

# THE VIKING VOICE

PELICAN RAPIDS PUBLIC SCHOOLS

Pelican Rapids School  
District #548  
PO Box 642  
Pelican Rapids, MN 56572  
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## LIGHTING UP THE NIGHT



### Sharing the Light

Approximately 9,000 LED solar powered lights shine from the suspension bridge. Pelican Rapids Schools is behind the lighting of the bridge with the hope that it is the start of something special. The vision is that this is just the beginning of a holiday light display that will spread throughout our community.

The lighting of the bridge evolved from a vision of giving, caring, and a love for the magical feeling of lights during this time of year. Volunteers with ladders, gloves, determination, and grit spent over 10 hours stringing the lights. In addition, numerous financial contributions enabled the magic to happen!

We value and appreciate the community that we live in and our hope is for everyone to enjoy the lights!

### BUILDING HABITS OF GREATNESS

HEART ATTITUDE RESPECT RESILIENCE WHY

Written by Doug Bruggeman, Dean of Students

Since the start of the school year, both the high school and elementary school have joined together for a monthly theme that revolves around the Seven Habits of Highly Effective People® by Stephen Covey.



HARRY, our bigfooted buddy, has been leading us in this unique collaboration. HARRY, if you have not yet heard, is a big part of our district's "Big Hairy Audacious Vision" (BHAV for short). That vision is to be the best school system in the nation!

HARRY, who at times really does make physical appearances at the schools (like during Homecoming week when he was seen on top of the elementary school with Vic the Vike, leading the elementary students in a "Skol" chant). For the most part his presence is seen and felt through the actions of the students and staff. His name is a constant reminder of some of the key ingredients our schools need if we truly are going to be the nation's best:

- HEART** – Having courage and determination but also to be caring and kind.
- ATTITUDE** – We have a "PeliCAN" Spirit, and we stay hopeful for a bright future and work hard.
- RESPECT** – Being thoughtful and attentive to others helps increase opportunities for greatness.
- RESILIENCE** – Life is not always easy; it requires us to stay strong and keep moving forward.
- WHY** – The "Y" is the purpose. Living a more effective, happy, and rewarding life.

HARRY decided that he would combine the months of November and December under one theme this year. Not only because he loves the "vibe" of these months but also because they combine two key ingredients the help all of us achieve happiness and joy. These two key ingredients are **gratefulness** and **giving**.

HARRY is encouraging students and staff to make **gratefulness** and having a **giving** spirit a 'Big Rock' in their lives. The use of 'Big Rocks' is where we tie into the 7 Habits of Highly Effective People® into our goals.

Habit 3 is **PUTTING FIRST THINGS FIRST**, which explains that identifying our priorities has a dramatic impact on effectiveness. In September, we focused on trying to accept responsibility for our actions. By

BUILDING HABITS OF GREATNESS continued on page 5



### OUR VERY OWN HARRY

As you may remember, the community of Vergas shared their 'Hairy Man' with us last year.

Thanks to the creative talent and energy of Trevor Steeves, Len Thompson, and Derrick Tollefson, we now have our own HARRY!

#### 7 HABITS OF HIGHLY EFFECTIVE PEOPLE®

- Habit #1 - Be Proactive
- Habit #2 - Begin with the End in Mind
- Habit #3 - Put First Things First
- Habit #4 - Think Win-Win
- Habit #5 - Seek First To Understand, Then to Be Understood
- Habit #6 - Synergize
- Habit #7 - Sharpen the Saw

At Pelican Rapids Schools, we believe future success is built on creating an environment that develops the whole student. In alignment with the Leader in Me framework, students learning leadership skills and experience a school culture that believes every student has value.

### Making a Difference

Sharing the light is one of many ways Pelican Rapids Schools is showing appreciation for our supportive community of parents, students, businesses, and community members. To us, Viking Pride means making a difference not only in our school, but also for those around us.

Service projects provide opportunities for students to learn time management, communication, critical thinking, and teamwork skills. Practicing these leadership skills helps our students to be successful today, tomorrow, and in the future.

In this issue we will share many instances of students, staff, and community making a difference by sharing their resources and time with others.

## LEARNING AND GROWING

Written by Brian Korf, Superintendent

As winter break nears, our school staff continues to work diligently to educate students and provide safe learning environments. School district teachers and paraprofessionals continue to strive to learn new teaching methods and strategies to assist in increasing student learning and engagement. I would like to thank our dedicated staff for their commitment to our students and schools. Thank you, also, to parents and guardians for helping support your students' education.



Throughout the year, all grade level and content area teachers engage in Collaboration and Professional Learning Communities (PLC's). These communities meet monthly and focus on student learning and teacher instruction. Within collaborative learning groups, teachers reflect, analyze, provide feedback, plan, and make necessary instructional adjustments to help increase students' success, while also improving one's pedagogy.

As the year progresses, teachers will continue to analyze student achievement and modify instruction accordingly, to meet the needs of students. Our schools' collaborative groups are great opportunities for staff to share teaching techniques, lessons, and strategies with colleagues.

Our staff is committed to providing students with a wide range of learning opportunities to gain experience outside the classroom setting. Below is a list of the opportunities our schools have offered to students this school year:

- Career Exploration through career fairs and site visits
- Field Trips to area businesses and parks
- Student Collaboration with area schools
- Guest Speakers sharing information and experiences
- Volunteer Opportunities within our community
- Classroom social, emotional, and academic activities
- Student Presentations to staff, peers and the community

Furthermore, our school district continues to offer a wide range of opportunities in academics, arts, extracurricular activities, and student leadership groups. In addition, our schools offer The *Leader in Me*, Educational Leadership Program, which provides helpful tools for everyday life.

