

Joining the one word movement...what will you BE?



"BE": The smallest of words but one that the Pelican Rapids high school student lighthouse team is hoping will empower staff and students to improve who they are.

By Doug Bruggeman, PRHS Lighthouse Team

The Student Lighthouse is continuing to follow the world-wide movement of choosing "One Word". The "One Word" movement is a way to create clarity, focus, power and passion into your business, team, life, etc. The word chosen is there to remind the creator to constantly strive to create a new "best".

Last year the school used the word "Rise" and looked for opportunities to recognize "Risers" throughout the year. This year, the Student Lighthouse Team wanted a word to challenge the students and staff to take more ownership in their quest for self-improvement. In other words, they want to encourage the school to "Be" PROACTIVE.

Being proactive is Habit #1 of the Seven

Habits™. It is the habit of control. Being proactive is based on the principle that each person is in charge of their life. Or, to put it simply, each person has the ability to grab the steering wheel and drive their life in the direction of their choosing.

So many times, we choose to give others the control of our lives by being victims or blaming others for our failures and/or frustrations. Habit #1 reminds us that there are many things you cannot control in life but how you respond to these events and situation is totally in your control. In fact, the key to being more effective is to accept this responsibility and get your life moving in the direction that you want it to go.

The high school's One Word, "BE" is meant to engage members of the school and to also show them how they can control their lives. By being able to select their own "One Word" they will be reminded of the power they have to steer their lives in a new and better direction. Be Kind, Be Happy, Be Strong, Be Elite, Be Focused... What will you "BE"?

Partnering to develop effective communication skills in students

"Practicing conversations is just one of the many ways that our school partners with parents to develop healthy adults that will shape and build our future."

By Deb Wanek, Superintendent



Schools have partnered with parents over the years on many fronts. Helping students develop social and communication skills is one example. One aspect of this is the development of conversational skills. At home that can include talking or listening to others carrying on a conversation at the dinner table. Studies show that children who have meals together with their families tend to be more successful in life. Part of that is learning to communicate with others.

At our elementary school, the staff is using a technique called "Accountable Talk" which provides sentence frames that students can use to share their thoughts on something that they read. An example of a sentence frame is, "I agree with you because..." This type of sentence frame allows students to finish the sentence with their own thoughts. There are a number of sentence frames that students can choose from including ones that let them disagree such as, "I am not sure I agree with you because..." In education, this technique allows the teacher to determine the depth of understanding that a student has on a selected reading but these sentence frames can also be used in conversation.

Merriam-Webster dictionary defines conversation as an oral exchange of sentiments, observations and opinion or ideas. I wish that this definition included the word civility which is defined as civilized conduct; especially: courtesy, politeness. Our media coverage of our culture and political arena has shown a great deal of anger, divide, disrespect and even hate. It would be easy to complain about this high level of animosity or even join in but my hope is that we use it as an opportunity to bring civility back into our conversations.

It is not a bad thing to disagree, as dis-

agreements can help us see things from different perspectives and it is good when we can learn to agree to disagree. Civility is not a sign of weakness but a sign of strength. It is easy to fall into the hostile rhetoric of the world around us but it takes courage and skill to hold a civilized conversation as you discuss topics with people having different beliefs and/or opinions.

One of the Seven Habits of Highly Effective People™ is Seek First to Understand, Then to be Understood. This is a habit we have been working on in the Pelican Rapids School District. Listening is an important component to this habit. Asking questions for clarification, reflective listening and even using one of the sentence frames such as, "I'm not sure I agree with you because..." or, "I can see that; however, I disagree with..." or, "I'm not sure I understand, can you try to explain it another way?" are all ways that we can communicate clearly with others.

Conversations are important in life, for communicating ideas, building relationships, and understanding the world around us. It takes courage, skill, and practice to learn how to ask questions and be able to communicate in a civilized manner. Conversations with disagreements and respectful dialogue can build deeper relationships as we increase our understanding of each other.

Practicing conversations is just one of the many ways that our school partners with parents to develop healthy adults that will shape and build our future. And one more way that demonstrates that the Pelican Rapids Schools is a place we, "Learn not for school, but for life!"

Parent-Teacher Conferences for Grades K-12

Monday,
February 27th
1:00-7:00pm

Grades K-6 at
Viking Elementary

Grades 7-12 at the
Pelican Rapids
High School
(enter west door #8)

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"WHERE ARE THEY NOW?" PRHS 2009 GRADUATE COLBY FORSGREN

What post-secondary education institution did you attend and what degree did you earn?

I attended Valley City State University and earned a degree in Elementary Education.

Describe your career choice and what you enjoy about your career.

I decided to return to my family's pheasant farm after finishing up my schooling. I really enjoy working with animals and being outdoors almost every day. It is also flexible enough to allow me to coach football and work part time at the high school with the Alternative Learning Center (ALC) program during the winter months

so I am able to utilize my degree. What I enjoy most about farming is having the opportunity to learn from and work alongside my Dad and grandpa every day.



How did PRHS prepare you for college and your career?

We have great teachers at PRHS and I learned good study and work habits throughout my high school career.

PRHS Graduate Colby Forsgren
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The importance of making reading a daily habit

By Dr. Edwin R. Richardson, Principal

STEM, Viking School Success, Basketball, Volleyball, Band, Club Vikes...these are all activities outside our school day at the Viking Elementary School providing additional opportunities for our students to learn and grow. Our staff does a tremendous job planning and delivering learning opportunities throughout the day. Many staff and parent volunteers also provide these extra-curricular opportunities and experiences for students. Through these extra-curricular activities, our students learn academic and activity specific skills, social interaction and leadership skills, critical thinking skills, as well as develop background knowledge and vocabulary (literacy can be found everywhere).

