

The Powerful Impact of Small Acts of Kindness

by Deb Wanek, Superintendent

A new year is a great opportunity to set a new personal goal. Are you up for a challenge? I recently heard a message from a nationally known speaker about the power of kindness. "In our fast paced world there are times when we need to sit back and be reminded of the power of little things." He said at one conference a gentleman asked, "Why are you telling us this? We all know about kindness." His response was, "You have all heard about Diet Coke and yet everyday millions of dollars are spent in reminding you to choose this product." It is true we are constantly flooded with images and messages to purchase various products but how beneficial it would be if we were also reminded about the value of choosing to be kind.



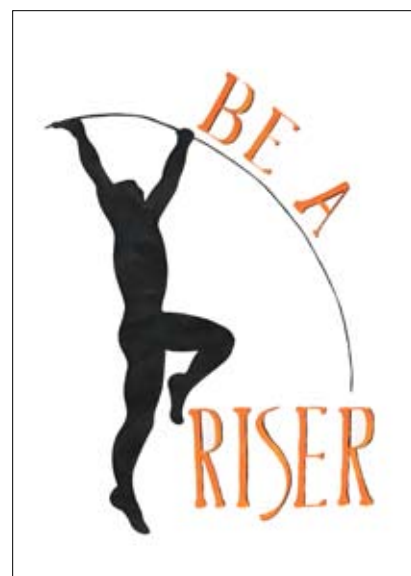
A number of years ago a businessman from North Dakota purchased billboard space to encourage people. The signs display words and phrases to give a positive greeting and bring a smile to your face. You may have seen these as you cross North Dakota, they include, "Smile," "Be Polite," "Enjoy Life," "Have a Great Day,". People have commented that they enjoy the encouragement and the simplicity of the message. I think it would be great if one of the purposes of social media was to spread kindness. What impact would simple and reoccurring messages of kindness have on all of us that are plugged into social media?

Life can be very challenging and the encouragement one receives from a simple act of kindness is similar to listening to upbeat music when you are running. It gives you the boost you need to keep going. It adds energy to your step and encourages a "Can Do" attitude. Everyone can benefit from small acts of kindness. In education, when a child feels valued, and that's what small acts of kindness can do, they are more apt to put in the extra effort needed to succeed.

The Pelican Rapids School District has adopted the "7 Habits of Highly Successful People®." The first habit is "Be Proactive." This habit refers to the fact that we are all responsible for our own choices. We cannot blame others for the choices we make. We get to choose, we are in charge of ourselves and our actions. We can choose to be kind.

Small acts of kindness, that are easy to do, and done every day, can have a powerful impact on your life, your outlook and your morale. The small things may just be a smile, taking an interest in someone's ideas, slowing down to truly listen to someone, letting someone go in front of you in line or affirming someone's talents or hard work. These acts of kindness are win/win actions. Science says acts of kindness increase your happiness, your health and your longevity.

The speaker gave us a challenge and I pass it on to you. This may sound simple but what a tremendous impact it would have on all the people you know. "Choose to do something kind each day. Be intentional. You cannot go wrong in choosing to be kind." It truly is a win/win, when you brighten someone else's day; it increases your happiness as well.



At PRHS we use the word "Rise" as a reminder that we all have the power to choose a response to life's challenges that lifts us up and makes not only ourselves better but also those around us.

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"WHERE ARE THEY NOW?" PRHS GRADUATE BRADY MORGAN

What postsecondary education institution did you attend and what degree did you earn?

North Dakota State University (NDSU) for mathematics education (high school math teaching).

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

I currently intern for a Christian ministry on the campus of NDSU called Cru. I really enjoy this career choice as I have the opportunity to directly invest in college students' lives and to help them with their journey through college. Being an intern with Cru, I also love my job as I feel a lot of purpose in what I do, because I get to work with what I am most passionate about and what I find most important in life. I see high school and college years as such influential years that set the trajectory for the rest of peoples' lives. This is why I love my current job and also potentially teaching in the future as I have the great opportunity to make a big impact on students' lives during this critical time whether it is academically, spiritually, or emotionally.

