

FALL 2024

WILDCAT NEWS

BLAIR-TAYLOR SCHOOL DISTRICT NEWSLETTER



Administration

Lynn Halverson
Superintendent
p: 608.989.2525

Beth Lisowski
Middle-High Principal
p: 608.989.2525

Jared McCutchen
Elementary Principal
p: 608.989.9835

Blair-Taylor
School District
United Campus
N31024 Elland Road
Blair, WI 54616

www.btsd.k12.wi.us

A Message From Our Superintendent, Mr. Lynn Halverson

Every year, on the fourth Monday of October, the Blair-Taylor School District conducts their Annual Meeting. A few of the most important aspects of the Annual Meeting include the budget review and setting the school tax levy for the current school year. Because Blair-Taylor passed an operational referendum with the support of our Community during April of 2023, I find it vitally important to keep everyone up to date regarding the overall financial impact of the operational referendum, as well as the benefits to our students and the District as a whole.

Although the District cannot control individual property value increases or decreases from year to year. The District has been committed to maintaining the overall financial impact as communicated during the operational referendum informational sessions.

During the 2023-24 School Year - Due to a higher than projected property value increase (9.06%) of the District and higher than predicted per pupil funding, the District was able to underlevy by \$479,250 to assure that the financial impact on constituents would be as communicated.

For the 2024-25 School Year - The property value of the District is certified on October 1. Preliminary estimates predict the growth of the District will be 1.6%, which is significantly lower than the previous two years. General aid to the District is not certified until October 15. Preliminary estimates predict a 6.9% increase. Although at the moment, the District does not have certified information regarding property values and general aid, the District predicts overall financial impact to be as communicated and plans to assure impact is as communicated in future years as well.

As a refresher, the purpose of the operational referendum was to: 1) Maintain our current operations and opportunities for our students which we have been able to do. 2) Increase staff retention and attraction by closing the gap regarding salaries in comparison to area school districts. This helps retain our high quality staff and allows accountability to staff if attraction is needed. 3) Rebuild the fund balance to decrease the need to short term borrow. During the 2023-24 school year, we were able to increase the fund balance from 6.28% to 11.18%, with the long term goal of reaching 15%.

In summary, during the first year of the three year operational referendum, with the support of our Community, the Blair-Taylor School District has made significant strides in the right direction. Thank you for your continued support!

Lynn Halverson
Superintendent

From the desk of Mr. McCutchen



Mr. Jared McCutchen
Elementary Principal
mccutjar@btsd.k12.wi.us

Happy Fall Yall!

We are off to a great start at Blair-Taylor Elementary! During the first six weeks of school we spent time reteaching the expectations around school (lunchroom, bus, auditorium, playground...). We worked on what we call the “Wildcat Way” which is being respectful, responsible, safe, and honest. This year students are receiving a Wildcat paw stamp if they are “caught” being respectful, responsible, safe, and honest around school! We’re off to such a great start that we’re running out of stamps!

Here are some elementary school words you may hear from your elementary aged student this year....

Recharge Station- Who doesn’t need a “recharge” every once in a while?! Our classrooms are equipped with a designated area with tools to help students that need a quick “recharge.”

STAR Testing- Students in grades 2nd-5th take the STAR assessment in the fall, winter, and spring. This is one of many tools we can use to help guide some of our instruction in the classroom.

SOTM- One student per grade level will be chosen each month for showing the Wildcat Way and receive the Student of the Month (SOTM) recognition! We will recognize these students each month at an assembly in the auditorium.

P/T Conferences- Parent/Teacher conferences take place on the evenings of October 15th and 17th.

PTO- Parent/Teacher Organization. This group meets on the third Monday of each month at 6:00 in the elementary commons. We’re looking for more parents to join! You can find them on Facebook at Blair-Taylor PTO.



Mark Your Calendars!

This year our elementary will have the following concerts:

- Grades 3, 4, and 5 - **Winter Concert**
Friday, December 13, 2024, 2:00 pm in the United Campus Auditorium
- Grades 1 and 2 - **Spring Concert**
Friday, May 23, 2025, 2:00 pm in the United Campus Auditorium



From the desk of Mrs. Lisowski



Mrs. Beth Lisowski

District Principal
lisowb@btsd.k12.wi.us



October 16
Parent-Teacher Conferences
3:30-7:30

October 18
Teacher Inservice
No School for Students

October 28
Fall Choir Concert

November 11
Veterans Day Program

November 18
MS/HS Band Concert

November 26
Last Day of Trimester 1

November 27, 28 & 29
No School for Students

December 11
Hand Bell Concert

Encouraging Good Attendance

Encouraging consistent attendance is essential for student success. Here's how to make sure your child is on track:

Why Attendance Matters at Blair-Taylor

Consistent attendance is a key factor in student achievement. Research indicates that students with regular attendance are more likely to succeed academically. Make daily attendance a priority for your child, and ensure they arrive on time.

Practical Tips to Support Regular Attendance:

- **Set a Routine:** Establish consistent bedtimes and a morning routine to make getting ready smoother.
- **Prepare Ahead:** Lay out clothes and pack backpacks the night before to minimize stress in the morning.
- **Attend Daily:** Ensure your children attend school every day unless they are genuinely sick.
- **Plan Around School:** Whenever possible, avoid scheduling vacations or appointments during school hours.
- **Address Anxiety:** If your child feels anxious about attending school, talk to their teachers or counselors for support and strategies.

By focusing on these habits, you'll set your child up for a positive and productive school experience.

Changes in Family Information

Keeping your contact information up to date in Skyward is crucial for effective communication between the school and your family. Please inform the MS/HS office if there are any changes to the following throughout the year:

- **Home Address**
- **Phone Numbers**
- **Emergency Contacts**

Timely updates ensure we can reach you in case of an emergency or important school notifications.



Breakfast & Lunch Payments

When depositing money into your child's food service account, please follow these steps:

- Fill out an envelope with your child's name and the amount of money being deposited.
- Drop the envelope into the lock box located in the office.

Please note that middle and high school students cannot pay for meals or à la carte items at the point of service.

Winter Weather Guidelines

In cases of severe weather, the safety of our students and staff is our highest priority. The district follows established guidelines when deciding whether to open or close school.

While we strive to make the best decision for all students, we understand that individual circumstances may vary. We strongly encourage parents to make the choice that best suits their child(ren)'s health and safety. You know your child best and are always the most reliable judge of their well-being. Stay informed and prioritize safety during winter weather conditions!

Supervision at Athletic Events

Elementary and middle school students attending athletic events at the school should sit with their parents or guardians in the gymnasium. It is important for students to remain supervised, and they should not be running around the school unsupervised.

This helps ensure a safe and enjoyable environment for everyone at the event. Thank you for your cooperation!

