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Volume 9 • Issue 3 • May 2017

## Hands-on, project-based learning

Robotics, math and some computer programming were the educational elements contained in an app-controlled robot ball called Sphero that Pelican Rapids junior high students maneuvered in a recent competition.

The first annual 'Sphero Olympics' were held by teams of students in the Math classes of instructors



Andy Rarick and Jill Roisum. The olympic events included archery, swimming, a maze race and pinball.



The round, baseball-sized robots are designed to inspire curiosity, creativity, and invention through connected play and coding. Spheros can roll at speeds of up to 7 ft per second when connected to devices through Bluetooth with a range of up to 100 feet.



The championship team wearing their 'Olympic metals' is shown in the photo above.

## Bridge Building Competition

By CJ Holl

Teachers are used to building bridges to their students, but for Viking Elementary 5th grade teacher Jon Moe the concept takes on a more literal meaning. Moe and district elementary and junior high students participated in an annual bridge building competition sponsored by Minnesota State University Moorhead.

The bridges are built with standard toothpicks, wood glue and to exacting standards of no more than 56cm spans and 30cm height. The bridges are then measured, weighed and weights placed on them until they collapse. Spectators hold their breath as 5, 10, 15 lbs. or more are piled on the bridges made of only toothpicks.

**BRIDGE BUILDING continued on page 2**



As part of Read Across America Week, WDAY/WDAZ anchor and reporter Jordan Schroeer read the book "One" to students. The book focused on how everyone is unique and should be treated with respect. After, the kids got a little Q and A time about what it's like being on TV.

Excerpt and photos courtesy of WDAY News



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HIGH SCHOOL NEWS



## A decade in review

By Deb Wanek, Superintendent

It has been my honor and privilege to serve as Superintendent for the Pelican Rapids School District for the past 10 years. It has been a joy to be part of this community and the committed group of people that support a strong educational system for students. The staff, administration, school board, parents, and community have been dedicated to doing what is best for children.



I have always enjoyed Theodore Roosevelt's quote, (this is my summary of the quote)... 'it is not the critic that counts but the ones in the arena who are marred by dust and sweat, who know great enthusiasm, devotion, and spends himself/herself in a worthy cause'. It is a wonderful thing for me to say that I was able to work side by side with the people in this school and community who exhibited such wonderful enthusiasm, devotion, and passion to support students.

During my time here, I have seen many people give a great deal of time and energy to support a number of initiatives brought forth to enhance the education of our children. These people made sacrifices to support an operating levy and a renovation bond levy. Both levies made an incredible difference in our school. The District was able to maintain electives and keep small class sizes, update classrooms, add an auditorium and additional activity space. The school looks great and is a wonderful way to represent our town and community as different regional activities are held here.

Over the last ten years, our school and community have experienced some difficult days. We struggled through difficult budget cuts where many of our staff, which felt like family, lost their jobs due to lack of funds. We endured the heart wrenching loss when accidents claimed the lives of some of our precious students. Sorrows of many kind are easier to bear when they are shared and this school and community have been wonderful examples of support for those going through difficult times.

All the hard work of the school and community paid off. The District is financially stable, facilities are in good shape, and test scores are on the rise. The Leader in Me™ program will continue to be an important part of the school culture and will truly develop our leaders for the future.

It has been a tremendous honor to be part of this District and I have enjoyed it so much it is hard to think I will no longer be a part of this school system. I am confident in the skills and experience that Randi Anderson brings to the superintendent position, and it will be an absolute pleasure to watch this District continue to do great things as they help all children fulfill the school motto "We learn not for school but for life!" I know our students will continue to make this world a better place. Go Vikings!



### 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.

**Congratulations to the students at Viking Elementary for exceeding their school-wide WIG (wildly important goal) of reading over 1,000,000 pages between Nov. 1<sup>st</sup> and April 30<sup>th</sup>!!! Your dedication to reading is amazing!!!**



### BRIDGE BUILDING continued from page 1

Students design their bridges themselves and learn concepts about architecture, physics, construction, strength and reinforcement. Math also plays a role as the winning bridges are judged by the amount of weight supported by the weight of the bridge itself. The winning bridges may not simply be the ones that hold the most weight, but rather the bridge that supports the most weight compared to its build.



At this year's MSUM contest, Pelican Rapids competed against much larger school teams including Moorhead and Fargo schools and swept the competition, taking over \$350 in cash prizes.

Winning the top "Best Bridge Overall" prize was the team of Kelsey Isaman, Calli Thorson and Kia Nelson. "Best Appearance" was won by Monserrat Gonzalez, Molly Thornton, Peyton Blakeway and Brandon Partlow. Also placing were Philip Dykhoff, Oakley Carlson, Kiki Madole, Alyssa Hlabakken and Stephanie Urbano. Winning the junior high division were the teams of Lily Holl, Sophie Hovden, Zoe Kekaha and Zundud Ali.

The MSUM Bridge Building contest is sponsored by the MSUM Department of Physics and Astronomy, FM Engineers, Professional Society of Engineers and the MSUM College of Science, Health and Environment. Bridge builder winners with their prize money shown in photo below.



## Student lighthouse leadership projects and events

By Marni Neubauer, VES Lighthouse Team

### Pennies for Patients

The student lighthouse chose to again participate in Pennies for Patients. Students collected coins throughout the month of February for a total of \$1,811.67. Our goal was \$2,000.00, so we fell a bit short; however this was still a terrific amount to donate to the Leukemia and Lymphoma Society.

The classroom that raised the most money was Mrs. Eiden's class with \$450.02 (shown in photo below). Congratulations!! Mrs. Neubauer's class came in second with \$162.69. Mrs. Isaman's class was third with \$139.67. The student lighthouse would like to thank everyone for their help with this project.



