



PELICAN RAPIDS

Schools

We Learn For Life!

Pelican Rapids School District #548
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Pelican Rapids, MN 56572

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April 2016

School Renovation Project on Schedule for August Completion

LEARNING FOR LIFE

By Deb Wanek, Superintendent

At this time of year every school in Minnesota is beginning to gear up for the Minnesota Comprehensive Assessments (MCA) in math, reading and science. These assessments are very rigorous and have been put in place as a result of the federal "No Child Left Behind" (NCLB) legislation, signed into law in 2001. You may have read that NCLB has now been replaced with a new law, "Every Student Succeeds Act" (ESSA). The details of this new law have not yet been determined as the legislation requires each state to develop how they will meet the requirements of this new law. At first glance it looks like there will still be compressive tests but we will not know the details until the State of Minnesota completes their plan.



This year we still have the NCLB rules in place and our state testing requirements will continue as before. As in the past, the students complete their tests in the spring of the year and test results are made available by the end of August. The test scores are made public but the public rarely, if ever, gets a chance to see the level of rigor expected of the students. The actual tests are highly secure but I would like to share a few sample questions in this newsletter from math in several grade levels. Again these are not the actual test questions but sample questions that meet the standards that are being taught at these particular grade levels.

We realize that the District is only one place where students learn. Parents are a very important part of the learning process. Students gain a great deal from what their parent's value and discuss. The MCAs are important tests and parents are very important to the success of their child. The Minnesota Department of Education provides tips, included in this newsletter, on how you can help your child prepare for the MCAs. We value your support in helping your child succeed.

The MCA test scores are important but they are only one snap shot, this newsletter will give you a broader picture of what is happening in this District. The Pelican Rapids School District has enjoyed an excellent year with numerous awards; our students have represented us well in athletic competitions, academic competitions and a variety of activities. The District offers opportunities in enrichment and support for those who need additional help. The District is also proud to continue The Leader in Me® philosophy which is communicating each student's worth and potential so clearly they begin to see it in themselves. Along with academics, arts, athletics and numerous activities our students are growing personally as they continue to embed the 7 Habits of Highly Effective People® into their daily lives. We want our students to learn, not for school but for life.

Wanek, continued on page 10



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"WHERE ARE THEY NOW?" PRHS GRADUATE SALLY PERRIN

What Post-Secondary education institution did you attend and what degree did you earn? I attended college at the University of Minnesota, Twin Cities and received a Bachelors of Science in Biochemistry. Describe your career choice and what you enjoy about your career?



I am currently working at Regions Hospital in St. Paul, MN in the Cancer Care Infusion room. What I appreciate most about my job is working with a variety of patients from differing demographics and helping each patient cope with and persevere through their treatment regimen and their cancer/hematology diagnoses.

How did PRHS prepare you for college? Coming from a small community that appreciates and celebrates diversity helped immensely in preparing me for working within health care along with going to college at a university with more than 50,000 students.

What extracurricular activities did you participate in while you were at PRHS? I enjoyed singing in choir, playing trumpet in band, running cross-country, being active in the youth community board, and playing golf. In college I continued to play trumpet for one year in the marching band and also continued to sing in the university's gospel choir.

Do you have any special memories of your

time at PRHS that you would like to share?

I really enjoyed going on trips with both the choir and band throughout the years at PRHS. The most memorable trip I took during my time at PRHS was when Mr. Fitzsimmons arranged for us to go to New York. Everything about that trip was

memorable; from the drive through Pennsylvania, visiting Ellis Island and the Statue of Liberty, paying our respects to the victims of 9/11, and seeing Stomp and Aida, it was a trip that helped me grow as an individual.

Any words of wisdom you would like to give the students in Pelican Rapids?

Do what you want in life and do not let anyone tell you that you are not capable of what you want to do. With enough perseverance, confidence, and resilience, anyone can accomplish their goals, do not let anyone tell you otherwise! Always try your best to treat people with dignity and respect because if you do not, you will look back and be disappointed in yourself; it is a life lesson that supports the saying "follow the path of least resistance." Be positive, kind, empathetic, compassionate, and confident. Those qualities and characteristics require less energy than being pessimistic, mean, rude, and self-deprecating. Take that energy and apply it to something that creates memories and cultivates happiness in your life.



Tips for Student Testing

By Dr. Edwin R. Richardson, Elementary Principal

The Minnesota Comprehensive Assessment (MCA) testing begins on April 12th at VES for students in grades 3-6. This can be a stressful time for students. However, we like to think of the MCAs as an opportunity for our students to 'show-off' what they learned and know from all the time and effort they put into school this year.



A few things you can do to help your child, not only during testing but everyday are:

- ✓ **Get plenty of rest each night before testing.** Experts say most young people need seven to eleven hours of sleep to be at their best.
- ✓ **Eat breakfast each morning before testing.** It's hard for students to think when they are hungry. Drinking plenty of water is also important.
- ✓ **Avoid rushing on the days of testing.** Be sure to have clothes and books ready the night before so that students can arrive at school on time each morning.
- ✓ **Try not to be absent or tardy during testing days.** Make-ups will be given for missed days.
- ✓ **Keep the peace.** No arguments with brothers or sisters, which could distract her/his focus and concentration.
- ✓ **Listen carefully to instructions and do not spend too much time on any one question.**
- ✓ **Dress in comfortable shoes and clothes.** Bring a jacket just in case he/she gets cold during the testing time.
- ✓ **Tell your child to close his/her eyes, breathe deeply, and count to ten if he/she feels stressed or nervous.**
- ✓ **Encourage your child to do his or her very best.**

The Viking Elementary School Promise

- I **WILL** speak up instead of acting as a bystander.
- I **CHOOSE** to participate in activities that don't involve teasing.
- 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.

Small Class Sizes a Priority

Current student enrollment in grades K-6 is 491 which is the highest in nearly a decade. To maintain smaller class sizes in the early grades, which has been identified as a priority in recent years, four sections were recommended.

The Pelican Rapids School Board approved a fourth section for grades K-2 for the 2016-2017 school year which will keep class sizes below 20. "It is so important to develop those foundational skills at that age level," said VES Principal Ed Richardson.

The governor and the state Department of Education is also stressing that it is "crucial" to develop solid reading skills by grade 3 noted Superintendent Deb Wanek.

"PENNIES FOR PATIENTS" FUNDRAISER GOAL EXCEEDED

Well, they did it!

The VES Student Lighthouse set a "Pennies for Patients" goal this year of \$2,500 (up from last year's VES all-time high of \$1623.67). The VES synergized and exceeded the goal by raising....\$2818.79!!

Thank you to our parents and community for the support!

Kudos to our Student Lighthouse for setting this lofty goal, to Mr. Moe's 5th grade for being top fundraising class with \$287.89, and to all our students.



Mrs. Skalsky, Dr. Richardson, and Mr. Kuhn had agreed to have their heads shaved if the \$2,500 goal was met, so on March 9th they got their new hair dos!

Keep up with Viking Elementary news on our Facebook page Pelican Rapids Public Schools



Viking Student Success Program for Grades K-6

We are excited about our newly re-tooled Targeted Services Program which is now called the Viking Student Success Program (VSS). It will be incorporating homework support, learning activities for students needing support with Reading and/or Math, and enrichment/application areas of STEM (Science, Technology, Engineering and Math), Computer Coding, Cooking & Nutrition, PE/Fitness, Service Projects, and Themed Mondays.

We hope this program will provide high interest, focused support for our students. The program started in the fall but your child can join any time. Contact your child's teacher or Janell Schmidt at 218-863-5910 ext. 5237 with questions about this program.



Non-School Mondays

8-8:30am free breakfast
8:30-12pm VSS program
12-12:30pm free lunch

After School Tuesdays-Thursdays

3:45-4pm snack
4-5:15pm VSS program



Viking Elementary Art News

Here are some pieces that students in grades K-6 had featured at The Student Art Show at the Pelican Rapids Public Library from March 17th-March 31st.



CLUB VIKES SCHOOL-AGE CARE

Available Before and After School and Some Non-School Days

Club Vikes provides children with a positive, stimulating and happy before and after school experience where they create wonderful memories and lasting friendships! We are focused on making before and after school a fun-filled experience for your child.

In Club Vikes we do fun things including arts & crafts, special themed weeks, fun snack projects, indoor & outdoor activities, help with homework, read & write stories, computer lab & iPads.

The program is designed with flexibility and creativity to respond to and compliment each child's individual needs. We offer children opportunities for decision making, increased independence and responsibility. Children will be well supervised by qualified CPR and First-Aid Certified staff.



Days/Times:

Mondays 6:30am-6pm

\$25 per day (7+ hours) or \$15 per partial day

Please note: the Child and Adult Care Food Program (CACFP) provides students with Free Breakfast, Lunch and PM snack if they attend Club Vikes and/or Targeted Services on scheduled non-school Mondays and vacation days. USDA is an equal opportunity provider and employer.

After School Tuesday-Friday (and school day Mondays)

6:30-7:30am before school & 3:45-6pm after school

Before school care: \$2.75/child per day

After school care: \$6/child per day (a snack is provided)

Both before and after school care: \$8/child per day

Please note: Partial or total tuition assistance may be available to qualifying families through state or county funds.

Call Emily Evenson, Club Vikes Program Coordinator at 863-5910 extension 5022 with questions or to register.