WELCOME

NEW BLAIR-TAYLOR STAFF

David Crowley

Dave Cowley is entering his 33rd year of teaching and coaching. Dave started his career at Wittenberg-Birnamwood in 1992 and has also taught in the following districts: Melrose-Mindoro, Arcadia, and Black River Falls. Dave loves spending time with his wife Tracey and their three boys: Trey, Reese, and Brooks. He really enjoys collecting sports cards, playing golf, and walking his two dogs. Dave is excited to bring his experience, enthusiasm, and sense of humor to the staff and students at the Blair-Taylor School District.



Justina Gautsch

Hello, my name is Justina Gautsch. My family and I are very excited to be back in the Blair-Taylor Area. I am a 2001 graduate of Blair-Taylor. My husband Andy and I have two children, Reggie (4) and Maggie (1). I taught kindergarten in the Eau Claire school district for the past 9 years. I'm looking forward to teaching kindergarten at Blair-Taylor and being part of this amazing school and community!



NEW BLAIR-TAYLOR STAFF

Maddie Kendall

Hello, my name is Maddie Kendall and I am beyond excited to start my teaching career at Blair-Taylor Elementary School! I grew up in the Milwaukee area but moved to La Crosse to attend the University of Wisconsin- La Crosse where I graduated with a Elementary/Middle Education degree. I currently live in La Crosse with my boyfriend of 4 years. A few things I like to do in my free time is crafting, playing games, spending time with family and friends, as well as listening to music/audiobooks. I am looking forward to getting to know the students, staff, families, and community of Blair-Taylor!



Ariel Koxlien

I am beyond excited to be joining this community! I graduated high school in 2020 from Whitehall Memorial High School, and completed my bachelors degree at the University of Wisconsin - La Crosse. Growing up in a small town myself, I am excited and honored to be a part of the Blair-Taylor Wildcat community! I currently reside in Trempealeau WI, and am looking forward to the many opportunities to come, including coaching 7th grade volleyball!! My love for teaching has grown since I was in high school. I am committed to prioritizing student needs and helping children grow and succeed. I can't wait to meet all the students and staff at Blair-Taylor!



Paige Marsh

Hi! I am incredibly honored to begin my career as an SLP here at B-T. I am from Mondovi, WI where I currently live with my boyfriend, Blake and our 1-year old yellow lab, Maverick. I completed my undergrad at UW-Eau Claire, and recently completed my masters at Indiana University-South Bend. I am passionate about play-based therapy and look forward to everything I can learn from each and every kiddo. On a personal note, I enjoy baking, spending time with friends and family, and all things outdoors. I'm looking forward to a great school year!



Maybelle

Meet Maybelle (May), the newest therapy dog on staff at Blair-Taylor! May is a 3-year-old Golden Retriever who has become a Certified Therapy Dog with Ms. Monson. May will support at school about three days a week to support students and staff! Sometimes, all a person needs is someone to listen to them, and that person can be an animal. Therapy dogs are known for being uplifting and comforting companions. They provide unconditional love and don't pass judgment, which can help students deal with the emotional highs and lows. The simple presence of a therapy dog can induce a calming and nurturing environment, which can decrease anxiety and stress levels. We are excited to have May join our staff this year!



Grace Mlsna

I am so excited to be a part of the Blair-Taylor School District as a 6th grade science and social studies teacher! I grew up in Cashton, WI and I attended college at UW-La Crosse for Elementary/Middle Education. I was lucky enough to student teach at Blair-Taylor this past spring and absolutely loved this community! In my free time I enjoy long walks, running, and being out on the boat. I cannot wait for this school year!



Abby Palkowski

I am thrilled to be joining the Blair-Taylor community! I'm originally from Strum, Wisconsin, and graduated from Winona State University with a bachelor's degree in Elementary Education. Outside of school, I enjoy reading, being outside, and hanging out with friends and family. I am most looking forward to meeting my students and creating a love of learning in our classroom!



NEW BLAIR-TAYLOR STAFF

Melissa Pientok

I am honored to join the Blair-Taylor staff as the new Middle School and High School Assistant Principal. I have had the privilege to have been in the education profession for 22 years, most of which I have spent at the Middle School level. I currently live in Whitehall with my husband, Jeremiah (Miney), and our three children. McKenna is a junior at UW-Madison, Mason is a senior and Max is in 8th grade, both attending school in Whitehall. We also have 2 Labrador retrievers, Rylie and Oakley, and a cat named Gus. In our free time, we enjoy watching our kids play their favorite sports, spending time as a family at our camper on the Mississippi River, and attending Badger and Packer games. I am looking forward to fostering positive relationships with our students and supporting them in becoming their best selves.



Katelyn Schade

As a 2012 graduate of Blair-Taylor, I am very excited to be returning to the community as the Middle School and High School Spanish teacher! Since graduating from BTHS, I have earned my Bachelor's degree from UW-Eau Claire and Master's degree from UW-Madison. I have been teaching for 6 years, at both Boyceville High School (near Menomonie) and Belleville High School (near Madison). Additionally, I have done quite a bit of world traveling, visiting 17 countries! When I am not chasing after my one-year-old son with my husband, I enjoy learning and practicing languages (Spanish, Portuguese, and Norwegian), reading, doing puzzles, and going on adventures. I'm thrilled to be able to give back to students in our community! Once a Wildcat, Always a Wildcat!



Alexis Van Riper

I am excited to be back at Blair-Taylor working with the middle school. I graduated from Blair in 2013. I'm happily married to my husband Trevor and we have 5 children at home (Talan, Oren, Mia, Ivy and Drew) We also have a dachshund named Dash and black cat named Clive. In our free time we enjoy fishing and doing anything outdoors.



Jordyn Walters

Hello! My name is Jordyn Walters and I am excited to be joining the Blair-Taylor team as a 2nd grade teacher! I grew up in the small town of Kiel, Wisconsin and graduated from Winona State University. Previously I have taught 3rd grade in Arcadia. When not in school, I enjoy traveling, hiking, kayaking and reading. I am looking forward to being part of the Wildcat community!



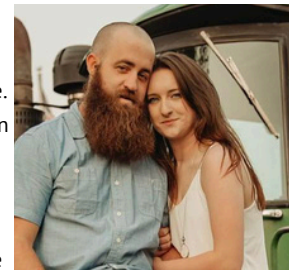
Madeline Wolff

I am thrilled to be teaching 7th and 8th grade social studies at Blair-Taylor this fall. I grew up in Park Rapids Minnesota, which is a town in northern Minnesota that's located near the Headwaters of the Mississippi! After graduating high school, I pursued an education at the University of Wisconsin Eau Claire where I graduated with my Bachelor's Degree in Social Studies Education. Currently, I live with my husband of two years, and high school sweetheart, Avery. I have a true passion for working with middle school students and using curiosity as a tool to drive hands-on learning. What I'm most excited for this school year is meeting my students and finding and exercising each of their individual strengths and abilities in the classroom. I'm proud to be a Blair-Taylor Wildcat!