In addition to all the after school opportunities, and various high school events to attend in our community, statistics show on the impact of reading outside of school—**students who read just 15 minutes each day outside of school are exposed to an additional 1,000,000+ words each year.** If students continue this on non-school days (i.e. summer vacation), they also eliminate the possibility of the ‘sum-

mer slide’ which could cause regression of up to 3 years by 5th grade, according to the National Center for Education Statistics. While reading is important to academic and career success of our children, we also want our children to read to feed their interests, expand their world and pique their imaginations.

What I’m trying to communicate is that it is vital for all of our students, especially those struggling in school, to read daily outside school hours. It is important for their individual future, it is important to our community. If you have a child attending school or preparing to attend school, take the time each day to read to her, listen to him read, or set a time for the family to read each evening. ‘Begin with the End in Mind’ and make it a HABIT.



The BOX TOPS for EDUCATION collection is on!

By Sheri O'Brien, Physical Education Teacher

All students and their families are encouraged to collect those adorable little BOX TOPS for EDUCATION stamps to help purchase new climbing equipment and pay for installation costs for the BIG PLAYGROUND area at Viking Elementary School. BOX TOPS for EDUCATION coordinator, Ruth Holmgren, has always said that the mission statement of the BOX TOPS for EDUCATION program is that the money raised supports all grade level student needs. Hence, awesome climbing play equipment for our students.

With great administrative support of Viking Elementary principal, Dr. Ed Richardson and the Viking Elementary Playground Team, **our new Viking Elementary WIG (Wildly Important Goal) will be to raise \$10,000.00 by Friday, May 19, 2017 for new climbing playground equipment and its installation.** BOX TOPS for EDUCATION can be sent with your child to school or dropped off at either school office.



Club Vikes school-aged care

By Emily Evenson, Club Vikes Program Coordinator

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



We offer children opportunities for decision making, increased independence and responsibility. Children will be well supervised by qualified CPR and First-Aid certified staff.

Club Vikes Days/Hours/Fees:

Non-School Mondays

Hours: 6:30am-6:00pm
Fees: \$25.00 per day (6+ hrs)
or \$15.00 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.

Tuesday-Friday and school day Mondays

Before school care:
Hours: 6:30-7:30am
Fees: \$3.00/child per day

After school care: a snack is provided
Hours: 3:45-6:00pm
Fees: \$6.00/child per day

Both before & after school care:
Hours: 6:30-7:30am & 3:45-6:00pm
Fees: \$8.00/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 (218)863-5910 extension 5022 with questions or to register for this program.

VIKING STUDENT SUCCESS (VSS) GRADES K-6

We are excited about our Targeted Services Program—now called Viking Student Success (VSS). It incorporates homework support, learning activities for students needing support with Reading and/or Math, and enrichment/application areas of Cooking & Nutrition, PE/Fitness, and “Themed” Mondays.

We hope this program will provide high interest, focused support for our students. The program starts 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.

After School Tuesdays-Thursdays
• 3:45-4pm snack • 4-5:15pm VSS program •
Non-School Mondays (in-town busing)
• 8-8:30am free breakfast • 8:30-12pm VSS program • 12-12:30pm free lunch •
Remaining VSS Mondays
• March 6, 20, 27 • April 3, 17, 24 •

SUMMER REC BASEBALL SIGN-UP NIGHT FOR SUMMER BASEBALL

Anyone currently in grades 3-9 who is interested in playing summer baseball should attend the sign-up night on Sunday, March 19th from 4-5pm at the Pelican Rapids High School Commons (enter east door #1).

This is the ONLY night to sign up for the EVENING baseball leagues (Little League U10 and U12, Babe Ruth 13 and 14-15 year olds). All four of these teams are parent coached and will travel. Practices for Little League are in the evening and Babe Ruth will be determined when teams are completed. Forms will be available that evening. **Please bring a copy of your child’s birth certificate to the sign-up.** We will not be having another registration night for these four teams, you must register on this night or contact Amanda Guler.

Fees are as follows and are due at the sign-up night:
• Little League U10 \$35.00 • Little League U12 \$45.00 •
• Babe Ruth 13 and 14-15 years olds \$65.00 •

The remaining summer recreation activities, schedule and registration forms will be sent home around April 1st and will be due by April 21st (a late fee will be applied for those received after April 21st).

Thank you and I look forward to another great summer!

Amanda Guler
Summer Rec Coordinator
cell: 651-503-2512

Leadership is alive at Viking Elementary

By Marni Neubauer, VES Lighthouse Team

Our year is off to a great start. We currently have 25 members from grades 3-6. Our first project of the year was to bring attention to bullying during Bully Prevention week, November 13th-19th.

Students in every grade made cut-outs of their hands which symbolized encouraging others to make a difference and not be a bystander when they see bullying. The hands were displayed on the wall surrounding the words to our Viking Elementary School Promise (shown right and below). We also held a poster contest and tickets were awarded to students who were caught caring during the week, with prizes of Dairy Queen certificates.



Our next project will take place during the month of February when we will again be sponsoring Pennies for Patients. Each class will collect pennies to be donated to the Leukemia Society. We hope to once again involve our community with this project and coin boxes will be placed at local business who wish to participate.



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.

Our December project was a food drive. Our school collected 1,242 pounds of food (873 items) and donated it to the Pelican Rapids Food Shelf. The class who collected the most food was treated to a popcorn party (see photo to the right).

