

Pelican Rapids School District #548
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 Pelican Rapids, MN 56572

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Volume 11 • Issue 1 • November 2018

Monthly newscast offers students hands-on experience

By Katlyn Haugrud, Student Writer

Pelican Rapids High School has a new class this year. Mass Communications is the latest addition to the English program. Taught by Kathryn Anderson, the class teaches students about the news industry and writing style, as well as how to use editing software.

However, the largest part is the hands-on experience. Each month, the students create a newscast focusing on events in the school district. They brainstorm, write, film, and edit the stories themselves, giving them a glimpse of what having a job in Mass Media is like. At the end of the month, they put the stories together into a 15-minute news segment, complete with two anchors.

There's a broad variety in the stories created. The October newscast featured everything from a sports recap to a humorous Public Service Announcement reminding everyone to return library books. It's a program that gives students freedom to work independently while also collaborating towards a common goal. The course is small with only ten participants, but is predicted to grow in future years.



To view the newscasts, visit the school district's website: www.pelicanrapids.k12.mn.us and click on the "PRHS Vikings News Network" icon.



Current Mass Communications students shown in photo on left. News team working on the various stages of preparation for their first newscast which was released on November 1st (shown in photos on right).



Pelican Rapids Profile of a Graduate

By Randi Anderson, Superintendent

I want to take a moment to express how much gratitude I have for our community. Your support for our students shines through in so many ways: the attendance of our events, participation in conferences, donations and so much more. We have had an incredible start to the school year and I truly appreciate everything you do to support our students and families.



As you may remember, Pelican Rapids Schools joined in the national conversation last January by inviting local parents, staff and community members to explore the following three questions:

1. What are the hopes, aspirations and dreams that our community has for our young people of Pelican Rapids?
2. What are the skills and habits that our children need for success in this rapidly changing and complex world?
3. What are the implications for the learning experiences we provide in our schools?

This group of stakeholders (community members, parents and staff) met throughout the spring of 2018, concluding in June with the establishment of the following traits for our students to be successful in the future:

- Building Character
- Communication
- Critical Thinking
- Collaboration
- Relationships
- Resilience



One of our students designed the 'Pelican Rapids Profile of a Graduate' graphic which will be finalized this fall.

As we move into the next phase of incorporating the 'Profile of a Graduate' into our district strategic planning, the challenge becomes *how do we grow, teach, and then measure these traits?* Over the course of the upcoming year we will work as a team of teachers and administrators to define what this will look like for our schools.

MCA RESULTS SHOW STEADY INCREASE IN STUDENT PERFORMANCE FOR READING AND MATH

The Minnesota Department of Education released the MCA results for math, reading and science on August 7th. The tests are given each spring to help gauge student progress in reading, math and science. The results are, but one tool in the students toolbox used to measure and reflect their learning.

With the passion and commitment of our teachers and learners, Pelican Rapids has seen a steady increase over the last several years in student performance in reading and math. For the first time we exceeded the state performance in reading by almost 2 percent

with 62.3% of our students being proficient in reading. Results showed 59.9% of our students being proficient in math.

The Minnesota Growth Model was designed from input of parents and educators to determine if a student is making growth and maintaining skills to be academically successful. Growth towards that goal is classified as low, medium or high. **Overall the Pelican Rapids students are making medium to high growth in reading and math, exceeding the percentage of students "on-track" compared to the state.**

MCA Achievement

- Reading Proficiency 62.3%**
Exceeds State
- Math Proficiency 59.9%**
Exceeds State
- Science Proficiency 40%**

4 Day School Week

- Student Achievement has INCREASED
- Student Average Daily Attendance rate 95%

Teacher Professional Qualifications

- 66.3% of Teachers have a Master's Degree which far exceeds surrounding districts

Teacher Ratio & Class Size

- K-12 Licensed Teacher to Student Ratio is 13:1
- K-2 Average Class Size is 14

Citizenship & Global Competency

- Student Lighthouse Teams lead projects to 'make a difference' in the school and community
- Global Citizenship

Programs

- FREE Viking Preschool**
Viking Preschool Awarded Parent Aware ★★★★★ Rating
4th year of highest rating possible
- FREE Voluntary Prekindergarten for 4 yr olds**
- Early Childhood Family Ed Classes**
- Club Vikes School Aged Childcare K-6**
• Monday-Friday 6:30am-6pm (year-round)
- The Leader in Me™**
• Creates a culture of student empowerment based on the idea that every child can be a leader
• Teaches leadership & life skills to students
- Viking Student Success K-12**
• Academic support after school
- College & Career Readiness**
- 4 College in High School (CIHS) classes:**
Advanced Algebra, Pre-Calculus, Statistics and English-College Writing
- Advanced Placement (AP) classes offered are:** Calculus and Spanish
- 77% of high school students are taking Career Tech Education (CTE) classes
- Alternative Pathway HS Completion**
• Alternative Learning Center (ALC) within the high school for students who have been unsuccessful in a traditional school setting

Contact us today to enroll!

Pelican Rapids Public Schools
218-863-5910
310 S Broadway
Pelican Rapids, MN 56572
www.pelicanrapids.k12.mn.us

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"The caring educators at PRHS gave me the foundation to pursue a life full of opportunity and adventure."

**-Peter Olson
PRHS 1991 Graduate**

See "Where are they now?" article on Peter and other PRHS Graduates on page 6

Pelican Rapids Schools

Our greatest assets are the students and staff who are the heart of our school system. We are a community that knows, supports and cares for each other. The 7 Habits of Highly Effective People® are taught in and out of the classroom. We have dedicated and experienced teachers who foster the growth and well-being of each learner. The K-12 Viking Student Success Program helps students reach their potential. Our students emerge ready to excel and make a difference in a global world. We have a tradition of award winning arts, athletic and academic programs. Students have big opportunities for involvement in a small school setting. We have state of the art facilities staffed by highly qualified educators. Our learners are engaged, excited and empowered. Our safe and supportive learning environment promotes the success of each student.

We Learn for Life!

Pelican Rapids School District #548

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

www.pelicanrapids.k12.mn.us

218-863-5910

School Board Members:

Brittany Dokken, Mike Forsgren, Jon Karger, Greg Larson, Brenda Olson, Anne Peterson

Congrats to our new board members: Brittany Dokken, Greg Larson & Brenda Olson

Thank you to Charlie Blixt, Dena Johnson and Kathy Ouren for your years of service on the board!



Viking Elementary Update

By Dr. Ed Richardson, Principal

As the school year progresses our staff is doing a great job integrating student iPads into their curriculum. The 1:1 technology is opening creativity with apps such as GarageBand for students to create and edit, and SeeSaw which allows students to share their learning and projects with teachers and parents. We've also had very positive feedback from parents and staff about apps like SeeSaw and Remind to communicate with parents.



Core Four of Personalized Learning

As you read and hear about the Core Four of Personalized Learning, you will find, as have our teachers, that much of what we have been doing in the last several years looks a lot like personalized learning.