Tris Quarne

Hey all! My name is Tristen Quarne. Originally from Ettrick, I now live in Blair with my husband Nate, our 2 dogs, and 2 cats! In my free time I love being outside, going fishing, and gardening... among many more hobbies! I am very excited to start my career at Blair-Taylor this fall!



HOW CAREGIVERS CAN FOSTER RESILIENCY

Adversity is a natural part of life. At some point, we all face difficulties, such as family problems, serious illness, widespread disease, a personal crisis, or a painful loss. Being resilient is important to dealing successfully with life's challenges.

WHAT IS RESILIENCY?

Resiliency is the ability to bounce back from setbacks, to learn from failure, to be motivated by challenges, and to believe in one's own ability to handle stress and difficulties.

WHY IS RESILIENCY IMPORTANT?

In order for children and teens to reach their fullest potential, they need to know how to approach life with resilience. Being resilient allows individuals to learn and grow from experiences, and it protects them from the long-term ill effects of difficult experiences.

ENCOURAGE HEALTHY HABITS



Promote healthy nutrition, adequate

- sleep, and attention to physical and mental health needs.
- Make sure children and teens exercise or engage in physical activity. This can include biking or walking, as well as team sports.
- Model and encourage the use of stress reduction strategies, such as meditation, mindfulness, controlled breathing, yoga, or use of self-talk.
- Support children and teens in developing individual talents, such as playing sports, drawing, playing musical instruments, playing games, etc.
- Encourage children and teens to try things outside of their comfort zones.
- Seek professional mental health support if needed.

BUILD STRONG EMOTIONAL CONNECTIONS



- Help children and teens stay connected to friends and loved ones.
- Foster supportive, caring relationships with peers and trusted adults.
- Make sure expressions of love and praise occur more often than criticism.

FOSTER EMOTIONAL AWARENESS



- Acknowledge the presence of challenges or adversity.
- Help children and teens learn to make sense of their feelings by labeling their emotions.
- Nurture optimism by encouraging children and teens to reframe pessimistic thinking. Adults can acknowledge feelings and help to shift their thinking to positives.
- Teach children and adolescents to stop and think; they do not have to act on every impulse.

TEACH PROBLEM-SOLVING SKILLS



- Encourage children and teens to acknowledge when a problem exists, discover solutions, and take initiative to solve the problem.
- Ask questions about the problem, and help children and teens identify the pros and cons of possible solutions instead of lecturing them or explaining how to solve the problem.
- Encourage looking at problems from several different perspectives.

For additional guidance, visit
www.nasponline.org/safety-and-crisis

© 2022 National Association of School Psychologists, www.nasponline.org

NASP 
NATIONAL ASSOCIATION OF
School Psychologists



Christmas Project

The Blair-Taylor School District is gearing up for the Holiday Season. In preparation for the season we want to let you know that we will be offering opportunities for families who may need a little additional support with gifts and/or food during this time.

Throughout this process your family's information will be kept strictly confidential. We will work closely with you on when you can pick up gifts and/or food at the school in a discrete manner.

If you are interested in receiving any support please fill out the information below (one for each child) and return it to your school counselor by **November 6th**. You may also call or email if you have an interest. We will attempt to fulfill as many requests as possible. However, it will depend on the amount of need and requests. If you wish to sponsor a family in need please contact Cole Van Schyndel by **November 6th**.

Sincerely,
Cole Van Schyndel , School Counselor , vanscc@btsd.k12.wi.us , 608-989-2525 ext. 301



Please fill out all the information below to accurately help our children

Name of parent: _____ Phone Number: _____

Children in the household:

Name:	Age:	Special WishList Item(s):

My child _____ needs the following clothing items:

Size	Item	Circle Which Dept? (Infant, Toddler, Boys/Girls, Juniors, Women's/Men's)
	Socks	
	Underwear	
	Pajamas	
	Jeans	
	Shirts	
	Shoes	
	Winter Gear	

Favorites (color, hobbies/interests, likes/dislikes, etc)

My child _____ needs the following clothing items:

Size	Item	Circle Which Dept? (Infant, Toddler, Boys/Girls, Juniors, Women's/Men's)
	Socks	
	Underwear	
	Pajamas	
	Jeans	
	Shirts	
	Shoes	
	Winter Gear	

Favorites (color, hobbies/interests, likes/dislikes, etc)

My child _____ needs the following clothing items:

Size	Item	Circle Which Dept? (Infant, Toddler, Boys/Girls, Juniors, Women's/Men's)
	Socks	
	Underwear	
	Pajamas	
	Jeans	
	Shirts	
	Shoes	
	Winter Gear	

Favorites (color, hobbies/interests, likes/dislikes, etc)



Blair-Taylor Counseling Program

Dear Families,

I would like to take this opportunity to introduce myself! My name is Bekka Baures and I am the Elementary School Counselor here at Blair-Taylor Elementary School. I have been a School Counselor at Blair-Taylor for the last two school years. I am excited to continue this role as your School Counselor for the upcoming school year.

My passion for school counseling began during my time as a student Winona State University where I received my Bachelors of Science degree in Social Work and now where I am currently earning my Masters of Science degree in School Counseling through UW-Superior. What I love most about the elementary level is the genuine curiosity students have in their learning and the world around them, as well as the opportunity for early intervention support that can have a lifetime positive impact on a child.

As a School Counselor, my primary responsibility is to promote the academic, career, and social/emotional development of **all** students. Many times I get puzzled looks when I say I provide career development at the elementary level, but it is never too early for children to be exposed to the opportunities their futures will hold! I look forward to offering support to the Blair-Taylor students, staff, families, and community. I will be meeting with students individually and in small groups, conducting classroom 'wellness' lessons including meeting with parents, collaborating with teachers and staff, and consulting with community organizations to benefit and meet the needs of **all** Blair-Taylor Elementary students.

You may have noticed above that I put in bold and underlined the word, "**all**" students. Sometimes when the term "counselor" is heard, some may perceive that a counselor may only work with a select few students in a 1:1 counseling capacity, but that is not the case! School Counseling programs reach and meet the needs of **all students** in a school through many various ways, including those listed above. I am here to advocate for **all** students. If you ever have any questions or concerns, please do not hesitate to call me at 608-989-9835 or email baureb@btsd.k12.wi.us at any time.

I have a counseling website that has general counseling information such as resources for parents, program/services available, vision/mission statement, monthly newsletters, and more! 4K-2nd parents, please look at the student resource tab where you will find my virtual classroom that has many different resources for your child. This website is located on the Blair-Taylor School District Elementary counseling page.