In closing, I am very thankful for our wonderful students, staff, parents, and community. Together, we will continue to provide meaningful instruction, opportunities, and experiences to our students. Thank you, as always, for being with us!

Named a Minnesota School of Excellence, Viking Elementary staff work hard for each and every student. We provide opportunities for young learners to problem solve, explore new interests, and establish and maintain friendships in a respectful, nurturing environment. Students build a foundation of academic, social, and life skills that will continue to grow and evolve throughout their Viking voyage.

# VIKING ELEMENTARY SCHOOL

## PARENT ATTENDANCE AT FALL CONFERENCES APPRECIATED

Written by Derrick Nelson, Elementary Principal

Thank You, Thank You, Thank You, to all the parents who turned out for Parent/Teacher Conferences on November 14! Viking Elementary had over 93% of parents show up for student conferences. Showing interest in your children's education is one of the most important things a parent can do. Thank you again for your support and showing your child that they matter by attending conferences.



With the winter weather, here is a reminder for students: If snow is on the ground, **ALL** students need to have a coat, snowpants, mittens or gloves, hat, and boots for recess.

If your student does not have any of these items, please contact the Elementary Office. The Viking Butikk has a variety of winter gear on hand for students. It is open for all students at no cost. Thank you to everyone who has donated items or money to the Viking Butikk.

The staff at Viking Elementary would also like to thank everyone for keeping our students safe before school and after school by not driving in front of the school when the buses are present. The buses drop off students between 8:00-8:10 AM and pick up students at 3:00-3:10. If you are dropping or picking up students between these times, please use the parking lot south of Viking Elementary located by the baseball field. Preschool parents are reminded to park in the parking lot when dropping off students or picking them up. If you need to enter the building, please do not park and leave your vehicle in the driveway.

I would also like to say thank you to all staff and substitutes at Viking Elementary School. Our students are fortunate to have such a caring and passionate staff who strive to make each day a memorable experience for students.

Go VIKINGS!



Club Vikes School-Age Childcare, located at Viking Elementary, is a safe and fun place for children in grades K-6 to go before and after school, on non-school days, and during the summer.

### SCHOOL YEAR SCHEDULE

Monday – Friday

- 7-8:00am (before school)
- 3:05-6:00pm (after school)

Children engage in various activities including games, reading, outside play time, and crafts.

The current favorite things to do are playing board games, creating at the LEGO® table, making melty beads, coloring, painting, and playing outside.

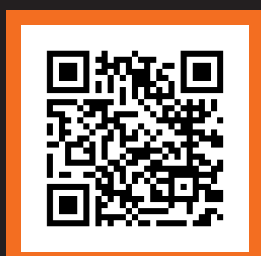
### QUESTIONS? NEED MORE INFORMATION?

Tonya Honrud, Club Vikes Coordinator  
[thonrud@vikes.us](mailto:thonrud@vikes.us) or 218-863-5910 ext. 5022

### STAY CONNECTED

FACEBOOK  
 Club Vikes  
[www.pelicanrapids.k12.mn.us/domain/36](http://www.pelicanrapids.k12.mn.us/domain/36)

### REGISTRATION



## OUTDOOR WINTER GEAR

When there is snow on the ground, **ALL** elementary students need to have the following items for recess:

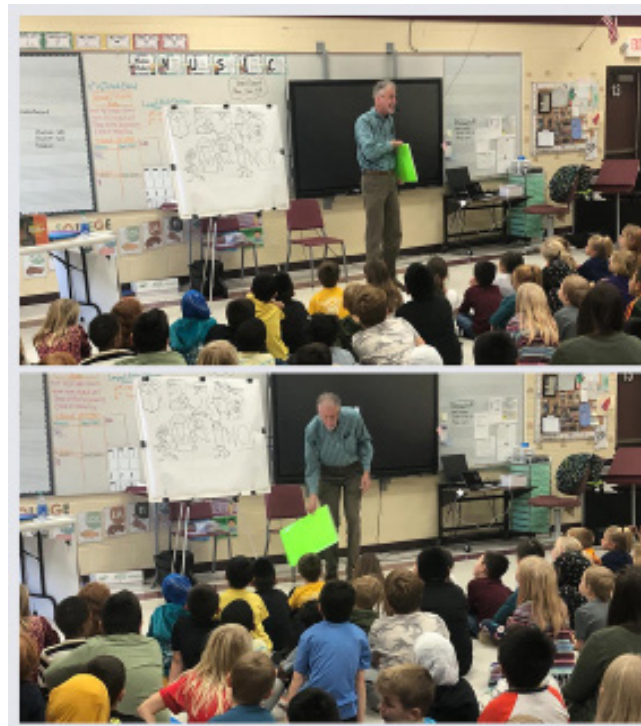
- winter coat
- snowpants
- mittens or gloves
- warm hat
- winter boots



## VIKING BUTIKK

Some of the items available at **NO COST** for students in need at our in-school stores include:

- School supplies
- Clothes
- Shoes
- Winter gear
- Backpacks



Guest speaker David LaRoche, a Minnesota author and illustrator, shared his stories with elementary students during the school day. In addition, 80 parents and students enjoyed an evening session.

## What 2<sup>nd</sup> Graders Like Best About Pelican Rapids Schools

"I like art and my teacher because my teacher helps me learn. And I like art because it helps me learn how I can make better art projects."

"I like the bus driver best because you have so much fun on the bus!"