### Leadership Day

The Student Lighthouse had our first Leadership Day on Wednesday, May 10<sup>th</sup>.

Community members were invited to visit and learn about our leadership at the Viking Elementary School. Students already demonstrate their leadership to parents during concerts, student-led conferences, and various events, but they wanted the opportunity to share their leadership with our Pelican Rapids community.

Part of the afternoon included students sharing the "Leader in Me 7 Habits"™ and "Our Viking Elementary School Promise" as well as how we use them in our lives. Some of the activities included the band and choir performing, students giving tours, sharing Leadership Notebooks, WIGS (wildly important goals) and scoreboards (classroom & individual) and the sharing of artwork & work displayed.

### Talent Show

The Student Lighthouse will sponsor a talent show for all students in grades K-6 on May 25<sup>th</sup>. The show will be from 2:30-3:30 pm in the elementary gym. Students will be able to showcase talents such as singing, dancing, gymnastics, reading, or playing an instrument to name a few. We are excited to showcase our own "Pelican's Got Talent".

## Kindergarten students decorate grocery bags for re-use

Article excerpt and photo courtesy of The Pelican Rapids Press

The kindergarten students at Viking Elementary school celebrated Earth and Arbor Days by using their creative skills to save trees.

Nearly 100 kindergarten children created hand-designed artwork on brown paper grocery bags that were returned to Larry's Super Market for re-use.

The students delivered the bags to Larry's on April 21<sup>st</sup> (shown in the photo on the right with Larry's Super Market employee Mark Dokken).

The bags will be on display at the store, and available for reuse at the check-out counters.



**WCMCA Head Start Preschool**

We offer a variety of FREE Preschool Class options for 3-4 year olds to best fit your family's needs:

**Morning 8:00 am – 11:30 am**  
**Afternoon 12:00 pm – 3:30 pm**  
**All Day 8:00 am – 3:30 pm**

\*all classes meet 4 days a week and are held at the Pelican Rapids Viking Elementary School

**Apply Now!!**  
Call 218-770-9232

**BE PROACTIVE**

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**PUT FIRST THINGS FIRST**  
**think win-win**  
**seek first to understand then to be understood**  
 synergize  
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[www.teachersoncall.com](http://www.teachersoncall.com)  
 Or call 855-346-1650 for more information



## Second grade students enjoy 'Meet the Author' session

Article excerpt and photos courtesy of The Pelican Rapids Press

Aspiring young Viking Elementary writers mingled with readers at meet and greet event.

The Pelican Rapids second graders were in the spotlight last week—as young, “published” authors.

Each student wrote a book—complete with illustration—and family, friends and classmates were invited in to the Heidi Henkes classroom to



visit with students about their literary work.

Students chose to write informational books on topics they were experts on.

They wrote, revised, edited and published their informational books. “In second grade, students also do this with narrative and opinion writing,” noted teacher Henkes.

The student work was celebrated with the ‘Meet the Author’ session on April 21<sup>st</sup>. It was set up “science fair” style, inviting parents, other classes and staff to visit.



## National Archery Schools Program at Viking Elementary

By Sheri O'Brien, Physical Education Teacher and Certified Archery Instructor



The students in grades 4, 5 and 6 just completed their 2017 National Archery Schools Program (NASP) unit of study during physical education classes at Viking Elementary School. Students readily accepted the challenge of mastering the 11 steps necessary become a safe and future successful archer. Certified instructors Brent Frazier and Sheri O'Brien met with the students during the month of March. The 6<sup>th</sup> grade students seemed to easily remember the expected archery commands and were also able to recall the difference between the terms “dry fire hazard” and “cease fire.”

All the students easily absorb the 11 archery steps the more they are given defined practice parameters and it is a joy to observe their progressive improvement.

Archery is a wonderful lifetime sport and instructors Frazier and O'Brien are grateful to Viking Elementary Principal Dr. Richardson for his continued support of the physical education unit of study every March.

The physical education program has also been given consistent local support by the Quality Deer Management Organization (QDMA) in providing monetary support towards the purchase more of the NASP approved right and left handed compound bows, quality carbon shaft practice/competition level arrows and replacement fletchings.

## Community Education and lifelong learning

By Nadine Brown, Community Education Coordinator

The Pelican Rapids Community Education program enjoyed a successful year offering 40 classes and serving over 140 adults and youth from the area. Community Education classes are designed to give people a chance to learn something new, something fun and also meet new people who have similar interests.

One of the more popular classes was the Learning Ancestry.com and Ancestry DNA classes taught by PRHS English teacher, Joyce Burnham. A self-taught “ancestry fan”, Joyce developed an interest in the subject after learning that her mother wasn't aware of where her mother had been buried after a tragic suicide in the early 1930's.

“The joy on my mom's face and tears of relief were all I needed to tell me that we had done the right thing in searching for this information.”

Through Joyce's interest in researching her families, she now has 493 ancestors and living relatives listed in her mother's family tree and has discovered family members in states from New York to California and 1 foreign country so far.

“It has sort of bothered me that I spend so much time on this ancestry work. But then I remember how ancestry is an impor-

tant part in biblical stories. How in the world did they keep track of all those “begats”? There had to have been family historians. Families are lucky if 1 out of every 40 of them is interested in taking on the job. And now I have a new inspiration—teaching about Ancestry.com in community ed classes. I truly enjoy it! I learn right along with them sometimes.”

Another popular class was the oil painting class taught by Dorothy Hoover, an area resident. Dorothy's daughter, Kathleen approached Community Ed coordinator Nadine Brown one day in church and suggested that Brown contact her mother.