- **Flexible Content and Tools**-Instructional materials allow for differentiated path, pace, and performance tasks. Throughout the day students are exposed to a combination of textbooks, authentic text, online content, and teacher-created activities based on learning needs.
- **Targeted Instruction**-Instruction aligns to specific student needs and learning goals. Teachers identify your student's specific learning needs and delivers instruction and provides activities to address learning needs. Teachers use small groups, 1-1 conferencing and targeted content to meet individual student needs.
- **Student Reflection and Ownership**-Ongoing student reflection promotes ownership of learning. Students understand their strengths and areas to develop and create their WIGs (Wildly Important Goals). Students also monitor their progress toward their goals.

Student Safety and Parking

We are running into short days, again. Please take extra care while picking up and dropping off students. As days get colder, please be sure to send weather appropriate clothing with your child (i.e. hats, gloves, snow boot, coats-as needed). Please be sure to label these items, as well.

Communication

To keep up to date on goings on at school, try one or all of our many resources:

- **Website:** www.pelicanrapids.k12.mn.us
- **Facebook:** Pelican Rapids Public Schools
- **Twitter:** @VES_Principal (Dr. Richardson)

VES Running Club runs a total of 431.75 miles!

The Viking Elementary School Running Club wrapped up on October 30th with a Halloween Theme. Over the 7 weeks, the goal was to run a total of 104.6 miles. Club members also had the opportunity to participate in 2 elementary events at varsity cross country meets. Approximately 50 students participated regularly each week. The students crushed their goal by running a total of 431.75 miles!

"THANK YOU" to our AWESOME STAFF & PARENT VOLUNTEERS (Sheri O'Brien, Karli Kirkwood, Heidi Moe, Jackie Larson, and Amy Potts) for your support.



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.

Digital Citizenship Resources from Common Sense Media

By Monica Thompson, Technology Integration

Digital media and technology are everywhere-stores, homes, schools. In order to keep students safe, it's important for them to become good digital citizens and learn how to use technology responsibly.

So, what is digital citizenship? Digital Citizenship is the practice of using the internet and technology safely, respectfully and responsibly.

So how do we teach our kids to be good digital citizens? How do we talk to our kids about digital media? Common Sense Media (www.commonsensemedia.org) is a great resource for parents and educators. Throughout the school year students will learn about being a good digital citizen through Common Sense Media Lessons.

Common Sense Media also has many resources for families including a Family Media Agreement and Device Contract. This is a good way to start a conversation and to set realistic rules for your family. Access the Family Media Agreements at: <https://tinyurl.com/y9kwc2zu>.

"Pastries with Parents"

Approximately 50 parents joined us in our Viking Elementary School Cafeteria on November 14th to learn about the technology our children are using to enhance learning experiences.

Monica Thompson, Technology Integration, shared information about our 1:1 iPad initiative, some of the apps our children use, and about our Digital Citizenship.



Our next "Pastries with Parents" session is scheduled for Wednesday, December 5th at 8:00am. We hope to see you there.

K-6 VIKING STUDENT SUCCESS (VSS) PROGRAM

Our Viking Student Success Program (VSS) program incorporates homework support and hands-on learning activities for students needing support with reading and/or Math. The program starts in the fall but your child can join any time.

Contact your child's teacher or Marie Cupkie at 218-863-5910 ext. 5269 with questions about this after school and non-school Monday learning program.

AFTER SCHOOL TUESDAYS-THURSDAYS

- 3:45-4:00pm snack
- 4:00-5:15pm VSS program

Club Vikes School-Age Childcare Program

By Emily Evenson, Club Vikes Program Coordinator

Club Vikes is a School-Age Childcare Program for children in grades K-6. We respond to the needs of families by having a safe and fun place for children to go before and after school, and during non-school days. We also provide your child(ren) with the opportunity to attend fun field trips, such as the zoo, a movie, baseball games, Maplewood State Park, nursing home visits, and more!

Club Vikes Hours:

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

Dates Closed: Club Vikes is not open on certain holidays (such as Thanksgiving, Christmas, Easter, 4th of July, etc.) You will be reminded of when we are going to be closed.

Contracted Care

- | | |
|-------------------------------------|-----------------------------|
| Mondays/
Non-School Days | School Days |
| • \$15 (less than 6 hrs) | • \$3 before school |
| • \$25 (6+hrs) | • \$6 after school |
| | • \$8 before & after school |

The Leader in Me™

great happens here

• School wide implementation of Stephen Covey's 7 Habits of Highly Effective People®

- Creates a culture of student empowerment based on the idea that *every child can be a leader*
- Teaches leadership & life skills to students
- Student Lighthouse Teams lead projects to 'make a difference' in the school and community

Student lighthouse encourages school spirit

By Amanda Belz, VES Student Lighthouse Leader



The Viking Elementary Student Lighthouse is off and running this school year and showing great leadership. The students showed a lot of school spirit when they took charge of the Viking Elementary dress up days during the annual homecoming week. For the second year VES students were invited over to the pep fest at the high school. It's always fun to see all the Pelican Pride in one building.

Currently the team is working on adding new members to this incredible group. They have filled in on announcements, helped at a volleyball game and are always willing to help when needed. I am so excited to add more students and complete the team for the 2018-2019 school year!

"ESCAPE THE ROOM" MATH PROJECT

By Zayli Arrow, 6th grade student in Mr. Moe's class



In math class we did a stem project where we had to "escape the room". We had to unlock a box with different combinations to the locks. We got a packet of clues to help us out during my project.

Drop-In Care

- \$3.50/hr with a minimum of \$7 charge (*non-school days*)
- Drop-ins on school days will be charged contracted care rate
- Child(ren) must be registered.

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: Club Vikes is located right inside Viking Elementary, connected to the lobby. There is a sign posted right inside the room that tells you "where Club Vikes kiddos are" during the day, making it easy to find us when dropping off/picking up your child(ren).

For more information

contact Emily Evenson, Club Vikes Coordinator

Email: eevenson@pelicanrapids.k12.mn.us

Phone: 218-863-5910 ext. 5022

FREE Viking Preschool and Early Childhood Family Education Programs

FREE Viking Preschool-School Readiness

We use Math and Language Pre-Kindergarten curriculum correlating to the K-6 models at Viking Elementary. It is integrated in an age-appropriate hands-on Pre-K experience with licensed teachers throughout the entire session. Our goal is to prepare children for success as they enter Kindergarten.

Early Childhood Family Education

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

Bright Start Child Care Home Visits and Family Outreach Program

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

FREE Viking Preschool

FREE Viking Preschool Ages 3-4

Child must be 3 yrs old by Sept. 1, 2018 to enroll

Morning Session:

- Wednesdays & Fridays 7:45-11:00am
- includes breakfast

OR

Afternoon Session:

- Wednesdays & Fridays 12:45-3:45pm
- includes snack

FREE Viking Preschool Ages 4-5

Child must be 4 yrs old by Sept. 1, 2018 to enroll

Tuesday & Thursday Session:

- 7:45am-3:45pm
- breakfast, lunch & snack included

OR

Wednesday & Friday Session:

- 7:45am-3:45pm
- breakfast, lunch & snack included



Free Voluntary Pre-Kindergarten for 4 year olds

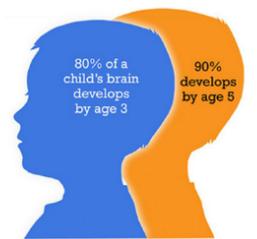
Research has shown that up to 90% of brain development occurs before the age of five, and that nearly half of Minnesota children enter kindergarten not fully prepared to succeed. By offering every four-year-old the opportunity to attend preschool, the state hopes to help close the achievement gap and ensure more students have a successful educational career.