Top 5 Cures for the Winter Blahs

By Nadine W. Brown, Community Education Coordinator

Usually about this time of year, we all go through a BLAH stage. We're tired of the cold, the ice, the grey days. It's too early to think about spring, yet we yearn



for something NEW and FRESH in our lives. While I am not a medical professional and cannot write prescriptions, I would like to offer you my TOP FIVE CURES FOR THE WINTER BLAHS:

1. Read this Community Ed class catalog cover to cover. Look at all the classes. Imagine yourself learning how to sew or crochet or creating a beautiful oil painting. Smile.
2. Find a class that you and a friend (or two) could take. An African proverb I recently read stated "to go fast, go alone. To go far, go together." So, using that as a suggestion, find a class that you and a friend (or two) could take. Things are always more fun with friends!
3. Challenge yourself!! Maybe NOW is the time to learn a new skill, start an exercise program, enjoy music or to get out of the house and meet new people.
4. Give a class as a gift to that special someone. Call us at 218-863-5910 either extension 4372 (Nadine) or 4250 (Becky) and we'll walk you through how to give a Community Education class as a gift. We'll even make you a certificate suitable for framing!
5. Think about your talents and gifts...what do you have to offer our community? You'd be surprised how "easy" it is to share your skills and experience with others. Plus when you teach a class you meet people who share your interests and who knows, you could end up learning something too!

There you have it--five fun ideas to cure the winter blahs. Now, don't you feel better entertaining the possibilities that were suggested? You're welcome, and I won't even charge you for an office visit!

Hope to see you at our classes!!

Registration Information

You can register for classes in many ways: over the phone, using email, our school website, or the mail.

Phone: Becky Wontor at 218-863-5910 x4250 (Tues-Fri)

Email: bwontor@pelicanrapids.k12.mn.us

School Website: www.pelicanrapids.k12.mn.us

click **Community** on navigation bar, then

Community Education on drop-down menu

Mail completed registration form and check to:

Community Education

PO Box 642, Pelican Rapids, MN 56572

General Information:

Please register for all classes

so the minimum number of participants is met and the instructors can plan accordingly.

You are enrolled in class once we receive your registration. We will contact you if the class is cancelled.

Class fees can be paid in the following ways:

1) cash

2) check written to: Community Ed

please send a separate check for each class-we will not cash your check until after you have completed the class

3) PaySchools online system

go to school website, click on PaySchools icon on top right

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 Ed classes will not be held.

Non-Discrimination Policy

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

Pelican Rapids Community Education Winter/Spring Classes 2017

February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13 •XaBeat	14	15 •No XaBeat	16	17	18
19	20 •No XaBeat	21	22 •No XaBeat	23 •Shutterfly	24	25
26	27 •XaBeat •Making a Family Cookbook	28 •Make & Take Chapstick & Lotion Bars				
March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 •XaBeat	2 •Users Guide to Health Care	3	4 •Ancestry.com DNA Test
5	6 •XaBeat •Meditation 101	7 •Computers for Seniors 1 •Calligraphy (1)	8 •XaBeat	9 •Crocheting (1)	10	11 •Learning Ancestry.com
12	13 •XaBeat	14 •Computers for Seniors 2 •Calligraphy (2)	15 •XaBeat	16 •Crocheting (2) •Organizational Skills for Life	17	18 •Oil Painting
19	20 •XaBeat •Meditation 101	21 •Calligraphy (3)	22 •XaBeat	23 •Homework Help for Parents and Students	24	25
26 •Afternoon Dance •Community Chime Choir (1)	27 •XaBeat	28	29 •XaBeat	30	31	
April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 •Community Chime Choir (2)	3 •XaBeat	4	5 •XaBeat	6	7	8 •Becoming an Entrepreneur
9 •Community Chime Choir (3)	10 •XaBeat	11	12 •XaBeat	13	14	15
16	17 •XaBeat	18	19 •XaBeat	20	21	22
23	24 •XaBeat	25	26 •XaBeat	27 •Quilting	28	29

Community Ed Class Registration Form

Please mail this registration form to:

Community Education, PO Box 642, Pelican Rapids, MN 56572

Make checks payable to: Community Ed (please write a separate check for each class)

Class: _____ **Fee \$** _____ **Class:** _____ **Fee \$** _____

Name: _____ **Phone:** _____

in case 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): Grade K-12 _____ Age 19-54 _____ Age 55+ _____

Please register for all classes so the minimum number of participants is met and instructors can plan accordingly

FEBRUARY CLASSES

SHUTTERFLY FOR BEGINNERS

This class will teach you the basics of the computer program, Shutterfly, which allows you to create photo albums and other creations.



The class will consist of two sessions: the first one will walk you through how to download pictures, look for your album design, and begin writing in your newly created book. The second class will be a 1:1 with the instructor. You should be moderately experienced with using a computer, have access to photographs either stored online or through a zip drive. You will also be taught how to scan photographs.

Class Instructor: Nadine Brown

When: Thursday, February 23rd 6:00-8:00pm

Session 2 will be scheduled based on class participants needs

Location: Pelican Rapids Public Library

Class Fee: \$10.00

MAKING A FAMILY COOKBOOK

It may be a celebration, or it could be just an everyday meal, but delicious memories are made. Creating a family keepsake cookbook helps to capture the people, places, and emotions surrounding family gatherings. It is a great way to pass on cherished family traditions through the recipes for the food and beverages that spark memories of times spent together.

Please bring one favorite family recipe to class. We will each share a short family story about the importance of the food to your family.

The instructor is a food scientist and a certified autobiography instructor who enjoys marrying her interests in food and family history to help others create family keepsake cookbooks. She has published 4 cookbooks for her family and has more in the development stage.

Instructor: Mary Rosendahl

When: Monday, February 27th 6:00-8:00pm

Location: PRHS Media Center (enter west door #8)

Class Fee: \$15.00

MAKE AND TAKE HOMEMADE CHAPSTICK AND LOTION BARS

In this fun, 90 minute "make and take" class you will learn how to make homemade chapstick and lotion bars using beeswax, coconut oil, cocoa butter and essential oils. You will leave class with 3-4 tubes of scented chapstick and 2 lotion bars.

Please bring a 2 cup measuring device and your own rubber spatula. All other supplies will be provided. This class would be suitable for teens and adults.

Instructor: Annie Wrigg

When: Tuesday, February 28th 6:30-8:00pm

Location: PRHS FACS Room A108

(enter west door #8 and follow signs)

CLASS FEE: \$12.00 (includes supplies)

There is a minimum of 5 class participants necessary to take this class, so sign up early!