How did PRHS prepare you for college?

I felt like PRHS prepared me well for college as the school challenged me well academically and also gave me the opportunity to be involved in a wide variety of activities. All of these opportunities gave me a chance to grow in my leadership skills and be well rounded as a person. I had so many opportunities to be on teams that performed at a high level such as our many sports teams, solo and ensemble contests for band, math competitions, and our robotics team that got to compete with students from all over the country. Also, larger universities like NDSU

have many students from different cultures and backgrounds, and I believe that growing up with a lot of diversity at PRHS helped prepare me to interact with the students around me in college.

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

Football, basketball, baseball, student council, robotics, and band.

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

It was very interesting for me to think about this question as it wasn't specific events that stood out to me as special memories. It wasn't any specific classes that I remember or special awards, such as a section championship in football. When I think about high school, I mainly remember people that I spent time with and the relationships that I had.

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

My main words of wisdom that I would give to students, especially students graduating soon, would be that true happiness in life comes from pursuing the things in life that really matter to you. We often indirectly hear in our culture the belief that happiness comes through having a super successful career or making a lot of money. I would like to challenge students to instead pursue what they are most passionate about and to invest in what is most important to them.





Setting and Achieving Goals

By Dr. Edwin R. Richardson, Elementary Principal

The school year is moving quickly. Students have done a great job on focusing on their WIGs (Wildly Important Goals). WIGs have ranged from number of pages/books read to math facts to reading stamina to miles walked. Students are learning to set rigorous goals and how to set themselves up to achieve their goals.



Prior to the Christmas Break we synergized with the high school in support of the Food Shelf. Our students 'filled the ship' with over 1200 items.

In February, we have Student-Led Conferences. Feedback from parents on our first school-wide attempt at Student-Led Conferences in November was very positive. This is a positive learning experience for students, parents, and staff. Students are empowered and more accountable for their learning when they have the opportunity to share goals and learning with their family.

The Viking ElementarySchool 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.

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



Every Box Top Makes a Difference!

Please continue to save Box Tops and remember:

- that items can be brought to either school office, sent with a child to school, or dropped off at Larry's Supermarket.
- to check expiration dates.
- to call Ruth Holmgren at 863-6539 if you are interested in helping to cut & sort labels.

Thanks for helping us save for educational resources!



Day at Maplewood State Park

By Nadine W. Brown, Multi-District Cultural Collaborative Community Liaison

Fifth graders from Viking Elementary and Underwood enjoyed a day in Maplewood State Park last October as part of the Multi-District Cultural Collaborative exchange.



The student and staff spent the day learning about wilderness survival, taking nature walks, cooked their own meals over a campfire and generally had a good time. This is the 10th year that this gathering has taken place in Maplewood State Park.



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 & after school experience where they create wonderful memories and lasting friendships! We are focused on making before & 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, fun snack projects, 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 at 863-5910 extension 5022 with questions or to register.



Bricks on the Kindness Wall

By Laura Boyer, VES Lighthouse Team



The K-6 students shared their experiences of kindness on "bricks" on our VES kindness wall. Each classroom brainstormed examples of ways to help other's feel valued and made efforts to be ambassadors of kindness. They wrote their kindness story on a "brick." Student council members organized the event and put up the bricks.

Viking Student Success Program 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

Targeting Student



New to the Pelican Rapids district? Register here...

If you have recently moved into the Pelican Rapids School District or recently had a baby, please fill out the form below and turn it in to the school office so we can send you information about our opportunities for children ages 3^{1/2}-12th grade and register you in our census.