For the first 6 weeks of wellness classes, students will be learning in depth about the 4 core values within the district. Respect, Responsibility, Honesty, and Safety. During this time, I encourage you to have conversations with your child about these values and how they positively impact learning, behavior, and decision-making.

I am so excited to work with your children and get to know you throughout the school year!

All the best,
Bekka Baures
4K-5th Elementary Counselor



TITLE I Reading Corner with Mr. Nelson

Dear Families,

What is one of the most difficult tasks about starting a school year? Developing a schedule that works for all. We work hard to design the master schedule to make the most out of our day and do our best at sticking to a routine. Most thrive when we know what is going to happen next. How is your home schedule?

Here are some tips for building a routine:

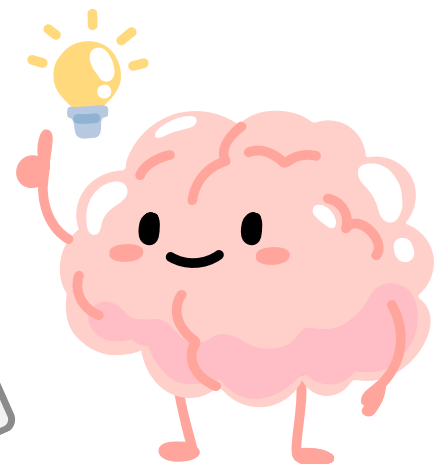
- **Identify priorities:** Consider what tasks, projects, or goals are most important to you and how they align with your values.
- **Set goals:** Make goals that are practical and easy to monitor. You can break larger goals into smaller, more manageable steps.
- **Create a plan:** Decide what you want to include in your routine, such as more exercise, increased family time, more conversation.
- **Be consistent:** Try to be consistent with your routine and stick to your time schedule.
- **Get enough sleep:** Set a regular bedtime and wake time, and give yourself some screen-free time before bed.
- **Reward yourself:** Positive reinforcement can help you connect good decisions with positive rewards.
- **Make it fun:** Try to make your routine fun.
- **Track your progress:** Keep track of your progress. Share your goals with someone who is an accountability partner.

A daily routine can help improve your mental health and lower stress levels.

Respectfully,
Mr. Nelson, Title 1



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



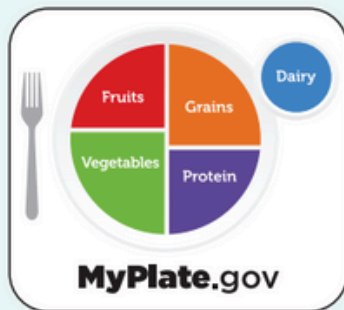
Food Sources of Calcium

Getting enough calcium is important for strong bones and overall health. Eating a variety of nutrient-dense foods from all food groups can help you meet your needs.



Did you know that you can get calcium from many different food groups?

Here are a few examples:



Low-fat or fat-free milk, yogurt, or kefir, including lactose-free versions and fortified soy milk and yogurt



Vegetables such as nettles, collard greens, nopales, bok choy, and kale



Tofu, canned sardines, and canned salmon with bones



Fortified 100% grapefruit or orange juice

Looking for more sources of calcium to enjoy?

Use this list to identify foods and drinks that fit your culture and lifestyle. By making shifts toward a healthy eating routine, you can meet your food group and calcium needs.

Nutrient-dense Food and Beverage Sources of Calcium

FOOD	STANDARD PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
Dairy and Fortified Soy Alternatives				
Yogurt, plain, nonfat	8 ounces	488		
Yogurt, plain, low fat	8 ounces	448		
Kefir, plain, low fat	1 cup	317		
Milk, low fat (1%)	1 cup	305		
Soy beverage (soy milk), unsweetened	1 cup	301		
Yogurt, soy, plain	8 ounces	300		
Milk, fat-free (skim)	1 cup	298		
Buttermilk, low fat	1 cup	284		
Yogurt, Greek, plain, low fat	8 ounces	261		
Yogurt, Greek, plain, nonfat	8 ounces	250		
Cheese, reduced-, low-, or fat-free (various)	1 1/2 ounces	~115-485		

FOOD	STANDARD PORTION	CALCIUM (mg)	PLAN TO TRY	MY FAVORITES
Vegetables				
Lambsquartners, cooked	1 cup	464		
Nettles, cooked	1 cup	428		
Mustard spinach, cooked	1 cup	284		
Amaranth leaves, cooked	1 cup	276		
Collard greens, cooked	1 cup	268		
Spinach, cooked	1 cup	245		
Nopales, cooked	1 cup	244		
Taro root (dasheen or yautia), cooked	1 cup	204		
Turnip greens, cooked	1 cup	197		
Bok choy, cooked	1 cup	185		
Jute, cooked	1 cup	184		
Kale, cooked	1 cup	177		
Mustard greens, cooked	1 cup	165		
Beet greens, cooked	1 cup	164		
Pak choy, cooked	1 cup	158		
Dandelion greens, cooked	1 cup	147		
Protein Foods				
Tofu, raw, regular, prepared with calcium sulfate	1/2 cup	434		
Sardines, canned	3 ounces	325		
Salmon, canned, solids with bone	3 ounces	181		
Tahini (sesame butter or paste)	1 tablespoon	154		
Fruits				
Grapefruit juice, 100%, fortified	1 cup	350		
Orange juice, 100%, fortified	1 cup	349		
Other Sources				
Almond beverage (almond milk), unsweetened, fortified	1 cup	442		
Rice beverage (rice milk), unsweetened, fortified	1 cup	283		

Notes:

All foods listed are assumed to be in nutrient-dense forms: lean or low-fat and prepared with minimal or no added sugars, saturated fat, and sodium. Some fortified foods and beverages are included. Other fortified options may exist on the market, but not all fortified foods are nutrient-dense. For example, some foods with added sugars may be fortified and would not be examples in the lists provided here.

Some foods or beverages are not appropriate for all ages, particularly young children for whom some foods could be a choking hazard.

This list includes "standard" portions, which provide at least 130 mg calcium. Portions listed are not necessarily recommended serving sizes.

Seafood varieties include "Best Choices" from the FDA/EPA joint "Advice About Eating Fish" available at [FDA.gov/fishadvice](https://www.fda.gov/fishadvice).

Data Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. [fdc.nal.usda.gov](https://www.fdc.nal.usda.gov).

Want to learn more about what and how much to eat?
 The MyPlate Plan can help you find your personalized food group goals.
 To get started, visit <https://www.myplate.gov/myplate-plan>.

Make sure your child is always buckled in a car seat, booster seat, or seat belt that is appropriate for their age and size.



REAR-FACING CAR SEAT

Birth until age 2–4

Buckle children in a rear-facing car seat with a harness until they reach the maximum weight or height limit of their car seat. Keep children rear-facing as long as possible. Never place a rear-facing car seat in the front seat. Front passenger air bags can injure or kill young children in a crash.