MARCH CLASSES

USERS GUIDE TO HEALTH CARE

Our healthcare system is really expensive, really complicated and sometimes really complicated. This course offers a set of questions to help you safely get what you need when seeking health care and dodge what you don't. An experienced physician points out some of the pitfalls as well as the tools to avoid them. Course requirements: an active curiosity and enlightened self-interest.

Instructor: Dr. Dave Ellison

When:

Thursday, March 2nd

6:00-8:00pm

Location: Pelican Rapids Public Library

Class Fee: \$10.00



XaBeat Exercise Class February-May

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 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: February-May

•Mondays 5:15-6:15pm PRHS Commons (enter east door 1)

•Wednesdays 6:00-7:00pm Valhalla (enter west door 7)

Class Fee: \$48 for 8 sessions or \$10 for 1 class

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

Registration is not required, join us anytime!

Check **Facebook XaBeat Pelican Rapids**

for updates including time changes & cancellations

*Please note: there will be **no class** on February 15, 20 & 22*

Questions: Call Becky at 218-863-5910 x4250 (Tuesday-Friday)

Our new XaBeat schedule will include toning and stretching so bring a towel or yoga mat. We'd love to have you join us!!!



WHAT IS THIS DNA TEST ALL ABOUT?

You may have heard about the \$99 test that will show you where you're from and who your ancestors are and wondered what it was all about. The instructor, who has devoted several hundred hours to researching family genealogy, and who has taken the test herself, will explain the process of taking this test, what you can do with the results and other ideas on how to start researching your family roots. Interested participants may also want to look at taking the Ancestry.com class also offered this session.

Instructor: Joyce Burnham



When: Saturday, March 4th 10:00-11:30am

Location: PRHS English Room B206

(enter west door #8 and follow signs)

Class Fee: \$10.00

MEDITATION 101

This class is an introduction to secular mindfulness meditation; a review of various meditation traditions as well as the psychological and health benefits of this modern practice. It will include detailed "how to do it yourself" instructions. Cushions will be provided.

Instructor: Dave Ellison

When: Mondays 6:00-8:00pm

•March 6th (session 1)

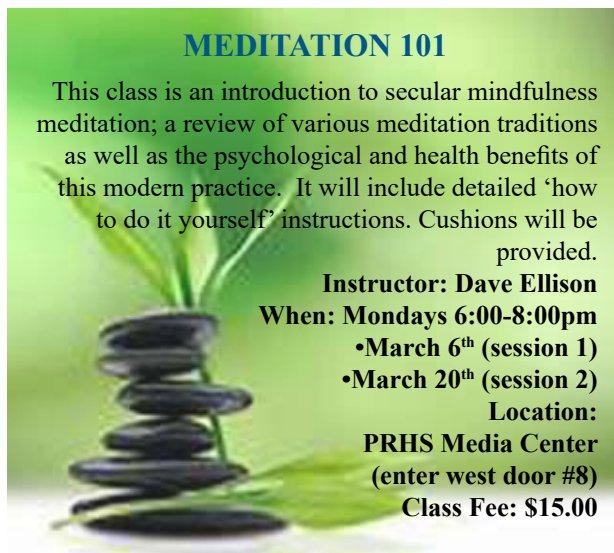
•March 20th (session 2)

Location:

PRHS Media Center

(enter west door #8)

Class Fee: \$15.00



COMPUTERS FOR SENIORS 1

This low-key beginning class is designed for those who are interested in learning how to use a computer for word processing, sending emails, surfing the internet and to decrease your fear of using a computer. Feel free to bring a laptop if you have one.

Instructor: Nadine Brown

When: Tuesday, March 7th 1-3:00pm

Location: Pelican Rapids Public Library

Class Fee: \$10.00



"The computer says I need to upgrade my brain to be compatible with the new software."

BEGINNING CALLIGRAPHY

Whether you're addressing envelopes, writing a message to a special person or trying to create a nice gift, maybe you've wanted to learn how to write in an artistic fashion. In this three session class, you will learn the basics of calligraphy writing. All supplies will be available from the instructor on the first night of class. Retired high school art teacher Chris Thysell has lots of patience and ideas to share with you from "how to hold the pen" to a creating a final product that you will be proud to say "I did that".



Instructor: Chris Thysell

When: Tuesdays, 6:00-8:00pm (3 session class)

•March 7th (session 1)

•March 14th (session 2)

•March 21st (session 3)

Location: PRHS Art Room A120

(enter west door #8 and follow signs)

Class Fee: \$25.00 for class instruction

Supplies can be borrowed from instructor for use in class. If you would like to purchase materials (pens, paper, ink) these will be available at an additional cost.

BEGINNING CROCHETING

In this class you will learn how to crochet OR you can brush up on those formerly learned crochet skills that you haven't used in a while. The first class will be dedicated to learning simple crochet stitches (chain, slip stitch, single and double crochet). In the second class, you will learn how to make a messy bun/ponytail hat (pattern provided).



Please bring a pair of scissors with you to class.

Instructor: Missy Presler Erickson

When: Thursdays 6:00-8:00pm (2 session class)

•March 9th (session 1)

•March 16th (session 2)

Location: PRHS Media Center

(enter west door #8)

Class Fee: \$30.00

includes: yarn, crochet hook and yarn needle



Please register for all classes so the minimum number of participants is met and instructors can plan accordingly

LEARNING ANCESTRY.COM™

This very popular computer program helps you find relatives you didn't know even belonged on your family tree. The instructor has devoted hundreds of hours to learning this program and is excited about sharing her knowledge and experiences. In this introductory course, you'll learn how to access the website, how to look up your relatives, how to create your family "tree" and tips on searching for more information. You can bring your own laptop, iPhone or iPad to class or use the computers in the school.

NOTE: If you have not already signed up for Ancestry.com online, you can join for a free 14-day trial. There is an additional charge to secure the rights for the program after the trial time. Joyce will show you how to sign up.