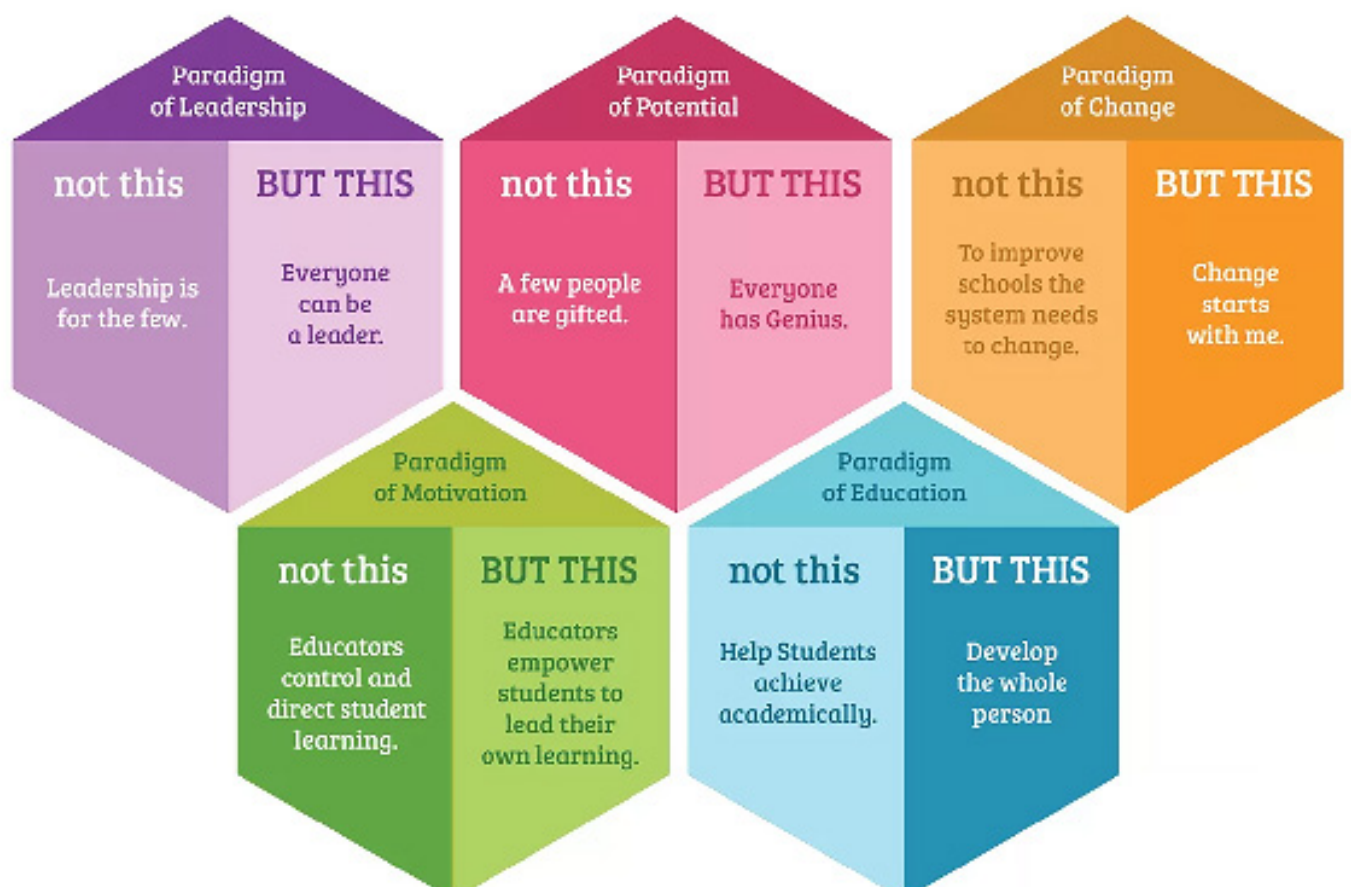
"I like gym and music and snack because that's when you can eat after a long time and once you're done you can pack up and go home. And I like the bus driver because he brings people home fast."

"I like gym and library best because we could play and we could learn reading."

"I like the bus driver because he let's us sometimes do things that we ask to do. And math, I love it cause my dad loves it. I just love friends because people help you out when you're hurt."

"I like my friends and the teachers because my friends are nice and my teachers teach me."

"I like lunch because its one of my favorite times of school. Also, gym and art because I like doing work in gym and drawing and painting in art. I also like my teacher because she's one of my favorite teachers!"



# SUPPORTING STUDENT LEARNING AND GROWTH



5th grade students at a field trip to the recycling center and the Fergus Falls Public Library "We Are Water" exhibit.

## What 5th Graders Like Best About Pelican Rapids Schools

"Pelican Rapids School has kind leaders and is a very respectful school. We are all accepting and welcoming, we all really care about each other and make great memories that we will remember for the rest of our lives. Every class is enjoyable, fun, and exciting. It feels like we are all a big family that loves each other!"

"We have good food and do not get bullied and we have recess and learn a lot."

"I LOVE Pelican Rapids because SO SO MANY great people here!!! And can find the best friends!"

"The people that are in the school because they are nice and help me out. Also help out when I have a hard time getting through tough days."

"That I do not get bullied and I learn a lot and we have recess."

"The kids and teachers are nice to people."

"All the teachers are so nice and everybody is so friendly and helpful and nice. All the sports-football, basketball, baseball, golf, soccer. My friends and the specials teachers and band teachers."

"Nice teacher and students and fun field trips."

"It is a great community."



A 5th grade student mentor develops leadership skills by helping in Mrs. Neubauer's kindergarten classroom.

The early years of a child's life are crucial in creating a foundation for lifelong learning and success. Our teachers are prepared to support and respond to the wide range of student experiences and competencies. Our mission at Viking Elementary is to create a community of learners dedicated to improving our world. A student's day is structured to allow for growth in academic and social skills.



Kindergarten classes celebrated a 'Happy 50th Day of School!' in 1950's style!

## THE VIKING PROMISE

I WILL speak up instead of acting as a bystander.

I CHOOSE to participate in activities that don't involve hazing.