“Kathleen said that her mom was a great teacher and she could offer art classes to anyone who could hold a

paint brush. I thought this would be a wonderful class for our program. I was very pleased that 14 women ages youth to senior citizen spent Saturday, March 18<sup>th</sup> painting with Dorothy,” said Nadine Brown.

Two of the painting members were Lois Aas and Gwen Lass who spend their work days as secretaries overseeing Viking Elementary. When asked why they decided to take the class, they replied, “It looked like fun. We wanted to try something new and we succeeded in painting a great picture.” You can see the great results of the class in the photo on the lower left.

“I love the concept of Community Education,” Brown said, “I believe that we should never stop learning and I am so proud that the Pelican Rapids community is offered these chances to keep growing. I wish the best of luck to the district in the future and hope that the number of participants in the program continues to grow.”

Posing with their finished calligraphy projects (in the photo on the right) are the proud students of this fun class taught by Chris Thyssell.



## Track & Field Days Schedule

- Friday, May 19<sup>th</sup> Grades 4-6 at 9:00am-3:30pm \*
- Monday, May 22<sup>nd</sup> Grade 3 at 8:15am-10:00am
- Monday, May 22<sup>nd</sup> Grade 2 at 10:15am-12:00pm
- Monday, May 22<sup>nd</sup> Grade 1 at 12:50pm-2:25pm
- Monday, May 22<sup>nd</sup> Kinders at 2:30pm-3:40pm

\*If Friday, May 19<sup>th</sup> should be a complete rainout: Grades 4-6 would be moved to Mon. May 22<sup>nd</sup> and K and Grades 2-3 would be moved to Tues. May 23<sup>rd</sup> and Grade 1 would be moved to Wed. May 24<sup>th</sup> 12:55-2:00pm



## 'Jump for Heart' goal exceeded

Article excerpt and photo courtesy of The Pelican Rapids Press

Thanks to the synergy of 36 Viking Elementary students in grades 3-6, over \$2,207.00 was raised for the American Heart Association in just 14 days!



The initial goal of raising \$1,500.00 was exceeded because the participating students did such an amazing job of asking neighbors, friends, relatives, family members and parent co-workers to help support their cause. Top fundraising male and female are as follows per grade level:

### Grade 3

- Ayden Rotz \$60.00
- Morgan Korf \$40.00

### Grade 4

- Esteban Zavala-Gunderson \$200.00
- Kaylie Ross \$165.00

### Grade 5

- Cale Richardson \$105.00
- Thea Olson \$867.00 (shown in photo on right)

### Grade 6

- Daniel Urbano \$10.00
- Lilly Peterson \$200.00

Funds raised go toward research regarding cardiovascular disease, stroke issues and health education programs.



# Summer learning programs in Pelican Rapids pre-K to grade 12

## Viking Student Success Grades 7-8 and Credit Recovery Grades 9-12

June 5<sup>th</sup> - June 29<sup>th</sup>

Monday - Thursday 8:00 am - 12:00 pm

Classes will be held at PRHS (use door #8)

Free breakfast and lunch available

Information will be mailed home to parents

Questions: Call Lauren Siebels at 218-863-5910



## Viking Student Success Grades K-6

July 31<sup>st</sup> - August 10<sup>th</sup>

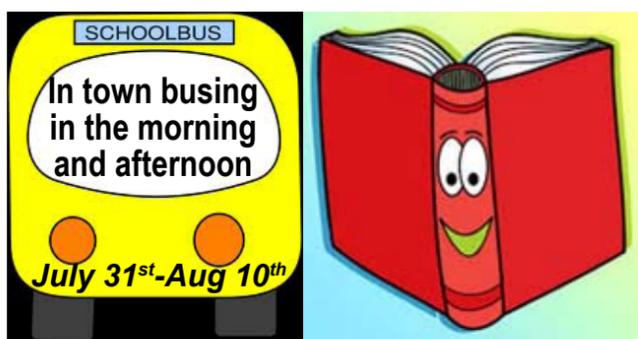
Monday - Thursday 8:00 am - 3:00 pm

Free breakfast, lunch and snack available  
In town busing available



VSS will be held at Viking Elementary

Questions: Call Janell Schmidt  
at 701-850-6295



## Kindergarten Boost

School Readiness Program

July 31<sup>st</sup> - August 10<sup>th</sup>

Monday - Thursday 8:30 am - 3:00 pm



The goal of this school readiness program is to help preschoolers, soon to be Kindergarteners, extend their preschool experiences so they will enter school with the skills and behaviors necessary to be successful in future learning.

This two week summer session will be filled with age appropriate learning, exploration and social activities such as handwriting, math and reading core, and outside play.

Free breakfast, lunch and snack are available and there will be in town busing.

If you choose to drop off your child and have them eat breakfast with us, plan to meet us in the lobby at 8:00 am as we will be eating as a group at 8:05 am. Plan on picking up your child at 3:00 pm.

Please make arrangements with Club Vikes if you need to drop off or pick up your child before or after the designated times as they cannot be left unattended in the lobby.

Teachers for this program will be Terra Fitzsimmons and Megan King.

Call Terra at 218-863-5910 ext. 5393 with questions

## Club Vikes School-Aged Care Program

By Courtney Thorson, Club Vikes Coordinator

Club Vikes is a school-age care program for children in grades K-6 (children entering Kindergarten may attend the summer before they start Kindergarten and children leaving 6<sup>th</sup> grade may stay in the program throughout the summer before they enter 7<sup>th</sup> grade). We respond to the needs of families by having a safe and fun place for their children to go before and after school, and during the summer.