HERE IS HOW OUR SCHOOL IS LOOKING ON THE INSIDE



Photo #1 is the view when you enter through Door #1 on Highway 59. Shown are the two commons areas, entrance to the cafeteria and the hallway leading to the "Legends" Gym (old gym).



Photo #2 is taken from the opposite side, showing both commons areas and the main office door. The windows are one of many new features that our students, staff and community will be able to enjoy.



Photo #3 is of the new locker bay (for students in grades 9-12). The first door to the right is to the district offices. The doorway on the far end by the windows leads to the band room.



Photo #4 gives view of the auditorium when entering at street level on Highway 59. There is 10,000 square feet of new space which will seat 550.

SCHOOL RENOVATION PROJECT UPDATE

By Trevor Steeves, Building and Grounds Superintendent

Construction has been "full speed ahead" with the contractor taking advantage of our mild winter and the projects are on schedule for late August completion. The auditorium is taking shape with the concrete poured in the seating and stage areas. In the activities center the gym floor was poured the first week of March with 17 loads of concrete being poured in a couple of hours. It was impressive to watch how new technology with a laser guided power screen made pouring that large of an area go so quickly. The new dining area and locker commons were in use by the end of March. We are excited to move into these new areas. Think spring.



Photo #5 shows inside the science classroom demoed areas where asbestos abatement is completed and stud walls are going up.



Photo #6 was taken in the new "Leaders" Gym, part of the 18,000 square foot Al Siegle Activities Center. There will be space for wrestling, dance, weight lifting, restrooms, concessions and a walking track.



Photo #7 provides a closer look at the location of the walking track (upper left) which will be available for use by community members before and after school hours.

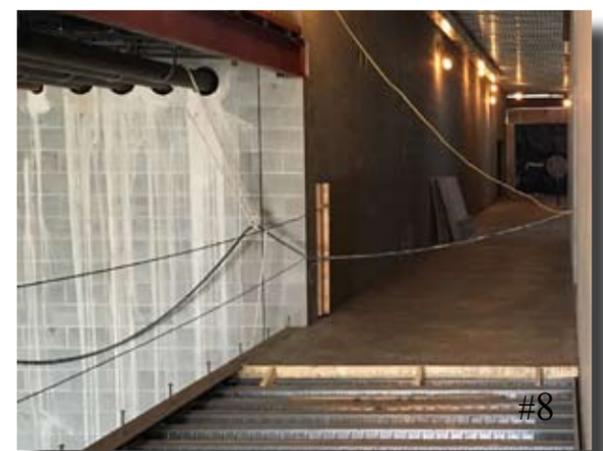


Photo #8 gives a glimpse down the corridors that surround the Al Siegle Activities Center.

The elevated track will sit on top of this corridor.

Head Start Services Include Early Learning, Health, and Family Well-Being

Head Start and Early Head Start programs support the comprehensive development of children from birth to age 5 in centers and in their homes. Head Start services include early learning, health and family well-being.

Our goal is to provide each child with an opportunity to grow and develop in a safe and nurturing environment. Head Start recognizes parents as the first and most important teachers of their children. Head Start provides children with activities that help them to grow mentally, socially, emotionally and physically. Services are offered to meet the special needs of children with disabilities.



Parent Liaison at Viking Elementary

My name is Maria Soto, I am the Parent Liaison at Viking Elementary School. My role as a Parent Liaison is to work with students, parents, staff, and administration to help each student succeed. I can speak Spanish, and English. You can reach me at (218) 863-5910 or through my e-mail: msoto@pelicanrapids.k12.mn.us I'll be happy to help you!

Mi nombre es María Soto, soy la representante de padres en la escuela Primaria Viking. Mi papel como representante de padres es trabajar con los estudiantes, los padres, el personal y la administración para ayudar a cada estudiante a tener éxito. Hablo Español, e Inglés. Me puede llamar al (218) 863-5910 o a través de mi dirección de e-mail: msoto@pelicanrapids.k12.mn.us Estaré encantada de ayudarle!

Pelican Rapids WCMCA Head Start is currently enrolling for the 2016-2017 school year. Applications are available at the Head Start Office in the Elementary School or by calling 218-770-8858.

Achievement and Integration Activities with Area Districts

By Nadine W. Brown, Multi-District Achievement and Intergration Liaison

Though the specific rules and program contents have changed a little over the past eleven years, the Achievement and Integration (formerly Cultural Collaborative) program continues with the Pelican Rapids schools and eight area districts.

Most of the program funding goes for each district's programs and activities, but there are portions set aside for our school to share with the schools around us that do not have the same diverse cultures represented by our K-12 student population.

The following is a brief recap of the activities in the 2015-16 school year.

Pelican Rapids Elementary Students

- Fergus Falls (Kindergarten): book sharing and a shared experience at Red Horse Ranch
- Detroit Lakes (2nd grade Mrs. Tollerud): sharing books and classroom experiences via SeeSaw
- Hawley (4th Grade): penpals and shared experiences at Ag Day in Fargo
- Underwood (5th Grade) penpals and shared experiences at Maplewood State Park and Underwood schools
- Lake Park-Audubon (6th Grade): Youth Frontiers Kindness Retreat

Pelican Rapids High School Students

- Spanish Cultural Olympics experiences with Mrs. Bridgette Holl's class and Underwood Spanish classes
- Mentors program with PRHS students and Frazee-Vergus elementary students
- Somali Ambassadors making presentations at the Fergus Falls, Perham, and Battle Lake schools
- Detroit Lakes Native American speakers exchange with Detroit Lakes
- Cultural Exchanges with Hawley FACS class including a joint trip to Festival of Nations event



About five times a year, PRHS Mentor Students travel to Frazee-Vergus Elementary school to help students with homework and special assignments. This mentor group has been together for the past two years. As one mentor said, "I love going to work with these kids and seeing how they learn and grow."



The pictures on the left were taken at the end of a long day for these PRHS students who prepared a Somali "feast" of Samboosa, salad, rice and goat, Somali tea and coffee for the FACS class from Hawley High School.

The Hawley school group also toured the Mexican and Somali grocery stores. Much conversation and laughter followed.

In a thank you note, one Hawley student said, "Thank you so much for letting us have the opportunity to see how you live, make food and hear your beliefs. It was an amazing experience! I am very grateful."

"Thank you so much for letting us have the opportunity to see how you live, make food and hear your beliefs. It was an amazing experience! I am very grateful."
-Hawley FACS student



Pelican Rapids and Lake Park-Audubon schools gathered in January to host a Youth Frontiers Kindness Retreat at Castaway Club. Sixth graders from both schools spent the day learning how to be more respectful, kinder and more considerate of their peers and friends. Helping the younger students learn these important life skills were high school mentors from both schools. Pictured above are Lake Park Audubon 10th graders and PRHS students.



PRHS student Sam Cruz (in black shirt) leads a group of 6th grade students from Lake Park Audubon and Viking Elementary through a small group discussion.

PRHS Art News

The Student Art Show at the Pelican Rapids Public Library featured artwork from students in grades K-12 from March 17th-March 31st.

PRHS Launching Instagram Page PRHS is launching their Instagram page online (PRHS_ART on Instagram). Robyn Dial, PRHS Art Instructor would like to encourage friends and family to support, like and comment on student artwork.



Dear Parents,
Spring is here! And with that great news, I want to remind you that school is in full bloom too. We are winding down toward the end of our school year, and if you happen to have any questions or concerns about your child's grades, progress in school or about any upcoming school event please feel free to contact me. I can help answer your questions or set up an appointment to meet with your child's teacher or school advisor. As a Parent Liaison, I am more than happy to help assist you in school related need. I am available in the high school every Wednesday from 11:30am-4:30pm and on Friday from 7:30am-12:30pm. You can reach me at 218-863-5910. My office extension number is 4436. Call me or leave me a message. I will get back to you soon!

A Message from the Parent Liaison at PRHS

Here for you,
Kimberly Hernandez

Queridos padres,
¡La primavera está aquí! Y con esa gran noticia, quiero recordarles que la escuela está en plena floración también. Estamos terminando hacia el final del año escolar, y si le sucede que tiene alguna pregunta o inquietud acerca de calificaciones de su hijo, el progreso en la escuela o cualquier evento escolar próximo dude en ponerse en contacto conmigo. Puedo ayudar a responder a sus preguntas o hacer una cita para reunirse con el maestro o la escuela asesor de su hijo. Como enlace del padre, estoy más que feliz de ayudar a ayudarlo en la necesidad relacionada con la escuela. Estoy a su disposición en la escuela secundaria todos los miércoles de 11:30 am a 4:30 pm y los viernes de 7:30 am a 12:30 pm. Puede comunicarse conmigo al 218-863-5910. Mi número de extensión es 4436. Me llaman o me deja un mensaje. ¡Me pondré en contacto con usted pronto!

Aquí para ti,
Kimberly Hernandez

Learn, Grow, Meet New People and Challenge Yourself

When we lived in Minneapolis in the early '80s, my husband worked nights at Chanhassen Dinner Theatre. As I worked during the daytime, this left me with lots and lots of time to myself. One can only watch so much TV (remember this was before Netflix) so I decided to check out the local Community Education classes.

I was hooked and found myself enrolling for as many classes as I could. I learned, among other things, how to change oil in my car, how to cook with my "new" microwave and the very beginnings of American Sign Language. Attending a class was the perfect way for me to meet new people, learn a new skill and remind myself that I did enjoy learning.