I FORGIVE others if they make poor choices.

I MODEL good behavior.


I ACCEPT others for their differences.

I INCLUDE others in group situations.

I WILL talk to an adult when there is a problem I cannot manage on my own.

I AM powerful in making a difference in my school.



First Grade  Making Chips and Salsa with Miss Claudia




## What Staff Like Best About Pelican Rapids Schools

"What I like best about the Pelican Rapids Schools is the diversity of our students. I think our differences really do drive our greatness!"

"Our students' willingness to learn."

"The fact that everyone is so friendly."

"I like the inclusivity of all differences in people. Our Schools welcome all and supports every individual with a kind and loving heart."

"The opportunities a small school is able to provide for each and every student and the way the community supports the school."

"Our school offers so many opportunities in academics, the arts, and athletics. There is something for everyone. We have amazing students and staff!"

"Diversity of students and families."



The VES Run Club had a total of 40 kids running this fall! What a great way to 'Sharpen the Saw' by getting good exercise!



5th grade students working together on their group mandala art projects.

Students build a foundation of academic, social, and life skills that will continue to grow and evolve throughout their Viking voyage. Our small class sizes create an engaging, personalized experience that builds a foundation of academic, social, and life skills that continue to grow and evolve for each student during their educational voyage.



First grade had two special visitors teach them all about Dia de Los Muertos, also known as Day of the Dead. We learned that this is a happy celebration that started in Mexico to honor and celebrate those that have died. Thank you, Mrs. Martinez and Socorro for sharing your family celebration!



We had a party to celebrate these 8 ELL students at VES who passed the English proficiency test and graduated from ELL classes. It takes a lot of effort to reach proficiency. We are so proud of them!!!

# VIKING PRESCHOOL

Located in Viking Elementary, the Viking Preschool program offers FREE educational programs to district residents ages 3-5. Our licensed teachers engage students through age-appropriate skills and hands-on activities. We are committed to preparing all children for success as they enter kindergarten.




**START YOUR VOYAGE WITH VIKING PRESCHOOL**

Our FREE programs promote school readiness by developing academic, social, and emotional skills

**Four-Year Old Pre-Kindergarten**  
Five half days of Viking Elementary correlated curriculum

**Three-Year Old Preschool**  
Two half days of hands-on activities and school

**BECOME A VIKING**  
Online Enrollment Available  
Watch for upcoming ECFE events



## 3-4 YEAR OLD PRESCHOOL

Each week, students ages 3 and 4 enjoy two half-days of hands-on activities that teach math, literacy, art, social, play, and fine motor skills development.

Class Offerings:

- Tuesdays & Thursdays
- Morning & Afternoon Sessions

Eligibility:

Students must be 3 by September 1, 2022

## 4-5 YEAR OLD PRE-KINDERGARTEN VPK

Each week, students ages 4 and 5 prepare for kindergarten with five half-days using curriculum correlating to Viking Elementary K-6 models.

Class Offerings:

- Monday - Friday
- Mornings\* 8:00am-11:15am OR Afternoons 11:45-3:00pm  
\*includes breakfast

Eligibility: Students must be 4 by September 1, 2022

Students are eligible for one-way busing, bus buddy required



Questions?  
Need more information?

Contact  
Terra Fitzsimmons  
ECFE/Viking Preschool Coordinator  
tfitzsim@vikes.us or 218-863-5910 ext. 5393



Stay connected:  
Viking Preschool and ECFE

**START YOUR VIKING VOYAGE**






**0-2 YEARS**  
ECFE Classes

**3-4 YEARS**  
Viking Preschool  
2 days/week

**4-5 YEARS**  
Viking Pre-K  
5 days/week

**HELLO KINDERGARTEN!**

## Early Childhood Family Education

Early Childhood Family Education (ECFE) is a parent-child program for children age birth to pre-kindergarten.

ECFE programming is based on the idea that:

- the family provides a child's first and most significant learning environment
- parents are children's first and most important teachers

The goal is to strengthen families by enhancing the ability of all parents to provide the best possible environment for their child's developmental learning and growth.

## Winter ECFE Classes

### "I'M WITH THE BAND"

- Monday Nights
- January 23 – February 13
- 6-7:15pm

### OPEN GYM

Once each month in  
January, February  
& March  
(date & time TBD)



Come  
**LEARN & GROW**  
with us!

**BECOME A LITTLE VIKING TODAY!**



## PRESCHOOL BOOK PROGRAM

Research shows the importance and lifelong impact of parents reading to their children.

The Preschool Book Program gifts families of newborns a book and a Viking Pride item.

The program continues to send books to all preschoolers ages 1-5 in the district.

Questions: please contact Terra Fitzsimmons, ECFE/Viking Preschool Coordinator at tfitzsim@vikes.us or 218-863-5910 ext. 5393

**IMPORTANT REMINDER:  
KEEP OUR STUDENTS SAFE**

Preschool parents are reminded to park in the parking lot when dropping off students or picking them up. If you need to enter the building, please do not park and leave your vehicle in the driveway.

## NEW TO THE DISTRICT?

# WELCOME!

If you recently moved to Pelican Rapids or added to your family, we would love to add you to our School Census. This ensures that we can send information about preschool screenings, Early Childhood Family Education (ECFE), and kindergarten registration.



Questions?

Contact Cherie Lynnes

218-863-5910 ext. 4354 or [clynnes@vikes.us](mailto:clynnes@vikes.us)



## Opportunity to Give: Weekend Food for Students in Need

Help fight hunger in our community by sponsoring a child! Backpack Buddies supplies hungry children in Pelican Rapids with food for the weekend.