FORWARD-FACING CAR SEAT

After outgrowing rear-facing car seat and until at least age 5

When children outgrow their rear-facing car seat, they should be buckled in a forward-facing car seat with a harness and a top tether in the back seat until they reach the maximum weight or height limit of their car seat.



BOOSTER SEAT

After outgrowing forward-facing car seat and until seat belt fits properly

When children outgrow their forward-facing car seat, they should be buckled in a booster seat in the back seat until the seat belt fits properly without a booster seat. Proper seat belt fit usually occurs when children are age 9–12.



SEAT BELT

When seat belt fits properly without a booster seat

Children no longer need to use a booster seat when the seat belt fits them properly. A seat belt fits properly when the lap belt is across the upper thighs (not the stomach) and the shoulder belt is across the center of the shoulder and chest (not across the neck or face, and not off the shoulder).

Keep children properly buckled in the back seat until age 13.

*Recommended age ranges for each seat type vary to account for differences in child growth and weight/height limits of car seats and booster seats. Use the car seat or booster seat manual to check for important information about installation, the seat weight and height limits, and proper seat use.

Child passenger safety recommendations: American Academy of Pediatrics 2018.

www.cdc.gov/child-passenger-safety/about



CS201166A

Are Creatine and Liquid IV Safe for Teen Athletes?

Many young athletes are taking creatine and Liquid IV to boost performance and improve hydration, often at the suggestion of teammates or even coaches. Many parents wonder: are they safe?

University Hospitals pediatric sports medicine specialist [Laura Goldberg, MD](#), shares what parents need to know.

Creatine

Creatine is a nonessential amino acid made naturally in the body. While it doesn't increase strength, it can support short bursts of high-intensity athletic performance. Most creatine supplements are available as a powder that can be added to water, juices or shakes.

"When used at appropriate doses, creatine seems to be safe in healthy athletes of all ages, and using a trusted brand might be appropriate for some high school athletes," says Dr. Goldberg. "That being said, due to inadequate studies, we don't know what long-term effects it may have on young athletes. For that reason, the American Academy of Pediatrics and American Society of Sports Medicine do not recommend creatine use under age 18."

Creatine can also have side effects. It causes muscles to retain water and long-term use may cause muscle cramps, dehydration, diarrhea, nausea and seizures. Creatine may be especially dangerous for athletes undergoing purposeful dehydration or weight loss (such as wrestlers).

Dr. Goldberg cautions that creatine may also impair performance in endurance activities. And because creatine has the potential to impact the kidneys, it should not be used by athletes at risk for kidney dysfunction.

Liquid IV

Liquid IV is a brand of electrolyte powder that you add to water. In the 1960s, research showed that glucose promotes sodium and water absorption. Since then, this combination has been a standard for rehydration and electrolyte drinks. Liquid IV claims to hydrate quicker than water by using a specific ratio of electrolytes, glucose and water.

"Electrolyte drinks in general are safe for young athletes, but it's important to avoid any that contain caffeine," cautions Dr. Goldberg. "Many people believe electrolyte drinks and powders are healthy, but they have a large amount of sugar which is unnecessary unless you're exercising for more than 60 minutes."

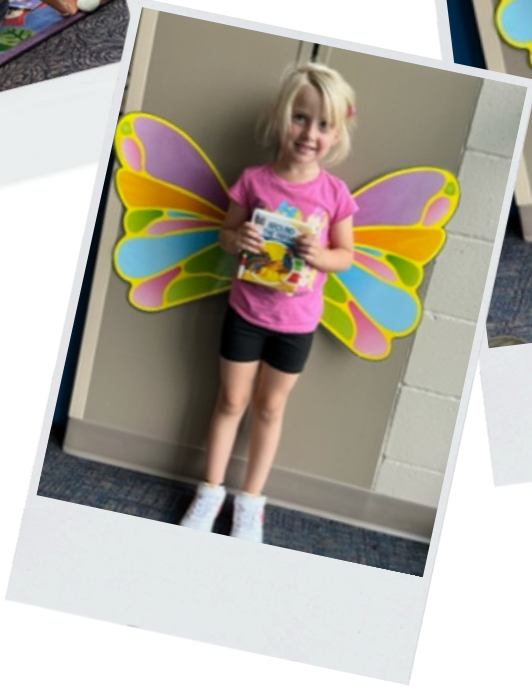
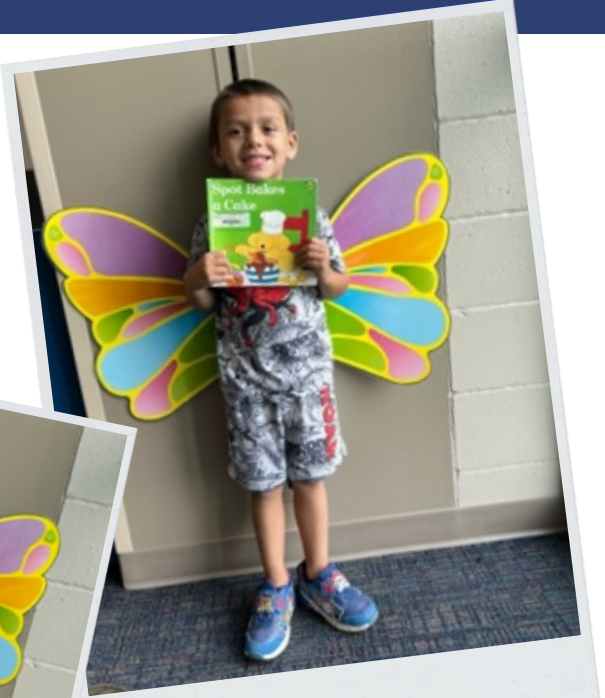
If you exercise and sweat a lot, you will need to replace the lost fluid. Water is an excellent source of hydration for everyday and shorter bouts of exercise. Use electrolyte drinks when exercising for longer periods of time or supplement your water intake with food that contains electrolytes and some source of glucose.

Final Comments: Are Supplements the Right Answer?

Supplements are regulated by two government agencies. The Food and Drug Administration (FDA) regulates product safety and labeling. The Federal Trade Commission (FTC) regulates advertising. They don't monitor efficacy, but they do monitor the accuracy of product claims.

"Nothing replaces hard work and effort. Before considering supplements, ask why. What's the goal? Evaluate the basics. Is the athlete preparing properly with nutrition, rest and recovery, and adequate training? Maximize these first," advises Dr. Goldberg.

"Supplements are not all bad, but it's important to know what you're putting in your body and if it's safe and appropriate for your goals," says Dr. Goldberg. "It's best to review your supplements with a knowledgeable healthcare provider to make sure they're safe for you. And to stay in compliance, check every ingredient against the banned substance list for the organization in which you compete, such as the OHSAA."



Snapshots from our library!