Pelican Rapids offers free Voluntary Pre-Kindergarten (VPK) as one of the districts in Minnesota that has been awarded funding for the program.

Viking Elementary Principal Dr. Ed Richardson said that they look at the program as part of a continuum and getting instruction in letters, numbers, counting and simply how to operate within a school is an important hurdle for kids.

"Kids who come into kindergarten without knowing their letters and numbers can be behind by the 4th grade. Our Pre-K kids have that exposure to school and know what a school day is. They understand working with other students," said Richardson.

As coordinator, Terra Fitzsimmons says the program allows a smooth transition into kindergarten. Activities focus around math, literacy, art, social/play and developing fine motor skills. Contact Terra for more information at 218-863-5910 ext 5393 or email: tfitsim@pelicanrapids.k12.mn.us.



Early Childhood Family Education (ECFE) Classes

Magical Mondays



Ages 0-5

Parents and children must stick together as you explore the activities, art, and play stations. Together you'll enjoy a circle time with books, music, & dancing.

When: Mondays from 10:00-11:00 am

Location: ECFE Classroom (enter main doors)

No school agers allowed-we are partnering with Club Vikes to offer sibling care.

Contact Emily Evenson at 218-863-5910 x5022 with questions or to register for the Club Vikes program.



Winter Wiggle Outs

Ages 1-5

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



Park in the side parking lot, enter through door #14

Pelican Rapids district preschool programs have been approved for another Parent Aware Four Star Rating!



This is the highest rating possible and is valid for two years!

When:

- January 8th & 24th 6-7:00 pm
- February 7th & 26th 6-7:00 pm

Location: Viking Elementary Gym

Rootin' Tootin' Toddlers

Ages 0-2



Our youngest students have their special time at the big school. Come and meet new friends as we play, sing and dance together!

When: Thursdays in March 5:30-6:30 pm

Location: ECFE Classroom (enter main doors)

ECFE Winter Class Registration Form

Please register for all classes that your family wants to attend

Child's Name: _____ Age _____

Child's Name: _____ Age _____

Phone (day): _____ (evening): _____

Class Name	Days/Times	✓ to register
Magical Mondays	Mondays 10:00-11:00am	
Winter Wiggle Outs	Tuesday, January 8th 6-7:00pm	
	Thursday, January 24th 6-7:00pm	
	Thursday, February 7th 6-7:00pm	
	Tuesday, February 26th 6-7:00pm	
Rootin' Tootin' Toddlers	Thursdays in March 5:30-6:30pm	

Please contact me about receiving home visits:

- Caring Connections Bright Start Child Care

To register for ECFE classes or if you have questions:

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

Mail registrations to:

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

Please Note:

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

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

•Current class information including changes and cancellations can be found on our school website at www.pelicanrapids.k12.mn.us or on our Viking Preschool and ECFE Facebook page

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

•Terra Fitzsimmons & Megan King can be reached at (218)863-5910 x5393.

Terra Fitzsimmons

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

Megan King

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

Kimberly Hernandez

Classroom Assistant & Spanish translator
218-863-5910 ext. 5569
khernand@pelicanrapids.k12.mn.us

Tami Hanson & Mindy Peterson
Classroom Assistants

Janet Woolever
Child Care/Family Home Visitor

Pelican Rapids Community Education

Partnering with our community to offer lifelong learning...

Free Family Movie Night with Super Hero theme

By Kate Martinez, co-host of Family Movie Nights

The next Free Family Movie Night will be Saturday, Dec. 15th at 7:00pm at the High School Auditorium. The theme of the night will be Super Heroes and there will be free super hero masks available in the auditorium lobby for kids to decorate and wear starting at 6:30pm. Also before the film there will be a brief presentation about heroes in our society given by Kate and Rudy Martinez.

There were approximate 225 people who came to the Family Movie Night in



November to watch the movie *Coco* and learn about Day of the Dead, a Mexican holiday to celebrate, remember, and prepare special foods in honor of family members who have died.

Thanks so much for coming and hope to see everyone in their best Super Hero attire on the 15th!

This event is sponsored by Community Ed and hosted by Kate and Rudy Martinez

EMPOWERING yourself in a world of uncertainty

In a media driven world in which we consistently hear of adversity, this evening will focus on how we bring awareness and coping skills to live empowered and not in fear. There will be presenters to guide you through this process in the following areas:

- The importance of meaningful relationships
 - Community connections
- Emotional health is important for success
 - General Safety Tips

There will also be resource booths for community providers which will be open from 6:30-7:00pm and 9-9:30pm

Event Coordinator: Dawn Finn

When: Wednesday, December 5th 7:00-9:00pm

Location: Fine Arts Auditorium (enter east door 17)

Class Fee: free of charge

Converting Memories to Digital Media

Learn how simple it can be to convert 35 mm slides, VHS, audio cassettes, super 8 movies, and pictures to a digital format. Additional 90 minute introduction and work time labs can be scheduled to meet your digital needs. 5 person limit per class



Instructor: Cary Haugrud

When: Tuesday, December 11th 6:30-8:30pm

Location: PRHS Media Center (enter west door 8)

Class Fee: \$10.00

Introduction to Genealogy "Planting Your Family Tree"

If you have a bunch of family stories you want to fact-check, if you wonder where your family came from, or if you got your DNA tested and don't know what to do with that information (or even what it can tell you) ...In short, if you want to get started on your family tree, then

this class is for you. Class size will be small in order to give personalized attention to your specific needs.

Instructor: DMae Ceryes

When: Wednesday, December 12th 5:30-7:30pm

Location: PRHS Media Center (enter west door 8)

Class Fee: \$15.00



Introduction to Essential Oils

Essential Oils have been used globally to support our body systems to function the way they were made to.

These potent botanicals are derived from numerous plants and are great in supporting the health and wellness of you and your family.

Come and learn all about the power of Essential Oils. Learn how they are made and their endless uses and smell their essence.

Estate Planning

No matter your age or income level, estate planning is crucial for managing your assets, healthcare decisions, and providing for your loved ones. This course covers basic estate planning documents, including powers of attorney, wills, trusts, and community property agreements. Using real-world examples, we will discuss what these documents accomplish and how they are used. Instructor Greg Larson is a local attorney who has years of experience in estate planning for clients of all ages.