I think we should all get a chance to go back to high school and re-learn what we should have absorbed the first time. Personally, I would pay more attention to History classes (look out Mr. Holt, I'll be appearing in your class soon!) This spring, you have 19 opportunities to learn, grow, meet new people and challenge yourself.

A HUGE THANK YOU to the instructors who are taking the time out of their busy lives to share their talents. And, as always, if you have any class you would like to see offered or teach, please let me know. Enjoy!

Nadine W. Brown

Community Education Coordinator

Registration

You can register over the phone, through email, our school website, or the mail.

Call: Becky Wontor at 218-863-5910 x 4250

Email: bwontor@pelicanrapids.k12.mn.us

School Website:

Go to: <http://www.pelicanrapids.k12.mn.us>

Click on **Community Education** link

Mail completed registration form to:

Community Education

PO Box 642, Pelican Rapids, MN 56572

General Information

- Enrollments are accepted on a first-come, first-served basis. Please register at least 1 week before the starting date of class.

- You are enrolled in class once we receive your registration. You will be contacted if the class is cancelled.

- You can pay by cash, check (write to ISD #548) or by using our PaySchools online system (go to school website & click on PaySchools icon, left column). **Please send a separate check for each class (we will not cash your check until you have attended the class).**

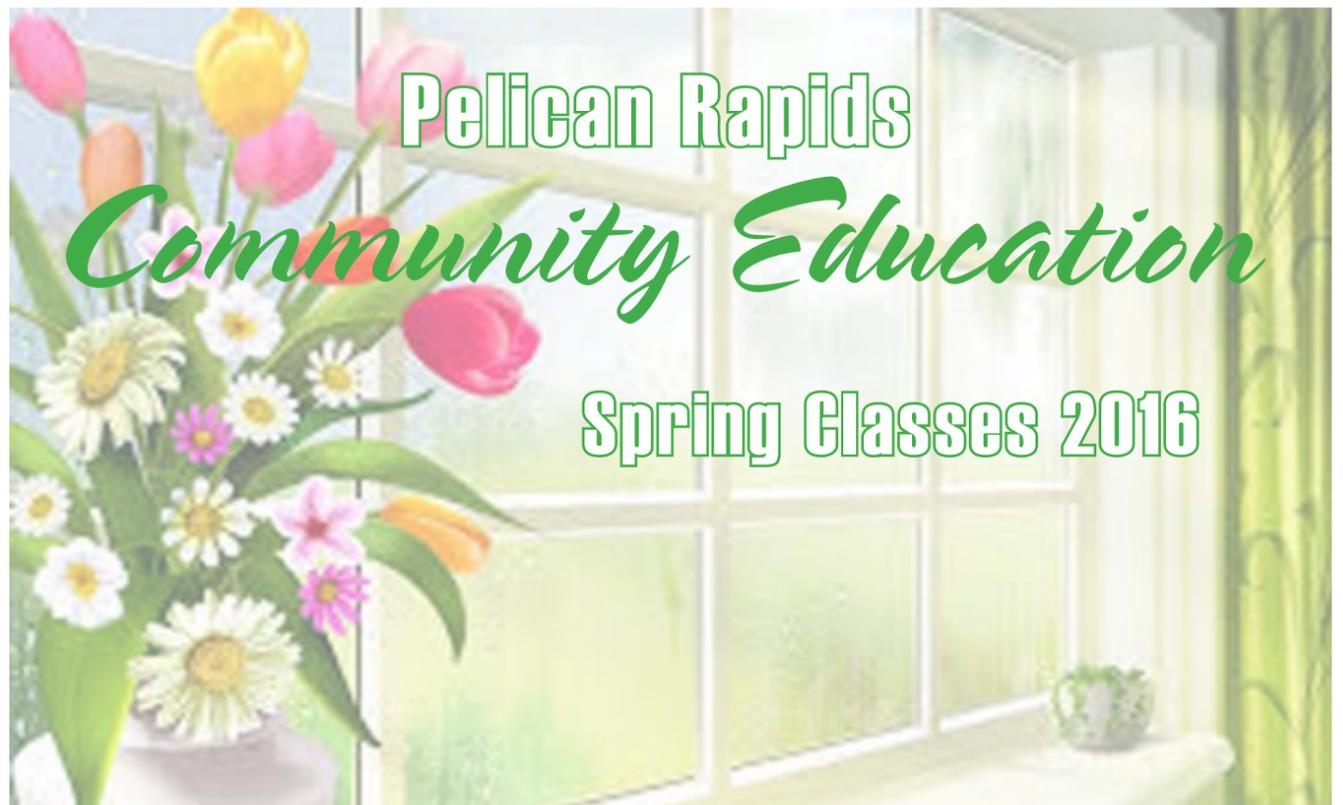
- Unless otherwise indicated, the classes offered are open to adults.

Storm Policy

If the Pelican Rapids Schools are cancelled or release students early due to bad weather, Community Education classes will not be held.

Non-Discrimination Policy

It is the policy of ISD #548 to comply with federal and state laws prohibiting discrimination.



April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11 •XaBeat	12	13 •XaBeat	14	15	16
17	18 •XaBeat	19 •Spencerian Penmanship	20 •XaBeat	21 •AUSTRIA	22	23 •Family Sign •Flower Arranging
24	25 •XaBeat	26 •Spencerian Penmanship	27 •XaBeat	28 •Sculpture •Learning Pool	29	30 •Porkology 101
May						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 •XaBeat	3 •Spencerian Penmanship •Photography	4 •XaBeat	5 •Sculpture	6	7 •Painting with Friends
8	9 •XaBeat •Photography	10 •Car Mechanics •Drug Awareness •Build Flowerbox	11 •XaBeat •Learn Facebook	12	13	14 •Quilting for Non-Quilters
15	16 •XaBeat	17 •Build Flowerbox •Photoshop •Shutterfly	18 •XaBeat	19 •Photoshop	20 •Etched Glass	21 •Spring Potting
22	23 •XaBeat	24	25 •XaBeat	26	27	28
29	30	31				
June						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 •Kayaking

COMMUNITY ED CLASS REGISTRATION FORM

Please mail this registration form to: Community Education, PO Box 642, Pelican Rapids, MN 56572

Make checks payable to **ISD #548** (please write a separate check for each class)

Name of Class: _____ Fee \$ _____ Name of Class: _____ Fee \$ _____

Name of Class: _____ Fee \$ _____ Name of Class: _____ Fee \$ _____

Name: _____ Phone: _____ (if we need to contact you about the class)

I would like to see the following class(es) offered: _____

I would be interested in teaching the following class(es): _____

Age category (for state reporting): Age 19-54 _____ Age 55+ _____

Arts and Crafts

Family Birthday Sign

Make a decorative wood display of your family's special day. All supplies are included in the cost of this class. Need 5-8 participants.

Instructor: Tia Thysell

When: Saturday, April 23rd 10am-1pm

Location: Brown-Eyed Susans (downtown Pelican Rapids)

Class Fee: \$25 includes supplies

Spencerian Penmanship: Learning a New Style of Writing

Known as the first American style of penmanship, Spencerian Penmanship is the ornamental penmanship and flourishing that was used in creating calling cards and eloquent art works. You will learn how to write in this lovely style of penmanship under the skilled instruction of Teresa Rotenberger, a fraktur and ornamental penmanship artist. Her interest in this tradition began in her early teenage years after seeing a book owned by her great-grandfather and after using this art as a physical therapy for her right hand. Terese will teach you how to hold the stylus, learn basic strokes and create beautiful scrolling. She will also discuss Fraktur, a style of penmanship used in old German songbooks and creation of framed bible verses. You won't be disappointed with the outcome.

Instructor: Terese Rotenberger

When: Tuesdays, 6-8pm

•April 19th (session 1)

•April 26th (session 2)

•May 3rd (session 3)

Note: based on how everyone progresses, session 3 may not be needed.

Location: PRHS Media

Center (West Door #8, follow signs)

Class Fee: \$25 includes pen and paper

Additional materials can be purchased from the instructor.



Learning Floral Arranging

Spend a couple hours learning a new craft and leave with a charming bouquet that you created! In this beginner's level class, you will learn how to create a basic arrangement using cut flowers, greens and your imagination. You can even bring your own vase (or ceramic pot, boot, box, etc). *Your final cost depends on the items you select in making your arrangement.* Maximum Participants: 6

Instructor: Teresa Johnson

When: Saturday, April 23rd 1-3pm

Location: Petals from the Heart (downtown Pelican Rapids)

Class Fee: \$15

Class fee does not include cost of flowers and greens

Beginning Sculpture

Two PRHS art students are willing to take you on a journey to discover your sculpting talents. In this make and take class, you will meet in the PRHS artroom for this 2 session class. The instructors will have an object for you to use as a patterns in making your artwork. You will be using air-dry clay so there will be no kiln firing involved. Tap into your inner artist and join the fun!

Instructors: Megan Albright and Erin Christenson

When: Thursdays, 6-8pm

•April 28th (session 1)

•May 5th (session 2)

Location: PRHS Art Room (West Door #8, follow signs)

Class Fee: \$25 includes supplies

Enrichment

AUSTRIA: A Taste of Tyrol Featuring Oktoberfest

If you've ever thought about taking a trip overseas, then this FREE! no-obligation class is just for you! Representatives from Central Holidays, a professional travel company will take you on a "tour" of Austria including teasing your taste buds with food specific to the areas. They will provide you with all information necessary to travel with a group to Europe and also provide some travel tips. *There is no obligation to sign up for anything.* Come enjoy a virtual evening overseas!

