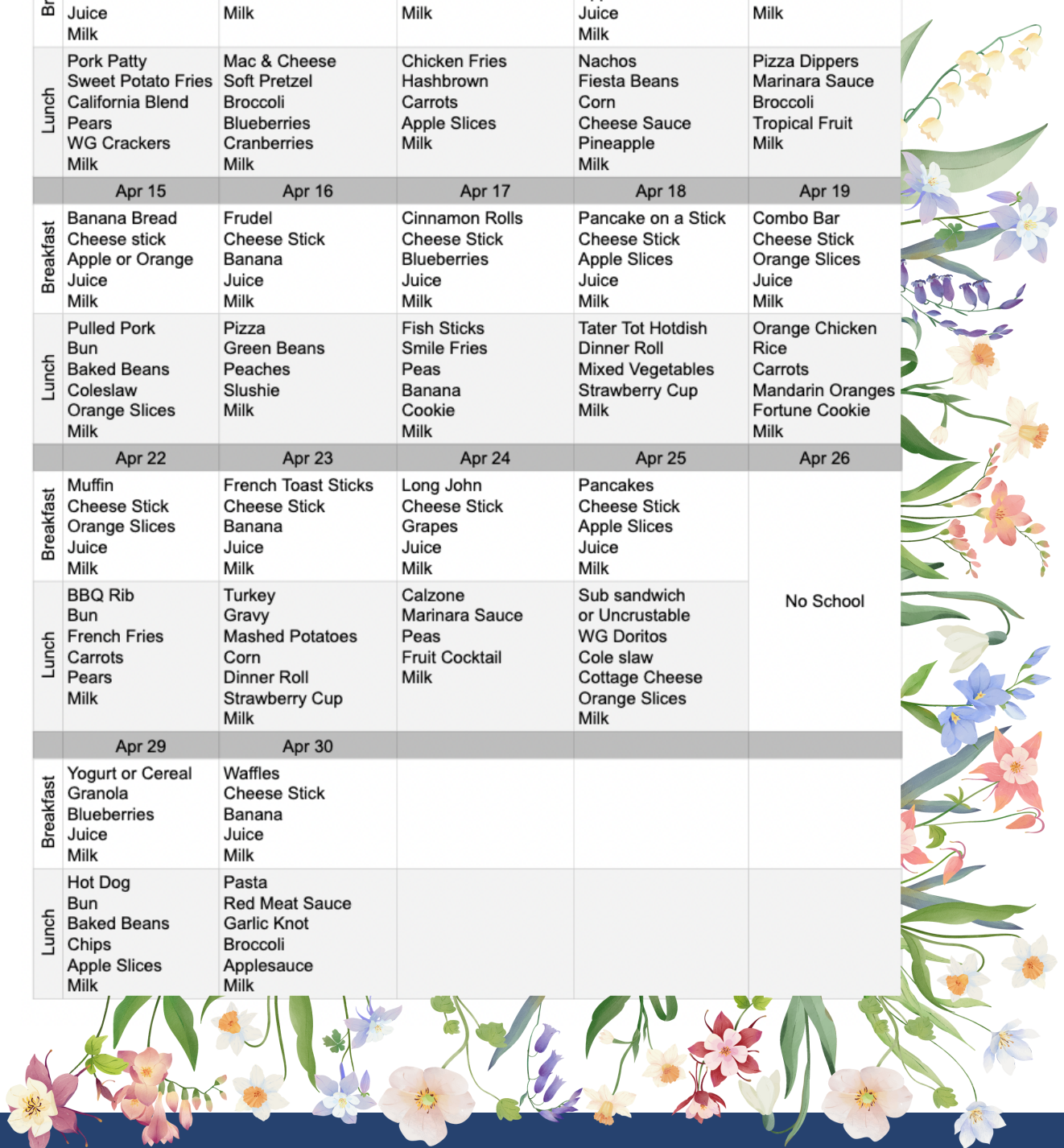
The Blair-Taylor Nutrition team is currently looking for energetic, enthusiastic individuals who would be interested in becoming a substitute in the school kitchens. If you are interested in helping us out, please contact Kim Tenneson at 608-989-9835 ext. 232 for details.