From the desk of Mrs. Semb



INGREDIENTS

- 2 pita pockets (medium, whole wheat)
- 1/4 cup peanut butter (reduced fat, chunky)
- 1/2 apple (cored and thinly sliced)
- 1/2 banana (thinly sliced)
- 1/2 peach (fresh, thinly sliced)



Mrs. Jenny Semb

School Nurse

sembj@btsd.k12.wi.us

DIRECTIONS

1. Wash hands with soap and water.
2. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them more flexible.
3. Carefully open each pocket and spread a thin layer of peanut butter on the inside walls.
4. Fill with a combination of apple, banana, and peach slices. Serve at room temperature.

Blair-Taylor FFA is seeking interest for a **Farmer and Agriculture Community Appreciation Breakfast** to be held in the spring. If you would like to receive information for this event, please email the Advisor, Ms. Greta Monson, at monsog@btsd.k12.wi.us with your mailing address. We are excited to give back to our community and want to thank you all for supporting our agricultural and FFA programs! Follow along for more updates on the 'Blair-Taylor FFA' Facebook page!



Notice of School Board Election (S.120.06(6)(b), Wis. Stats.)

NOTICE IS HEREBY GIVEN to qualified electors of the Blair-Taylor School District that a School Board election will be held on Tuesday, April 1, 2025, to elect school board members to the seats currently held by David Thompson as District 1 Director and Blaine Owen Koxlien and Neil Kniseley as District 2 Directors, whose 3-year terms expire in April 2025. The incumbents are eligible for re-election.

NOTICE IS FURTHER GIVEN that any qualified elector desiring to be a candidate for this position on the school board shall file a Declaration of Candidacy at the Blair-Taylor School District Office, N31024 Elland Road, Blair, WI not earlier than Monday, December 2, 2024, and not later than Tuesday, January 7, 2025, between the hours of 8:00 a.m. and 4:00 p.m. Monday thru Friday. The forms may be delivered or mailed to the address noted above prior to 5:00 p.m. on Tuesday, January 7, 2025. District boundary information is available in the district office.

NOTICE IS FURTHER GIVEN that if a primary is necessary, the primary will be held on Tuesday, February 18, 2025.

Dated this 20th day of September, 2024.

Jessica Lien, Clerk
Blair-Taylor School District

Sports News with Coach Storlie

WINTER SPORTS SEASONS:

As the Winter sport season starts, we are all excited to watch our Wildcat teams. A thank you must go out to Lisa Perry and her FBLA group for setting up the concession schedule for the convenience of our fans. A thank you goes out to the officials and workers for helping us run such positive events for our teams. Of course, thank you Wildcat faithful for your support of our young athletes. We would like to wish good luck to all our teams, coaches and athletes on their upcoming seasons!



Coach Randy Storlie

Athletic Director

storlr@btsd.k12.wi.us

Blair-Taylor Middle School Winter Sport Schedule as of October 13th

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

Middle School Boys Basketball 2024

	Bus	Game
Nov 1 Mel-Min		4:30
Nov 4 at Lincoln	3:45	5:00
Nov 7 at BRF	3:55	5:00
Nov 12 at Indee	3:35	4:30
Nov 14 CFC		4:30
Nov 19 Indee		4:30
Nov 21 Whitehall		4:30
Dec 2 at Mel-Min	3:45	5:00
Dec 5 at CFC	3:35	5:00
Dec 9 BRF		4:30
Dec 10 at Arcadia	4:10	5:00
Dec 13 at Whitehall	3:50	4:30
Dec 17 Lincoln		4:30

Middle School Girls Basketball 2025

	Bus	Game
Jan 16 at BRF	4:00	5:00
Jan 17 CFC		4:30
Jan 20 at Lincoln	3:45	5:00
Jan 21 Indee/Gilm		4:30
Jan 23 at Whitehall	3:45	4:30
Jan 30 at Arcadia	3:50	5:00
Feb 4 Arcadia		4:30
Feb 6 Whitehall		4:30
Feb 10 at Eleva-Strum	3:45	5:00
Feb 13 at CFC	3:30	5:00
Feb 17 BRF		4:30
Feb 18 Mel-Min		4:30
Feb 20 Lincoln		4:30

Middle School Wrestling 2025

	Bus	Start
Jan 14 at Indee	3:30	5:00
Jan 23 Blair-Taylor		5:00
Jan 24 at Arcadia	2:30	4:00
Jan 28 at Indee	3:30	5:00
Jan 30 at Whitehall	3:45	5:00
Feb 4 at Regis	3:00	5:00
Feb 13 at Osseo	3:30	5:00
Feb 18 at Altoona	3:00	5:00
Feb 25 at GET	3:30	5:00
March 7 at BRF	2:30	4:00

GO CATS

Blair-Taylor High School Winter Sport Schedule as of October 13th

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

High School Girls Basketball 2025

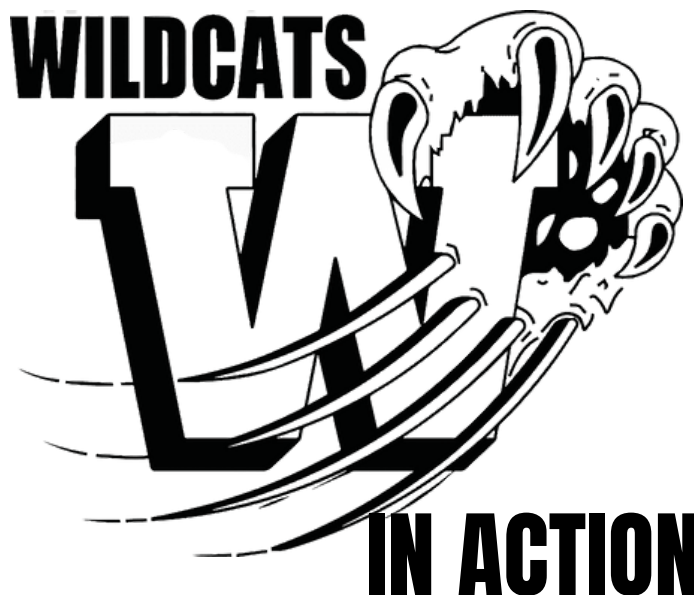
		Bus	Game
Nov 19	at Immanuel	4:15	
Nov 26	Whitehall		
Dec 5	at CFC	4:25	
Dec 10	Pepin/Alma		1:00- V
Dec 13	at Eleva-Strum	4:40	
Dec 17	Mel-Min		
Dec 20	Lincoln		7:30
Jan 4	EPC		2:00 - V, 3:30 - JV
Jan 6	at Augusta	4:25	
Jan 10	Independence		
Jan 11	at DeSoto	10:45	2:30 - V
Jan 14	Osseo-Fairchild	4:45	
Jan 18	BRF		1:00 - JV, 2:30 - V
Jan 21	at Whitehall	5:00	
Jan 24	CFC	4:00	
Jan 27	Eleva-Strum		
Jan 30	at Pepin	3:40	
Feb 1	Royall - JAG	Vans	11:10
Feb 4	at Mel-Min	4:40	
Feb 7	at Lincoln	4:40	
Feb 10	Immanuel		
Feb 13	Augusta		
Feb 18	at Gilmanton	4:25	
Feb 21	Osseo-Fairchild		
Feb 25 - March 1	Regional		
March 6-8	Sectional		
Mar 13-15	State		