Return form to:

Viking Elementary School, 310 S Broadway
Pelican Rapids, MN 56572

Parents/Guardians Names: _____
Child's Name: _____ DOB: _____
Child's Name: _____ DOB: _____
Child's Name: _____ DOB: _____
Address: _____
Phone: _____

Please call us at 218-863-5910 with any questions or visit our website: www.pelicanrapids.k12.mn.us



Breaking the Winter Blahs

By Nadine W. Brown, Community Education Coordinator

If you are sick and tired of all this cold weather and want to take your mind off the ‘winter blahs’ then we have 23 suggestions of how you can TAKE A MENTAL TRIP TO SOMEWHERE WARM. This winter schedule features 23 ways you can cure the ‘winter blahs’ by taking a Community Education class. From stained glass stepping stones to dancing with your children to learning how to make a wood bench, you can BREAK THE ‘BLAHS’ by learning something new and making new friends who may have like-minded interests. While we can’t take you on a trip to the Bahamas, (we wish!) we hope that you will take one-or two or three-classes and use these experiences as a GET AWAY from the norm and a quick vacation for your mind. At the very least, you can say “wow I never knew that learning was so much fun!”. And maybe that will make up for the cold temps. See you in class!!

Nadine W. Brown
Community Education Coordinator

Have a class idea? Want to teach a class? contact Nadine at:
218-863-5910 ext. 4372 or
nbrown@pelicanrapids.k12.mn.us

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.



Pelican Rapids Community Education Winter Classes 2016

			January			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25 •XaBeat	26	27 •XaBeat	28	29	30 •Winter Blah Buster •Ancestry Club
			February			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 •XaBeat	2	3 •XaBeat	4 •Hair Do's for Girls	5	6 •Chanhassen Dinner Theatre "Sister Act" (registration full)
7	8 •XaBeat •Meditation	9	10 •XaBeat	11 •Stained Glass Stepping Stones	12 •Metal Stamping •Wine Bottle Wind Chimes	13 •Paper & Glass Collage Mirror
14	15 •XaBeat •Meditation	16 •Dough Art	17 •XaBeat •Computer for Seniors 1	18	19	20 •Ancestry.com
21	22 •XaBeat	23 •Wine & Dine at Spanky's	24 •XaBeat •Computer for Seniors 2	25	26	27 •Bakin' Bacon
28	29 •XaBeat					
			March			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 •Brew Class	2 •XaBeat	3	4	5 •Brew Class •Basic Woodshop- Power Tools
6	7 •XaBeat	8	9 •XaBeat	10 •Knitting	11	12 •Make a Bench
13	14 •XaBeat •Felting	15 •Felting •Beginner Gardening	16 •XaBeat	17 •Knitting	18	19
20	21 school •XaBeat •Dance with Me	22 •What Should I Really Ask My Doctor	23 •XaBeat	24 •Knitting	25 no school	26
27	28	29 •What Should I Really Ask My Doctor	30	31 •Brew Class		

COMMUNITY ED CLASS REGISTRATION FORM

Please include your payment with your registration

Make checks payable to ISD #548

Please write a separate check for each class

Mail to:
Community Education
PO Box 642
Pelican Rapids, MN 56572

Name of Class: _____ Fee \$ _____

Name of Class: _____ Fee \$ _____

Name of Class: _____ Fee \$ _____

Name(s): _____

The best way to reach me is by Phone: _____ or Email: _____

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

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

My age category is (for state reporting purposes): Age 19-54 _____ Age 55+ _____

Community Ed Classes

Arts and Crafts

Stained Glass Stepping Stones

Create a stunning stepping stone with variety of stained glass and other interesting objects. Learn the technique of cutting glass, designing your stone and pouring concrete. Bring a board, cookie sheet or any firm surface (at least 18"x18") for transporting your project. All other materials are provided. Minimum of 6 participants.



Must register by Monday, February 8th

Instructor: Guest artist Jo McFarlin
When: Thursday, February 11th 6-8:30pm
Location: Brown-Eyed Susans
Class Fee: \$40

Metal Stamping 101

Learn the basics of metal stamping by creating your own personalized pendant. It's a fun craft for the entire family. All materials provided. Minimum of 6 participants, 12 years & older (with adult). *Must register by Monday, February 8th*



Instructor: Guest artist Jo McFarlin
When: Friday, February 12th 1-3pm
Location: Brown-Eyed Susans
Class Fee: \$40