### Club Vikes Hours:

Monday-Friday 6:30 am-6:00 pm

### Dates Closed:

We will be CLOSED this summer on: May 26<sup>th</sup> & 29<sup>th</sup> and July 3-4<sup>th</sup>

### Cost:

Contracted Care  
\$13.00 (less than 6 hrs)  
\$23.00 (6+ hrs)  
*Contracted Care guarantees a spot for your child*



### Drop-In Care

\$3.50/hr

(minimum \$7.00 charge)

*Child(ren) must be registered for Drop-In Care. You do not need to contract any days, you only need to give notice BEFORE you arrive. However, your child is not guaranteed a spot and will only be allowed to attend if there is enough staff to accommodate your child.*

### Location:

Due to maintenance that will be happening at Viking Elementary during the month of June and part of July, Club Vikes will be moving to the Pelican Rapids High School during that time. Exact dates and room number have not yet been determined.

### Questions about this program:

Contact Courtney Thorson, Club Vikes Coordinator by phone at: 218-863-5910 x5022 or 218-341-6739 or by email at crthorson@pelicanrapids.k12.mn.us OR clubvikes@pelicanrapids.k12.mn.us



## Summer Vinyasa Flow Yoga Community Ed Class

Vinyasa means "flow." This class takes practitioners from pose to pose through breath and movement coordination with core emphasis. This makes the journey to challenging postures safe and enjoyable. Students will enjoy a fun flow of sun salutations, hip, shoulder & heart openers, backbends, balancing postures, and inversions. This class emphasizes the development of poise, flexibility, balance, and strength for students of all-levels. Beginners are welcome. Yoga mat needed. Ages 16 and up.

**Instructor:** Melissa Terry, Yoga Certified

**When:** Mondays & Wednesdays 5:30-6:30 pm (June & July)

**Location:** Valhalla (enter west door #7, follow signs for walking track)

**Class fee:** \$40 for 5 sessions

or \$10 per class

*You do not need to pre-register for this Community Ed class.*

*Call Becky Wontor at 218-863-5910 ext.4250 with questions.*



## INDOOR WALKING TRACK, WEIGHT ROOM AND LEADERS GYM OPEN TO COMMUNITY

### Indoor walking track, weight room and Leaders Gym

May 7 - July 30\*

Monday - Sunday

5:00 pm - 9:00 pm

(use west door 7)

*No background check is required if using the facilities during these supervised hours*

*\*the facility will not be open on May 26<sup>th</sup>, May 29<sup>th</sup>, June 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>, and July 4<sup>th</sup>*

### Indoor walking track hours

September-May\*\*

Tuesday-Friday

(days that school is in session)

**Before School** 6:00-7:45 am (door 7)

**During Lunch Hour** 11:45 am-1:30 pm (door 1)

**After School/Evening** 6:30-9:00 pm (door 7)

*\*\*Individuals wanting to use the walking track during school hours are required to pay for and successfully complete a background check. Contact the school office for details at 218-863-5910.*

We are happy that our school space can be utilized to assist you in staying healthy and ask that you please abide by the following rules when using the facility:

1. Must wear indoor shoes.
2. No food, pop, or energy drinks allowed on the track. Water only.
3. Please throw away all garbage in trash cans.
4. Students under 7<sup>th</sup> grade must be accompanied by an adult at open gym.
5. Must stay in the Al Siegle Activity Center.
6. No floor hockey, soccer, throwing hard baseballs or softballs in the Leaders Gym.

Please call the high school office at 218-863-5910 if you have any questions about use of the Al Siegle Activity Center.





New to the area  
or just visiting for  
the summer?  
Join us for some  
summer fun!

### PRHS SUMMER WEIGHT ROOM PROGRAM

Organized, structured, and supervised program to enhance speed, strength, and agility of our athletes in grades 7-12

**May 29<sup>th</sup> - August 10<sup>th</sup>**  
(except for the week of July 4<sup>th</sup>)

**Monday - Thursday**  
**7:00 am, 8:00 am OR 9:00 am**



Cost: \$60.00 per student (\$100/family max)

