August & September

INTERMEDIATE SCHOOL NEWSLETTER

VOL. 1

Meet our Administrators!



Welcome to Watertown Intermediate School!
My name is Dr. Shannon Knopf. This year will be my eleventh year as principal for the Watertown School District. I am looking forward to getting to know our students, staff, and families as we start this new school year together.
As a proud graduate of Watertown High School, it means a lot to be serving the community that helped shape me. Throughout my career, I've had the opportunity to teach nearly every grade level across eastern South Dakota. My family has lived in Watertown for the past 16 years. My husband, Jeremy, is originally from Sioux Falls, and we have three children: Wyatt, a senior at Minnesota State University, Mankato; Sawyer, a sophomore at South Dakota State University; and Mikenna, a junior at Watertown High School.
In my free time, I enjoy reading, spending time on the lake, and watching my kids play sports. I truly believe that education opens the door to a bright future, and I'm committed to helping every student at WIS thrive.
Looking forward to a great year ahead!
Warmly,
Dr. Shannon Knopf
Principal, Watertown Intermediate School



Hello,
My name is Carter Buelow, and I am excited to begin my first year as the Assistant Principal at Watertown Intermediate School.
For the past four years, 1 have been a physical education teacher at Watertown High School. I am looking forward to meeting the staff and students and getting to know everyone throughout the school year.
I am originally from Grand Forks, North Dakota, and attended Valley City State University, where I met my wife, Mackenzie. She is the ASA Director for our district. My wife and I have two young daughters:
Drue, who is two years old, and Wyatt, who is three months old.
In my free time, I enjoy playing golf, hunting, smoking BBQ, and spending time with my daughters, who keep me quite busy.
I am looking forward to a great school year!
Warm regards,
Carter Buelow
Assistant Principal Watertown Intermediate School

AUGUST 2026



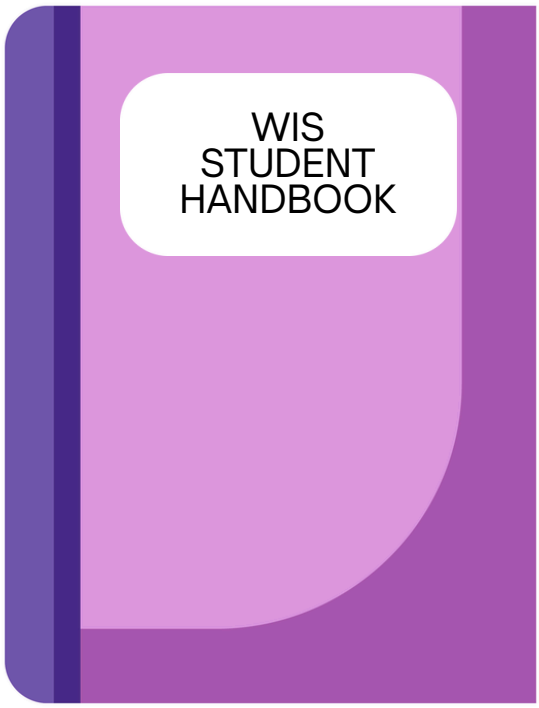
MENU IS SUBJECT TO CHANGE
FRUIT AND MILK IS OFFERED AT ALL BREAKFAST MEALS
VEGGIE BAR, FRUIT SELECTION AND MILK SELECTION ARE OFFERED AT ALL LUNCH MEALS.

MON	TUES	WED	THURS	FRI
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
C. CHOICE 24	25 BREAKFAST: CEREAL FRUIT H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: WOW BUTTER K-4 COLD MEAT SAND 5-12 CHIPS/APPLE SLICES BABY CARROTS CHOICE MILK	26 BREAKFAST: MUFFINS H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHICKEN ALFREDO/BREAD STICKS GREEN BEANS CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	27 BREAKFAST: FRENCH TOAST SAUSAGE H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: TURKEY GRAVY/D. ROLL MASHED POTATOES CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	28 BREAKFAST: BREAK. PIZZA H.S./M.S. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: BREADED CHICK. SAND. BAKED BEANS CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 1 31 BREAKFAST: CEREAL/CEREAL BAR 23G YOGURT CUP 15G HS./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHEESEBURGER 28G FRIES 16G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK				

SEPTEMBER 2026

MENU IS SUBJECT TO CHANGE
FRUIT AND MILK IS OFFERED AT ALL BREAKFAST MEALS
VEGGIE BAR, FRUIT SELECTION AND MILK SELECTION ARE OFFERED AT ALL LUNCH MEALS.