Wine Bottle Wind Chimes

Take the mystery out of cutting wine bottles. Learn to use the perfect tool for cutting bottles and turning them into beautiful wind chimes. It's easy, fun and the possibilities are endless. Bring 4 wine bottles cleaned with labels removed. All other materials are provided. Minimum of 6 participants. *Must register by Monday, February 8th*



Instructor: Guest artist Jo McFarlin
When: Friday, February 12th 6-8pm
Location: Brown-Eyed Susans
Class Fee: \$40

Paper & Glass Collage Mirror

In this all-day workshop, you will learn many techniques...designing a paper collage, cutting and using clear textured glass to enhance your design and grouting. You will leave with an original piece of art. Samples of the mirrors can be seen at Brown Eyed Susans. Bring words or phrases you want to include in your project. All other materials provided. Minimum of 6 participants-no exceptions. *Must register by Monday, February 8th*



Instructor: Guest artist Jo McFarlin
When: Saturday, February 13th 9:30am-3pm
Location: Brown-Eyed Susans
Class Fee: \$85

Basic Woodshop Power Tool Class

Gone are the days when women avoided the woodshop! Creativity and independence often require knowledge and experience, unfortunately, many baby-boomer females missed out on how to use power tools safely and effectively. Now's your chance to learn some basics – no need to hire a someone to build a bench, table or stool. Besides being a confidence builder, it's a whole lot of fun. P.S. This class is not just for women.

Instructor: Cindy Johnson
When: Saturday, March 5th 1-3pm
Location: Instructor's home near Erhard (*directions will be provided upon class registration*)
Class Fee: \$15



Make a Bench (for Beginners)

Around the globe where wood is available, there are many beautiful benches made by men and women for use in the home, garden, school, church and around a campfire. If you've never built your own bench, now's your chance. The instructor will share some designs with you to choose from. When you're finished you'll have something to be proud of. This class is designed for beginner builders. Materials and tools for a basic bench design will be available and included in the class fee. Class limit 5.

Instructor: Cindy Johnson
When: Saturday, March 12th from 1-3pm (+ additional class if needed by class partipants to finish project)
Location: Instructor's home near Erhard (*directions will be provided upon class registration*)
Class Fee: \$40 (includes materials)

Arts and Crafts

Knitting

Knit one, purl two---what exactly does that mean anyway? If you have wanted to learn how to knit OR you learned "once upon a time" but you can't remember, you will want to take this three session class taught by a very experienced low-key knitter. Needles and yarn will be provided, but if you want to bring your own, that is okay too. The class will also offer suggestions for those who consider themselves to be at an Intermediate level. Two sessions will be in the library with the third session to be held over a relaxing beverage at the Muddy Moose.



Instructor: Joan Jarvis Ellison
When: Thursday, March 10th 5:30-7:00pm (session 1)
AND Thursday, March 17th 5:30-7:00pm (session 2)
Location: Pelican Rapids Public Library
AND Thursday, March 24th 5:30-7:00pm (session 3)
Location: The Muddy Moose
Class Fee: \$25 if need yarn and needles (which will be yours to keep) OR \$15 if bringing your own yarn and needles

Felting

This unique experience of taking the wool from "sheep to art" teaches you to create a beautiful piece of felted material with your own unique design. In the first class, you will learn the art of wet felting and complete an actual felted piece/wall-hanging. The second class session will lead you through the experience of decorating and embellishing your piece of art with beads and needle felting.
Instructors: Joan Jarvis Ellison and Joyce Valley
When: Monday, March 14th 6-8pm (session 1)
AND Tuesday, March 15th 6-8pm (session 2)
Location: PRHS FACS Room 416 (enter west Door #8 and follow signs)
Class Fee: \$25 (includes wool, felt, yarn & beads)