Instructor: Central Holidays

When: Thursday, April 21st 6:30-8pm

Location: Pelican Rapids Public Library

Class Fee: FREE

Enrichment

Learning to Play Pool

"Cue up" and join this fun class where you will learn the basics of playing pool from local pool professional, Linda Evenson Zsedeny. You don't need to bring anything to this class except a desire to learn the game, meet new people and enjoy yourself. Maximum: 8 participants

Instructor: Linda Zsedeny

When: Thursday, April 28th 6-8pm

Location: Pelican Rapids Pool Hall

(downtown Pelican Rapids)

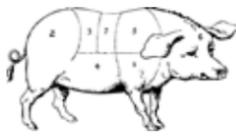
Class Fee: \$10

Food

Porkology 101 OR How Many Parts of Pork Can You Get From a Pig?

Jason Stetz has been working with preparing and cutting meat since he was a teenager. Now as the owner of Heart O' Lakes Quality Meats in Pelican Rapids, he has a thriving business preparing and selling meat of all kinds to local customers.

you on a be-tour of the operation and step by step and processed



Jason will bring hind the scenes meat preparing will show you how a hog is cut for the customer. You will learn the different parts of a hog and how to select cuts of meat. Please wear comfortable clothes and shoes. Class participants will also have a chance to purchase products from Heart O' Lakes Quality Meats during the class. Maximum: 10 participants

Instructor: Jason Stetz

When: Saturday, April 30th 1:30-3pm

Location: Heart O' Lakes Quality Meats

(Industrial Park Drive, Pelican Rapids)

Class Fee: \$15

April and May Health and Fitness

XaBeat

XaBeat is a dance fitness program that provides cardio and toning in a party like atmosphere! The routines are simple and easy to follow. You can burn anywhere between 600-1200 calories in a XaBeat class! Our routines contain less turning and twirling so you can concentrate on the fitness

DANCING MAKES YOU SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

7% = reduced risk of dementia
9% = Bicycling, swimming or playing golf
30% = Reading
47% = Doing crossword puzzles at least four days a week
76% = Dancing frequently

Quoting Dr. Joseph Coyle, a Harvard Medical School psychiatrist who wrote an accompanying commentary: "The cerebral cortex and hippocampus, which are critical to these activities, are remarkably plastic, and they rewire themselves based upon their use."

- Reduces stress and depression.
- Increases energy and serotonin.
- Improves flexibility, strength, balance and endurance.
- Strengthens bones and boosts cardiovascular health.
- Increases mental capacity by exercising our cognitive processes.
- Dynamic and rapid-fire decision making, creates new neural paths.

CELEBRATE LIFE THROUGH DANCE

part of it and get a better workout! In our XaBeat classes you will sculpt your body and burn calories while having a total blast! Our music sets the mood and creates a party-like environment that leaves participants asking for more.

Instructor: Tami Seifert

When: Mondays 5:15-6:15pm & Wednesdays 6-7pm

Location: PRHS Commons

(West Door #8, follow signs)

Class Fee: \$40 for 8 sessions or \$8 for 1 class

The 1st class is free if you've never tried XaBeat before!

Registration is not required, you can join anytime!

Check XaBeat Pelican Rapids on Facebook for class updates including time changes and cancellations due to weather

Questions: Call Becky at 218-863-5910 x4250

Arts and Crafts

Painting with Friends

Spend a fun two hours learning new painting techniques and leave with a lovely creation! Even if you've never painted before, Jolene will help you create a lovely artwork that you will be proud to hang on your wall.

The class includes all supplies necessary to paint an 11x17 acrylic painting titled

"FAMILY" (see graphic on right). You can come to the VFW starting at 11am if you wish to have a meal and/or beverage

(at your own cost). Invite a friend (or two!) and have a great time.

Class minimum: 10 participants

Instructor: Jolene Haller

Independent Gallery Guide, Gallery on the Go

When: Saturday, May 7th 11:30-1:30pm

Location: Pelican Rapids VFW

Class Fee: \$30



Build Your Own Flowerbox

In this two-class session, you will learn how to make a beautiful window box planter. Using the power tools in the high school woodshop and supplies included in the class fee, you will be carefully and patiently taught by PRHS woodshop teacher Steve Maresh. Even if you've never used a power tool before, Steve will guide you to a finished product. Finished woodbox is 30"Lx5"Hx6"W.

Instructor: Steve Maresh

When: Tuesdays, 6:30-8pm

•May 10th (session 1)

•May 17th (session 2)

Location: PRHS Woodshop (West Door #8, follow signs)

Class Fee: \$40 includes supplies

Quilting for the "Non-Quilter"

NOW! Is the time for you to learn how to quilt—or at least give it a try. This class will walk you through everything you need to know about making a simple, attractive table runner. All supplies (materials, pattern, batting, thread) will be included in the class fee. By the end of the class, you will leave with a finished product.

Instructor: Tammy Nordick

When: Saturday May 14th, 9am-1 pm

Location: PRHS Room 416 (FACS sewing room)

(West Door #8, follow signs)

Class Fee: \$25 includes materials

Etched Glass

Just in time for wedding season! You will learn how to etch glass and make a beautiful product. You should bring your own Pyrex or other glassware

to use for etching. If you have any specific questions, contact Brown-Eyed Susan's directly at (218) 863-5200.

Need 5-8 participants.

Instructor: Tia Thysell

When: Friday, May 20th 6-8pm

Location: Brown-Eyed Susans (downtown Pelican Rapids)

Class Fee: \$20 includes supplies



Spring Potting

Learn to choose the appropriate plants and products to suit your location. A 12" pot and soil provided. Purchase your combination of plants from our selection. Need 6-15 participants. Bring gloves and a trowel.

Instructor: Patti Boen

When:

Saturday, May 21st

You choose the time:

10:30am OR 1:30pm

Location:

Brown-Eyed Susans

(downtown Pelican Rapids)

Class Fee: \$15

includes pot and soil

(purchase of plants

additional)



Enrichment

Car Mechanics for the Beginner



Do you feel like you're about to get "ripped off" every time you take your car to a mechanic? Local businessman and knowledgeable mechanic, Scott Richardson, will take you through an informative evening session where he'll talk about what

DOES and DOESN'T need to be done to your car when you visit a shop. Class is suitable for adults and also teenagers who have just acquired their first car.

Instructor: Scott Richardson
When: Tuesday, May 10th 6-8pm
Location: Rapids Brake & Alignment
 (downtown Pelican Rapids)
Class Fee: \$10

Technology

Facebook for Beginners

It seems that everyone is on Facebook these days. If you've ever wanted to learn how to use this social media program but don't know where to begin, then this low-stress class will walk you through the basics of getting a Facebook account, searching for 'Friends' and things to look out for when using your account. Maximum participants: 6

Instructor: Nadine Brown
When: Wednesday, May 11th 1-3pm
Location: Pelican Rapids Public Library
Class Fee: \$10

Photoshop
 You may have heard about this computer program which allows you to take photographs and other artworks and enhance or change them digitally. Now you have a chance to learn this program from one of our area's most talented art instructors. Paul Johnson, who is on staff in the Art, Design & Media program at Alexandria Technical & Community College will teach you how to use the program and make a creation. Class size is limited to 8 participants so sign up soon!!
Instructor: Paul Johnson
When: Tuesday, May 17th 6-8pm (session 1)
AND Thursday, May 19th 6-8pm (session 2)
Location: Viking Elementary Classroom
 (meet in the lobby of the elementary school)
Class Fee: \$30

Health and Fitness

Drug Awareness Seminar

Knowledge is Power and this is especially true when it comes to the area of Drug and Alcohol Awareness in our community. This free seminar aims to enhance participants' knowledge of current drug abuse trends of adolescents, as well as suggestions for interventions and supports. The instructor will talk about signs and symptoms of drug use in teens and others and will answer any questions you may have. This presentation is designed for parents and community members to demonstrate and appreciate their role on drug abuse awareness, prevention and intervention.

Instructor: Amy Goodwater, LADC
When: Tuesday, May 10th 6-7:30pm
Location: PRHS
 (West Door #8, follow signs)
Class Fee: FREE



Health and Fitness

Kayaking Class



If traveling down the Pelican River has always been on your bucket list, then you'll want to sign up for this class. Taught by experienced kayakers, you will learn how to maneuver a kayak, safety tips for traveling, and also take a short trip down the river. Participants should bring their own life jackets. Kayaks and paddles will be provided. Maximum 7 participants

Instructor: Andrew and Gretchen Johnson
When: Saturday, June 4th 2-3:30pm
NOTE: Class date may change depending on weather
Location: Meet at EL Peterson Park Shelter
Class Fee: \$20 (includes instruction, kayak and paddle rental)

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- Accounting and Finance
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 - Computer Applications
 - Design and Composition
 - Healthcare and Medical
 - Language and Arts
 - Law and Legal
 - Personal Development
 - Teaching and Education
 - Technology
 - Writing and Publishing

Shutterfly for Beginners

This class will teach you the basics of Shutterfly, which is a program which allows you to download photographs and place them into a stunning photo album. The class will consist of two sessions: the first one will go through the basics of using Shutterfly photo archiving system, scanning in your photos, and selecting pages and backdrops. The second session will be a 1:1 with the instructor. You should be moderately experienced with the computer, but you don't need to have any previous experience with Shutterfly.

