

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

> Permit #8 NON-PROFIT ORG. **U.S. POSTAGE PAID** Pelican Rapids, MN 56572

ECR-WSS Postal Customer

October 2014

MOVING FORWARD WITH THE SCHOOL BUILDING RENOVATION PROJECT



A Great Way to Start the School Year

By Deb Wanek, Superintendent

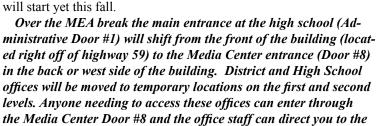
Receiving news that our students achieved higher levels on Minnesota state tests and the start of our building renovation project ushered in the new school year for the Pelican Rapids School District. Both events have been exciting and a great way to start the year.

In 2013 the Department of Education tested all students in Minnesota on the common core language arts standards for the first time. These standards required a much higher rigor than previous standards and the state test scores, on average, went down twenty percent. This year the state realized a modest increase in both reading and math (a gain of .03% in math and a 1.1% gain in reading). The Pelican Rapids District had a 3% increase in math and a 4% increase in reading. We still have room for growth but we are very pleased to see this level of achievement in one year.

Last fall the Pelican Rapids community passed a \$21.9 million dollar renovation bond and there has been a great deal of activity in our building ever since. A renovation project of this magnitude required meticulous planning and the architects, engineers and staff waded through numerous details to make good decisions to develop just the right plan. Phase I included work on the track, elementary parking lots, classrooms in the junior high wing, bathrooms and locker rooms in the high school. Phase II consisted of the demolition of the weight room, old girls locker room, fine arts auditorium and the white house on the corner. Phase I and II are being completed and it is exciting to see the progress in our facility.

Phase III is the largest percentage of the project and the bids for this portion are due October 14th. Phase III will include a new kitchen, renovated science rooms, a secure entrance, a drop off lane in front of the school, a cafeteria/ commons area, a new fine arts auditorium, gym and an additional parking area to the west of the school. The new gym will also include a walking track that will be open to the public on a regular time schedule. This is a large project and depending on the weather the contractors

appropriate level from there.



This is an exciting time and we are very thankful to our community for supporting these renovations, upgrades and additions. The completed project will provide a secure and updated facility the community can be proud of and enjoy well into the future.



In this Issue:

Elementary School News After School **Activities & Pro**grams Grades K-6 **Community Education**

•Fall

Local Community Events &

Services

Classes

- Early Childhood Family Education (ECFE)
- Viking Preschool

7 Habits Update **High School News** School

Renovation **Project Updates**





Welcome to our New Viking Elementary Principal Edwin R. Richardson, Ed.D.

Returning to Pelican Rapids, I am extremely impressed with the rich, diverse culture and the welcoming community. Our school community is, without a doubt, the most friendly and caring group students and teachers with whom I have had the honor of working. The Leader in Me plays a big role in a positive climate



and culture at Viking Elementary School. As well as the positive impact in our school culture, The Leader in Me helps us learn to be leaders in our learning.

Academically, we are working to develop our academic language which we know is a cornerstone for student success. We are creating varied opportunities to use new words through a 6-step process of Dr. Robert Marzano. To develop understanding and use of new vocabulary, we will:

- 1. Provide a description, explanation, or example of the new term. (Include a non-linguistic representation of the term for ESL kids.)
- 2. Ask students to restate the description, explanation, or example in their own words.
- 3. Ask students to construct a picture, symbol, or graphic representing the word.
- 4. Engage students periodically in activities that help them add to their knowledge of the terms in their notebooks.
- 5. Periodically ask students to discuss the terms with one another.
- 6. Involve students periodically in games that allow them to play with terms. (Marzano Research Laboratory)

To help our new vocabulary become part of our everyday language, we are learning to use sentence frames and sentence stems which also help us carry on deeper conversations. Using sentence frames, the student learns to use the thinking of others and details from what was read to reinforce his or her argument or point of view. Sentence frames, sentence stems and new vocabulary are then put into use as we create more opportunities for students to talk as part of their learning. This will keep their minds more active and lead to greater student success!

Leaderin Me

Be Involved, Meet New People, Have Fun. Join Parent Teacher Partnership!

The PTP meets every 3rd Tuesday of each month except December. Our group consists of parents, guardians, and teachers who all have a genuine interest in education and involvement at Viking Elementary



School. For the past two years, the PTP has been the VES Spring Festival steering committee. The PTP is once again excited to begin planning this fun family event for Spring 2015!!! If you are interested in PTP or helping with the Festival feel free to contact Staci Haiby at Viking Elementary School 218-863-2911 or Judy Simpson at (701) 261-2902.