Free t-shirt is earned for 75% attendance

Sign-up forms are available in high school office

Call PRHS office 218-863-5910 with questions

## Summer Recreation June 5<sup>th</sup> - July 14<sup>th</sup>

Contact Amanda Guler, Summer Rec Coordinator at 651-503-2512

ACTIVITY	WHO	WHEN	WHERE	WHAT TO BRING	FEE PER PARTICIPANT
<b>BASEBALL</b>					
T-Ball <i>Parents are welcomed and encouraged to participate with their child</i>	Boys & Girls 4-5 yrs old	Mondays & Wednesdays 10-11:45am	Carr Recreation Field	Labeled glove	\$20.00
Rookie League	Boys & Girls 6-8 yrs old	Practice Monday-Thursday 10-11:00am	Carr Recreation Field	Labeled glove	\$30.00
PeeWee	Boys who completed grades 2-3	Practice Monday-Thursday 10:30-11:50am Games Mondays & Wednesdays 1:00pm	Chauncey Martin West Field	•Labeled glove •game shirt •Baseball pants	\$40.00
Knot Hole	Boys who completed grade 4	Practice Monday-Thursday 10:30-11:50am Games Mondays & Wednesdays 1:00pm	Chauncey Martin West Field	•Labeled glove •game shirt •Baseball pants	\$40.00
<b>SOCCER</b>					
Preschool	Preschool Boys & Girls 4-5 yrs old	Tuesdays and Thursdays 10-10:45am	Carr Recreation Field	•Shin guards •cleats or running shoes •a labeled soccer ball	\$20.00
	Boys & Girls who completed grades K-2 and 3-5	•Practice Monday-Thursday 8:30-9:45am •Games Fridays 8:30-9:45am <i>We will not be traveling!</i>	Carr Recreation Field	•Shin guards •cleats or running shoes •game shirt •a labeled soccer ball	\$30.00
Devo League	Boys who completed grades 6-9 and Girls who completed grades 6-11	<b>Boys:</b> Mondays, Wednesdays & Fridays 10-11:30am <b>Girls:</b> Tuesdays & Thursdays 10-11:30am	Carr Recreation Field	•Shin guards •cleats or running shoes •game shirt •a labeled soccer ball	\$30.00
<b>SOFTBALL</b>					
Ponytail 3-4	Girls who completed grades 3-4	•Practice Monday-Thursday 10:30-11:50am •Games Tuesdays & Thursdays 1pm	Chauncey Martin East Field	•Labeled glove •game shirt	\$40.00
Ponytail 5-6	Girls who completed grades 5-6	•Practice Monday-Thursday 10:30-11:50am •Games Tuesdays & Thursdays 1pm	Chauncey Martin East Field	•Labeled glove •game shirt	\$40.00
<b>GOLF</b>	Boys & Girls who completed grades 3-7	Mondays and Tuesdays 1-3:00pm	Birchwood Golf Course	•Golf balls, tees and clubs <i>You may rent clubs for \$2 per day from Birchwood</i>	\$40.00
<b>TENNIS</b>	Boys & Girls who completed grades 3-7	<b>Grades 3-4:</b> Mondays and Wednesdays 9-10:00am <b>Grades 5-7:</b> Tuesdays and Thursdays 9-10:00am	Chancey Martin Field	Tennis racket	\$30.00

\*There is a \$15 late fee for summer rec registrations after April 21<sup>st</sup>

Last year over 250 teams competed  
in this annual event held at the Pelican Rapids Schools!

June 9-11, 2017



For more information go to [www.shada3on3.com](http://www.shada3on3.com)  
or contact Doug Bruggeman at [brugdoug@loretel.net](mailto:brugdoug@loretel.net)



Every Tuesday through August 11  
E.L. Peterson Park 10:30am

come &  
enjoy the fun!

### Summer reading at the Pelican Rapids Public Library

#### Family Random Acts of Reading (RAWR)

- June 19<sup>th</sup> at 6:30 pm - "It's a Mad Mad Scientist World!"
- June 28<sup>th</sup> at 10:30 am - "Ralph Covert FREE Music Show!"
- July 17<sup>th</sup> at 6:30 pm - "If you build it..."
- August 14<sup>th</sup> at 6:30 pm - "Pi in the Sky(scraper)"



Call the library at 218-863-7055 with any questions or concerns.



## Friends, Fun and Food!

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



PRHS Cafeteria & VES Cafeteria  
**Where?** 310 S Broadway & 1 Viking Drive

Mon-Fri May 30-July 14, 2017 at PRHS \*except July 3-4  
**When?** Mon-Fri July 17-September 1, 2017 at VES

Breakfast 7:45-8:30am  
**What Time?** Lunch 11:15-12:30pm

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

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

The USDA is an equal opportunity provider and employer.

Come join us for some great summer fun in Pelican Rapids!

# New York City Band Trip

Co-Authored by PRHS band students Preston Hart, Abby Johnson, Mariana Molina, Emily Monson and Mason Thorton

The Pelican Rapids High School Wind Ensemble traveled to New York City on March 27<sup>th</sup>. They saw many educational and entertaining sights. A few of the highlights from the eight day trip were 3 Broadway shows, 2 off-Broadway shows, Central Park, 9/11 Memorial, Brooklyn Bridge, Empire State Building, Trump Tower and more.

When they got to New York, they arrived at Times Square which was unbelievable with all the tall buildings, bright lights, and all the people who were there. Times Square was the very first New York sight that they got to experience. They had a couple hours to go explore, and got to see stores like the Hershey's Factory and the M & M Factory.

The 3 Broadway shows that the band went to were *Miss Saigon*, *Phantom of the Opera* and *Cats* and the 2 off-Broadway shows were *Blue Man Group* and *Stomp*. The two favorites of the group were *Miss Saigon* and *Blue Man Group*. After *Miss Saigon*, the band waited for the actors and actresses to come out so they could autograph their programs.

Central Park was another well-known site that the band got to visit. They got to walk around and see the large park that is placed right in the middle of the city. There were many places within the park that are seen in movies, so they got to learn about and see many of those. It is a big park and it was a really good experience for the band to be able to walk through and see it.

Another place the band was able to visit was the 9/11 memorial museum. It was really shocking to see all the artifacts from that day of terror.



There were items like a firetruck that was burned and destroyed because parts of the building fell on it and there were parts of the actual building that were still mostly intact. There was also a room that had a picture and name of everyone who died in the tragic attack.

One thing that everyone enjoyed was bargaining in Chinatown and Little Italy. There is an endless amount of little shops there with a large variety of souvenirs. Some of the most common items people bought included handbags, sun-

glasses, jewelry, coffee mugs and clothing. The best part about purchasing items in Chinatown and Little Italy was being able to bargain for a lower price. This was a new experience for many people, but everyone loved it.

The last night in New York, the band went a DJ dinner cruise. The boat took them along the Hudson River. They went by the Brooklyn Bridge and the Statue of Liberty. On the cruise, they were fed supper, had a dance, hung out on the upper and lower decks and got to see New York with all its lights at night.



## FINDING PURPOSE WITH HABIT 1: PROACTIVITY

By Doug Bruggeman, PRHS Lighthouse Team and 7 Habits Encourager

I read a great article recently entitled "Our Love/Hate Relationship with Work" by Josh Becker. The focus of the article is on how we look at work from the wrong perspective. Becker states that we work for the reward of money but then goes on to say that money, as a means of fulfillment, will always fall short. Becker states that to feel happiness and fulfillment in our work we need to "view work as a contribution to others" and let that be our reward.