Blair-Taylor is also accepting applications for substitute paraprofessionals. Please call the office at 608-989- 9835 for more information.



April 2024 Breakfast & Lunch Menu

	Apr 1	Apr 2	Apr 3	Apr 4	Apr 5
Breakfast	No School	Cheese Omelet WG Graham Crackers Cheese Stick Orange Slices Juice Milk	Cinnamon Rolls Cheese Stick Apple Slices Juice Milk	Waffles Cheese Stick Kiwi Juice Milk	Breakfast Pizza Cheese Stick Craisins Juice Milk
Lunch		Chicken Tenders Roasted Potatoes Broccoli w/cheese Peaches Milk	Philly Beef Hoagie Bun Tater Tots Corn Fruit Cocktail Milk	Meatloaf Smile Fries Green Beans Pears WG Crackers Milk	Ravioli Peas Breadstick Applesauce Milk
	Apr 8	Apr 9	Apr 10	Apr 11	Apr 12
Breakfast	Yogurt or Cereal Granola Strawberry Cup Cheese Stick Juice Milk	Pancakes Cheese Stick Banana Juice Milk	Donut Pull-a-parts Cheese Stick Grapes Juice Milk	Scrambled Eggs Sausage Appleway Bar Applesauce Juice Milk	Bagel Cream Cheese Grapes Juice Milk
Lunch	Pork Patty Sweet Potato Fries California Blend Pears WG Crackers Milk	Mac & Cheese Soft Pretzel Broccoli Blueberries Cranberries Milk	Chicken Fries Hashbrown Carrots Apple Slices Milk	Nachos Fiesta Beans Corn Cheese Sauce Pineapple Milk	Pizza Dippers Marinara Sauce Broccoli Tropical Fruit Milk
	Apr 15	Apr 16	Apr 17	Apr 18	Apr 19
Breakfast	Banana Bread Cheese stick Apple or Orange Juice Milk	Frudel Cheese Stick Banana Juice Milk	Cinnamon Rolls Cheese Stick Blueberries Juice Milk	Pancake on a Stick Cheese Stick Apple Slices Juice Milk	Combo Bar Cheese Stick Orange Slices Juice Milk
Lunch	Pulled Pork Bun Baked Beans Coleslaw Orange Slices Milk	Pizza Green Beans Peaches Slushie Milk	Fish Sticks Smile Fries Peas Banana Cookie Milk	Tater Tot Hotdish Dinner Roll Mixed Vegetables Strawberry Cup Milk	Orange Chicken Rice Carrots Mandarin Oranges Fortune Cookie Milk
	Apr 22	Apr 23	Apr 24	Apr 25	Apr 26
Breakfast	Muffin Cheese Stick Orange Slices Juice Milk	French Toast Sticks Cheese Stick Banana Juice Milk	Long John Cheese Stick Grapes Juice Milk	Pancakes Cheese Stick Apple Slices Juice Milk	No School
Lunch	BBQ Rib Bun French Fries Carrots Pears Milk	Turkey Gravy Mashed Potatoes Corn Dinner Roll Strawberry Cup Milk	Calzone Marinara Sauce Peas Fruit Cocktail Milk	Sub sandwich or Uncrustable WG Doritos Cole slaw Cottage Cheese Orange Slices Milk	
	Apr 29	Apr 30			
Breakfast	Yogurt or Cereal Granola Blueberries Juice Milk	Waffles Cheese Stick Banana Juice Milk			
Lunch	Hot Dog Bun Baked Beans Chips Apple Slices Milk	Pasta Red Meat Sauce Garlic Knot Broccoli Applesauce Milk			