Instructor: Greg Larson

When: Monday, January 14th 6:30-8:30pm

Location: PRHS Media Center

Class Fee: \$10.00

Converting Memories to Digital Media

Learn how simple it can be to convert 35 mm slides, VHS, audio cassettes, super 8 movies, and pictures to a digital format. Additional 90 minute introduction and work time labs can be scheduled to meet your digital needs. 5 person limit per class

Instructor: Cary Haugrud

When: Wednesday, January 23rd 6:30-8:30pm

Location: PRHS Media Center (enter west door 8)

Class Fee: \$10.00

XABeat and Yoga Exercise Classes

XABeat classes

Instructor: Tami Seifert, XABeat certified Inspirator

When: Mondays 5:15-6:15pm

Location: PRHS Commons (enter east door #1)

XABeat is an upbeat dance class with fun and uplifting music! You can make it any intensity you wish by going full out, or just moving your body at your own pace. Either way, we all have fun! Be sure to wear comfy clothes and tennis shoes, and bring a water bottle.

Yoga classes

Instructor: Tami Seifert, Yoga certified 200RYT

When: Wednesdays, 6:15-7:15pm

Location: Valhalla Dance Studio (enter west door #7)

I will be offering different Yoga classes each time (posting on the facebook pages so you know in advance). Hot style, gentle flow, strength flow, and many more. Yoga is for anyone and everyone! Don't let it intimidate you, and definitely try it more than once! Be sure to wear comfy clothes, and bring along your yoga mat and a water bottle.



XABeat and Yoga Class

Fees:

- 16 class pass - \$108 (\$6.75 each) BEST DEAL
- 8 class pass - \$56 (\$7.00 each)
- Single class - \$10 (paid at class)

This pass can be used for either class or both and is good from October-April. You can join at any time and there is no need to pre-register for these classes. Please check Facebook (Pelican Rapids Balance and PR Yoga pages) for class date changes.



Are you a comedian? A musician? Showcase your talents! Bring your instrument and sign up to sing up to 4 songs! Or make us laugh for up to 15 minutes. Contact Christopher Hovden (218-731-7895 or shovden01@gmail.com) for more information.



Event Coordinator:

Chris Hovden

When: Sunday, January 13th 7:00-9:00pm

Location: Fine Arts Auditorium (enter east door 17)

Class Fee: free of charge

Facebook Marketing & Social Media

Facebook 101 for Business

This overview will cover the basics of utilizing Facebook pages for business. Specifics will include:

- setting up a Facebook account
- types of posting including Boosts and Events
- information to include in a post (links, photo or graphic, amount/type of information)
- sharing with other pages, tagging
- formatting photos

Overall marketing strategy utilizing Facebook will be lightly covered.



Leveraging Social Media for Business

This part of the class will focus on effective marketing strategies incorporating social media including the purpose of each tool:

- website
- Facebook (pre & post reminders for events with links to web pages; good to include photos)
- Instagram (connecting those with similar interests)
- Twitter

The class will also cover

- How to integrate social media with print
- Efficiency and resources for posting on multiple platforms
- Digital footprints

Instructor: Eric Osberg

When: Monday, January 14th 9:00am-12:00pm

Location: PRHS Media Center (enter west door 8)

Class Fee: \$25.00 per person

You will leave this class with the basic knowledge. You will learn how to incorporate them into your daily routine, and learn that all Essential Oils are not created equally.

This is an informative class and does not suggest medical diagnosis or treatment.

Instructor: Janna Rarick

When: Wednesday, January 9th 6:00-8:00pm

Location: PRHS Media Center (enter west door 8)

Class Fee: \$10.00

Pickleball League

For veteran pickleball players and newcomers who would like to learn the game.



When: Wednesday nights at 6:30pm
Location: Legends Gym (west door 7)
Class Fee: no charge or registration required

Men's Pick-up Basketball

When: Wednesdays 6:30pm
Location: Legends Gym (west door 7)
Class Fee: no charge or registration required



Indoor Walking Track

During School Hours

• 6:00am-7:45am • 11:45am-1:30pm • 6:30pm-9:00pm
 contact PRHS office at 218-863-5910 background check required

Open Gym (includes Indoor Walking Track)



When:

- Wednesdays 6:30pm-9:00pm
- Saturdays & Sundays 5:00pm-9:00pm

Location: Al Siegle Activity Center (enter west door #7)
Class Fee: no charge or registration required

Community Ed Information

Registration can be done in the following ways:

Email:

bwontor@pelicanrapids.k12.mn.us

Mail completed registration form to:

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

Call:

Becky Wontor at 218-863-5910 x 4250 (Tues-Fri)

Class fees can be paid in the following ways:

Online:

Visit school website at www.pelicanrapids.k12.mn.us
 click on 'PaySchools Online' icon (top right)

Check:

Write to: ISD #548 (please send a separate check for each class-we will not cash your check until after the class)

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

- You are enrolled in class once we receive your registration. We will only contact you if the class is cancelled.
- Unless otherwise indicated, the classes offered are open to adults.

Storm Policy

If the Pelican Rapids Schools are cancelled or release students early due to bad weather, Community Ed classes will not be held and a message will be posted on the Community Ed web and Facebook pages.

Non-Discrimination Policy

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

Community Ed Staff

Cary Haugrud

Program Coordinator
 218-863-5910 extension 4300
 chaugrud@pelicanrapids.k12.mn.us

Becky Wontor

Communications
 218-863-5910 extension 4250
 bwontor@pelicanrapids.k12.mn.us

Advisory Board

The Advisory Board is a group of community members who give input and support to Community Ed programs. The Board meets 4 times per year.

- Randi Anderson, Administrator
- Cary Haugrud, Chair
- Becky Wontor, Vice Chair
- Jessica Camilo
- Dawn Finn
- Chris Hovden
- Bob Kohler
- Jackie Larson
- Kate Martinez
- Rudy Martinez
- Don Perrin
- Bob Satterlie
- Annie Wrigg

ADULT BASIC EDUCATION

WHAT

ESL- ENGLISH AS A SECOND LANGUAGE

WHEN

- Mondays 11:30am-2:30pm and again 5:30-8:30pm
- Tuesdays 11:30am-2:30pm and again 5:30-8:30pm
- Thursdays 11:30am-2:30pm

WHAT

CITIZENSHIP CLASSES

- Wednesdays 11:30am-2:30pm and 5:30-8:30pm

If no students arrive within the first 30 minutes of class, the teacher has been instructed to leave and close the classroom.

The ESL and Citizenship classes are closed on these dates:

- November 19-22
- December 24-January 3

WHERE

Pelican Rapids Public Library
 25 West Mill
 Pelican Rapids, MN 56572

- Afternoon and evening classes
- Available at no cost to students - FREE

AGES 17 AND OLDER

STUDY CITIZENSHIP

PREPARE FOR WORK OR COLLEGE

COMPUTER LITERACY SKILLS

LEARN ENGLISH

CONTACTS

Stephanie Drange
 218-632-2450

Teacher:
 Cheri Danielson
 cheridanielson@yahoo.com
 218-863-1181

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Updated 11-24-22

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Class Categories include:

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

55 Alive Defensive Driving Class Refresher

Minnesota drivers who are at least 55 years of age and have previously taken an 8 hour Defensive Driving Class can receive a 10% discount on automobile insurance by attending this 4 hour refresher course. At the completion of class, you will receive a Minnesota Safety Council certificate to present to your auto insurance provider.