Instructor: Joyce Burnham

When: Saturday, March 11th 10-11:30am

Location: PRHS English Room B206 (enter west door #8 and follow signs)

Class Fee: \$10.00



Continue learning more about the wonderful uses of a computer and the internet in this individualized question and answer session. Participants can bring their own laptops or specific projects to work on. You don't have to be a "senior" to register.

Instructor: Nadine Brown

When: Tuesday, March 14th 1:00-3:00pm

Location: Pelican Rapids Public Library

Class Fee: \$10.00

ORGANIZATIONAL SKILLS FOR EVERYDAY LIFE

If you feel stressed or anxious because your life seems more disorganized than it should be, this class will get you on your way to feeling better. This session will focus on general strategies to get and stay organized so that your life runs a bit more smoothly without shame, guilt or any other negativity.

Instructor: DMae Ceryes

When: Thursday, March 16th 6:00-8:00pm

Location: PRHS Room B205

(enter west door #8 and following signs)

Class Fee: \$10.00



BEGINNING OIL PAINTING

How often have you watched those shows on Public TV and thought "I wish I could paint like that guy"? Now's your chance to learn how to paint with oils and acrylic paints. Experienced painter Dorothy Hoover will teach you in this low-key, enjoyable Saturday class. She will provide all supplies needed to construct an 8 x 10 beautiful landscape painting of a bird house in a meadow. Even if you don't know how to hold a paintbrush, you can learn with Dorothy's help. Class will include a coffee break and plenty of time to work on your painting. Please bring a sack lunch.



Instructor: Dorothy Hoover

When: Saturday, March 18th 9:00am-2:00pm

Location: PRHS Art Room A120

(enter west door #8 and follow signs)

Class Fee: \$25.00 (includes supplies)

HOMEWORK HELP FOR PARENTS AND STUDENTS

If your child seems to have basic academic skills but getting homework done is a major problem, this session is for you. Parents and older students (HS or college) alike will benefit from this session. The focus will be on supporting executive function skills and learning basic strategies for planning and completing homework with less headaches and tears.

Instructor: DMae Ceryes

When: Thursday, March 23rd 6:00-8:00pm

Location: PRHS Media Center (enter west door #8)

Class Fee: \$10.00 per participant

GOOD OL' FASHIONED SUNDAY AFTERNOON DANCE

Here's your chance to dust off your dancin' shoes and spend an afternoon with The Friends of Al Siegle Band led by Bruce Nelson. Bruce and the group will play all your old-time favorites: waltzes, polkas, schottisches, two-step, country swing and other good time music. Join us on the stage of the new PRHS Fine Arts auditorium for an afternoon of fun, fellowship and good time music. Cost of admittance includes covering the band's fees and light refreshments served in the lobby.

When: Sunday, March 26th

2:00-4:00pm

Location:

PRHS Fine Arts

Auditorium Stage

(enter door #17)

Fee: \$10.00/person,

\$15.00/couple

Minimum of 10 people needed to have as much fun as we possibly can! PLEASE REGISTER IN ADVANCE so we know that you're comin'!



COMMUNITY CHIME CHOIR

Be a part of a group that makes history! Through the use of hand chimes, you can be a part of the FIRST ever Pelican Rapids chime choir. The one-note wonders are easy to learn. An experienced and fun-loving instructor will walk the group through learning how to play them and creating beautiful choral sounds. A "performance" for friends and family will be held on the third session. *NOTE: There is a minimum of 10 participants, so grab your musical (and non-musical) friends and let's make this event happen!*

Chime Choir Director: Carole LaRue Skalsky

When: Sundays, 2:00-4:00pm (3 session class)

•March 26th (session 1)

•April 2nd (session 2)

•April 9th (session 3) performance

Location: Viking Elementary (enter elementary doors and follow signs)

Class Fee: \$15.00

(chimes and music will be provided)



APRIL CLASSES

BECOMING AN ENTREPRENEUR

You have the greatest idea for a product and you would love to develop it for sale. OR you've always wondered what it would be like to start your own business. OR you've been running a business for a short while and you think you could use more advice. OR you're just interested in hearing life stories from someone who has "been there, done that" and survived and thrived.

Meet Phil Horn, an entrepreneur who had a simple idea to sell plastics. He took his sales experience and this idea from start (selling out of his garage in Fargo) to developing business contacts and clients in 41 states and the countries of Chili, Peru, South Korea and Australia. Phil will share stories of his ups and downs and provide practical advice on how you can start your own business. In his own words, "I sure wish someone had told me these things before I started out."

Instructor: Phil Horn

When: Saturday, April 8th 1:00-2:30pm

Location: Pelican Rapids VFW Back Meeting Room

Class Fee: \$10.00

If you want to learn more about Phil's company, visit www.superslide.com.

You are welcome to come early and have lunch at Elmo's with other interested business-minded folks. Please register in advance so we can plan for enough chairs in the VFW meeting room.

BEGINNER QUILTING CLASS



This class is for the beginner quilter/sewer. You may not even know how to turn on the sewing machine, and that's OK. The goal of the class is to teach you how to use a machine, thread the needle, sew simple stitches AND have a completed product at the end. We will make a 'quilt as you go' table runner...it is quick and easy! All supplies and equipment will be provided.

Instructor: Tammy Nordick

When: Thursday, April 27th 6:00-9:00pm

Location: PRHS FACS ROOM A110

(enter west door #8 and follow signs)

Class Fee: \$35.00 (includes supplies)

GARDEN DAY!

Event sponsored by the University of Minnesota Extension Master Gardeners of West Otter Tail

Saturday, April 1st

Registration begins at 7:30am, vendor shopping in the Marketplace opens at 8am, and the first morning class begins at 9am.

For just \$30.00, you will be able to attend four classes, hear the keynote speaker, enjoy coffee and morning treats, a delicious lunch, and the chance of winning a door prize.