Cooking and Food

Bakin' Bacon

BACON! BACON! Noted local 'Porkologist' CJ Holl will present a fun, advanced bacon (did I say bacon?) seminar. Worshipers at the side pork altar will learn how to make their own bacon (bacon!) at home, sample fresh cured smoked bacon and make fun and unusual bacon recipes. Lacquered bacon, bacon trees, cheesy potato bacon bombs, sausage bacon loaves could all be in the menu...made with extra - you got it - bacon! If you like all things bacon, this is the class for you. Reserve your peppered thick cut, crispy piece today as class size is limited to 10 participants. You will have treats to take home!!
Instructor: CJ Holl
When: Saturday, February 27th from 2-4pm
Location: PRHS FACS Room 416 (enter west Door #8 and follow signs)
Class Fee: \$15



Three-Course Meal & Wine Pairing at Spanky's Stone Hearth

Relax and enjoy this class as Josh serves up a delicious three-course meal including salad, entrée and dessert with appropriate wines paired with each course. You will learn about each entrée with a preparation presentation along with why the selected wine pairs well with what is being served. Guests are guaranteed to leave feeling delighted as people rave about the location and the food and this is your opportunity to experience both. Your fee includes meal and beverages. Limit 20 participants.
Instructor: Chef Josh Hanson, Owner, Spanky's Stone Hearth on Rose Lake
When: Tuesday, February 23rd 5:30-8:30pm
Location: Spanky's Stone Hearth on Rose Lake 34785 County Hwy 4, Frazee
Class Fee: \$35 per person (*includes meal & beverages, gratuity will be extra*)



You need to register and prepay for the class through Community Ed to attend.

Enrichment

Winter 'Blahs Buster'

Treat yourself to an afternoon of pampering, learning new things and generally relaxing with friends OR making new friends. The Muddy Moose is hosting this afternoon of Me time in which you will:

- Take an art class and create your own 'outside the box' creation with renowned artist Marcella Rose
 - Learn about the benefits of essential oils and make your own personal scent with local masseuse Lori Lang
 - Receive training on how to give a foot massages to yourself and others with local health care person Lori Jondahl
 - Give your back a break by learning strengthening exercises and tips from local Chiropractor Dr. Erika Bartz
- Minimum participants 10, maximum 20.
Instructors: Marcella Rose, Lori Jondahl, Lori Lang, and Erika Bartz
When: Saturday, January 30th 2-4pm
Location: Muddy Moose, Downtown Pelican Rapids
Class Fee: \$60 covers all 4 classes & materials

Optional lunch/snacks purchased at the Muddy Moose are at your own expense



Health

What Should I Really Ask my Doctor (or how to get what you want from the medical system)

The practice of medicine has never been simple. Today with new drugs, tests and treatments available on an almost daily basis, the options available seem overwhelming. To complicate things further, doctors are human and therefore make mistakes. This course will help you understand how the medical system works, how clinicians make both good and poor choice and how you can help your doctor make decisions that are in your best interest. Taught by a physician with over 35 years experience.
Instructor: Dr. David Ellison
When: Tuesdays, March 22nd and March 29th from 6-7:30pm
Location: Pelican Rapids Public Library
Class Fee: \$15



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



Location: PRHS Commons
enter through 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.
Questions: Call Becky Wontor at 218-863-5910 x4250 or go to **XaBeat Pelican Rapids** on Facebook for more details

Community Ed Classes

Self Improvement/Enrichment

Ancestry Club

Do you ever wish you could talk with people who have researched their family trees and find out HOW they did this? Join others who share your interest in a “share and tell” discussion on where to look for family information, great ideas for digging deeper into family information and sharing what you’ve discovered through trial and error. NOTE: This one time meeting MAY turn into a monthly event. Come and share your roots with the fellow genealogy fans. *Please note: this is not a class for learning how to use Ancestry.com. See information in Technology section for that specific class.*



Discussion Leader: Joyce Burnham
When: Saturday, January 30th from 10-12pm
Location: PRHS Media Center (West Door #8)
Class Fee: FREE

Meditation

Modern neuroscience and Zen Buddhists agree that meditation is good for you. This class will review the health benefits, theory and practice and nitty-gritty practical basics of non-sectarian mindfulness meditation. Class will be taught in two sessions one hour each. Instructor will provide materials necessary for the first class. Come in comfortable clothing.