High School Boys Basketball 2025

		Bus	Game
Nov 25	at Fall Creek (Scrim)	3:30	5:00
Dec 3	Whitehall		
Dec 6	CFC		
Dec 9	at Pepin	3:45	
Dec 12	Eleva-Strum		
Dec 17	at Mel-Min	4:45	
Dec 20	Lincoln		6:00
Jan 4	EPC		2:00 - JV, 3:30 - V
Jan 7	Augusta		
Jan 9	at Independence	4:50	
Jan 11	at DeSoto	10:45	
Jan 14	Osseo-Fairchild		
Jan 18	BRF		1:00 - JV, 4:00 - V
Jan 23	at Whitehall	5:00	
Jan 28	at CFC	4:30	
Jan 31	Pepin/Alma		
Feb 1	Royall - JAG	Vans	12:30 - V
Feb 3	Immanuel		
Feb 6	at Eleva Strum	4:45	
Feb 8	Mel-Min		
Feb 11	at Lincoln	4:45	
Feb 14	at Immanuel	4:20	
Feb 20	at Augusta	4:25	
Feb 24	Independence		
Feb 27	at Osseo-Fairchild	4:50	
March 4-8	Regional		
March 13-15	Sectional		
March 20-22	State		

High School Wrestling 2025

		Start Time
Nov 30	at Arcadia	7:00 pm
Dec 2	at Royall	9:00 am
Dec 9	at North	9:00 am
Dec 12	at Osseo-Fairchild	7:00 pm
Dec 14	Mondovi	7:00 pm
Dec 15	at Whitehall	4:00 pm
Dec 28-29	at River Falls	7:00 am
Jan 6	at Kickapoo	10:00 am
Jan 13	at Ithaca	10:00 am
Jan 18	Blair Taylor	
Jan 20	at Sparta	9:00 am
Jan 25	at CFC	
Jan 27	at Indee Tourney	9:45 am
Feb 1	at Whitehall	
Feb 10	Regional	
Feb 17	Sectional	
Feb 23-25	State	



December 2024

Breakfast – 4K-12th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Yogurt and WG Eggo Crackers Strawberry Cup	3 Pancake on a stick Banana	4 Cinnamon Rolls Craisins	5 Breakfast Pizza Apple slices	6 Sausage Gravy & Biscuit Or Breakfast Flatbread Orange slices	7
8	9 WG Pancakes Sausage Links Raisins	10 WG Cereal Bar Or Oatmeal Bar Banana	11 WG Long John Applesauce cup	12 WG Breakfast Sandwich Craisins	13 WG Cinnamon Toast Crunch Muffin Pineapple	14
15 Cheese stick, fruit, juice, and milk served daily Alt Entrée-Cereal	16 WG Breakfast Bagel Apple slices	17 Frudels Banana	18 WG Mini Donuts Orange Slices	19 Cheese Omelet Sausage Patty WG Eggo Crackers Craisins	20 WG Froot Loop Waffle or Christmas Yogurt Parfait	21
22 All grains are WG or WGR	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28
29 Items may change without notice	30 NO SCHOOL	31 NO SCHOOL				
This institution is an equal opportunity provider						



December 2024 LUNCH 4K-12th & Headstart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 WG Chicken Nuggets Smile Fries Green Beans Mandarin oranges WG Crackers	3 Cheeseburger Mac WG Breadstick Broccoli Fruit Cocktail	4 Cheeseburger WG Bun Potato Chips Carrots Pears	5 WG soft shell taco Or Taco salad Fiesta beans Corn Peaches	6 WG Ravioli WG Garlic Knot Peas Applesauce	7
8	9 WG Pretzel Dog Cowboy Beans Au Gratin Potatoes Pineapple Craisins	10 WG Chicken Patty WG Bun Tater Tots Carrots Pears	11 Tater tot Hot dish Mixed veggies WG Buttered Bread Apple slices	12 Meatballs in Gravy Mashed Potatoes WG Dinner roll Corn Fruit Cocktail	13 WG Garlic Cheese Pizza Marinara Winter Blend Peaches	14
15 Milk served daily Garden bar served daily	16 Meatloaf Roasted Potatoes California blend w/cheese Pineapple	17 WG Quesadilla Corn Refried Beans Mandarin Oranges	18 Chili or Cheesy Potato Soup WG Cheesy Breadstick Peas	19 Sloppy Joes Baked Beans WG Sunchips Peaches Fruit Snacks	20 Chicken Alfredo Garlic Bread Broccoli Apple slices	21
22 All grains are WG or WGR	23 WG Crackers NO SCHOOL	24 NO SCHOOL	25 Saltine crackers Applesauce NO SCHOOL	26 NO SCHOOL	27 NO SCHOOL	28
29 Items may change without notice	30 NO SCHOOL	31 NO SCHOOL				
This institution is an equal opportunity provider						

January 2025



Breakfast

4K-12th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 NO SCHOOL	2 WG Cereal or Cereal Bar Applesauce	3 WG French Toast Sticks Peach cup	4
5 Variety of milk served daily	6 Waffles Kiwi	7 Scrambled eggs Sausage Links WG Appleyway bar Banana	8 Cinnamon Roll Craisins	9 Yogurt Parfaits With Fruit & WG Granola Apple slices	10 Fruitals Orange slices	11
12 Cheese, juice, cereal and milk served daily	13 WG Muffin Grapes	14 WG Pancakes Banana	15 WG Mini Donuts Craisins	16 WG Breakfast Pizza Apple slices	17 WG Pancake on a stick Pineapple	18
19 Items may change without notice	20 WG Mini Bagel Kiwi	21 WG Breakfast Flatbread Banana	22 CONFERENCES Cinn Toast Flavored Muffin Apple slices	23 WG Breakfast Sandwich Raisins	24 NO SCHOOL	25
26 This institution is an equal opportunity provider	27 WG Froot Loop Waffles Grapes	28 Yogurt Eggo Grahams Blueberries	29 WG Long John Banana	30 Cheese Omelet WG Appleyway Bar Craisins	31 Sausage gravy WG Biscuit or WG Cereal Applesauce	