Instructor: Jeff Morgan, State Farm Insurance

When: Wednesday, December 5th
 9:00am-1:00pm

Location: Pelican Rapids Public Library

Class Fee: \$15.00
 Class size is limited

Call 218-863-2841 to register for this class



Stay connected!

Follow our new [Pelican Rapids Community Education Facebook page](#) or visit our [Community Ed website](#) for class information and updates

Community Ed Class Registration Form

Please mail this registration form to:

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

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

Class: _____ Fee \$ _____

Class: _____ Fee \$ _____

Name: _____ Phone: _____

in case we need to contact you about the class

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

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

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

Grade K-5 _____ Grade 6-8 _____ Grade 9-12 _____

Please contact Becky Wontor at 218-863-5910 x4250 with any questions

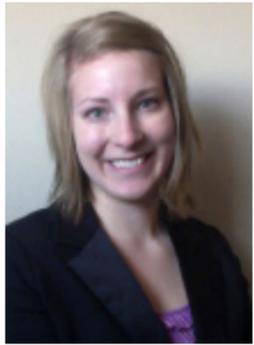
WHERE ARE THEY NOW?...OUR STUDENTS LEARN FOR LIFE!

Articles coordinated by Nanette Albright

2011 Graduate Chelsey Kooiker

What post-secondary education institution did you attend and what degree did you earn? Minnesota State University Moorhead – Biology (Health and Medical Science emphasis), minor in Chemistry

Describe your career choice and what you enjoy about your career. I work as a Therapeutic Recreation Coordinator at Eventide Senior Living Communities. I have so much fun coordinating events and planning calendars for the facility! The programming I organize can include anything from music entertainment, pet therapy, demonstrations, lectures, and performances from local schools to bonfires, bake-offs, on campus petting zoos and Olive Garden or Wal-mart outings. I enjoy lots about my career but I'd say my favorite part is my interactions with the residents. I like to learn what they like to do for fun so I can improve their Quality of Life.



How did PRHS prepare you for college and your career? PRHS prepared me for college by allowing me to experiment and try different things, by the time I was in college I felt like I knew a lot about myself. I had the opportunity to attend Post

Secondary education at MState Fergus Falls my senior year at PRHS which helped me get a head start on college credits! I had some great advisors in high school who still support me today in my career.

What extracurricular activities did you participate in while you were at PRHS? I was on the volleyball team, I was in track & field for a little while, participated in concert band, jazz band and pep band (Mr. Fitz is the best). I was a member of the National Honor Society and made the school yearbook for "kid at heart".

Do you have any special memories of your time at PRHS that you would like to share? Dress like Henry Krueger day (basketball shorts over jeans). Study hall with Gravalin or Mrs. Albright in the Media Center. Band trips to Chicago and New York City. Frau's writer's notebooks!

Any words of wisdom you would like to give the students in Pelican Rapids? Have fun and be smart! Hangout with your friends, get involved, be in sports, join band – take advantage of all that you can!

1980 Graduate Ann Henderson

What post-secondary education institution did you attend and what degree did you earn? B.S. in Business/psychology from North Dakota State University, 1984; B.S. in Mechanical Engineering from North Dakota State University, 1988

Describe your career choice and what you enjoy about your career. I am a research engineer at the University of North Dakota Energy and Environmental Research Center. I operate small-scale combustion and gasification systems. In a nutshell, I am a professional pyromaniac (I burn stuff), but ultimately our goal is to find ways to produce energy more cleanly and more efficiently. I also am involved in structural engineering and design of new reactor systems.

I love the people I work with, and I like the variety in my job. Some weeks I'm sitting in front of a bank of 12 computer monitors, operating a large gasifier; other weeks I'm in my office, analyzing the data from a test and writing a report for our clients; other weeks I am running around with a wrench, assembling or modifying or repairing stuff. Some weeks I even go on the road, sampling stack emissions at a power plant, or sampling oil wells in the Bakken.



How did PRHS prepare you for college and your career? My math and science teachers (Mr. Polley, Mr. Mathison, and Mr. McGregor) were the best! They provided a solid foundation in math, physics, and chemistry, which I use practically every day at work. I am also grateful to all of them for believing that women were just as capable in science/math fields as men.

What extracurricular activities did you participate in while you were at PRHS? Band, choir, golf. **Do you have any special memories of your time at PRHS that you would like to share?** My family moved to Pelican in December of my sophomore year of high school. It was a tough time to leave my old friends in the Cities, and a significant transition from a large school to a smaller one. I was afraid of being an outsider, but the kids were a lot more welcoming than I expected. Some of my best memories from high school were on band and choir trips to Winnipeg and Wisconsin.

Any words of wisdom you would like to give the students in Pelican Rapids? Keep an open mind about your future – you never know what opportunities might arise if you look for them. Try as many different things as you can – you might discover that you like art, or chemistry, or track. You don't have to be great at something to have fun doing it.

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

South Dakota School of Mines and Technology; B.S Geology

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

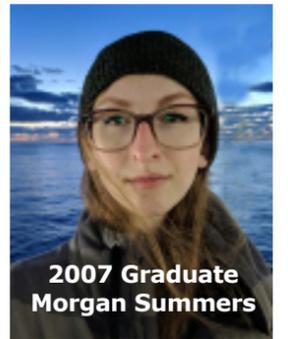
I currently work in oil & gas on offshore drill ships. It wasn't initially what I intended to do with my degree, but I like being able to interpret the data I receive to create what is essentially a vertical geologic map of a 30,000+ foot well.

How did PRHS prepare you for college and your career? PRHS's diversity was a huge asset. I go to several different oil rigs and work alongside people from numerous countries and it's extremely important to know how to communicate and interact with individuals from all walks of life.

Do you have any special memories of your time at PRHS that you would like to share? Something that always stuck with me was when David Brown was still teaching English, he stressed the importance of finding a job you enjoy so thoroughly that don't have to go to work, but you get to go to work.

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

To the young ladies (especially those interested in STEM), it can be frustrating to navigate a world where you'll have to prove yourself twice as hard as your peers. Don't let anyone tell you you're worth less than you are, and don't let anyone intimidate you into settling for anything less than you deserve.



2007 Graduate Morgan Summers

1991 Graduate Peter Olson

What post-secondary education institution did you attend and what degree did you earn? Fergus Falls Community College and Minnesota State University, Moorhead, Bachelor of Arts, speech and theater



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

Children's Museum Executive Director, specializing in starting up museums. I love seeing the look on a child's face when they walk inside the museum for the first time. It reminds me that life is full of wonder and possibility.

How did PRHS prepare you for college and your career? The caring educators at PRHS gave me the foundation to pursue a life full of opportunity and adventure. More than anything it set me up to follow my curiosity as a life-long learner. The quality of public education in Minnesota is special and shouldn't be taken for granted. I owe much to the education I was given by our great State and our outstanding school systems.