PARENT TEACHER PARTNERSHIP

"Partnering Together To Enhance School Success"

Targeted Services for Students in Grades K-6

Available Monday mornings & Tuesday-Thursday after school

Targeted Services is a FREE program dedicated to helping students develop school success skills in a fun, hands-on learning environment. These after school class sizes are smaller and teaching is designed to meet each individual students' learning style/needs. The intent is to provide continuous support that compliments your child's school day education.

- *Mondays Targeted Services is offered from 8:30-12pm on non-school Mondays
- •Free breakfast (8-8:30am) & lunch (12-12:30pm) are available (you will need to fill out a Food Program form)
- *please send a morning snack with your child* please note: kindergarten students will be starting the week of Oct. 22nd

Tuesdays-Thursdays~~~~~~~

- •Targeted Services is offered from 4-5:15pm on Tuesdays-Thursdays
- •An after school snack is provided please note: kindergarten students will be starting the week of Oct. 22nd

Contact Janell Schmidt at 218-863-5910 extension 5237 with questions about Targeted Services



Learn about the science of animals and the environment they live in. Children will learn about an array of animals such as reptiles, mammals, pets, and farm animals.

For more information contact **Tammy Nordick West Otter Tail Extension Office** nordi012@umn.edu 218-998-8760



Who: Kindergarten-4th grade (do not have to be a 4-H member) Where: Elementary Art Room <u>Time:</u> 3:45-5:00 pm When: First Thursday of the month (October-April)

January: 4-H Project Day at **Underwood School** Cost: \$20 per student (for whole year with a \$30 family max)

Club Vikes School-Age Care Grades K-6

Available Before and After School and Non-School Days

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

The program is designed with flexibility and creativity to respond to and compliment each child's individual needs. We offer children opportunities for decision making, increased independence and responsibility.

We do fun stuff like:

- Make cool arts & crafts
- Fun snack projects
- Indoor & outdoor activities
- Special themed weeks
- Read & write stories
- Offer help with homework Computer lab & iPads

Children will be well supervised by qualified CPR and First Aid Certified staff.

Days/Times:

•Mondays 6:30am-6pm \$25 per day (7+ hours) or \$15 per partial day

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

•Tuesday-Friday (& school day Mondays) 6:30-7:30am before school & 3:45-6pm after school

Fees:

- •Before school care: \$2.75/child per day
- •After school care: \$6/child per day (an after school snack is provided)

•Both before and after school care: \$8/child per day Please note: Partial or total tuition assistance may be available to qualifying families through state or county funds.

Call Candace at 863-5910 extension 5022 with questions or to register.

Ask Candace about Craft Zone on Mondays after lunch!

SETTING SMART GOALS

The Leader in Me training teaches the importance of WIGS (Wildly Important Goals). Viking Elementary students and teachers are setting personal goals using the SMART model.

SMART Goals are specific, measurable, attainable, relevant, and time-bound.

SMART Goal worksheets include strategies and accountability sections to achieve success.





Adam Odden and Rachel Guler showing their 6th grade class WIGS (Wildly Important Goals).

Free Books for Your School!

By Ruth Holmgren



There was an increase of box tops and labels contributed last year which enabled us to order \$1,216.00 of books for the elementary school.

Our goal for the 2014-2015 school year is to be able to order \$2,800.00 worth of books for our reading programs.

Please remember:

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

Thank you for helping us save for educational resources!



Pelican Rapids

Community Education



time to sign up

for October

Working Together

By Jake Richter, Director Community Education

Community Education... our philosophy has three basic components—lifelong learning opportunities, community involvement, and efficient use of community resources. We believe in the principles below to help guide us this year as we expand our programming. It's going to be a great year!



•Lifelong learning. Educa-

tion is a lifelong process, and everyone in the community shares in the bond of educating all members of the community.

•Self-determination. Community residents have a right and a duty to be involved in considering community needs and identifying community resources that can be used to address these needs.

•Self-help. When people assume responsibility for their own well-being, they achieve some degree of independence.

•Leadership Development. Teaching people problem solving, decision-making, and group-process skills is essential to community improvement efforts.

•Institutional Responsiveness. Public institutions exist to serve the public; they are grateful to develop programs and services that address constantly changing public needs and interests.