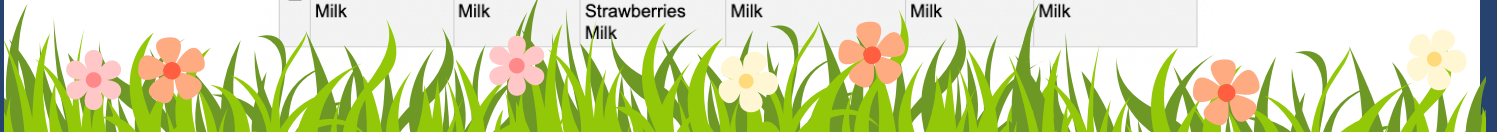


May 2024 Breakfast & Lunch Menu

	May 1	May 2	May 3		
Breakfast	Cinnamon Rolls Craisins Juice Milk	WG Breakfast Pizza Orange Slices Juice Milk	Muffin Kiwi Juice Milk		
Lunch	WG Chicken Patty Curly Fries Green Beans Peaches Milk	Waffles Sausage Patty Diced Potatoes Banana Appleway Bar Milk	Breaded Pork Chop Potato Wedges Corn Peaches Scooby Snack Milk		
	May 6	May 7	May 8	May 9	May 10
Breakfast	Banana Bread Apple Slices Juice Milk	Pancake Banana Juice Milk	Donut Pull-a-parts Craisins Juice Milk	Cheese Omelet Orange Slices Juice Milk	Frudel Grapes Juice Milk
Lunch	Pizza Dippers Marinara Broccoli Tropical Fruit Rice Krispy Bar Milk	Corn Dog Tater Tots Peas Fruit Cocktail Milk	Popcorn Chicken Mashed Potatoes Corn Dinner Roll Mandarin Oranges Milk	Cheeseburger Bun Potato Chips Baked Beans Apple Slices Milk	Chicken Nuggets Sweet Potato Fries Mixed Veggies Pears Milk
	May 13	May 14	May 15	May 16	May 17
Breakfast	Cereal Bar Apple Slices Juice Milk	Pancake-On-A-Stick Banana Juice Milk	Long Johns Craisins Juice Milk	French Toast Orange Slices Juice Milk	Yogurt Blueberries Juice Milk
Lunch	Sloppy Joe Bun Baked Beans Chips Apple Slices Milk	Mac & Cheese Soft Pretzel Cali Blend Veggies Pineapple Milk	Pizza Green Beans Peaches Slushie Milk	Meatloaf AuGratin Potatoes Corn Applesauce Milk	Cook's Choice
	May 20	May 21	May 22	May 23	May 24
Breakfast	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice
Lunch	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice
	May 27	May 28	May 29	May 30	May 31
Breakfast	No School	Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice
Lunch		Cook's Choice	Cook's Choice	Cook's Choice	Cook's Choice

Summer School Breakfast & Lunch Menu

	Jun 12	Jun 13	Jun 19	Jun 20	Jun 26	Jun 27
Breakfast	Cinnamon Rolls Apple Slices Juice Milk	Pancakes Craisins Juice Milk	Banana Bread Blueberries Juice Milk	Pancake-On-A-Stick Strawberries Juice Milk	Long John Orange Slices Juice Milk	Cheese Omelet Sausage Raisins Juice Milk
Lunch	Hot Dog WG Bun Baked Beans Peaches WG Doritos Milk	Pizza Green Beans Apple Slices Slushies Milk	Mac & Cheese Chicken Nuggets Broccoli Pineapple Milk	Sub Sandwich SunChips Carrots/Ranch Applesauce Milk	Pizza Dippers Marinara Corn Pears Milk	Grilled Cheese French Fries Peas Mandarin Oranges Milk
	Jul 10	Jul 11	Jul 17	Jul 18	Jul 24	Jul 25
Breakfast	Breakfast Pizza Apple Slices Juice Milk	Waffles Grapes Juice Milk	Cinnamon Rolls Craisins Juice Milk	French Toast Sticks Melon Juice Milk	Muffin Yogurt Blueberries Juice Milk	Pancakes Applesauce Juice Milk
Lunch	Chicken Fries Smile Fries Carrots Fruit Cocktail Milk	Corn Dog Tater Tots Corn Watermelon Milk	Chicken Patty Bun Potato Wedges Peas Strawberries Milk	Sub Sandwich Doritos Carrots/Ranch Applesauce Milk	Ravioli Breadstick Green Beans Apple Slices Milk	Pizza Corn Pears Slushies Milk