**"Whether we are bagging groceries, delivering mail, sweeping streets, or managing others, we can view our work as an act of love to the people we serve." -Becker**

In reading the article, I found myself thinking of the power we each have to be happy and content with what we do in our lives. Yes, I also believe that we should constantly be growing and improving as individuals but right I want to focus in on the power of PROACTIVITY.

Being Proactive is the foundation habit on which all of Stephen Covey's Habits of Effectiveness rest. It is the realization that we can ultimately control only one area of our life and

that is our thoughts and thus our attitude.

Naturally, I looked at the education of our students here at PRHS and thought about how we can improve the effectiveness of our students by approaching their education with the same perspective that Josh Becker says we should take towards our jobs.

Math, science, history, etc. . . are not going to be equally as important to the future of all of our students. However, receiving a solid education and a high school diploma is one of the best gifts a person can give themselves.

So maybe we can create a more willing attitude to learn in our youth by letting them know that the reward of education is not a grade but the opportunity to grow as a person so that one day they may find their passion and use their gifts as an act of love to the people they will one day serve.

**"Whether you get A's or C's, are gifted in math or not, are from a middle class or poor family, are talkative or quiet...doing your best to learn what you can learn...is the greatest gift you can give yourself." -Bruggeman**

## OUR STUDENTS LEARN FOR LIFE

### "WHERE ARE THEY NOW?" PRHS GRADUATE ARIANNA ZAVALA

**What year did you graduate?** 2006

**What post-secondary education did you attend and what degree did you earn?** Attended M State Fergus Falls and Detroit Lakes. Obtained Real Estate License in 2007; later attended M State for Business degree.

**Describe your career choice and what you enjoy about your career.** I chose to go into real estate and business, because they go hand in hand. In real estate you are considered self-employed, therefore you run your real estate career as you would a small business. I really enjoy bringing sellers and buyers together on the sale/purchase of real estate property. I love the fact that as a Realtor I have the opportunity to help individuals attain the dream of home ownership.

**How did PRHS prepare you for college and your career?** Attending PRHS taught me to be open minded and more conscious of other ethnicities, cultures, religions, and to be respectful of them. I now work with people from all walks of life and I really enjoy it. It's a neat thing to work with buyers and sellers from different backgrounds, especially when it's nothing new to me since I grew up surrounded by so much diversity here in this little town of Pelican Rapids.

**What extracurricular activities did you participate in while you were at PRHS?** None, unfortunately! (I am not sure why).

**Do you have any special memories of your time at PRHS that you would like to share?** This comes to mind often and I'm not sure why... Mr. Brown jumping on top of a desk and yelling at the top of his lungs, "Never call a person a which or a that."

**Any words of wisdom you would like to give the students in Pelican Rapids?** Apply yourself while you're in school! Many of the skills you're taught in school, which can sometimes be taken for granted, you'll actually end up using/needing in real life situations long after high school. You may end up looking back and wishing you would have paid more attention in school.

**Ryan Bruggeman honored as male Athlete of the Year' and 'Most Valuable Player' at Southwest Minnesota State University**

Article excerpt and photo courtesy of The Pelican Rapids Press

Southwest Minnesota State University (SMSU) student-athletes were honored at the SMSU Athletic Department's 12<sup>th</sup> Annual Celebration of Excellence program held on April 17<sup>th</sup> on the SMSU campus.

During this celebration, men's basketball sophomore student-athlete, Ryan Bruggeman a graduate of Pelican Rapids, received the 2016-17 Male Athlete of the Year award. Ryan also was honored as the men's basketball team's Most Valuable Player for the 2016-17 season.

This past basketball season Bruggeman helped the Mustangs reach the "Sweet 16" of the NCAA Division II basketball tournament. The Mustangs also tied a program record 28 wins and along the way earned their first NSIC Southern Division Championship and won the end of season NSIC Conference Tournament. Bruggeman was selected to the NSIC all-conference first team and also was chosen as MVP of the conference tournament. In the NCAA tournament, Ryan made the Regional all-tournament team.

Pictured above right is Ryan Bruggeman with SMSU President Connie Gores.



**Maggie Knorr teaching in Malaysia through Fulbright program**

Maggie Knorr is currently teaching English in Malaysia. She will spend a full year through the Fulbright program and is based in Kuala Berang, Malaysia (one of the most rural places in Malaysia). Her first classroom activity was having a mock snowball fight (pictured below left). Malaysia is tropical so students thought it was hilarious.

After graduating from PRHS, Knorr attended Hamline University and received a BA in Economics and Philosophy. She also received a Rotary scholarship in 2012 to teach in Finland and was a college exchange student in 2015 as a writing/drama teacher in Bulgaria. She has been providing updates via email.

If you would like to reach out to her, she loves hearing from Pelican Rapids friends and family. [maggie.knorr@fulbrightmail.org](mailto:maggie.knorr@fulbrightmail.org).





## Including, informing and inspiring others

By Amy Korf, SADD Advisor

At the end of March, nine PRHS Students Against Destructive Decisions (SADD) Officers attended the Northern Lights SADD Tri-State Conference at the Alerus Center in Grand Forks, ND. This year's



theme "Survivor" focused on including, informing and inspiring others. PRHS SADD Officers participated in team building activities and attended small group workshops as well as large group keynote presentations.