The Pelican Rapids School District with help from the Pelican Rapids Food Shelf provides a bag of easy to prepare foods, such as cereal, oatmeal, juice, fruit cups, pudding, juice boxes, peanut butter & crackers, granola bars, ramen noodles, and other easy meals. The program is funded partially by United Way and through community support. Any donation would be appreciated.

Questions? Contact Jackie Larson  
218-329-5752 or [larsonjb@umn.edu](mailto:larsonjb@umn.edu)

Willing to donate?  
Contact Sue Bruggeman 218-329-8626



## BUILDING HABITS OF GREATNESS

Continued from page 1

doing so we discover that our attitude and effort are in our control. This is the essence of Habit 1 – BE PROACTIVE.

October's theme centered around Habit 2 – BEGIN WITH THE END IN MIND. We looked at the importance of knowing what you want to build, or accomplish, or just looking at creating a clear vision of the future and how it is an important step towards any future success.

Both these early themes have led right into Habit 3. We have the power to choose our attitude and effort. We can harness that power to choose to look to the future and set clear goals. And now, we can move towards understanding the importance of prioritizing our actions.

Knowing that most people have a "vision" of a happy and rewarding life it made sense to HARRY that we can now choose the 'Big Rocks' that will help reach that goal.

HARRY wants us all to know that the best way to find that inward happiness is to make gratefulness a habit. He wants us to avoid comparing ourselves to others as he often says that "comparison is the thief of JOY".

Having a grateful heart focuses your attention on your personal blessings, big and small. It allows your mind to be happy for the things you have, not what you lack. With Thanksgiving falling in November this was an easy connection to this 'Big Rock'. You follow this up with the energy that giving can provide and you now have a powerful one-two combination pushing you towards your vision of happiness and living a rewarding life.

Did you know that humans produce "feel good" chemicals in our brains, such as serotonin (a mood-mediating chemical), dopamine (a feel-good chemical) and oxytocin (a compassion and bonding chemical) when we give from the heart and know we are making a difference.

To highlight this both schools are having a giving challenge called the BIGFOOT RACE during the month of December. The race is not about speed, but distance one can travel. Each grade and staff from both schools will compete to see who can travel the farthest by purchasing a BIG "FOOT" for \$1.00 or bringing in a canned food item. The FEET that are purchased will be hung in each school so everyone can see the tracks being forged. The money and food brought in from this event is going to be donated to the local food shelf and the Viking Butikk (in-school student stores with no cost items for students in need).

HARRY loves the first 3 Habits because:

- #1 – He knows everyone has the power to control their attitude and effort.
- #2 – Having the vision of something "more" helps move us towards greatness.
- #3 – Making the important things in life a priority moves us closer to where we want to be.

## What 6th Graders Like Best About Pelican Rapids Schools

"I like how the teachers and the school help you know that you are not alone."

"They have good food, nice teachers, and they help you whenever you need it."

"Music and playing my trumpet in the morning. Being a proud Viking!"

"The gym, the classroom, the art room."

"The field trips."

"Teachers, gym, the people, lunch, and activities."

"What I like best about the Pelican Schools is the kind teachers."

"Band, trips, and recess."

"The teachers and students."

"What I like best about Pelican Rapids Schools is that there are nice teachers and friends."

"I like math, recess, and taco in a bag."

"The sports like football, soccer, golf, basketball, trap shooting, wrestling, tennis, and fishing".

**HOMESCHOOL HELP**  
TUESDAYS & THURSDAYS  
**3:15 - 4:30 PM**

**GRADES 7-12**

**VIKING ELEMENTARY**  
GRADES K-6

- TUESDAYS
- WEDNESDAYS
- THURSDAYS
- 3:05 - 5:05pm

After-school snack provided

**VSS**  
VIKING STUDENT SUCCESS

## ADULT BASIC EDUCATION IN PELICAN RAPIDS

Anyone can come any time during the ABE hours and receive help with:

- English
- Improve reading, writing & math skills
- Citizenship
- Driver's Education
- Computer Skills
- GED
- Adult Diploma



### Class Days/Times

- Mondays 11:00 - 4:00 pm
- Tuesdays 11:00 - 5:00 pm
- Wednesdays 11:00 - 5:00 pm
- Thursdays 11:00 - 4:00 pm

It is an open classroom (there are not specific times or appointments).

Location: Pelican Rapids Public Library, 25 W Mill

Instructor: Terri Buerkle

Call 218-844-5760 with questions and to determine eligibility.

## WCMCA Head Start

Preschool Program for 3-4 year olds  
Early Head Start Program for 0-3 year olds

### What does Head Start Preschool Offer?

We offer a variety of Preschool Class options to best fit your family's needs!  
(All classes meet 4 days a week)

We offer 2 options:

- Monday - Thursday: ½ Day PM Class
- Monday - Thursday: Full Day Class
- Located at Pelican Rapids Viking Elementary School

### What does Early Head Start Offer?

EHS home-based services offer home visits and group socialization activities for parents and their children providing child development and parent support services.

Call for more information

Preschool: Carrie - 218-770-9232 or Deb - 218-770-8858  
EHS: Bonnie - 218-770-9231



Head Start  
Registration  
QR Code



We offer strong academics, competitive athletic teams, and engaging activities for students of all backgrounds, interests, and abilities. Our highly qualified educators create opportunities for students to become leaders and make a difference. Students leave Pelican Rapids Schools prepared for success in future education, careers, and life!

# PELICAN RAPIDS HIGH SCHOOL

## BUILDING LEARNING, TRUST, AND SUCCESS

Written by Laura Januszewski, Secondary Principal



"Whatever good things we build end up building us." -Jim Rohn

We are off to a great start of the 2022-23 school year at Pelican Rapids High School. The theme at Pelican Rapids High School this year is BUILD. As a staff, we have

focused on building three things: learning, trust, and success. I've enjoyed visiting classrooms to see how our teachers bring learning to life for our students and allow them to build on their learning and explore their interests.