Instructor: Dave Ellison
When: Tuesdays, February 9th & February 16th 6-7pm
Location: Pelican Rapids Public Library
Class Fee: \$15



Home Brewing

This course will show you how to brew beer in your own kitchen that is just as good as (or better than) anything you can purchase. The class includes tasting, beer design, and demonstration of the brewing process and appreciation of the final product. Due to the process of brewing, this 3 session class is spread throughout the month of March.

Instructor: Dave Ellison
When: Tuesday, March 1st from 6:30-8pm (session 1) AND Saturday, March 5th from 9-1pm (session 2) AND Thursday, March 31st from 6-8pm (session 3)
Location: Ellison’s home, rural Pelican Rapids (directions and instructions will be sent to participants)
Class Fee: \$25

Gardening

This beginning gardening class is for those who haven’t gardened “seriously” or even at all BUT are truly interested in learning beginning flower and/or vegetable gardening. This 90-minute class will include information on soil testing, compost/mulch, plot planning and other important information.



Instructors: Carole Mitchell and Diane Johnson, Master Gardener
When: Tuesday, March 15th from 6:30-8pm
Location: Pelican Rapids Public Library
Class Fee: \$10

ed2go Online Learning

Learn more... when and where you want with our ed2go online learning option...

Online Education

Convenient & Affordable

Online Course Accessible 24/7

Find Your Course Today!

Instructor Led Format

ed2go

Technology

Computers for Seniors 1

This class is for those who want to learn how to use a computer. There will be a general overview of word processing, sending emails and other fun in a low-stress, thoughtful training session. Feel free to attend this class even if you have taken it before.

Instructor: Nadine Brown
When: Wednesday, February 17th from 1-3pm
Location: Pelican Rapids Public Library
Class Fee: \$10

Computers for Seniors 2

Continue learning more on your computer with plenty of time for questions in this low-stress, thoughtful training session. Participants can bring their laptop to this session (if applicable) or can bring specific projects to work on or questions that need answering.

Instructor: Nadine Brown
When: Wednesday, February 24th from 1-3pm
Location: Pelican Rapids Public Library
Class Fee: \$10



Learning Ancestry.com™

This computer program will help you find relatives you didn’t even know belonged in your family tree. The instructor, Joyce Burnham has devoted hours to learning this program and is looking to share her knowledge with you. In this introductory course, you will 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 personal laptop, iPhone or iPad to the class or use the computers in the school and please bring a few photos.



NOTE: If you have already signed up for Ancestry.com online be sure to bring your sign in information. If not, Joyce can show you how to join for a free 14-day trial. There is an additional charge to secure the rights for the program after the trial time.
Instructor: Joyce Burnham
When: Saturday, February 20th from 10am-12pm
Location: PRHS Media Center (enter Door #8 and follow signs)
Class Fee: \$10

Local Community Events

Pelican Rapids Public Library

Hot Reads is back in 2016. During the months of January-March, come collect your punch card and try out some new genres. Win prizes and keep your eyes out for upcoming programs.

Story Time begins at 10:30am on Monday mornings, but the library opens at 10am giving you and your child time to come in and explore the library and story time area.

Pre-Story Time Activities are available that are meant to invite children to practice early literacy skills.

Women on the Prairie in Song and Poetry
Singer/songwriter Patty Kakac and poet Athena Kildegard will explore and celebrate the lives of women on the prairie through song and verse. Join these two talented women for a program of creative work inspired by history and story.

Thursday, February 25th at 7pm
“This activity is made possible by the voters of Minnesota through grants from the Lake Region Arts Council, thanks to a legislative appropriation from the Arts and Cultural Heritage fund.”



Call the Pelican Rapids Public Library at 218-863-7055 for more information.

Parent and Child Fun Times

These classes are designed to be taken by an adult (or two) and a child (or two). It doesn’t have to be a parent-if you’re a grandparent, aunt/uncle, special friend and you want to enjoy some time with a special young person in your life, then think about taking one or all of these classes.