Class Instructor: Nadine Brown
When: Tuesday, May 17th 6-8pm
Session 2 will be scheduled based on class participants needs
Location: PRHS Media Center (West Door #8, follow signs)
Class Fee: \$10

Shutterfly is a trademarked name for a photo archiving system that uses your digital photos to make books, calendars, cards etc.



Improving Your Photography Skills

If you've purchased a DSLR camera and don't have a clue how to use it, then this is your class! The instructor will share her tips on operating your camera, how to get the "best" shots and other things that will help you feel like a "pro". Bring your camera to class as you will be given in-class assignments to work on during the two session class.



Instructor:
Mandy Tollerud, owner, photography by mandy
When: Tuesday, May 3rd 6:30-8pm (session 1)
AND Monday, May 9th 6:30-8pm (session 2)
Location: Viking Elementary Classroom
 (meet in the lobby of the elementary school)
Class Fee: \$20

Pelican Rapids Community Education

Partnering with our community to offer lifelong learning...

Have ideas? Want to teach a class?

Call Nadine at 218-863-5910 x4372

View our community education classes on the Pelican Rapids school website: www.pelicanrapids.k12.mn.us



Join us for summer fun in Pelican Rapids!!!

Summer 2016 Recreation Activities June 6th-July 15th

Activity	Who	When	Where	Need to Bring	Fee
T-Ball Parents are welcomed and encouraged to participate with their child.	Boys & girls 4-5 yrs old	Mon & Wed at 6:30-7:30pm	Chauncey Martin East Field	Labeled glove	\$20 per participant
Rookie League Baseball	Boys & girls 6-8 yrs old	Practice: Mon-Thurs 10:30-11:30am Games: Wed 10:30am	Carr Recreation Field	Labeled glove	\$30 per participant
Pee Wee Baseball	Boys who have completed grades 2-3	Practice: Mon-Thurs 10:30-11:50am Games: Mon & Wed 1pm	Chauncey Martin East Field	Labeled glove and game shirt. Baseball pants are optional.	\$40 per participant
Knot Hole Baseball	Boys who have completed grade 4	Practice: Mon-Thurs 10:30-11:50am Games: Mon & Wed 1pm	Chauncey Martin West Field	Labeled glove and game shirt. Baseball pants are optional.	\$40 per participant
13 Year Old Babe Ruth Baseball *One 13yr-15yr team may be created if numbers do not allow for two WHOLE teams.*	13 yr old boys	Practice: Mon-Thurs times TBD Games: Mon & Wed at either 10am or 6:30pm *practice & games times are subject to change*	Chauncey Martin Baseball Diamond	Glove. Baseball uniforms are provided by the Baseball Association.	\$65 per participant
14-15 Year Old Babe Ruth Baseball *One 13yr-15yr team may be created if numbers do not allow for two WHOLE teams.*	14-15 yr old boys	Practice: Mon-Thurs times TBD Games: Mon & Thurs at 6:30pm *practice & games times are subject to change*	Chauncey Martin Baseball Diamond	Glove. Baseball uniforms are provided by the Baseball Association.	\$65 per participant
Little League Grade 5 & Grade 6	Boys who have completed grades 5-6	Practice: Mon-Thurs times TBD Games: Mon & Wed at 6:30pm *practice & games times are subject to change*	Chauncey Martin West Field	Labeled glove. Baseball uniform provided by the Baseball Association.	\$45 per participant
Grades 3-4 Ponytail Softball	Girls who have completed grades 3-4	Practice: Mon-Thurs 10:30-11:50am Games: Tues & Thurs 1pm	Chauncey Martin East Field	Labeled glove and your game shirt.	\$40 per participant
Grades 5-6 Ponytail Softball	Girls who have completed grades 5-6	Practice: Mon-Thurs 10:30-11:50am Games: Tues & Thurs 1pm	Chauncey Martin East Field	Labeled glove and your game shirt.	\$40 per participant
Soccer Ages 4-5 years old (Preschool)	Boys & girls who are 4-5 years of age (Preschool)	Tues & Thurs 10-11am	Carr Recreation Field	Shin guards, cleats or running shoes and a labeled soccer ball.	\$20 per participant
Soccer Grades K-2 & Grades 3-5	Boys & girls who have completed grades K-2 & grades 3-5	Practice: Mon-Thurs 8:30-9:45am Games Fri 8:30-9:45am WE WILL NOT BE TRAVELING!	Carr Recreation Field	Shin guards, cleats or running shoes and a labeled soccer ball.	\$30 per participant
Soccer Grades 6-8 & Grades 6-11	Boys who have completed grades 6-8 Girls who have completed grades 6-11	Practice: Mon-Thurs 10-11:30am Games Fri 10-11:30am WE WILL NOT BE TRAVELING!	Carr Recreation Field	Shin guards, cleats or running shoes and a labeled soccer ball.	\$30 per participant
Tennis Grades 3-7	Boys & girls who have completed grades 3-7	Mon & Wed 9-10:00am Grades 3-5 Tues & Thurs 9-10am Grades 6-7	Chauncey Martin Field	A racket.	\$30 per participant
Golf Grades 3-7	Boys & girls who have completed grades 3-7	Mon & Tues 1-3:00pm	Birchwood Golf Course	Golf balls, tees and clubs. You may rent clubs for \$2 per day from Birchwood.	\$40 per participant
Pelican Pete 5K Stampede *New this year: Kids 1 mile Fun Run (must complete a separate registration form if participating)	Kids any age & Adults Kids Ages 12 & under	Saturday, July 16 at 7:30am	Starts and finishes at Chauncey Martin Field	Good running shoes, water bottle and a positive attitude!	\$20 per participant pre-registration or \$25 day of the race



Summer Programs Grades K-6

VIKING STUDENT SUCCESS

June 6th-July 14th Monday-Thursday 8:30-12pm

contact Janell Schmidt at 218-863-5910 ext. 5237 to register

FREE MEALS (VES Cafeteria)

May 31st-Sept. 2nd Monday-Friday

Breakfast 7:45-8:30am

Lunch 11:30-12:45pm

SUMMER REC ACTIVITIES

June 6th-July 15th Monday-Friday

contact Amanda Guler at 651-503-2512 to register

SUMMER CLUB VIKES

May 31st-September 2nd Monday-Friday 6:30am-6pm

contact Emily Evenson at 218-863-5910 ext. 4445 to register

Your child can participate in all summer programs. Staff will escort your child to and from the various activities.

THERE WILL BE IN TOWN BUSSING

(INFORMATION WILL BE SENT OUT WITH DETAILS)



PRAIRIE FIRE CHILDREN'S THEATRE and Pelican Rapids Community Ed present PINOCCHIO

WHEN: The week of July 5-9, 2016, Viking Elementary School

AUDITIONS: Tuesday, July 5 at 1pm (followed by practice until approximately 5:30pm)

PRACTICES: Wednesday, July 6-Friday, July 8 from 12:30-5:30pm *schedule is subject to change, a final schedule will be handed out the week of the play

PERFORMANCES: Saturday, July 9 at 4pm and 7pm

COST: \$50 per child (includes 4 tickets for performances)

TO REGISTER: Fill out registration form below & return to either school office or mail to address on form

QUESTIONS: Call Nadine Brown at 218-863-5910 ext. 4372 or Becky at ext. 4250

All kids in grades 2-12 are welcome to participate!



Child #1 Name _____ Grade Fall 2016 _____ Child #2 Name _____ Grade Fall 2016 _____

Child #3 Name _____ Grade Fall 2016 _____ Child #4 Name _____ Grade Fall 2016 _____

Parent/Guardian Names _____ Daytime Phone #'s _____ & _____

Emergency Contact Name & Phone _____

Health problems, allergies, special accommodations _____

After play practice, my child will be (check below for each child):

Walking/biking home Going to Club Vikes Picked up by _____ (list authorized person's name) Phone _____

My child(ren) has my permission to participate in the summer play. I understand that as with participation in school activities, I, the undersigned will assume responsibility in the case of accidents, injury or lost or damaged personal items during the programs duration.

I give permission to use my child's photo in media for purposes of public awareness, education or recruitment. ___yes___ no

Parent/Guardian Signature: _____ Date: _____

Please include check for \$50 per child with your registration form (make check payable to: ISD #548)

Drop off (at either school office) or mail registration form w/payment by June 15th to: Community Ed, PO Box 642, Pelican Rapids, MN 56572

Questions: Call Nadine at 218-863-5910 extension 4372 or Becky at extension 4250

Friends, Fun and Food!

Summer meals are available to all kids age 18 and younger at no cost.
To eat, just show up.



Viking Elementary Cafeteria
Where? 1 Viking Drive, Pelican Rapids
Mon.-Fri. May 31st-Sept 2nd 2016
When? (Except July 4th)
Breakfast 7:45-8:30am
What Time? Lunch 11:30-12:45pm

Sponsor Name: Pelican Rapids Schools-ISD #548
Telephone: 218-863-5910 Ext. 5022

Food That's In... When School's Out!

The USDA is an equal opportunity provider and employer.

Summer Programs at the Pelican Rapids Public Library



Readers to Your (Book)marks, Readers Set.....GO to the Library!



We invite you to team up with your library and become a champion reader this summer! **Come join the Reading Roster at our annual summer reading registration on June 1st from 10am-6pm or stop in any Wednesday at 10:30am or at 1:30pm for Random Acts of Weekly Reading starting June 8th!** Children of all ages and abilities are welcome to attend!