Keynote Speaker: John Ball
South Dakota Department of Agriculture,
presenting "What is Wrong With this Plant?"

Location: Kennedy Secondary School
601 Randolph Avenue in Fergus Falls, MN

For more information go to the Ottertail County Extension website: <http://www.co.otter-tail.mn.us/Extension>



FREE Viking Preschool and Early Childhood Family Education Programs

Early Childhood Family Education

Early Childhood Family Education (ECFE) is a parent-child program for children aged birth to Pre-K and their parents. ECFE strongly believes that parents are a child's first and most important teachers. The ECFE program of Pelican Rapids wants all families with young children to be aware of our program.

Viking Preschool-School Readiness

We use the Math and Language Pre-Kindergarten (Pre-K) curriculum incorporated throughout Viking Elementary K-6. It is integrated in an age-appropriate hands-on Pre-K experience. We are 1 of 84 districts with voluntary Pre-K state funding which is designed to prepare children for success as they enter kindergarten the following year.

Bright Start Child Care Home Visits and Family Outreach Program

You may participate in this once a month visiting program in which Janet Woolever will come into your home with activities and resources. Call Janet at (218)863-5910 extension 5393 with questions or to schedule a visit.
Supported in part by United Way of Otter Tail County

FREE Viking Preschool



Viking Preschool ages 3-4

Child must be 3 yrs old by September 1, 2017 to enroll
Wednesdays 7:45-10:30am & Fridays 7:45-11am
(includes breakfast)

Viking Preschool ages 4-5

Child must be 4 yrs old by September 1, 2017 to enroll
Tuesdays & Thursdays 7:45am-3:45pm
(can access busing/2 meals & 2 snacks/day rest time)

Pre-Kindergarten (Pre-K) and Kindergarten Roundup

Tuesday, March 21st 6:30pm
Viking Elementary Gymnasium

We'll meet in the Gym for some move and sing time and then parents:

•with children ages 3 or 4 by September 1, 2017
can enroll and tour Preschool Classrooms.

•of the Kindergarten class of 2017-18
can meet & greet the classroom teachers and tour the school.



Viking Preschool Last Day and Program

We'd like to invite Parents and Friends to our program on the last day of preschool. It'll be a sweet end to our busy year!

Wednesday, May 10th with program at 10:30am
for the Wednesday/Friday preschool section

Thursday, May 11th (half day) with program at 10:30am
for the Tuesday/Thursday preschool section

Early Childhood Family Education (ECFE) Classes

Wacky Wednesdays

This fun group explores our classroom activities, shares songs, books, and movement. This busy class does not separate for parent discussion.

Class is for ages 0-5 and caregiver.
Wednesdays, January 11- May 3
10:45am-12:00pm

Location: ECFE Classroom "Blue 5"

Super Scientist Class



Let's experiment with the marvels of science such as color mixing, chemical reactions, plant life, and more!

Enjoy time within our classroom and meet other friends. For parent discussion, we'll look at some amazing brain facts about the little mind you're growing at home. This class is designed for children ages 3-5 and their caregiver.

•Thursdays, 6:00-7:30pm
•March 9, 16, 23, 30
•April 6, 20, 27



Field Trip to the Chahinkapa Zoo in Wahpeton, ND

Friday, May 12

Join us for a day at the zoo to end our fun year together!

You can either meet us at the zoo gate at 10:00am or at the football field parking lot at 8:50am if you want to rideshare.

We will stroll through the zoo and then meet at the carousel at 12:00pm for some zippy tunes and spins.

We will have a picnic in the park at 12:30pm if the weather is nice.

Please plan to pay your own gate admission (adults \$10, children 4 and up \$4) and Carousel ride (\$2).

Please register for this field trip using the ECFE Class Registration Form.



Jumping Gymanie Nights

Let's get some of our winter wiggles out! The gym will be ready for family fun with balls, scooters, and more!

Tuesday, January 17
Thursday, February 9
Tuesday, February 21
6:15-7:00pm

Location: Viking Elementary Gym
(park in the side parking lot and enter through door #14)

ECFE Class Registration Form

Please register for all classes that your family wants to attend

Child's Name: _____ Age _____ Child's Name: _____ Age _____

Phone (day): _____ (evening): _____

Class Name	Days/Times	✓ box to register
Wacky Wednesdays	Wednesdays, 10:45am-12pm Jan. 11-May 3	
Jumping Gymanie Nights	Jan. 17, Feb. 9, Feb. 21 6:15-7:00pm	
Super Scientist Class	Thursdays, Mar.9-Apr. 6 6:00-7:30pm	
Chahinkapa Zoo Field Trip	Friday, May 12	

Please contact me about receiving home visits:

Caring Connections Bright Start

To register for ECFE classes or if you have questions:

Call Terra at 218-863-5910 ext 5393 or email: tfitzsim@pelicanrapids.k12.mn.us

Mail registrations to:

ECFE, P.O. Box 642, Pelican Rapids, MN 56572

Please Note:

•We would love to see you and your family. Because our classes have size limits it is important to register.

•The ECFE classroom is located at the Viking Elementary School in the 1st grade hallway across from the library.

•Please check our school website for current classes and changes:
www.pelicanrapids.k12.mn.us

Weather Alert:

If school is cancelled due to weather, ECFE & Preschool classes are also cancelled. Please call if you have any questions as weather worsens throughout an afternoon and or evening.

Terra Fitzsimmons and Megan King can be reached at (218) 863-5910 ext. 5393

Pelican Preschool and ECFE loves our families!