Fancy Do’s for Girls

Local hair stylist Amanda Restad Tweeton will show you how to fix a young girl’s hair in a “fancy do” for a special occasion or just plain fun. Bring that special little girl in your life and learn some new hair tricks.
Maximum participants: 5 adult/child pairs
Instructor: Amanda Restad Tweeton
When: Thursday, February 4th from 6-7:15pm
Location: Envy Salon, Downtown Pelican Rapids
Class Fee: \$10 per adult/child pair

Dough Art

Using a simple inedible dough recipe and a microwave, you and your "Favorite Young Artist" can create these fun art projects. This class will teach you how to make the dough, how to shape the dough into two fun projects: a dough art basket and a unique picture frame. You will have time to make both projects and possibly a third. This class is for adults AND children together.
Instructor: Laura Moe Boyer
When: Tuesday, February 16th from 6-7:15pm
Location: Viking Elementary Art Room
Class Fee: \$10 per adult/child pair

Dance With Me

This fun evening session is designed to teach adults and children the good ol’ time dances: Waltzes, Polkas, Bunny Hop, Schottische, and Chicken Dance. Taught by two daughters who loved “dancing with their Daddies”, it will be a fun chance for Dads and daughter (OR Mothers and sons) to learn dances, laugh and be able to have a great time. No experience necessary. Wear comfortable “dancin’ shoes”.



Instructors: Nadine Brown and Brittany LaPoint
When: Monday, March 21st from 6-7:15pm
Location: PRHS Commons Area (enter Door #8 and follow signs)
Class Fee: \$10 per adult/child pair

Essentia Health Lunch-n-Learn

“Memory Care Clinic”

This free session, which includes a light lunch, is open to anyone who may have memory issues, have a loved one with memory issues or just interested in learning more about memory issues.

Thursday, March 17th from 12-1pm at Essentia Health Pelican Rapids Clinic. Clarissa Dumdei, CNP and Jess Steinbrenner, Alzheimer’s Association. *Sponsored by Essentia Health Pelican Rapids Clinic.*

RSVP required by calling 218-844-0719 or email: tish.olson@essentiahealth.org.



Driving 55+ Refresher Course

This 4 hour refresher course will be held on **February 2nd from 9-1pm** at the Pelican Rapids Public Library. Cost is \$15.

Contact Jeff Morgan at 863-2841 or jeff@pelicanrapids-insurance.com for more information and to register.



***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 863-5910 ext 5393 with questions or to schedule a visit. *Supported in part by United Way of Ottertail County.*

- Thursdays, 6-7pm
- April 7th - April 28th

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/evening.
You can reach Terra Fitzsimmons and Megan King at 863-5910 extension 5393.

Mail registrations to: ECFE, PO Box 642, Pelican Rapids, MN 56572



By Amy Korf, Reading Teacher

At the start of Semester II, each student will set a new reading goal to increase his or her individual, novel reading total. All students will begin to work toward reading at least two hundred pages per week, which is often the college expectation of academic reading per week. It is suggested that students read at least two hours outside of school each week (around 20 minutes per day) to meet the 200 pages per week goal. A student who reads two hours or more each week could realistically read ten to thirty books during a semester. This is a challenge many students in the Young Adult Literature class are ready to accept and achieve.

By Lisa Petznick, Math Teacher

By Amy Korf, SADD Co-Advisor

[illegible]

By Doug Bruggeman, 7 Habits Guide

SMART Goals

S Specific	What do you want to achieve in your area of focus?
M Meaningful	Why is this goal important to you?
A Action Oriented	What steps will you take to achieve it?
R Realistic	How do you know that you can achieve this goal?
T Timely	By when do you want to achieve this goal?

Limit the number of goals set, take baby steps towards the ultimate result, celebrate the successes you experience, create new “thought” habits and allow for “misses” and “breakdowns.”



Pelican Rapids High School News

By Brian Korf, Principal

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

During the 2015-16 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 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 are anxious to meet all parents during the upcoming Parent-

Parent-Teacher Conferences will be held on Monday, February 29th from 1:00pm-7:00pm in the High School Commons Area

Teacher Conferences, on Monday, February 29th from 1-7:00pm in the high school commons area. We ask parents to enter



the high school building by using door 1 or door 8 on the west side of the building. 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.