CURRENT SCHOOL BOARD MEMBERS:

Neil Kniseley N5451 Pete Coulee Rd. Taylor, WI 54959 Home: 715-869-0638 knisen@btsd.k12.wi.us	Dr. Blaine Koxlien PO BOX 67 Blair, WI 54616 work: 608-989-2528 koxlib@btsd.k12.wi.us	Perry Kujak W14419 Hillcrest Rd Blair, WI 54616 Home: 608-989-2510 Cell: 608-797-6160 kujakp@btsd.k12.wi.us	Sarah Staff W16133 Big Slough Rd. Hixton, WI 54635 Home: 715-984-2309 staffs@btsd.k12.wi.us
Michele Steien W15771 Jackson Road Taylor, WI 54659 Cell: 715-299-8025 steiem@btsd.k12.wi.us	Troy Tenneson N25277 US Hwy 53 Ettrick, WI 54627 Home: 608-525-5672 Cell: 507-459-3451 tennet@btsd.k12.wi.us	David Thompson N25955 Joe Coulee Rd Blair, WI 54616 Cell: 608-792-3162 thompd@btsd.k12.wi.us	REGULAR SCHOOL BOARD MEETINGS: 3rd Monday of each month United Campus Board Room 5:30 p.m.

From the desk of Mr. Storlie

AWARDS

A huge congratulations has to go out to Jackson Shramek on his second state championship in Wrestling!

All-Conference Award Winners

Wrestling: Jackson Shramek - Senior

Ben Lien - Senior

Ryan Flynn - Senior

Easton Rogstad - Sophomore

Girls Basketball: Samantha Aguilar - Sophomore - 1st Team

Andi Beck - Sophomore - 2nd Team

Andrea Waldera - Sophomore - 2nd Team

Boys Basketball: Ethan Kniseley - Junior - 1st Team

WIAA SPRING TOURNAMENTS

Blair-Taylor has been chosen again this year by the WIAA to host both the Sectional Finals in Baseball and Softball. This is the fourth time that Blair-Taylor will host the Sectional Final in Softball and the second time for the Baseball Sectional. The Softball Final will take place on Thursday, May 30th at 5 pm. The Baseball Final will be on Tuesday, June 4th starting at 10 am.

TRACK INVITATIONALS AT BLAIR-TAYLOR

Blair-Taylor will be hosting two Track Meets this year one for the high school squad and one for the middle school squad. The Lien/Anderson Invite for the varsity squads will be hosted on Tuesday, April 30th and the Middle School meet will be held on Friday, May 3rd .



Mr. Randy Storlie

Athletic Director
storlr@btsd.k12.wi.us

Blair-Taylor Spring Sport Schedule as of April 1st

Please remember that spring sports are scheduled to change due to weather conditions. So please check with the school, or your child's coaches, if activities are still on when the weather becomes questionable.