Here is our staff:

Terra Fitzsimmons

ECFE & School Readiness
Teacher/Coordinator
tfitzsim@pelicanrapids.k12.mn.us
218-863-5910 ext. 5393

Megan King

ECFE Early Childhood Educator
Viking Preschool Teacher
mking@pelicanrapids.k12.mn.us
218-863-5910 ext. 5569

Kimberly Hernandez

Classroom & Child Care
Home Visitor Assistant
Spanish Translator
khernand@pelicanrapids.k12.mn.us
218-863-5910 ext. 5393

Tami Hanson

Preschool Classroom Para

Janet Woolever

Child Care/Family Home Visitor



Great things happening in the PRHS art room

By Robyn Dial, Art Instructor

We have twenty-six artists in grades 7-12 who have been chosen to be published in the Fall 2016 Celebrating Art Book. Great things are always happening in the art room at PRHS!



Tinted fish

Peace vase



Mixed media Nevelson sculptures



beginning layered paintings

Self-portrait



Clay vessels

DISTRICT HOME OUR SCHOOLS TRANSLATE Sign In Register

Pelican Rapids School District 548
We Learn Not for School, but for Life!

Find & Post Search...

Viking Live Stream Lunch Menu Grades PRHS Activities PaySchools

District Alternative Learning Center Community Staff Directory Calendars Family Links Staff Resources

Our school website has a new look...check it out at www.pelicanrapids.k12.mn.us

Here are a few of the resources available on the website:

<p>Notify Me!</p> <p>Email notification system for activities or changes to activity schedules</p> <p>click on PRHS Activities (top right)</p>	<p>PaySchools</p> <p>On-line payment processing system that can be used to purchase: Activity Fees, Activity Ticket, Book Fines, Club Vikes Tuition, Community Ed Class Fees, Drivers Education, Fundraisers, iPad Rental Fee, Retiree Insurance, School Meals, Summer Rec, VES Yearbook</p> <p>click on PaySchools (top right)</p>
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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, Kathy Ouren, Anne Peterson

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Pelican Rapids School Foundation

The mission of the grant program of the Pelican Rapids School Foundation is:
To provide financial support on projects which will provide and enhance educational opportunities for students of Independent School District (ISD) 548, thus making a positive impact on our community and world.

Tax deductible donations can be given through the West Central Initiative either by mail at:
PO Box 318
1000 Western Ave
Fergus Falls, MN 56572
or by email at:
<https://wcf.site-ym.com/>

West Central Initiative
Investing insurance in our communities for regional success

Pelican Rapids Alternative Learning Center (ALC) programs for the 2016-2017 school year

There are numerous programs available in grades K-12 to help our students succeed. The goal in the ALC is to bridge the gap between student skill level and actual grade level.

Viking Student Success Grades K-6

Our Targeted Services Program is called the Viking Student Success Program (VSS). It incorporates homework support, learning activities for students needing support with Reading and/or Math, enrichment activities such as cooking & nutrition, and PE/fitness.

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 Student Success Grades 7-12

Our Targeted Services Program is available for students in Grades 7-8 and eligible students in Grades 9-12 can take the VSS Elective Credit Recovery class on non-school Mondays.

Non-School Mondays

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

After School Tuesdays-Thursdays

- 4-5:30pm VSS program (free snack)

One of the components of the Pelican Rapids ALC is a "school within a school" which is located in two classrooms in the PRHS building. Typically, an ALC is at a separate location but there are advantages of having it in the

school such as giving the students the option of taking some courses in the ALC and others in the regular classroom.

Mid-Level ALC-Grades 7-8

The school day ALC English and ALC Math classes provide more individualized instruction for students performing below grade level. The smaller class size provides a positive learning environment that promotes opportunities to experience academic success. The focus is on grade level material which allows them to keep up with the rest of the students in their grade. The program also focuses on social skills such as respect, responsibility, and relationships.

Credit Recovery-Grades 9-12

This is a program designed for students who need to complete core and elective courses for credit to help meet graduation requirements. There are credit recovery classes available during the school day, after school and on non-school Mondays providing flexibility for students who need to work or have child care issues. The program also focuses on organization, time management and study skills that help students achieve school success. We welcome students from any district between the ages of 16-21 who are behind in credits and want to enroll in our program.. Contact the Lauren Siebels, High School Counselor at (218)863-5910 ext. 4036 regarding student eligibility.

BUILDING AND PROJECTS UPDATE

By Trevor Steeves,

Building & Grounds Superintendent

Winter has its grip on us but we are warm and comfortable in our new and updated facilities. We have hosted several events in the Al Siegle Activity Center and the Fine Arts Auditorium and have received great reviews from people. There are a few things that need to be done but overall the building project is 98% complete.

This winter we will be getting ready for next summers work: the high school roof replacement, flooring replacement at both schools, along with other maintenance items. Stay warm and get out and enjoy a school activity!

PRHS Graduate Colby Forsgren continued from page 1

What extracurricular activities did you participate in while you were at PRHS?

I played football, basketball, and track along with being a SADD officer.

Do you have any special memories of your time at PRHS that you would like to share?

Being a member of the band, I was lucky enough to go on both trips: New York/Washington DC and Chicago. They were awesome experiences with highlights being Broadway shows, Niagara Falls, and the Smithsonian Museum. I was also part of the state champion basketball team. We have a very supportive community, and it was never more evident than those many nights when the gym was packed and the crowd was roaring. Not to mention we had (and still have) a fantastic band who deafened opposing teams during warm ups!

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

Enjoy your time in high school. Even if you don't like all your classes, enjoy the time you get with friends and make it a memorable experience. Don't pull the fire alarms. Participate in as many activities as you can. And finally, even though they're ridiculous, sing along with Mr. Schmid's songs. You'll never forget them and they'll come in handy at some point in college.



PARENTS ENCOURAGED TO ATTEND PARENT-TEACHER CONFERENCES ON FEBRUARY 27

By Brian Korf, High School Principal

The school year is passing quickly, as high school students have completed Semester I. Our students have many achievements to be proud of, and we look forward to seeing many more student accomplishments in the remaining days of the school year.