For the past year, two PRHS SADD Officers, Abby Johnson and Zane Brosowske, served on the Northern Lights Student Advisory Board (NLAB), which helps plan area SADD activities as well as the annual conference. Over 500 students attended this year's Tri-State conference in Grand Forks, which included SADD groups from Minnesota, North Dakota and South Dakota.



## Gearing up for the FFA Convention

By Lee Larsen, FFA Advisor

The Pelican Rapids Future Farmers of America (FFA) has had a busy and fun year. This year students have participated in many Career Development Events including Forestry, Poultry, Wildlife, Small Animals, Livestock, Dairy, Dairy Foods, and Farm Business Management. Members also participated at the Fall Rally, Ag Activities Day, National FFA Convention, Crop and Forage Show, and State FFA Convention. The fun did not stop there as members also organized a FFA dance, bowling, road ditch cleaning, and a trip to Acres of Terror.

Currently members are gearing up for the Minnesota State FFA Convention. The following are the regional results for our teams and individuals that qualified for State this year:

### Forestry-5<sup>th</sup> Place

Hunter Ammann  
Tyler Haarstick  
Dillon Such  
Joe Stetz

### Dairy Judging-3<sup>rd</sup> Place

Mason Thornton-5<sup>th</sup>  
Larissa Seifert-6<sup>th</sup>  
Abby Johnson

### Small Animals

Desi Hurley-5<sup>th</sup>

### Farm Business

### Management-1<sup>st</sup> Place

Preston Hart-1<sup>st</sup>

Emma Hoover-3<sup>rd</sup>

Hailey Peterson-9<sup>th</sup>

Grace Peterson-10<sup>th</sup>



*Editor's note: the FFA group has also volunteered with the sorting and assembly process required for bulk mailing this newsletter and has done an amazing job that is valued and appreciated very much!*

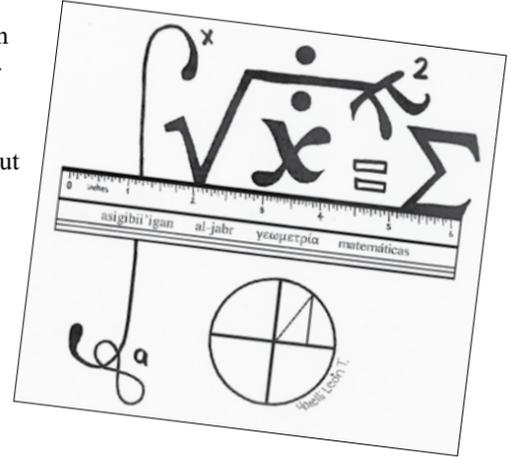


## Student logo design and artwork showcased

By Robyn Dial, PRHS Art Instructor

Twelfth grader Yarelli Leon's math logo design has been chosen to represent the Northern MN Mathematic competition in Bemidji. Her design will be printed on all of the contestants T-shirts. (shown on the right)

Community member Joan Ellison is writing a book about finding refuge in the United States and has photographed over a dozen students artwork to be showcased. Students are ESL speakers with a passion for art.



Students worked on toned paper with charcoal to create animal drawings.

Brook Gnatd monkey drawing (shown on left)

Jessica Camilo lizard drawing (shown on right)

Jessica Weinrich piglet drawing (shown below left)



Riley Paulson and other students working on their drawings in Art class (shown on right)



## Gearing up for the FFA Convention

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By Nadine Brown, Achievement & Integration Coordinator

The PRHS Somali Student Association wrapped up a successful year of traveling to area schools by attending the Festival of Nations event with students from Perham High School on May 4th. In addition to Perham, the group visited classrooms in Battle Lake, Underwood, Detroit Lakes, and Hawley. Their visits included sharing information on the differences and similarities of Muslim culture and also what it is like growing up in small town Minnesota.

"I love living in Pelican Rapids," said junior Najima Ahmed. "We are accepted, we are treated the same, my classmates all know me and respect me".

Other Cultural Collaborative events during the year included Spanish Classes Cultural Olympics events with Fergus Falls and Underwood schools; penpal exchanges with Hawley; and 5th Grade get togethers with Underwood.

"This is the 12th year that Pelican Rapids and 7 area schools have received grant funds from the Minnesota Department of Education in the Achievement and Integration program. The funding for the next three years is currently being approved by the MDE so wonderful opportunities like these can continue for all students in our districts," said Nadine Brown, coordinator of the AI program.



## HIGH SCHOOL NEWS

By Brian Korf, High School Principal

As I look back on the 2016-17 school year, I feel honored to be part of Pelican Rapids High School and a community that is supportive of our students. It has been a great school year at PRHS. As the year began, students were introduced to their new science classrooms and labs, which feature updated equipment. In addition, we enjoyed hosting activities and events in our new gymnasium and fine arts auditorium. Throughout the school year, we continued to implement technology in classrooms and practiced following the 7 Habits of Highly Effective People™, as each student and staff member chose "one word" to follow as a guide throughout the year.



This spring, students have been busy completing Reading, Math and Science Minnesota Comprehensive Assessments (MCAs). Additionally, students in Advanced Placement (AP) classes have been involved in assessments this spring. Our students and staff have worked hard to prepare for these exams. We look forward to evaluating results and identifying areas of strength and areas of improvement to better serve our students.

As graduation nears, I would like to thank our seniors and their families. It has been a pleasure working with each senior this year at PRHS. Congratulations and best of luck to all of our seniors in the future.

As summer break approaches, we encourage students to continue reading over the summer. Reading is a great pastime and could help students improve upon their reading and comprehension skills. Furthermore, summer is a great time to sharpen the saw and read for enjoyment.

Thank you for a great school year and for sharing your child with us during the 2016-17 school year!