Baseball 2024

		Bus	
March 28	at Brookwood	2:30 pm	
April 4	Fall Creek		
April 5	Stanley-Boyd		
April 8	Osseo-Fairchild		
April 9	at Whitehall	3:45 pm	
April 11	at Luther	2:30 pm	
	<i>JV to run at the same time</i>		
April 12	Augusta		
April 15	at Caledonia	2:30 pm	
April 16	at Mel-Min	3:00 pm	
April 18	at GET	3:30 pm	
April 19	at CFC	3:00 pm	
April 20	at Bangor	8:15 am	
	<i>JV to start at 10 am</i>		
April 22	Arcadia		
April 23	Indee-Gilmanton		
April 25	at Augusta	3:00 pm	
April 26	Alma-Pepin		
April 27	at Luther	Vans	
April 29	at Immanuel	2:30 pm	
May 2	at Lincoln	3:15 pm	
May 3	at Eleva-Strum	3:15 pm	
May 7	Whitehall		
May 13	Mel-Min		
May 16	Lincoln		
May 17	Eleva-Strum		
May 23, 28-29	Regionals		
June 4	Sectional		
June 11-12	State		



Softball 2024

		Bus	Start Time
March 28	at BRF	3:00 pm	4:30 pm
April 2	Lincoln		
April 4	Fall Creek		
April 5	Eleva-Strum		
April 8	Osseo-Fairchild		
April 9	at Whitehall	3:45 pm	
April 11	at Stratford	1:30 pm	4:30 pm
April 15	Loyal		
April 16	at Mel-Min	3:15 pm	
April 18	at GET	3:30 pm	
April 19	at CFC	3:00 pm	
April 20	at Bangor	8:00 am	11:30am
	<i>JV to start at 10 am</i>		
April 22	at Prescott	1:00 pm	4:30 pm
April 23	Indee-Gilmanton		
April 25	at Arcadia	3:30 pm	
April 26	Alma-Pepin		
April 29	Augusta		4:30 pm
April 30	at Immanuel	3:00 pm	
May 2	at Lincoln	3:30 pm	
May 3	at Eleva-Strum	3:15 pm	
May 7	Whitehall		
May 13	Mel-Min		
May 16, 21, 23	Regionals		
May 28, 30	Sectional		
June 6-8	State		

High School Track 2024

		Bus	Start Time
March 15	at St. Mary's	1:45 pm	3:30 pm
March 23	at UWL	7:00 am	9:00 am
March 28	at Stout	1:30 pm (Vans)	4:00 pm
April 9	at Bangor	2:00 pm	4:00 pm
April 11	at Indee Relay	3:10 pm	4:45 pm
April 18	at Augusta	2:45 pm	4:30 pm
April 22	at Whitehall	3:00 pm	4:00 pm
April 27	at UWL	7:00 am	9:00 am
April 30	at Blair-Taylor		
May 2	at Whitehall	3:00 pm	4:00 pm
May 9	at Mel-Min	2:00 pm	4:00 pm
May 16	at Whitehall	2:45 pm	4:00 pm
May 20	Regional at Luther		
May 23	Sectional at Bangor		
May 31	State at UWL		

Middle School Track 2024

		Bus	Start Time
April 19	at GET	2:55 pm	4:00 pm
April 25	at Lincoln	2:45 pm	4:00 pm
April 29	at Arcadia	2:55 pm	4:00 pm
May 3	at Blair-Taylor		4:00 pm
May 10	at Whitehall	4:00 pm	4:00 pm

School District of Blair-Taylor

N31024 Elland Road

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Blair, WI 54616

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WILDCAT NEWS



Wildcats

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Health Benefits of Physical Activity

FOR CHILDREN

Academic Performance

Improves attention and memory



Brain Health

Reduces risk of depression

Muscular Fitness

Builds strong muscles and endurance



Heart and Lung Health

Improves blood pressure and aerobic fitness

Cardiometabolic Health

Helps maintain normal blood sugar levels



Long-term Health

Reduces risk of several chronic diseases, including type 2 diabetes and obesity

Healthy Weight

Helps regulate body weight and reduce body fat



Bone Strength

Strengthens bones



Source: *Physical Activity Guidelines for Americans*, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-children.html>

October 2021