PROFESSOR MARVEL'S will be performing at the Pelican Rapids Public Library! **Join us Wednesday, June 29th at 10:30am for the magical stylings of Professor Marvel!** He will present his "Magic of the Olympics*!" Fun for the young and young at heart! Everyone is welcome to enjoy this FREE magic show! We hope to see you there!

Any questions or concerns, please feel free to call us at 863-7055.

**This project was funded in part or in whole with money from Minnesota's Arts & Cultural Heritage fund, and is sponsored by Pelican Rapids Public Library & Viking Library System.*



Rapid Readers Book Club We meet at 11:30am on the second Wednesday of every month. Book selections are chosen by the group, discussed and followed by lunch. Call Jill Preston at 218-863-1737 if interested and ask for the new reading list.

Summer Book Trailer Annual Used Book Sale

Dates: June 7th through August
Times: Tuesdays, 10am-1pm
& the following Saturdays June 18th,
July 16th & July 23rd 9am-3pm
Location: Trinity Church parking lot

Critic's Choice Book Talks

- *The High Divide* author Lin Enger will be at the book talk **on June 13th**
- *How It All Began* by Penelope Lively **on July 15th**
- *The Bookseller of Kabul* by Asne Seierstad **on July 18th**

Club Vikes Summer Care Available Monday-Friday 6:30am-6pm

By Emily Evenson, School-Age Care Coordinator



Club Vikes will be offering many things that our students are used to, with some small changes.

Club Vikes is Viking Elementary's School-Age Care Program. It was started in 2009 and responds to the need of families by having a safe and fun place

for their children to go before and after school. We have also provided our services on full days off from school, like Mondays, holidays, and vacation days. Club Vikes is open 51 weeks a year, which means it's open almost every day of the summer vacation as well. Children have had a lot of fun in the things that we've been able to offer throughout the program's last 7 years. Input of the children in our care is of high importance and taken very seriously. In essence, we do the things the kids want to do! We are a structured program with room for the flexibility that school-age children need.

Club Vikes has always charged a small fee for its services but had a lot of funding help from the 21st Century Grant. The Grant was not renewed last year and we've had to make adjustments on how we collect fees from the families who use our program to insure the program's sustainability. We receive reimbursement from the county for families who qualify through the Child Care Assistance Program. We also participate in the Child and Adult Care Food Program on Mondays to be able to offer free breakfast, lunch, and snack to our participants. Students who attend any after school program at both the elementary and high school receive a free snack. This summer we are happy to once again participate in the Summer Food Service Program which provides FREE breakfast and lunch to any child ages 18 and under in the entire community. No enrollment is necessary to attend the free meal program. This summer, Ashlie Worthman and Addy Monson will be our lead staff members, Courtney Thorson will be our assistant staff and Jenny Hernandez will be our helper. New hires will depend on registration numbers.

As in the past, we will have staff to walk children to and from their activities. We will coordinate a bus in the event of a field trip that is out of town and there may be or may not be an extra bussing cost when and if that happens. Camps will not be a part of our summer programming this year due to funding costs. Club Vikes will be offering exciting summer learning with outdoor



and indoor activities with some themed weeks as we have always done in the past. Much will be planned in advance but as stated before we want to offer what the children are interested in, so we will be flexible in our plans.

Please register with the program coordinator this year as there are a few changes that may need to be explained (email: eevenson@pelicanrapids.k12.mn.us). Also, please register before June 10th if you are able.

Frequently Asked Questions:

Q: What ages are considered School-Age?

A: In our program, school-age is considered to be ages 5-12. We do take 4 year olds in the summer as long as he or she is enrolled in Kindergarten for the following school year.

Q: Do I have to register in order for my child to attend?

A: We always prefer that you register your child in the program. Now that the program is completely supporting itself without any additional financial aid, we are limiting staff to cover the amount of children registered only. Contracted Care will guarantee your child a spot in the program. There may be cases that we would have enough staff to accommodate a non-registered child but you would need to call ahead and you would need to pay the 'Drop-In' rate. See brochure for details.

Q: How can I find out if my family qualifies for the county assistant program for child care?

A: Contact the Lakes and Prairies Community Action at 877-773-5778 or visit www.lakesandprairies.net.

Summer 2016 Club Vikes Program Information

Days/Times:

Monday-Friday 6:30am-6pm
May 31st-September 2nd (Except July 4th)

Registration Fee:

\$15/family to be turned in with emergency contact/medical info form

2 Forms of Registration Available:

Contracted Care (Daily Rates)
OR Drop-In Care (Hourly Rate)

Contracted Care (Daily Rates):

Full Day:

\$23/child per day (6-10 hours)

Partial Day:

\$13/child per day (less than 6 hours)

This guarantees your child a spot in our program for the specific days that you have designated. If your child does not attend on one of these days, you will still be billed for those hours.

Drop-In Care (Hourly Rate):

\$3.50/ child per hour
with a minimum of \$7/child per day

If you choose to use drop-in care, you do not need to contract for any days, you need only to give notice before you arrive and have a registration form with emergency contact/medical information form filled out and turned in.

However, your child is not guaranteed a spot and will only be allowed to attend if there is enough staff to accommodate your child.



2016 Knowledge Bowl Season Comes to a Close

By Bridgette Holl, Knowledge Bowl Coach

The PRHS Knowledge Bowl team completed their season on Thursday, March 17th in Fergus Falls. The team competed with 45 area teams from 15 different schools at the MN State Community and Technical College. Scoring just 29 points in the written round, the team ended the day earning 53 more points in four oral rounds of competition.



They ended the meet and the season with a total of 83 points, just two points shy of advancing to the Region Meet. As the season comes to a close, we look ahead to next year. Knowledge Bowl has consistently grown in participation numbers over the years. The Junior High team will begin practice in mid-September and compete through the first week in December. The Senior High team will begin practice as soon as the Junior High season finishes up and runs through the Sub-Region, Region, and State Meets held in mid-March. The PRHS Knowledge Bowl is coached by Bridgette Holl and Kathy Knuteson-Olson.

Minnesota Service Cooperatives' Knowledge Bowl competitions are interdisciplinary academic contests designed for students in grades 7-12. During the contest, teams of students compete in written and oral rounds by answering questions related to all areas of learning typical of secondary education programs. Questions test students' recall, problem solving, and critical thinking skills.

Currently over 800 teams from 290 Minnesota school districts participate in senior high knowledge bowl competitions. At the end of the season, teams compete in sub-region and region tournaments with a total of 48 teams advancing to the State Knowledge Bowl meet. Junior High and Junior Varsity competitions are also held at the region level throughout the state.

PRHS Math Team Finishes Season in Top 5

By Lisa Petznick, Math League Coach



PRHS Senior High Math Team

February 8th was the fifth and final meet of the 2015-16 Minnesota State High School Mathematics League season. Logan Knorr tied for 1st place for the year and sophomore Brooklyn Korynta tied for 7th out of over 150 participants. Both earned 1st Team All-Conference awards. Hayden Christenson earned 2nd Team All-Conference by tying for 15th place overall. He was the top freshman in the region, so he definitely has a bright future ahead of him!



The top five teams for this season are as follows:

1) Moorhead 2) Alexandria 3) Pelican Rapids 4) Detroit Lakes 5) Fergus Falls.

Logan Knorr and Sam Cruz had an excellent showing in the State Tournament on March 14th. Logan's score on the invitational exam was 34th overall. Combined with the individual exams and season totals he ended up 54th place in the state. Individually, all students compete together. However, Logan was in 7th place among those from the small school division, and the 6 above him were all from private academies. So, even though the state does not distinguish, Logan did earn 1st place

in the state among students from small public schools. At the Tri-College math meet on March 16th, Logan Knorr earned a top-10 finish in the 11th & 12th grade division and freshman Hayden Christenson claimed 2nd place individually in the 9th & 10th grade division. Statistics are not out yet, but there are usually about 250 kids in each division.

Junior High Math Team

In February, the Minnesota Junior High School Mathematics League for 7th and 8th graders wrapped up. End-of-season awards were given to the top 10



individuals and top 4 teams in our region. Out of about 100 competitors, Maddie Guler tied for 3rd place, Julian Gunderson earned 6th place, and Logan Petznick got 9th place for the year. Three PRHS students tied for 21st place-Greta Tollefson, Kirby Nelson, and Weston Funk. The Pelican Rapids Vikings team achieved the 2nd place trophy finishing behind Alexandria.

Pelican Rapids' 7th and 8th graders also did well at the MathCounts Competition which was held at MSUM on February 3rd. The team of Julian Gunderson, Maddie Guler, Logan Petznick, and Greta Tollefson finished in 7th place. Hawley took 1st place, Alexandria claimed 2nd, and Moorhead finished in 3rd. Individually, Gunderson placed 12th overall with a score of 20. Guler scored an 18 for 19th place, while Petznick and Tollefson were close behind scoring 15 and 12, respectively. Also competing well were McHale Korf, Natalie Blahut, Kirby Nelson, and Weston Funk.

Wanek, continued from page 1

Minnesota Department of Education tips for parents

READING TESTS

•Read to students and encourage them to read to you.

•Have students try crossword puzzles and news quizzes in your local newspaper.

•Encourage students to read the daily newspaper and general interest magazines.

•Discuss the events and stories you read about in the newspaper.