MON	TUES	WED	THURS	FRI
WEEK 1				
	1 BREAKFAST: FRENCH TOAST 37G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: SUPER NACHOS 19G/30G REFRIED BEANS 36G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	2 BREAKFAST: BREAKFAST BAGEL PIZZA 31G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHICKEN TENDERS 12G/18G CARROTS 5G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	3 BREAKFAST: CINNAMON ROLL 33G OR OMELET 17G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: GOULASH 52G CORN 17G DINNER ROLL 23G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	4 BREAKFAST: BB MUFFIN 30G STRING CHEESE 15G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: PIZZA 30G GREEN BEANS 4G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 2				
7 NO SCHOOL HAPPY LABOR DAY	8 BREAKFAST: MINI DONUTS 20G STRING CHEESE 15G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: WALKING TACO 22G/30G FR. FRUIT CUP 21G SNACK CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	9 BREAKFAST: BREAK. BITES 20G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHICKEN NUGGETS 13G/16G CURLY FRIES 23G SNACK CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	10 BREAKFAST: WAFFLES 37G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHILI 10G CIN. ROLL 33G STRING CHEESE 15G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	11 BREAKFAST: DONUT HOLES ?G YOGURT CUP 15G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CHICKEN ALFREDO 12G/26G BROCCOL 5G GARLIC BREADSTICK 14G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 3				
14 BREAKFAST: CINI MINI 41G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: HOT DOG 21G BAKED BEANS 30G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	15 BREAKFAST: MINI JOHN 13G GOGURT 8G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: SOFT SHELL TACO 12G/23G CILANTRO LIME RICE 19G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	16 BREAKFAST: BREAK. PIZZA 27G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: POPCORN CHICKEN 14G MASHED POT/GRAVY 24G DINNER ROLL 23G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	17 BREAKFAST: CRESCENT 38G STRING CHEESE 15G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: FR. TOAST STIX 38G SAUSAGE PATTY HASHBROWN PATTY 15G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	18 BREAKFAST: GLAZED PULL APART ?G YOGURT CUP 15G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: ITALIAN DUNKERS 34G/51G MARINARA CUP 7G CORN 17G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 4				
21 BREAKFAST: CHOC. MUFFIN 29G GOGURT 8G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: PANCAKE 13G/26G OMELET FRUIT JUICE 15G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	22 BREAKFAST: APPLE FILLED DONUT 33G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: TOTCHO 16G CHURRO 25G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	23 BREAKFAST: PANCAKE STICK 17G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: BREADED CHICKEN SANDWICH 44G BAKED BEANS 30G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	24 BREAKFAST: CC FRENCH TST 37G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: MEAT AND GRAVY MASHED POTATOES 20G DINNER ROLL 23G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	25 BREAKFAST: CARAMEL MINI 41G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: PIZZA CRUNCHERS 21G/42G MARINARA CUP 7G GREEN BEANS 4G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK
WEEK 5				
28 BREAKFAST: MINI DONUTS 41G GOGURT 8G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: HAMBURGER 28G BAKED BEANS 30G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	29 BREAKFAST: FR. TST STIX 38G SAUSAGE PATTY H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: CRISPITOS 23G/46G HASH BROWN COINS 21G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK	30 BREAKFAST: BR. BURRITO 29G H.S./MS. VARIETY BREAKFAST CHOICE FRUIT CHOICE MILK LUNCH: ORANGE CHICKEN 26G FRIED RICE 27G STIR FRY VEGGIES ?G CHOICE FRUIT CHOICE VEGGIES CHOICE MILK		



FOLLOW THE LINK BELOW TO ACCESS THE STUDENT AND FAMILY HANDBOOK.

HANDBOOK

IN THE HANDBOOK, YOU CAN FIND INFORMATION ABOUT:

- OFFICE CONTACT INFORMATION
- ATTENDANCE
- PROCEDURES
- STUDENT SERVICES
- SAFETY AND EMERGENCY PROCEDURES
- LINKS TO DISTRICT PROCEDURES

Reminder





Reminder that birthday or celebration treats brought to school must be prepackaged from the store. This is due to allergies and student safety.

NO HOMEMADE TREATS ALLOWED

Pod Spotlight!

NEW STAFF SPOTLIGHT!



NEW STAFF (LEFT TO RIGHT)
MRS. POPPEN - 6TH GRADE SPECIAL EDUCATION
MS. HEINZ - ENGLISH LANGUAGE LEARNERS
MRS. LLOYD - 5TH GRADE TEACHER
MISS. HEDMAN - PARAPROFESSIONAL
MISS WITTROCK - PARAPROFESSIONAL
MR. BUELOW - ASSISTANT PRINCIPAL

WELCOME TO WIS!

WATERTOWN ARROWS
ACTIVITY PASSES

GET YOURPASSTODAY!

Quick • Easy • Online

SCAN TO PURCHASE

ACTIVITYPASSES

Use your phone camera to scan the QR code and view available passes.

gobound.com/s/sspocals/watertown-tickets

Support the Arrows. Be there for the action.

GO ARROWS!