### 7 habits of highly effective people

**1-Be proactive (you're in charge)**

**2-Begin with an end in mind (have a plan)**

**3-Put first things first (work first, then play)**

**4-Think win-win (everyone can win)**

**5-Seek first to understand, then to be understood (listen before you talk)**

**6-Synergize (together is better)**

**7-Sharpen the saw (balance feels better)**

7 Habits of Highly Effective People™ Steven Covey



*Congratulations!*

**Class of  
2017**

**Baccalaureate Service**      **Graduation Ceremony**

Sunday, May 21<sup>st</sup> at 7:00pm      Friday, May 26<sup>th</sup> at 7:00pm

Fine Arts Auditorium

Leaders Gymnasium

**Preston Hart**, Valedictorian (Cum GPA 4.0)

**Jennifer Hernandez**, Co-Salutatorian (Cum GPA 3.99)

**Bailey Shulstad**, Co-Salutatorian (Cum GPA 3.99)

**Mason Thornton**, Co-Salutatorian (Cum GPA 3.99)



### Two PRHS athletes compete at State Wrestling Tournament

Article excerpt & photo courtesy of The Pelican Rapids Press

Congratulations to Casey Kulsrud and Carson Haugrud for representing PRHS at the State Wrestling Tournament in March. Both wrestlers lost their first round match in the last seconds of the third period and the people they lost to were unable to win their next match.

Tri-Captain Kulsrud who is a senior, finished with a 62-53 record, and 31 pins in his 6 year varsity career, which started in 7<sup>th</sup> grade.

Haugrud's junior season ended with a 30-10 record. Tri-Captain Haugrud has a 63-37 record, and 44 pins in his 4 year varsity career which started in 8<sup>th</sup> grade.



### Pelican Rapids School District #548

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

[www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)

218-863-5910

School Board Members:

Charlie Blixt, Mike Forsgren, Dena Johnson, Jon Karger, Kathy Ouren, Anne Peterson

### BUILDING PROJECTS UPDATE

By Trevor Steeves, Building & Grounds Superintendent

With spring here and summer fast approaching we are getting ready for another busy season of projects. We have a few things to finish from the construction project; north west side of the high school will get landscaped and sodded, the north parking lot gets one more lift of asphalt.

We will be doing several projects in the high school and elementary buildings such as: floor replacements, roof replacement and lighting up grades. The elementary building will be closed during June and July for floor replacement, during which the elementary programming will be at the high school.

I hope you have a great summer!

### Indoor walking track, weight room and Leaders Gym open to community

**Indoor walking track,  
weight room and Leaders Gym**

**May 7 - July 30\***

**Monday - Sunday**

**5:00 pm-9:00 pm**

(use west door 7)

No background check is required if using the facilities during these supervised hours

\* the facility will not be open on May 26<sup>th</sup>, May 29<sup>th</sup>, June 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>, and July 4<sup>th</sup>

#### Indoor walking track hours

**September-May\*\***

**Tuesday-Friday**

(days that school is in session)

**Before School** 6:00-7:45am (use west door 7)

**During Lunch Hour** 11:45am-1:30pm (use east door 1)

**After School/Evening** 6:30-9:00pm (use west door 7)

## PRHS ATHLETICS

By Derrick Nelson, Assistant Principal/Activities Director

The Al Siegle Activity Center was a very busy place this fall and winter. Pelican Rapids was able to host the Section 8AA Volleyball Championship Match between DGF and Wadena Deer Creek in November. The Activity Center was busy every weekend with different activities including Valkyries Dance Invite, HOL Conference Wrestling Tournament, Section 6A Individual Wrestling Tournament, Youth Wrestling Tournaments, Youth Basketball Tournaments, as well as Basketball Buddies. It was great to see the facility bring extra people to town to watch our young people compete.



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

Cross Country, Football, Soccer, and Volleyball practices will start on Monday, August 14<sup>th</sup>. Students are also reminded that every three years you need a physical. Please schedule your physical early in the summer as doctor appointments fill up fast in August. If you are not sure if you need a physical please contact Wendy Hoadley at (218)863-5910. All 7<sup>th</sup> grade students need to have a physical before they can participate in any Minnesota State High School League sports.

Pelican Rapids will have a change coming for the next two years. All athletic teams will be competing at the Class A level. This change will affect Football, Boys Basketball, Girls Basketball, Baseball, and Softball. These teams will be competing in Section 6A for the next two years.

With an early spring, all of our spring sports are busy practicing and competing. Good luck to all of our athletes this spring season. Have a great spring and summer.

**Minnesota State High School League (MSHSL) requires that a Minnesota Eligibility Form be filled out each year.**

Students are also required to have a sports physical every 3 years.

**All 7<sup>th</sup> grade students need to have a physical before they can participate in any Minnesota State High School League sports.**

MSHSL forms are available at the high school office, on the MSHSL.ORG website (drop down box under 'resources') and at fall kick-off night on August 7<sup>th</sup>.

**The two clinics in Pelican Rapids (Essentia and Sanford) also have the updated sports physical form.**

\*\*Individuals wanting to use the walking track during school hours are required to pay for and successfully complete a background check. Contact the school office for details at 218-863-5910.

We are happy that our school space can be utilized to assist you in staying healthy and ask that you please abide by the following rules when using the facility:

1. Must wear indoor shoes.
2. No food, pop, or energy drinks allowed on the track. Water only.
3. Please throw away all garbage in trash cans.
4. Students under 7<sup>th</sup> grade must be accompanied by an adult at open gym.
5. Must stay in the Al Siegle Activity Center.
6. No floor hockey, soccer, throwing hard baseballs or softballs in the Leaders Gym.

Please call the high school office at 218-863-5910 with any questions about the use of the Al Siegle Activity Center.