MATHEMATICS TESTS

•Encourage students to use mathematics every day. They can practice by creating a grocery budget, explaining charts and graphs from newspaper and magazine articles, dividing food portions, using rulers to measure objects, measuring a recipe, or adding prices on a shopping trip.

•Play games that involve numbers or computation.

•Encourage students to connect what they are learning in mathematics class to their hobbies, other classes, and everyday life.

SCIENCE TESTS

•Use science articles from news publications to show that science is an ongoing, active process.

•Have students use inquiry skills by participating in science competitions, fairs, and other activities.

•Explore science outside the classroom - nature centers, zoos, and science museums.

SAMPLE MCA TEST QUESTIONS

Grade 3 (8 years old)

What is another way to show 4,608?

- A. 46 + 8
- B. 4,000 + 60 + 8
- C. 4,000 + 600 + 8
- D. 4,000 + 600 + 80

Grade 5 (10 years old)

Jill is 48 5/8 inches tall. Lei is 47.5 inches tall. What is the difference in their heights?

- A. 0.125 inches
- B. 1.08 inches
- C. 1.125 inches
- D. 1.62 inches

Grade 8 (13 years old)

The number of cakes needed for a party, c , is dependent upon the number of guests at the party, g . Which equation shows the number of cakes as a function of the number of guests?

- A. $f(g) = c - 12$
- B. $f(c) = c - 12$
- C. $f(g) = g - 12$
- D. $f(c) = g - 12$

Grade 11 (17 years old)

A root of function $f(x)$ is $-1-2i$. Which could be an equation for this function?

- A. $f(x) = x^2 - 2x - 3$
- B. $f(x) = x^2 - 2x + 5$
- C. $f(x) = x^2 + 2x - 3$
- D. $f(x) = x^2 + 2x + 5$

THE CONNECTION BETWEEN SUCCESS AND GRIT

By Doug Bruggeman



People across the motivational world are starting to see the connection between success and the amount of GRIT a person possesses. What is GRIT?

GRIT is a combination of having both persistence and resilience. The ability to keep moving forward, even if things get tough, is seen as being persistent. Resilience can be best explained by being tough enough to be knocked off your intended path but bounce back up and keep on moving forward. The PRHS

Lighthouse team has been working to show PRHS students that the 7 Habits of Highly Effective People® helps them grow in the area of GRITNESS.

GRIT is really intertwined with the 7 Habits®. Habits 1, 2 and 3 actually provide the foundation for the growth of GRIT.

Habit #1—Be Proactive—Once students understand that they are in control of their thoughts and attitudes, they understand that they can grow in the area of persistence and resilience. They start to see that they can make GRIT a habit in their lives and it is not a gift given to a few.

Habit #2 - Begin With The End In Mind—When our students know where they want to go, it creates the "purpose" that is so important in acquiring GRIT. Once you know the purpose of what you are doing, you soon discover the desire. Desire is the fuel of GRIT.

Habit #3—Put First Things First—The growth of this habit is so crucial for our students to get through the obstacles and distractions that are a constant aspect of life. By acquiring the habit of understanding what important tasks need to be done first and what tasks are more trivial our students are able to stay focused on the task at hand, persevere through setbacks and be resilient to troubles as they arise.

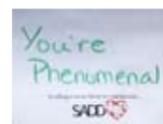
Encouraging Messages Part of "SADD Cares" Week at PRHS

By Amy Korf, SADD Co-Advisor



During the last week of February, the Pelican Rapids High School SADD organization celebrated "SADD Cares" week. At the start of the week, each student arrived to school with an encouraging message posted on their school locker. At the end of the week, senior high SADD officers hosted a "SADD Cares" dance for junior high students. Students were encouraged to donate an item to be given to our local food shelf. The SADD group donated one large box filled with nonperishable food items along with a \$100 check to our local food shelf, raised through a portion of the dance admission.

Photos on the right show PRHS SADD President and Treasurer presenting the check to Dorothy Ross and sample messages posted on each PRHS student locker during "SADD Cares Week".





OUR STUDENTS LEARN FOR LIFE!

“Triple A” Academic, Arts, and Athletics Award Recipients for 2016

Article Excerpt and Photo Courtesy of The Pelican Press

Erin Christenson and Logan Knorr are this year’s recipients of the Triple “A” award at the Pelican Rapids High School. The honor, which recognizes high school seniors who have excelled in the classroom, on the athletic field, and in the fine arts is a program sponsored by the Minnesota High School League. “Triple A” Award recipients are selected through a multi-

level process involving member schools of the League, the League’s administrative regions, and a special committee of educators, business leaders, and members from the fine arts and athletic communities. Nominations are limited to two qualifying students per school—one male and one female. Top award recipients will receive four year \$1,000 scholarships.



PRHS Students Bailey Shulstad and Preston Hart Earn ExCEL Honors

Article Excerpt Courtesy of The Pelican Press

Two ExCELLent PRHS students recently earned recognition for their leadership qualities, participation in school activities and volunteerism in the community. Bailey Shulstad and Preston Hart were awarded the Minnesota State High School League ExCEL Award. Nominated by teachers, the award recognizes their contributions in school and the community.

In a nomination letter from teacher-coach Dave Haugen, Hart was described as a “very positive person who is always looking for the good in a situation and works to make sure those around him are as positive as possible as well...Preston’s willingness to work with everyone makes him a valuable asset to our football team. I have seen him in enough of other settings to know that he takes the same attitude to every area of his life.” An Academic All-Stater who plays football, competes in shot-put and discus in track, Hart was also named to the honor band, has been a leader of the tuba section and is active in Knowledge Bowl, FFA, student council and the competitive Math team.

Bailey Shulstad participates in track, is a manager for wrestling and football, Knowledge Bowl, Math teams, and band amongst other things. Her volunteer activities include roadside clean-up, homeless shelter food service, Maplewood State Park clean-up and Special Olympics. National Honor Society advisor Connie Evenson wrote, “Bailey is creative, intelligent, kind and responsible...she is a natural leader who leads by example...well-respected by her peers, her hard work, unselfish manner, warm smile and kind personality are reasons she is chosen when a responsible student is needed. She is trusted.”

Both are Juniors so they have one more year to continue making great things happen at PRHS.

Graduation rates at PRHS are 14% higher than the state average.

In May 2015, 96% of Pelican Rapids Seniors received their diplomas.

This compares to a statewide graduation rate of 82%.



AT PRHS EVERYONE IS A LEADER AND EVERY LEADER VALUES INTEGRITY, SHOWS RESPECT AND ACTS RESPONSIBLY

Pelican Rapids School District #548
310 S Broadway, PO Box 642 Pelican Rapids, MN 56572

EDUCATION

www.pelicanrapids.k12.mn.us 218-863-5910

School Board Members:
Charlie Blixt, Mike Forsgren, Dena Johnson,
Jon Karger, Mitch Monson, Kathy Ouren

Mickelson Hopes to Teach the Next Generation of Athletes

By Jeff Meier, Daily Journal

Mickelson competes in four different track events for the school and he is jumping headfirst into the season that just started with practices last week. Mickelson has been in track for almost a decade and said he is always trying to get just one notch or second better than the year before.

After he graduates, Mickelson wants to stay connected to athletics by studying physical education. He doesn’t know where exactly that study will take him, but he hopes to be helping people start active lifestyles in the future.

I talked to Colton recently about his favorite class in high school, why he started doing track and his favorite athlete.

Q: What do you like about living in Pelican Rapids?

A: The small town atmosphere. It’s pretty relaxed and everyone knows each other.

Q: What activities and sports do

you do for the Pelican Rapids High School?

A: Track and cross country skiing for the last two years.

Q: What events do you compete in for track?

A: 100, 200, relays and long jump.

Q: What have you been working on so far and plan to continue to practice this season?

A: I’m hoping to do better than how I did last year. Always looking to top my times, build better endurance, practice better running form, build strength and other things like that.

Q: How long have you been doing track? Why have you stuck with it?

A: Since seventh grade. I remember doing it in elementary school when I first got to try it and I was good at it, I’ve liked it ever since.

Q: What is your favorite course you’re taking in high school?

A: Digital photography. I like taking pictures and everyday I get to try to improve on the pictures I take with

the lessons and the tutorials we have.

Q: What are your plans for next year?

A: Right now I’m looking to do a teaching career with physical education. I haven’t picked a specific college yet but I have applied to some like Minnesota State University Moorhead.

Q: What kind of job would you like to end up in after college?

A: Personal trainer or physical education teacher. I like to teach people about stuff that I know but they might not. I also enjoy helping people get fit and reach their personal goals.

Q: Do you have a favorite pro athlete?

A: Michael Johnson. He did the same events that I do, he’s got really good running form, good accomplishments and it’s just fun to watch old videos of him competing.



Kate Woolever-Martinez Finalist for Teaching Honor

Article Excerpt and Photo Courtesy of The Pelican Press

A Pelican Rapids High School (PRHS) graduate was selected as one of the three finalists for the Honor Teacher Award for the 2016 Private and Independent Education Awards.

Kate Woolever-Martinez, who graduated from PRHS in 2006 and Augsburg College in Art Education in 2011, teaches art at the St. Paul Preparatory School (SPP). The Honor Teacher Award will be presented at a ceremony on April 24th at the University of St. Thomas.

SPP was established in 2003 and offers a unique educational experience to students from the Twin Cities and around the world; over 50 countries have been represented at SPP. It is an AdvancEd accredited, university/college preparatory school, enrolling students in grades 9-12.