•Integrated Services. Businesses, organizations and agencies that function for the public good can best use their resources, meet their own goals, and serve the public by collaborating with others who share similar goals and purposes.

•Maximum use of resources. The physical, financial, and human resources of every community should be fully available and interconnected if the diverse needs and interests of the community are to be met.

•Inclusiveness. Our community programs, activities, and services will involve the broadest possible cross-section of community residents without segregation by age, income, sex, race, ethnicity, religion, or other characteristics.

Pelican Rapids has an amazing amount of human, physical, and financial resources that can be used to enrich and expand our programs. We really want to develop stronger partnerships with private service providers, businesses, industries, civic and social service organizations. We are all interrelated and live in this community. The stronger our partnerships the stronger our community will be. TOGETHER we can benefit from our resources and respond to our community's needs and wishes.

No two communities have exactly the same programs; no community retains exactly the same programs over a period of years. Pelican Rapids Community Education is designing programming that aims to reflect the *current* needs of our community. There are literally thousands of classes to offer.

Please feel free to contact the Community Education Office if you want to teach or maybe you want us to offer a program to meet your needs.

We want to hear from you please call: 218-863-5910 extension 4372. Thank You!



This newsletter is funded by the Cultural Collaborative and Community Education

Registration Information

We accept registrations over the phone or through email, our school website, or the mail.

Call:

Jake Richter at 218-863-5910 extension 4372 Becky Wontor at 218-863-5910 extension 4250

Email

jrichter@pelicanrapids.k12.mn.us bwontor@pelicanrapids.k12.mn.us

School Website:

Go to: http://www.pelicanrapids.k12.mn.us Click on **Community Education** link (left column)

Mail completed registration form to:

Community Education

PO Box 642, Pelican Rapids, MN 56572

General Information

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

- •You are enrolled in class once we receive your registration. You will be contacted if the class is cancelled. Refunds will be issued if you withdraw before the first class is held or if the class must be cancelled.
- •Unless otherwise indicated, the classes offered are open to adults.
- •You can pay by cash, check (write to ISD #548) or by using our PaySchools online system (go to school website & click on PaySchools icon, left column).

Storm Policy

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

Non-Discrimination Policy

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

ONLINE LEARNING

Learn More...When and where you want with our ed2go online learning option...



Hundreds of quality online courses - from Creating Web Pages to Accounting Fundamentals, Speed Spanish to Grant Writing, and everything in between. Take a free demo of our 12-week online video and written courses and experience proven online training success! See why millions of lifelong learners take online courses through ed2go and our network of 2100+ college and university partners.

Fall Classes

October

•Pumpkin Decorating (2 classes)

•Basics of Essential Oils

•Egg Rolls

- •Computers for Seniors 1
- •XaBeat

November

- Astonishing Air Plants
- Computers for Seniors 2
- •Growing Bulbs for Winter Blossoms
- •Fried Rice
- •DIY Refurbishing Techniques for Wood
- •Public Speaking or How to Overcome America's #1 Fear
- •Outdoor Winter Planters (2 classes)
- •Living Gluten Free
- •Christmas Quilting for the Domestically Challenged
- •XaBeat

December

- Snow Globes
- •XaBeat

Local Community Events and Services

- •Bad Art Night
- Book Club
- Date a Book night
- •Driving 55+ Refresher Course
- Hot Reads
- Quilting Club
- •Story Time

Early Childhood Family Ed

- •Fun Fridays
- Terrific Twos
- •Preschooler & Parents
- Monster Mash-October 31



VIKING PRESCHOOL



Community Ed Classes

Container Gardening

Astonishing Air Plants

Air Plants are wonderfully unique plants, extremely adaptable to a wide range of climate conditions. Low maintenance makes them very attractive for our busy lifestyles. Learn about the origin, care and maintenance of these beautifully exotic, hearty plants and have fun designing a creative home for your air plant.



Instructors: Patti Boen & Connie Simons When: Saturday, November 1st at 1pm Location: Brown-Eyed Susans (lower level of the Muddy Moose)

Class Fee: \$20 (includes one plant, decorative container and other supplies. Additional plants and decorative supplies will be available for purchase).

Minimum participants 6, maximum 12.*

Growing Bulbs for Winter Blossoms

Satisfy your gardening senses by learning to force bulbs to blossom for holiday entertaining and gifting.

Instructors: Patti Boen & Connie Simons When: Monday, November 10th at 1pm Location: Brown-Eyed Susans (lower level of the Muddy Moose)

Class Fee: \$20 (includes all supplies for one complete centerpiece. Additional supplies will be available for purchase).