What extracurricular activities did you participate in while you were at PRHS? Speech, theater, and the student newspaper the Pelican High Today

Do you have any special memories of your time at PRHS that you would like to share? I look back so fondly on growing up at PRHS. We're so fortunate in Minnesota to have many excellent educators who not only teach, but mentor and inspire. Some of the greatest impressions I recall include Miss Hovde, expertly guiding us through the significance of the fall of the Berlin Wall and the eastern block, Mrs Erickson cracking-up during our reboot of The Land of the Lost encouraging our creativity, and Mrs. Johnson going out of her way to teach me Page Maker software for the student newspaper. How fortunate to be influenced and inspired by these strong women.

Any words of wisdom you would like to give the students in Pelican Rapids? Wherever you go, take Pelican Rapids and Minnesota with you, it will serve you well.

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

I attended Moorhead State University (now: MN State University – Moorhead) graduating in 1986 with a Bachelor of Social Work Degree.

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

Reflecting on my career choice, it seems that I always wanted to have a career in the 'helping' field. Social Work seemed the natural choice and MSUM offered a Bachelor of Social Work Degree program. My first job following college graduation was working with people with disabilities as a vocational counselor in a sheltered workshop. Following that I worked for three years at Lakeland Mental Health Center with people with severe and persistent mental illness in a community support program. Then an opportunity to work at Otter Tail County Human Services (OTCHS) was available to me to work as a Licensing Social Worker – licensing both child and adult foster homes, which I did for 15 years. At that time I became a social services supervisor at OTCHS supervising a variety of programs. While a supervisor at OTCHS, I was able to spend a year on an employee interchange (mobility assignment) and worked at the MN Department of Human Services. In 2014, I became the Director of OTCHS.

What I enjoy the most about my career is the opportunity to help others in need. The work of a county human services agency at times is not held in high regard, however the work that is done has a significant impact making a positive difference in many people's lives. OTCHS delivers over 25 different programs to people in need. OTCHS employees are dedicated to the work we do and the people



1982 Graduate Deb Sjostrom

we serve – those who live in Otter Tail County. *For more information:* <http://www.co.otter-tail.mn.us/209/Human-Services> It is an honor and a privilege to serve those that live in Otter Tail County.

How did PRHS prepare you for college and your career?

PRHS provided a wonderful learning environment with dedicated, talented teachers and administration that cared about students. They provided assistance and direction to be able to pursue our goals past high school whether that was college or not. There were no AP courses when I was at PRHS, but there were some teachers and classes that provided the basis for understanding what college would be like and I am thankful for that.

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

While at PRHS, I participated in Band and Choir, Drama, Speech, Yearbook Committee and I tried to find my 'right' fit with athletics – trying basketball, gymnastics and cheerleading, however only volleyball was a good fit. ☺

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

It is difficult to narrow many memories to one or two – rather the whole of my years as a student at PRHS were special: lifelong friendships, a community of caring and a great education.

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

Make the most of every opportunity that is available to you at PRHS. Get involved in something you have an interest in or love: band, choir, athletics, speech, drama, channel 5, etc. And...be kind.

New inductees for the Minnesota Honor Society

By Coleen Guhl, MHS Advisor

Family and friends gathered with the members of the Pelican Rapids High School Minnesota Honor Society on Sunday, Oct. 28 for the annual induction ceremony welcoming new members. Current MHS officers for the 2018-2019 school year include Kaylie Isaman, President; Hayden Christenson, Vice President; Mackenzie Thornton, Treasurer; Sarah Peterson, Secretary; Timothy Brynidlson, taskmaster; and Grace Peterson as Student council Representative helped plan the ceremony held in the Fine Arts Auditorium and served the reception immediately following the ceremony in the Commons Area.

Membership is based on scholarship, leadership, character, and service. To be eligible for consideration, students must have a cumulative grade point average of 3.5. Additionally, potential members must meet high standards of leadership, service, and character. Leadership is based on the student's participation in community and school activities. To meet the service requirement, the student must have been active in service projects in the school and community. Character is measured in terms



The students honored this year for induction shown in photo above: Riley Berg, Brianna Colosky, Madeline Guler, Katlyn Haugrud, Samatha Johnson, Cassidy Kubitz, Kirby Nelson, Logan Petznick, Eli Sytsma, and Abigail Syverson.

of integrity, behavior, ethics, and cooperation with both students and faculty. A faculty council consisting of teachers from each academic discipline evaluate qualified members of the junior and senior classes who have completed the application process. This year ten students were selected. The purpose of the Minnesota Honor Society is to create enthusiasm for scholarship, to stimulate a desire to render service, to promote leadership, and to develop character in the students of Pelican Rapids High School. MHS advisor Coleen Guhl works with students on projects which include: serving as new student orientation guides in the fall, cleaning ditches spring and fall along Highway 108 in the "Adopt a Highway" program, organizing and working at two high school Red Cross Blood Drives, helping with the community Easter egg hunt, assisting with the Special Olympics Regional Meet, serving as student mentors, and raising scholarship money through Rent a Buddy Day.

All funds raised by the MHS flows back to the students as scholarships.

Area High School Art Exhibition

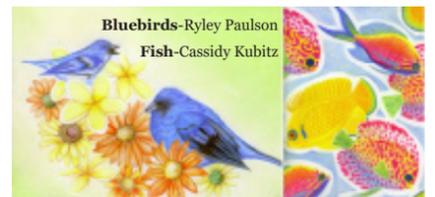
Article excerpts and photos courtesy of The Pelican Rapids Press

The talents of some of the area's best high school artists have been on display this fall during the 2018 Area High School Art Exhibition at Minnesota State Community and Technical College in Fergus Falls.

This year's exhibit features artwork by students from high schools in Pelican Rapids, Perham, Underwood and Hillcrest Lutheran Academy.

The annual show is co-sponsored by Art of the Lakes, with the area arts organization providing judges and prizes for the winning exhibitors. The artwork on display includes pieces in the categories of paintings, drawings, photography, mixed media, pottery, sculpture, printmaking and miscellaneous.

A public reception is set for Nov. 28, from 5:30-7 pm with an awards presentation at 6:00 pm.



Are you new to the Pelican Rapids School District?

If you have recently moved into the Pelican Rapids School District or had a baby, please let us know so we can add you in our school census. Contact Cherie Lynnes at 218-863-5910 ext. 6105 or clynnes@pelicanrapids.k12.mn.us

Pelican Rapids Credit Recovery Program enables young wife and mom to graduate with her peers



To Kasandra Martinez, graduating with her classmates last May was no ordinary feat. As a young wife and mother she says the Credit Recovery Program at the Alternative Learning Center (ALC) in the Pelican Rapids Schools is what allowed her to return to school and get her diploma with her classmates.

"If not for the program, I wouldn't been able to return to school or graduate as there was no one else available to take care of my 8 month old son Jose Isaias," said Martinez. "Being able to bring him to class meant I had no daycare costs. Everyone, staff and students, were so good about welcoming him."

She said it was a good time to finish her schooling because it would've been much harder if he had been walking.