Lacey Erickson Crowned Ms. Minnesota 2016

Article and photo courtesy of The Pelican Press

The Art Institutes International Minnesota is excited to announce that Lacey Erickson, Director of Campus Relations, was recently crowned Ms. Minnesota United States.

The pageant took place in February at the historic Landmark Center in downtown St. Paul.

Erickson will now move on to the national competition. Her platform for the competition is “Smart with Art”—a topic she chose because of her strong belief that everyone is creative in their own way.

She advocates for the STEM to STEAM concept—adding art into the traditional science, technology, engineering, and math educational focus. “I believe that art stimulates the brain and can make students better able to cognitively

approach concepts,” she says. Erickson adds that every person has their own unique creativity—even people who feel that they aren’t creative.

“Everyone utilizes creativity in a different way. I want to inspire people to realize that they are creative and

that creativity is valuable and essential in many careers.”

Erickson was born in Pelican Rapids, and now makes Blaine, Minnesota her home. She is a former Miss Teen Minnesota and is working toward a Master of Higher Education degree from the University of North Dakota.

Erickson is available to speak about her competition win and her platform “Smart With Art.”

The Art Institutes International Minnesota is one of The Art Institutes, a system of over 50 schools.



Emma Ballard Saddles Up as part of Competitive Horse-Riding Squad at NDSU

Article Excerpt and Photo Courtesy of The Pelican Press

A Pelican Rapids graduate is riding high with the North Dakota State University hunt seat team—an elegant, English style of horsemanship.

Several members of the NDSU team are advancing to zone competition at West Texas A&M University on April 9th—including Pelican Rapids native Emma Ballard, who graduated from PRHS in 2015. NDSU has competitive equine programs in western as well as English riding.

Ballard has competed in the three state area, from Wisconsin to the University of Minnesota campuses in Duluth and Minneapolis, Crookston and at NDSU. As an interesting coincidence, her uncle, Pelican’s Everett Ballard, was a student at NDSU some 30 years ago when the school equine programs were in their formative stages.

Emma is majoring in equine science, with a pre-veterinarian focus. The 19-year-old freshman will compete in the walk/trot event in Amarillo, Texas.

The hunt seat team finished its final regular-season show February 27th by being named reserve champion team. That show was held at the University of Minnesota-Crookston.

“I could tell early on in the season that this team was very talented, and they definitely didn’t disappoint,” says Mattia Gunkelman, the team’s coach. “Being the first NDSU hunt seat team to earn the title of regional high-point team is such a great accomplishment, and a true testament to the dedication this team has.”

“I am very proud of the dedication, time and hard work this team has put in to make the NDSU hunt seat team a competitive group,” she added.





As I look back on the 2015-16 school year, I feel honored to be part of a school community that is so supportive of all students. It has been a great school year at PRHS as we continue to implement technology in our classrooms and see improvements with our building project. We are excited for our new science classrooms and science labs in the classroom with updated science equipment and labs and a new Fine Arts Auditorium.

This spring has been busy with Minnesota Comprehensive Assessments (MCAs). Students and staff

have been working hard to prepare for the tests. We look forward to evaluating the results and identifying areas of strength and areas of improvement.

As we near graduation, I would like to thank the Class of 2016 and their families as it has been a pleasure to work with each one of them at PRHS. Congratulations to all of our Seniors and I wish them the best of luck in the future.

Thank you for a great school year and I want to thank you for sharing your child with us!

High School News



By Brian Korf, Principal

PRHS Sports Updates

By Derrick Nelson, Activities Director

I would like to thank all the student athletes for helping us all pass the cold Minnesota winter with entertaining action to watch. It has been a pleasure watching all of you in Dance, Wrestling, and Basketball compete and give it your all every day. Thank you to all of the parents, grandparents, friends, family, and fans for coming out and supporting our youth again this year. Pelican Rapids has a great following and GREAT sportsmanship. Our students enjoy the support that you give them, so thank you very much.



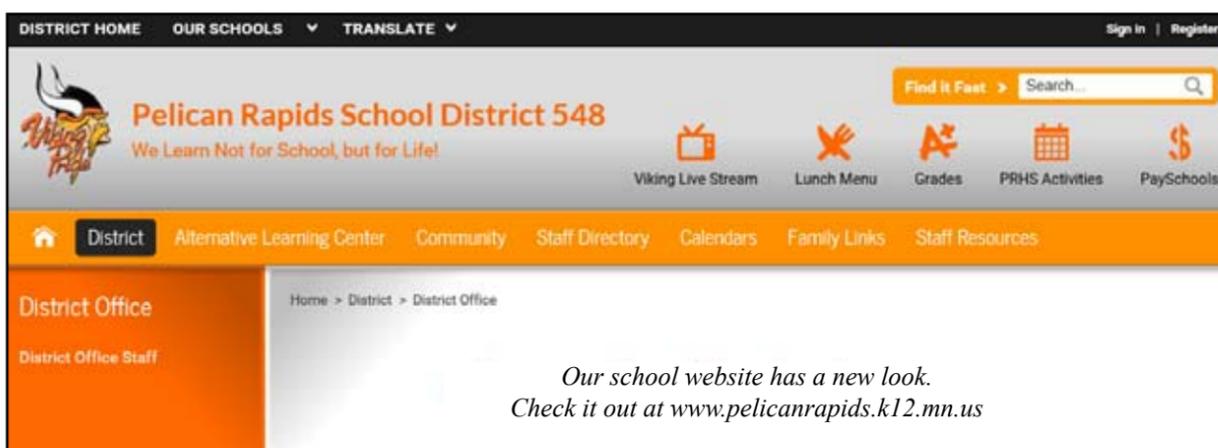
Construction on the "Al Siegle Activities Center" is moving along and plans are being made for expanded events with our new facilities. The building will be dedicated sometime next year, but a date has not been set as of this time. Al was true Viking and always had a positive attitude about everything.

The fall kick-off night is going to be on August 11th at 7:00pm. All students in grades 7-12 going out for Cross Country, Football, Soccer, and Volleyball should plan to attend with a parent. The meeting will be held in the "Al Siegle Activities Center" in the "Leaders" Gym. There will be a meeting for all students and parents followed by individual team meetings.

Cross Country, Football, Soccer, and Volleyball practices will start on August 15th. Students are also reminded that every three years you need a physical. Please schedule your physical early in the summer as doctor appointments fill up fast in August. If you are not sure if you need a physical please contact Wendy Hoadley at (218) 863-5910.

This coming fall will be the first year of Pelican Rapids Vikings Boys Soccer. The Vikings will be coached by John Peter and Avery Neuville. The first home Soccer game is on August 27th at 1:00pm. Steve Maresh has been named the new Cross Country coach and will be assisted by Jon Moe.

Lastly, I would like to thank all coaches, athletes, and fan for being patient through the construction process. We are all looking forward to being in our new and upgraded facilities. Hope that everyone has a great spring and summer.



PRHS School Counselor Lauren Siebels

lsiebels@pelicanrapids.k12.mn.us 218-863-5910 extension 4036

My role is to provide the school (students, parents, teachers, and staff) with the resources and counseling services needed to help all students be successful in school and prepare for life after high school. The three main areas I focus on are Academics, College and Career Readiness/Planning and Personal/Social Development.

I work with students in classrooms, group sessions, and/or individually. Please feel free to contact me if you have any questions/concerns or if I can help you in any way.

College, Scholarship, and Job Search Information and Tips

By Lauren Siebels, PRHS School Counselor

Tis the season to start the search for colleges, scholarships and jobs. Local scholarship lists were handed out to seniors at the beginning of February and the majority of the applications are due April 8th. Here are some helpful hints that anyone can use:

- Always proofread your applications and essays before you turn them in.
- Make sure that your social media is clean of all inappropriate and immature material.
- Write neatly in blue or black ink.
- Remember, a deadline is a deadline.

Recommendation letters

If you need to provide a letter of recommendation letter(s) with your application, ask your recommender(s) at least two weeks in advance and provide them with a resume so they have something to refer to in their letter.

Resumes

Resumes should be simple and professional. Keep them to one page for most applications. Use present tense as much as possible and do not include any personal information such as age or marital status.

Essays

If there is a word limit to the essay, stick to it! Always use spell check and grammar check and have someone with a strong English background proofread your essay. If you are stuck on where to start, begin by creating an outline, and don't be afraid to toot your own horn!

SENIORS AND SENIOR PARENTS!

Please note the following date:
Scholarship Night
May 18, 2016 at 6pm

PRHS "Legends" Gym (old gym)

Logan Knorr
Valedictorian
and
Co-Salutatorians
Erin Christenson and Hally Evenson

Baccalaureate Service
Sunday, May 22nd at 7pm

Commencement Ceremony
Friday, May 27th at 7pm

Both events in the PRHS
"Legends" Gym (old gym)

Class of 2016

You did it!
Congratulations

April MCA Testing Dates for Students in Grades 7-11

The Minnesota Comprehensive Assessments (MCA's) are reading and mathematics tests that help schools and districts measure student progress toward the state's academic standards. It is very important that your child be at school on testing days so please do your best to schedule vacations and appointments accordingly.

April 5-8 Math Grade 7	April 19 ACT+Writing (optional) Grade 11	April 20-22 Science Grade 8
April 12-15 Math Grade 8		April 26-29 Science Grade 10