January 2025

Lunch 4K-12th & Headstart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			NO SCHOOL			
 5 Variety of milk served daily Garden Bar served daily	6 Pulled Pork WG Bun Baked Beans Sweet potato Fries Colelaw Pineapple	7 WG Lasagna Rollups WG Breadstick Winter Blend Peaches	8 WG Pizza Green Beans Apple Slices Sidekick Slushie	9 Chicken Pot Pie WG Biscuit Corn Applesauce	10 Tropical Fruit Cheeseburger WG Bun Potato Chips Carrots Pears	11
12 Menu items may change without notice	13 WG Corn Dog Baked Beans WG Doritos Craisins Fruit Cocktail	14 WG Grilled cheese Tomato Soup Peas Applesauce	15 WG Pizza Dippers Marinara Cottage cheese Broccoli Grapes	16 WG Mac & Cheese WG Chicken Nuggets Carrots Apple slices	17 Breakfast for Lunch Pancakes Sausage Hashbrown Banana	18
19 All Grains are WG or WGR	20 WG Pork Patty French Fries Green Beans Peaches WG Scooby Snacks	21 Turkey Gravy Mashed Potatoes Corn WG Dinner roll Cranberries Pears	22 CONFERENCES Hot Ham & Cheese Tater Tots WG Bun Baked Beans Applesauce	23 WG Pasta Marinara w/ Meatballs WG Breadstick Broccoli Mandarin Oranges	24 NO SCHOOL	25
26 This institution is an equal opportunity provider	27 WG Calzone Marinara Peas Strawberry Cup	28 Cheesy Meatloaf Au Gratin Potatoes Corn WG Dinner Roll Fruit Cocktail	29 Chicken Alfredo Cavatappi Pasta Cali Blend WG Garlic Knot Pineapple	30 WG French Bread Pizza Carrots Mac Salad Assorted Fresh Fruit	31 Sloppy Joe WG Bun Baked Beans WG Chips Applesauce WG Apple crisp	

February 2025

Breakfast 4K-12th


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 All grains are WG or WGR	3 WG Banana Bread or WG Lemon Bread Apple slices	4 WG Breakfast Bagel Banana	5 WG Cinnamon Roll Raisins	6 WG French Toast Sticks Kiwi	7 Charcuterie Breakfast (Hard boiled egg, cheese stick, ham roll up, waffle crackers & juice in a clear clam- shell)	8
9 Milk, cheese, fruit, juice and cereal options available daily	10 WG Cinnis pull-a-parts Grapes	11 WG Pancakes Banana	12 WG Mini Donuts Orange slices	13 Hard boiled egg WG Eggo crackers Cheese cubes Apple slices	14 No School	15
16 Menu items may change without notice	17 WG Cereal Bar Kit (Cereal bar, juice and crackers) Fruit Cup	18 WG Waffles Banana	19 WG Long John Raisins	20 WG Pancake on a stick Pineapple	21 WG Frudel Apple slices	22
23 This institution is an equal opportunity provider	24 WG Muffin Kiwi	25 Breakfast Pizza Banana	26 WG Cinnamon Rolls Craisins	27 Sausage Gravy/Biscuit Or Cereal Orange slices	28 Yogurt Parfait w/fruit & Granola Blueberries	

February 2025

Lunch 4K

- 12th

& Headstart

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Grains are WG or WGR	3 WG Chicken Nuggets Sweet Potato Waffle Fries Corn Pears	4 Pizza Casserole WG Breadstick Green Beans Fruit Cocktail	5 Philly Beef WG Hoagie bun Baked Beans Deli Roasters Banana	6 Scalloped Potatoes & Ham WG Bread Corn Pears	7 WG Garlic Cheese Pizza Marinara Winter blend Peaches Pudding Cup	8
9 Variety of milk served daily Garden bar offered daily	10 WG Quesadilla Corn Tropical Fruit Salsa/Sr Cream WG Cookie	11 Meatballs in Gravy Mashed Potatoes Corn WG Dinner Roll Applesauce	12 WG Chicken Patty WG Bun WG Chips Baked Beans Apple slices	13 WG Ravioli WG Garlic Knot Broccoli Mandarin oranges	14 NO SCHOOL <i>happy Valentine's day</i>	15
16 Menu items may change without notice	17 BBQ Rib WG Hoagie French fries Green Beans Pineapple	18 WG Uncrustable or Ham Sandwich WG Chips Baked Beans Grapes	19 Meatball sub WG Hoagie Potato Wedges Winter blend Apple slices	20 Loaded Nachos Fiesta beans Corn Tropical Fruit	21 Chicken Noodle Soup WG Cheesy pullaparts Peas Applesauce Saltine Crackers	22
23 This institution is an equal opportunity provider	24 Orange chicken WG Rice Stir Fry Veggies Egg Roll Fortune cookie Mandarin Oranges	25 Breakfast for Lunch WG Pancakes Sausage Hashbrown Apple slices Craisins	26 Chicken Pot Pie WG Biscuit or pasta Carrots Strawberry cup Craisins	27 WG Mac & Cheese WG Chicken Nuggets Peas Banana	28 WG Fish sticks Tater Tots Coleslaw Baked Beans Peaches	

Blair-Taylor Booster/PTO Club Community Calendar

Information Sheet

Contact Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Phone: _____

COMMUNITY CALENDARS - \$8.00 Each

Number of Calendars ordered: _____ x \$8.00 = _____
 Please List All Names, dates, and type of event you would like included on the Community Calendar

**** Note – ALL NAMES must be listed, even if the same as last year ****
**** Please list exactly how you would like it printed on the calendar ****
 (example: Mr. & Mrs. Joe Johnson or Joe & Susan Johnson)

Date	Type	Name

TYPE: B = Birthday A = Anniversary

2025 Blair-Taylor Booster/PTO

It is that time of year again for our Community Calendar...

If you would like a Birthday/Anniversary Calendar, please fill out this form and return it as listed below.

ALL ORDERS DUE BY OCTOBER 25, 2024

Orders can be returned to either the Elementary, High School, or District Office in an envelope, with payment included. Envelopes should be clearly addressed to: B-T Booster/PTO Club Community Calendar.

OR

Mailed to:
 Blair-Taylor Booster/PTO Club
 PO BOX 295
 Blair, WI 54616

Please make checks payable to: B-T Booster/PTO Club

For questions or late orders, contact: Janelle Ekern at 608-386-0365 or Macy Tenneson at 608-797-1283.

**THANK YOU FOR SUPPORTING THE
BLAIR-TAYLOR BOOSTER/PTO CLUB!!**

School District of Blair-Taylor

N31024 Elland Road

P.O. Box 107

Blair, WI 54616

CHANGE SERVICE REQUESTED

NONPROFIT ORG
U.S. POSTAGE
PAID
BLAIR, WI
PERMIT NO. 6

POSTAL CUSTOMER

WILDCAT NEWS



An Equal Opportunity Employer