Attending sporting events, performances, and concerts have been wonderful opportunities to see the success and pride of our Viking students, coaches, and advisors. Please continue to encourage your student to become involved in extracurricular activities. There are many opportunities this winter including basketball, wrestling, dance team, speech, math league, and one act play.

We have BUILT great experiences this fall:

- Homecoming Events
- Together We Make a Difference Call to Action Conference

### ACADEMICS

The 8th grade science class went to the Pelican River on Tuesday to take samples (measure pH and nitrates in the lab) and measure depth, width, speed, temperature, clarity, dissolved oxygen, and check for pollution/garbage.

9th grade science students did STEM project. They competed to make the most realistic, wearable shoe. The three winners are shown in one photo and all other shoes are the other two photos.

### ARTS

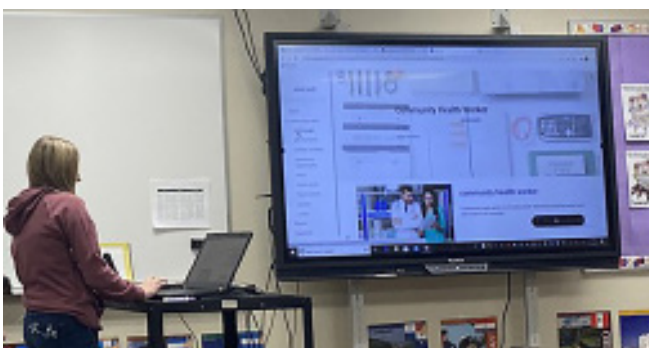


PRHS student artwork displayed at the Band & Choir concerts in November.

Fall Play-Performance was a ¾ round format with 88 seats on the stage.

Put a Little Pep in Your Step! Thank you to Mr. Fitzsimmons and the PRHS pep band for bringing energy and school spirit to our sporting events!

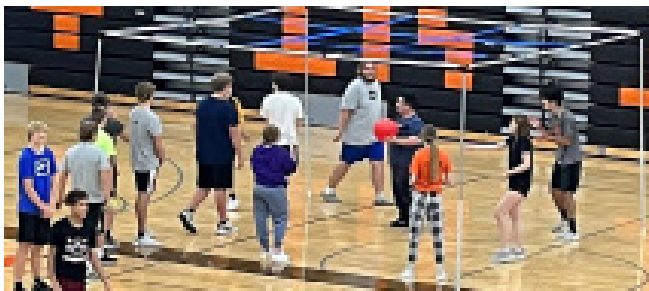
### CLASSROOM TECHNOLOGY



The students in Mrs. Holl's Digital Portfolio class researched a job of interest and created web pages with a job description, working conditions, educational requirements, salary, related careers, and future outlook. Each student presented their completed career project using their Google Site.

- Career Fair for Juniors and Seniors
- FFA Students to Frazee and MSP
- CJ Holl speaking to Mr. Johnson's Class
- Honors Band and Choir to MSUM
- 19 Juniors took the PSAT
- Nibi Water Walk with Mr. Satterlie
- Crisis Prevention Training for Special Education Staff
- 11 students cast their first ballots!
- SADD Members host Boo Bash at LREC
- Mr. Maresh and Mr. Larsen took students to Alexandria Tech
- Mr. Witzig and Mr. Sturdevant took students to UM-Morris to learn about sustainable energy
- Mrs. King took students to Microsoft's Fargo campus to tour and learn about careers at Microsoft
- Mrs. Holl took Spanish students to Fergus Falls for an area schools collaborative event
- Mrs. Thompson and Ms. Dunbar took students to Lake Region Electric Cooperative

I look forward to continuing to build on a great 2022-23 school year for students, staff, and our community. Go Vikings!



### CULTURE/INCLUSION

The Team Sports students included our DAPE students in the new 9 square game which was an awesome experience! Thank you to these students for doing such a wonderful job of including others and working with them it sure made our DAPE students' day! DAPE is a Developmental Adapted Physical Education program.

Five PRHS students were involved in the MSHSL Call to Action in Detroit Lakes. This is a statewide student opportunity to help all students learn, participate, and create safe and respectful educational environments free from racial, gender and religious harm.

### CAREER EXPLORATION



Thank you to Mr. Witzig and Mr. Sturdevant for bringing students to UM-Morris to learn about sustainable energy. This event was a collaborative effort of more than 125 students learning about renewable energy and conservation efforts.

Build Learning!

Mrs. Thompson took her students to Lake Region Electric Cooperative to learn more about the career opportunities available. They also talked about job shadowing, interview tips, and new things happening at the cooperative. The students will continue to spend time with the human resource department to develop their career-ready skills.

**CAPTAIN YOUR FUTURE**

**ACADEMICS**  
FREE PRESCHOOL, SMALL CLASS SIZES  
40 COLLEGE CREDITS, CNA CERTIFICATION

**ARTS**  
BAND, CHOIR, MUSIC PRODUCTION,  
VIKING NEWS NETWORK

**ATHLETICS & ACTIVITIES**  
17 SPORTS, 16 STUDENT GROUPS,  
STATE-OF-THE-ART FACILITIES

**PELICAN RAPIDS VIKINGS**

**BECOME A VIKING!**  
ONLINE ENROLLMENT

### EXPLORE POTENTIAL CAREERS

Accounting // Ag Occupations // CAD // Computer Applications // Digital Photography // Marketing // Personal Finance // Robotics // Small Engines // Video Productions // Viking News Network // Welding // Woods

### AQUIRE UP TO 40 COLLEGE CREDITS

Advanced Algebra // AP Art // AP Music // Calculus // College English // Intro to Education // Precalculus // Spanish 3 // Statistics

### EARN CREDITS AND CERTIFICATIONS

CNA Certification // Credit Recovery Program

### EXPAND CREATIVE INTERESTS

Ceramics // Concert and Pep Bands // Drawing // Music Production and Songwriting // Painting // Viking Choir and Chamber

Finance Director Rudy Martinez visited our Accounting class to share the world of educational finance. Students learned more about his career and opportunities within finance and accounting. He shared with students the excitement of how numbers in accounting tell a story. Thank you Mr. Martinez for visiting our class!!