The Value of Good Sportsmanship

By Derrick Nelson, Activities Director

Winter sports seasons are in full gear at Pelican Rapids High School. November and December seemed to disappear and before we knew it 2016 was here. January and February can seem to drag on with long cold days and many nights spent at the gym for students, parents, grandparents, and friends.



As the winter blues start to set in let's remember the reason for sports. Sports teach us many lessons like the "Golden Rule" of sports, treating the people you play with and against as you'd like to be treated yourself. We demonstrate good sportsmanship when we show respect for yourself, teammates, opponents, coaches on both sides, referees, judges, and other spectators. Sportsmanship is a style and an attitude, and it can have a positive influence on everyone around.

Why do fans venture out when the temperature is -10 and wind is blowing 20 mph? Most of us would agree that as fans we enjoy watching our student athletes compete to their highest level and give 100% effort every night. When our student athletes compete and give 100%, fans walk away feeling like they have gotten their money's worth no matter what the scoreboard says at the end of the night. Every team strives to get first place or win every game, but when we are a great teammate, show great sportsmanship, and represent our team with a great effort we have already won in the hearts of the fans that come out to support us. Good luck to all the Pelican Rapids High School teams for the rest of the 2015-2016 winter season.

Artwork Selected for National Google Contest

By Robyn Dial, Art Teacher

Six of our student's artwork was selected for the National Google Doodle contest. Public voting starts February 5th. Go to the following link for details: <http://www.google.com/doodle4google/>



SCHOOL RENOVATION PROJECT UPDATE

By Trevor Steeves, Building and Grounds Superintendent

Winter is upon us but construction is still in full swing. The north auditorium is enclosed and heated; this allows for plumbing installation, block work, electrical and mechanical companies to continue to install their equipment. On the south activities area the rafters and roof tie-ins are wrapping up and the roof is being installed. It may look on the outside that not much is being done but they are working hard on the interior areas.

The new front entrance (Door #1) on the east side of the school is open between the hours of 7:55am-3:55pm Tuesday-Friday, but we would ask that you continue to use the west entrance (Door #8) for evening events.



Workers are shown installing the ventilation duct work in the auditorium ceiling.

March and April MCA Testing Dates for 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.

March 15-18
Math Grade 11

March 21-24
Reading Grade 8

March 29-April 1
Reading Grade 7
Reading Grade 10

April 5-8
Math Grade 7

April 12-15
Math Grade 8

April 19
ACT+Writing
Grade 11 (optional)

April 20-22
Science Grade 8

April 26-29
Science Grade 10

Pelican Rapids School District #548

310 S Broadway, PO Box 642 Pelican Rapids, MN 56572

Phone: 218-863-5910 Website: www.pelicanrapids.k12.mn.us

School Board Members:

Charlie Blixt, Mike Forsgren, Dena Johnson,
Jon Karger, Mitch Monson, Kathy Ouren

4-Day School Week Continues for the 2016-2017 School Year

New legislation in 2015 states each school board is able to determine if their district will go to a 4-day school week. The legislators gave back local control on this issue as long as the written plan meets state guidelines and is approved by the MDE. The Pelican Rapids School District submitted a 3 year application last spring which was approved through 2018.

Last spring, in anticipation of the 3-year application, the school board held public meetings and discussed the 4-day school week at length. Before they proceeded, they wanted to be sure the 4-day school week was able to provide a solid education for the students of this district.

Going forward, the school district will complete an evaluation of the 4-day school week for the school board to review on an annual basis. If the board were to make a change, or the state Commissioner were to intervene if the district did not make adequate academic progress, there would be a year to transition. Since we are meeting all of our requirements we are set to continue the 4-day school week for the 2016-2017 school year.

SENIORS AND SENIOR PARENTS!

Please note the following dates:

3/15/2015 Financial Aid Night

5/18/2015 Scholarship Night

5/27/2015 Graduation