"I was just happy to be done. It was a harder experience than for a normal teen-ager," said Martinez.

When asked how graduating from high school will impact her son's life she replied, "I hope he's proud of me someday for working so hard so get my diploma and to graduate with my classmates. At the end of the day, all the hard work has been for him."

Remote controlled robotic cars

Article excerpts and photo courtesy of The Pelican Rapids Press

Students from Pelican Rapids High School industrial arts and technology instructor Steve Maresh's robotics

program gave a demonstration at the Oct. 15 school board meeting.

Electronics, gears and physics were among the learning aspects of the project. Students created and built small remote controlled robot cars, about the size of a Cub Scout Pinewood Derby car—which were demonstrated for both speed and weight pulling.

Miquel Mancilla and Mahad Ali are pictured in the photo on left.



Student non-discrimination policy

Students are protected from discrimination on the basis of gender pursuant to Title IX of the Education Amendments of 1972 and the Minnesota Human Rights Act. A complete copy of this policy is available in on the district web site and at each school building. The Pelican Rapids School District provides equal educational opportunity for all students and prohibits discrimination on the basis of gender, parental, family and/or marital status.

Rehabilitation Act prohibits discrimination against disabled

Section 504 of the Rehabilitation Act of 1973, prohibits discrimination against persons with disabilities in any program receiving federal financial assistance. The Act defines a person with a disability as anyone who: 1. has a physical or mental impairment that substantially limits one or more major life activities, including learning; or 2. has a record of such impairment; or 3. is regarded as having such impairment.

Learners may be protected from disability discrimination and be eligible for services, accommodations, or programs under the provisions of Section 504 even though they are not eligible for special education pursuant to the Individuals with Disabilities Education Act. It is the responsibility of the school district to identify and evaluate learners who, within the intent of Section 504 of the Rehabilitation Act of 1973, need special services, accommodations, or programs in order that such learners may receive a free appropriate public education. Persons who have questions, comments, or complaints should contact their child's principal.

Release of student information Student Records-Pelican Rapids School District No. 548 gives notice to parent of students and eligible students currently in attendance in the District of their rights regarding pupil records:

1. The right to inspect and review the student's education records;
2. The right to request the amendment of the student's education records to ensure that they are not inaccurate, misleading or otherwise in violation of the student's privacy or other rights;
3. The right to consent to disclosures of personally identifiable information contained in the student's education records, except to the extent that such consent is not required for disclosure pursuant to this policy, state or federal law, or the regulations promulgated thereunder;
4. The right to refuse release of secondary students' names, addresses, and home telephone numbers to military recruiting officers;
5. The right to file a complaint with the U.S. Department of Education concerning alleged failures by the school district to comply with the federal law and the regulations promulgated thereunder;

6. The right to be informed about rights under the federal law; and
7. This policy if available to parents and students upon written request to the Superintendent.

"Directory information" means information contained in an education record of a student which would not generally be considered harmful or an invasion of privacy if disclosed. It includes, but is not limited to: the student's name, enrollment status (i.e. full-time or part-time), participation in officially recognized activities and sports, weight and height of members of athletic teams, degrees, honors and awards received, and the most recent educational agency or institution attended, and photos taken in the normal course of school activities. Directory information does not include personally identifiable data which references religion, race, color, social position or nationality. Data collected from nonpublic school students, other than those who receive shared time educational services, shall not be designated as directory information unless written consent is given by the student's parent or guardian.

The school district may disclose directory information from the education records of a student without prior written consent of the parent of the student or eligible student, unless as provided herein. In order to make any or all of the directory information listed above "private" (i.e. subject to consent prior to disclosure), the parent or eligible student must make a written request to the building principal within thirty days after the date of this publication.

- a) The information listed above shall be public information which the school district may disclose from the education records of a student.
- b) Should the parent of a student or the student so desire, any or all of the listed information will not be disclosed without the parent's or eligible student's prior written consent except to school officials as provided under federal law.
- c) In order to make any or all of the directory information listed above "private" (i.e., subject to consent prior to disclosure), the parent or eligible student must make a written request to the building principal within thirty (30) days after the date of the last publication of this notice. This written request must include the following information:

- (1) Name of student and parent, as appropriate;
- (2) Home address;
- (3) School presently attended by student;
- (4) Parent's legal relationship to student, if applicable;
- (5) Specific category or categories of directory information which is not to be made public without the parent's or eligible student's prior written consent.

Pelican Rapids School District No. 548 hereby give notice to parents of secondary students and eligible secondary students of their rights regarding release of information to military recruiting. The school district must release the names,

addresses and home telephone numbers of secondary students to military recruiting officers within 60 days after the date of the request. Should the parent of a student or eligible student so desire any or all of the listed information will not be disclosed to military recruiting officers without prior consent. In order to refuse the release of this information without prior consent the parent or eligible student must make a written request to the building principal by September 30th each year.

Indoor Air Quality Pelican Rapids Public Schools advocate a healthy school environment in which the surroundings contribute to an environment conducive to learning for students, and productivity for teachers and staff. To help accomplish this, we have implemented an IAQ Management Plan using guidelines provided by the Minnesota Department of Education, and the "Tools for Schools" document developed by the U.S. EPA. Trevor Steeves is the IAQ Coordinator for the Pelican Rapids Public Schools. He has been trained and certified by the Minnesota Department of Education to fulfill this position. All issues concerning indoor air quality should be brought to his attention, and he can be reached by calling 218-863-5910 at the high school.

Asbestos Notification In accordance with federal regulations, Pelican Rapids Public Schools have management plans documenting the location and condition of all known or assumed asbestos containing materials (ACM) in each building. Every six months, an accredited inspector visually inspects the condition of the ACM. The high school management plan is available for public inspection at the district office during normal business hours. The elementary management plan is available for public inspection at the elementary school office during normal office hours. Trevor Steeves is the designated person responsible for maintaining the asbestos management plans for the district. He can be reached at 218-863-5910 with any questions.

Pesticide Notice A state law went into effect in the 2000 that requires schools to inform parents and guardians if they apply certain pesticides on school property. The Pelican Rapids School District contracts for pest elimination. Interior work is done in January, April, July and October; exterior work is done in May and August. The pest control service provider performs the service before or after regular school hours. The district office has complete information on all pesticide products used in the buildings. Parents may review or copy this material at their own expense. If a parent or guardian wishes to be notified prior to any pesticide application made on days other than dates specified (excluding emergency applications) contact Trevor Steeves, Health and Safety Coordinator, Pelican Rapids Public School, PO Box 642, Pelican Rapids, MN 56572; 218-863-5910.



HIGH SCHOOL NEWS

By Brian Korf, High School Principal

We are off to a great start to the 2018-19 school year and appreciate the support that you provide our children at school. Strong parent and community involvement is a key component to the success of all students. Thank you for your dedication to our children and their education.



Throughout the school year, the Pelican Rapids High School offers extra student support after school through the program called Student Success. Student Success offers a great opportunity for students who want to improve their academic skills. This program is designed to teach students based on their individual needs.