PRHS Computer Applications and Accounting students had the opportunity to visit the Microsoft campus in Fargo. Students heard from a career panel of Microsoft employees, including Viking alumni, Matt Petznick, and had the opportunity to tour the expansive campus. Thank you to Microsoft for allowing students to see your facility and learn more about potential careers!

### CREDITS/CERTIFICATIONS



Students from Mrs. Lynnes' CNA class practiced hygiene care with Mr. Bernie, the class resident. After watching a video, students worked in teams to demonstrate proper entrance into a room, correct supplies, and nail care.

### 7 HABITS

Mrs. King's 7th grade students learned about and completed an activity about Habit #2 - Begin with the End in Mind. They are working on a different Habit every Friday!

**SERVICE PROJECTS**



The PRHS Volleyball team members have served our community in various capacities throughout their season including library service, canned food shelf collection at all home games, helping senior citizens, and yard work.

The 39th annual CROP was held in October at Maplewood State Park. With a collaborative effort between the Minnesota Honor Society and volleyball team, PRHS raised \$1500 for local and world hunger. We are Viking Proud of the efforts of these students, and this is such a good reminder of the wonderful leaders we have in our school!



Senior SADD Officers unloading a truck at the food shelf one morning. #VIKINGSMAKINGADIFFERENCE

Thanks to the MN Honor Society for making a difference in the lives of others by hosting a Blood Drive through the American Red Cross. Despite unfavorable weather, 28 donors registered, 3 donors were deferred, and 25 units were collected! A HUGE shout to all those in our school and community who donated. One blood donation can help save up to 3 lives!

**WHAT A FEW JUNIORS AND SENIORS LIKE BEST ABOUT GOING TO PELICAN RAPIDS SCHOOLS**

“How nice and friendly everyone is.”

“The band and choir trips!”

“Diverse, it has a spread of things you can do, whatever type of interests you have you can pursue them here.”



**SPORTS**

**FOOTBALL**

- Record 7-2
- District Champions
- First Conference/District Championship since 2008
- Undefeated District record

**VOLLEYBALL**

- 3-3 Section record, 2-4 Conference record, 6-19 overall record

**GIRLS CROSS COUNTRY**

- Section 8A Team Gold Level Academic Excellence Award - 3.98 Cumulative GPA

**BOYS CROSS COUNTRY**

- Section 8A Team Gold Level Academic Excellence Award - 3.81 Cumulative GPA
- HOL Conference Meet - 4th place
- Charlie Larson - All-Conference runner (3rd place) All-Section Runner (4th place), All-State Runner (13th place), All-State Academic Award Winner

**GIRLS SOCCER**

- Record 1-1-7

**BOYS SOCCER**

- Record 3-12



**Pelican Rapids Viking Hall of Fame and Honor Roll Inductees for 2022!**

**VIKING HALL OF FAME INDUCTEES:**

- Maxine & Ralph Ballard, Lifelong Supporters of Viking Athletics
- Brad Milbeck, 1981 Graduate, Track & Field, MSU All-American
- Kenneth Shultz, 1955 Graduate, 3 sport Star, U of MN Gophers Football All-Star
- 1968-69 Boys Basketball Team, One Class District 23 Champions, Undefeated Regular Season

**VIKING HONOR ROLL INDUCTEES:**

- Mike Douglas, 32 years (1978-2010)
- Alan Grothe, 40 years (1064-2004)
- Jim Fletcher, 30 years (1973-2003)
- John McMillen, 33 years (1969-2002)

**VIKING GALA FUNDRAISER**

Written by Jessica Fahje

The Viking Gala Committee put on 3 events this year and also did 2 smaller fundraisers. The Golf Tournament in June, Bean Bag tournament during Pelican Days, and The Viking Gala Hall of Fame event over Homecoming weekend.

We also ran a Viking Head fundraiser and selling Viking Gear at football games. We were able to donate \$8,000.00 to the Pelican Rapids School Fund this year with our communities support!

Upcoming events will be a chili contest January 23<sup>rd</sup> at The Muddy Moose. Please watch our Facebook page [PR Viking Gala](#) for other upcoming events.



**Counselor's Corner**

Written by Kelsey Lage, School Counselor

**Holiday Stress**

Not everyone feels holiday cheer this time of year, the holiday season may be a sad and stressful time. You or someone you know may be dealing with situations related to divorce, poverty, chemical use, or grief from a loss of a loved one.

**Tips for Holiday Stress**

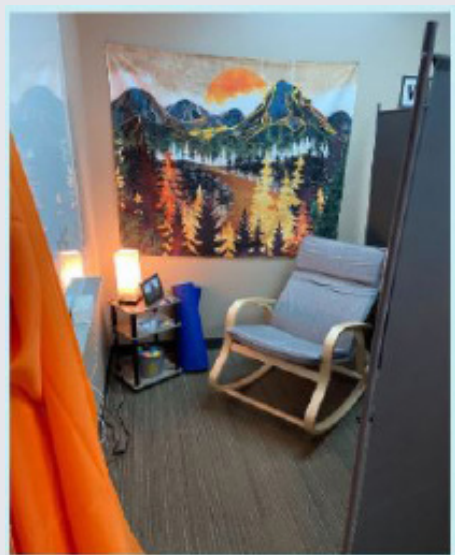
- Keep your regular routine
- Think moderation
- Don't idealize the holidays, let them be what they are, they aren't perfect
- Take time to volunteer or do something meaningful for yourself
- Ask for help
- Set boundaries with family and friends; say no to gatherings that will generate stress or put you in a bad situation

Be kind to yourself and others



New Pelican Rapids High School Counselor Kelsey Lage with her "therapy dog" Chibbs, who is also a new face in the schools. The dog is in the school for "office hours" with Lage on a scheduled basis.