We are very excited to have the majority of the building project completed. Our students have enjoyed the new science classrooms and labs, fine arts auditorium, and the Al Siegle Activity Center. We appreciate the updates on the school building and the new addition to continue to learn and grow in the areas of academics, arts and athletics.

During the 2016-17 school year, students in grades 7-12 have set SMART goals during grade checks at mid-quarter and end of the quarter. SMART goals are goals that are specific, measureable, attainable, realistic and timely. Students set goals for their classes and have set college and career goals for after high school. We feel it is very important to have students ponder what they want to do after graduation.

High School teachers and administration welcome the chance to meet all parents during the upcoming Parent-Teacher Conferences, on Monday, February 27th from 1-7:00pm. Active parent participation in your student's conferences is appreciated.

Please feel free to contact us with any questions or concerns regarding your child's education here at Pelican Rapids High School. We appreciate your ongoing support towards your child's education.

IMPORTANT DATES:

Parent-Teacher Conferences Grades 7-12
Monday, February 27th 1:00-7:00pm

PRHS Classrooms (enter west door 8)

Parents of Senior Students
Financial Aid Night

Monday, February 27th 5:00-7:00pm

PRHS Media Center (enter west door 8)

Scholarship Night

Wednesday, May 17th 6:00pm

Fine Arts Auditorium (enter east door 17)

Financial Aid Night

Financial aid/federal student loans are often necessary for college-bound students, but the process can be complicated. On Monday, February 27th Pelican Rapids High School will be hosting a Financial Aid Night from 5:00-7:00pm in the Media Center. It is "open house" meaning you can stop in anytime before or after conferences and get help filling out the FAFSA (Federal Student Aid) and/or ask questions about why/when you will need to fill it out.

The first step to filling out the FAFSA is applying for a FSA ID. This ID confirms your identification and is used as your electronic signature. The second step is filling out and submitting the FAFSA.

If you plan on filling out the FAFSA on Financial Aid Night, you will need to bring:

- Social Security Card (or number)
- Driver's License
- 2015 Tax Statements and W-2 Forms (parent(s) and student)

Please note that if you have filled out the FAFSA in the last couple years-you already have an FSA ID and need to use the same one. Also, the "F" in FAFSA stands for FREE-do not pay for your application to be processed!

For more information visit <http://www.fafsa.ed.gov/>

Scholarship Information

Scholarship lists and applications are available in the high school office. Scholarship deadlines vary, so please pay attention to due dates-no late applications will be accepted. **Scholarship Night will be held on Wednesday, May 17th at 6:00pm.**

Supporting Viking athletics in the Al Siegle Activity Center

By Derrick Nelson, Activities Director

January 6th was an awesome evening and tribute to Al Siegle. The dedication of the "Al Siegle Activity Center" was a fitting tribute to a man who dedicated his life to supporting the Pelican Rapids Schools and the town of Pelican Rapids. I would like to thank Glenn Moerke, Virg Kollar, Rex Haugen, and Tim Siegle for their outstanding speeches during the ceremony. Each gentleman made the audience laugh and cry with their stories and memories of Al. For generations to come, students will get to experience the pleasure of practicing, playing, and performing in this beautiful space. Thanks to everyone who came to the dedication to make this night very special for the Siegle family.



We have had a lot of people using the walking track in the morning, over lunch time, and in the evening. Just a reminder to parents that when a game is going on we want all students in the bleachers for their safety and safety of others. Students are encouraged to wait until halftime or in between games to use the bathroom, go to the concession stand, and use the walking track. Students who come to the games should remain in the gym area and cheer for their team.



As the season moves into the "dog days of winter", our athletes need everyone's support. Please come out and cheer on your Vikings. It means a lot to each team when their classmates, parents, grandparents, neighbors, family, and friends are there to support and encourage them. Thanks to everyone who continues to show your support for VIKINGS ATHLETICS and good luck to all of our teams for the remainder of the season!

Academic, arts and athletics 'Triple A' award recipients for 2017

Article excerpt and photo courtesy of The Pelican Press

Earning the "Triple A" award for participation in academics, arts and athletics are Abby Johnson and Preston Hart. 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. Nominations are limited to two qualifying students per school-one male and one female. These top statewide recipients will receive four-year \$1,000 scholarships.



Abby, a member of the Math and Knowledge Bowl teams, is planning to attend the University of North Dakota Aerospace Science program. She is also planning to enlist in the Air National Guard.

A football player and band student, Preston is planning to attend North Dakota State University (NDSU) and majoring in Engineering. He is also considering continuing his musical interests by joining the NDSU Gold Star Marching Band.

New indoor walking track available for use by general public

One of the many exciting features of the new Al Siegle Activity Center is an elevated indoor walking track.

Individuals wanting to use the walking track are required to "sign in" at the office during school hours (Tuesday-Thursday 7am-5pm, Friday 7am-4:30pm). There is no cost to use the walking track, but each person will need to pay for and successfully complete a background check. Background check forms may be picked up at the high school office or are available on the school website (click on "Community").

Upon a successful background check, you will receive a facility pass which is good for the school year.

The track is closed when JV/Varsity games are held in the gymnasium unless you have purchased admission to the event in progress.

Individuals wanting to use the walking track are asked to follow these rules:

1. The access pass must be worn at all times while using the facility.
2. Please use door 7 before and after school and door 1 during the lunch hour.
3. Wear indoor shoes as street shoes can damage the track surface.
4. No food, pop, or energy drinks allowed on the track. Water only.
5. Help us keep our school clean by disposing of all garbage in the receptacles.
6. If using the walking track during the evening session, you must exit the school by 9:00pm.
7. Children must be accompanied by an adult.

We are happy that our school space can be utilized to assist you in staying healthy and we look forward to sharing our facility with you!

Indoor walking track hours

Tuesday-Friday

(on days that school is in session)

Before School

6:00-7:45am

(use west door 7)

During the Lunch Hour

11:45am-1:30pm

(use east door 1)

After School/Evening

6:30-9:00pm

(use west door 7)