After school, Student Success offers remedial support to all students who would like support in their current classes and offers a quiet place to complete homework after school. A free snack and drink are provided to students who attend Student Success. Student Success after school is open from 3:55 to 5:30pm and is led by high school staff.

Fall Parent-Teacher Conferences were held on Monday, November 12th at the Pelican Rapids High School. Parent-Teacher Conferences are an integral part of the success of your child. We strongly encourage parents to meet with their child's teachers to discuss their progress academically and socially. Also, we encourage students to attend with their parents so students can have input on their progress and discuss short term and long term goals.

Hear The Arts



Pelican Rapids Fine Arts Auditorium Project

Created to complete the dream of our world class fine arts facility

Visit the Pelican Rapids Fine Arts Auditorium Project Facebook page for details

High School Yearbooks \$25

Order online!
www.ybpay.lifetouch.com
 search: Pelican Rapids

Yearbooks will be delivered in May 2019!

Parents of Seniors

The yearbook staff needs senior and baby pictures before January 1, 2019.

Email them to: shadastaff@gmail.com

Your child's emotional health is important for their success

By Becky Aaland, MA, LAMFT
 Behavioral Health Services

The emotional wellbeing of children is just as important as their physical health. Good mental health allows children and young people to develop the resilience to cope with whatever life throws at them and grow into well-rounded, healthy adults. Mental health and physical health are important factors that can impact your child's success at school, with peer relationships and in their future. Just like parents know the warning signs that their child might have a physical illness, parents can also know the warning signs that their child might be experiencing emotional or mental health difficulties.

Warning signs that your child might be experiencing emotional or mental health difficulties:

- **Mood changes.** Look for feelings of sadness or withdrawal that last at least two weeks or severe mood swings that cause problems in relationships at home or school.
- **Intense feelings.** Be aware of feelings of overwhelming fear for no reason — sometimes with a racing heart or fast breathing — or worries or fears intense enough to interfere with daily activities.
- **Behavior changes.** These include drastic changes in behavior or personality, as well as dangerous or out-of-control behavior. Fighting frequently, using weapons and expressing a desire to badly hurt others also are warning signs.
- **Difficulty concentrating.** Look for signs of trouble focusing or sitting still, both of which might lead to poor performance in school.
- **Unexplained weight loss.** A sudden loss of appetite, frequent vomiting or use of laxatives might indicate an eating disorder.
- **Physical symptoms.** Children with a mental health condition might develop headaches and stomachaches or complain of just not feeling good.
- **Physical harm.** Sometimes a mental health condition leads to self-injury, also called self-harm. This is the act of deliberately harming your own body, such as cutting or burning yourself. Children with a mental health condition also might develop suicidal thoughts or attempt suicide.
- **Substance abuse.** Some kids use drugs or alcohol to try to cope with their feelings.

Mental Health Services are available at the Viking Elementary and Pelican Rapids High School, provided through Lutheran Social Services of MN. If you as a parent or family member have questions or concerns, please contact Becky Aaland for more information at 218-863-5910. Appointments are available during school hours and can be arranged around your child's schedule.

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

BUILDING PROJECTS UPDATE

By Trevor Steeves, Building & Grounds Superintendent

With summer gone and winter fast approaching Pelican Rapids Schools finished another busy summer filled with projects.

Viking Elementary School: last major asbestos abatement project in 19 classrooms and replaced with new floor tile. Remodeled 2 bathrooms, replaced front doors, and did sidewalk replacement.

High School: LED lighting efficiency upgrade to half of the building with the remainder being completed in 2019. Window replacement in the commons and Legends gym, Tech room, and wood shop.

The tennis courts will get a new top surface with added pickle ball courts (this will be finished in the spring of 2019). We are looking forward to a great school year, please visit our great facilities.

FALL SEASON SPORTS RECAP

By Derrick Nelson, Assistant Principal/Activities Director

Congratulations to Abby Syverson who finished in 28th place and David Johnston in 58th place at the state Cross Country Meet! The Cross Country Meet was held on November 3, at Saint Olaf College. The state Cross Country Meet closed out the fall season for Pelican Rapids athletes. I want to thank all the athletes and coaches for the great memories that you help create for yourselves and also for us as fans. It was a very fun fall for Pelican Rapids athletics and these memories will last a life time for us.



Here is a quick recap of our fall sports:

Cross Country

- Girls team finishing with team GPA 3.886.
- Abby Syverson finished 28th place at State Meet
- David Johnston finished 58th place at the State Meet

Boys Soccer

- 4 Members of the All-Conference team and 1 Honorable Mention
- Team finished with a record of 8-4-2

Girls Soccer

- Had 31 girls participate and next season will be playing a varsity and JV Schedule

Football

- 3 Members of the All-District team and 3 Honorable Mention
- 5 Players on the Academic All-District Team
- Team finished with a record of 5-5

Volleyball

- 3 Members of the All-Conference team and 1 Honorable Mention
- Won the Pelican Rapids Invitational in September
- Beat DGF for the first time in school history
- Team finished with a 18-8 record

I would also like to thank the many people who help with sporting events. Without these people it would not be possible for us to provide the opportunities that we do for our student athletes. Without officials, clock operators, book keepers, line judges, libero tracker, announcers, spotters, chain gang, ticket takers, supervisors, and concession stand workers our events would not be possible. Thanks to the many men and women who help out in one of these positions during fall activities.

If you are wanting to buy an adult winter activity ticket they are for sale for \$45 or student activity ticket for \$30. Tickets can be purchased on PaySchools (school website, upper right), at the high school from Mrs. Hoadley or at any winter events.

Parents we need your help with these rules for students at Volleyball, Basketball, and Wrestling events.

1. Elementary students must be in the bleachers while the game is going on.
2. Elementary students must go to the concession stand and bathroom inbetween games and at half time. If a student needs to go at other times they should go with a parent for their safety.
3. Elementary students can use the walking track in between games and at half time, but must in the bleachers when the game is being played. All students must remain in the gymnasium and foyer area during events.
4. Students are not allowed to be in other areas of the building.
5. All spectators must use good sportsmanship and cheer for their team without putting down the opposing team.

We ask parents to help staff at sporting events by talking to elementary students about the rules and helping us enforce the rules that are in place for everyone's safety. The last thing we want is an elementary student or player injured during events.

Good luck to all of our teams this year. GO VIKINGS!

Toys for Tots & Holiday Food Drive

By Coleen Guhl, Project Champion



The Pelican Rapids Students Against Destructive Decisions (SADD) and the PRHS Student Lighthouse teams are co-sponsoring a Toys for Tots and Holiday Food Drive at the November 30th basketball double header with Ada to benefit children and adults in our area.

Because we feel so strongly about these fundraisers we are offering a discount to everyone who brings in an item. Therefore, if an adult brings a new toy or a food item the adult will only be charged the student price to get into the game which is a \$2.00 savings! Instead of the normal \$5.00 admission price it will be \$3.00. If a student brings in a toy or food item, the student will get into the game for free!

Please note the Marine Corps Toys for Tots program only accepts new toys and they will not accept any handmade items.