**Chill Zone: Supporting Student Mental Health**



The chill zone is a safe place where students can take a break. They can come in and relax and take some time to use coping skills to get themselves regulated again so that they may return to class. It gives students a chance to re-engage and rest.

# DISTRICT INFORMATION

# IMPORTANT DATES

## EMPLOYMENT OPPORTUNITIES

Pelican Rapids Public Schools is committed to every student. Our staff embraces each student's unique talents, background, and needs. We thrive on Viking Pride and believe our high academic standards, award-winning arts and academics, rich cultural diversity, and state-of-the-art facilities make Pelican Rapids a great place to learn for life. Discover what makes Pelican Rapids special!



In addition to other open positions at Pelican Rapids Schools, the District is looking for certified and non-certified substitute teachers.

To view current job openings and begin the on-line application process visit our [district website](#) or use the QR Code on the right.

QUESTIONS? Contact Emily Evenson

218-863-5910 ext. 4445 or [eevenson@vikes.us](mailto:eevenson@vikes.us)



## INDEPENDENT SCHOOL DISTRICT #548 SCHOOL BOARD



- Brittany Dokken
- Greg Larson
- Jon Karger
- Brenda Olson
- Anne Peterson
- Molly Welch

A sincere thank you to each candidate that ran for the three open seats on our school board in this election. Your willingness to serve by investing your time in education and giving back to this community is valued and appreciated.

We would like to thank outgoing member Brittany Dokken, whose school board term will be ending on December 31, 2022. We appreciate the time and energy that Brittany has given our district! In addition, a warm welcome to incoming Staci (Tollerud) Allmaras who will begin her school board term on January 1, 2023.

We would also like to thank our community members who cast their vote in this election. You play a valuable role in our students' educational experience.

## NOW ENROLLING

### MAKE YOUR VOYAGE YOURS

At Pelican Rapids Schools, we are here to help you captain your future! We believe learning is a lifelong process and our staff works to equip each Viking with the tools, information, and technology needed to make each educational experience engaging and meaningful. Pelican Rapids Staff strives to make your voyage unique to your interests, abilities, and future aspirations. Steer your ship as you navigate your academic and extracurricular experiences.

### THE VIKING WAY

High academic standards created by our educators drive our 910 PK-12th grade students to succeed in the classroom. With graduation rates above state average, expanding course offerings, and rich cultural diversity, students leave Pelican Rapids Schools with an educational experience that prepares them for success in their future endeavors.

Our state-of-the-art facilities are home to award-winning arts and athletic teams. With nearly 40 unique athletic, art, academic, and student group opportunities, students are sure to find something that builds on their extracurricular interests.

Pelican Rapids Schools is a financially stable and strong district that is backed by our caring community members and supportive local businesses. Come see what makes Pelican Rapids a place full of Viking Pride.

### VISIT TODAY!

Call 218-863-5910 to schedule your tour of Viking Elementary School or Pelican Rapids High School

WE LOOK FORWARD TO MEETING YOU!

## What Staff Likes Best About Working at Pelican Rapids Schools

"The atmosphere and getting to work with some awesome kids."

"Individual staff members commitment to making all students and families feel like they belong here."

"I love that I get to work closely with all kinds of different people and make connections with kids and families from all different types of lives."

"Forming meaningful relationships with students and staff members, being apart of a community that is very involved in the academics and the athletics of their children."

"The staff members who genuinely care about the students and the diverse student body that are so fun to work with."

"I feel fortunate to work beside knowledgeable and fun co-workers."

"I love our awesome students and staff. People are so respectful and kind to others! Our staff are some of the most caring and generous people I know!"

"What I like best about working for Pelican Rapids Public School is working with colleagues who bring great energy everyday!"

"I love the welcoming climate of the Pelican Rapids Schools! Walking down the hallways, students and staff all greet each other every morning and it truly feels like coming to work with my family."

## SCHOOL SCHEDULES

MONDAY - FRIDAY

Viking Elementary School - 8:15 - 3:05 pm

Pelican Rapids High School - 8:25 am - 3:15 pm

## STAY CONNECTED



Pelican Rapids Public Schools  
[pelicanrapids.k12.mn.us](http://pelicanrapids.k12.mn.us)



Pelican Rapids Public Schools



## VIKING PRIDE IS...

- Instilling a love of learning
- Caring and inclusive school culture
- High academic standards
- Curriculum developing the whole student
- Award-winning arts & athletics
- State-of-the-art facilities
- Rich cultural diversity
- Financially stable and strong district
- Caring community members

## START YOUR VOYAGE

BECOME A VIKING TODAY!



DECEMBER 2022				
M	T	W	Th	F
19	20	21	22	23
26	27	28	29	30

December 22 1/2 day of School (Winter Break Begins)  
December 23-Jan 2 NO SCHOOL (Winter Break)

JANUARY 2023				
M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

January 3 School Resumes  
January 16 No School (Teacher Workshop)

FEBRUARY 2023				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

Feb. 17 NO SCHOOL Feb. 20 Parent/Teacher Conferences

MARCH 2023				
M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

March 20 NO SCHOOL (District Workshop)

APRIL 2023				
M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

April 6-10 NO SCHOOL (Spring Break)

MAY 2023				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

May 25 Last Day of School May 26 Graduation