Outdoor Winter Planters

Create a great winter welcome for any outdoor space using a variety of live greens.

Instructors: Patti Boen & Connie Simons



When: Sat, Nov. 15th at 1pm OR Sat, Nov. 22nd at 1pm Location: Brown-Eyed Susans (lower level of the Muddy Moose)

Class Fee: \$30 (includes one pot, soil, greenery and embellishment. Additional supplies will be available for purchase). *Minimum participants 6, maximum 12.**

Snow Globes

Remember the charm of old-fashioned snow globes? Come and learn how to make your own.

Instructors: Patti Boen & Connie Simons When: Monday, December 15th at 1pm Location: Brown-Eyed Susans (lower level of the Muddy Moose)

Class Fee: \$20 (includes supplies to create one complete snow globe. Additional supplies will be available for purchase). *Minimum participants 6, maximum 16.*

*Additional classes can be custom scheduled through Brown-Eyed Susans for your group, minimum of 6.

DIY Home Projects

Refurbishing Techniques for Wood

Make your new look old again...in this class Nancy will teach you techniques to DIY refurbish everything from furniture to home/wall décor. She will review the basics of painting, antiquing, staining, glazing, and sanding as well as the tools that work best for each type of project (such as using rollers vs. brushes). There will also be a quick overview on Annie Sloan Chalk Paints®. You will then have the opportunity to practice some of the techniques that interest you with all supplies provided.

Instructor: Nancy Huseby

When: Thursday, November 13th at 6:30-8:30pm

Location:

Fee: \$15

Pelican Rapids High School (Room TBD) Entrance: High School Media Center Door #8 (there will be signs directing you to the room)



Cooking

Egg Rolls

Come and learn how to make authentic egg rolls. In this class Amy will teach you preparation techniques and you'll leave with a plateful to take home and prepare for your family. Please bring a container to

put your egg rolls in.

Instructor: Amy Buck

When: Tuesday, October 28th 5-6pm

Location: Pelican Rapids High School Room 416

Entrance: PRHS Gym Doors #4 (there will be signs directing you to the room)

Fee: \$15

Fried Rice

Learn the secrets of making amazing fried rice and bring a container to take some home.

Instructor: Amy Buck When: Tuesday, November 11th 5-6pm

Location: Pelican Rapids High School Room 416 Entrance: PRHS Gym Doors #4 (there will be signs

directing you to the room)

Fee: \$10

Fitness

XaBeat

XaBeat is a dance fitness program that provides cardio and toning in a party like atmosphere! The routines are simple and easy to follow. You can burn anywhere between 600-1200 calories in a XaBeat class! Our routines contain less turning and twirling so you can concentrate on the fitness part of it and get a better workout! In our XaBeat classes you will sculpt your body and burn calories while having a total blast! Our music sets the mood and creates a party-like environment that leaves participants asking for more.

Instructor: Tami Seifert

When: Mondays 5:15-6:15pm & Wednesdays 6-7pm Location: Pelican Rapids High School Cafeteria

(enter through Gym Doors #4) Class Fee: \$40 for 8 sessions 1st class is FREE!!!

> "XaBeat is a fun & invigorating workout. Never a dull moment. We love it!!!" -Chelsea Strand

"I love the upbeat music... it just puts a smile on everyone's face!" -Deanne Mohr

"It is such a great workout that anyone of any age can participate in. I never thought 'exercising' could be so much fun!! Looking forward to another year." -Roberta Kowalski



"XaBeat, it's the beat of my heart, literally and figuratively.

Makes my heart stronger and my confidence greater."

-Denise Magnusson

"What I love about XaBeat are the fun and upbeat dances and how wonderful I feel afterwards!" -Kara Mattern Bunkowski

> "I like XaBeat because it's an excellent workout and you have fun doing it. The time flies by." -Jana Steeves

No registration necessary. Call Becky Wontor at 218-863-5910 x4250 with questions.

Hand Crafts

Christmas Quilting for the Domestically Challenged

Come and learn how to make a fun Christmas stocking out of limited supplies. Nadine Brown, who almost flunked Home Ec in High School, calls herself a re-discovered quilter (thanks to those early



Community Ed Classes). She will teach you how to make a simple quilted stocking approximately 18 " x 12". *Join us at 6 pm for a hearty soup and salad dinner and then we'll start quilting at 6:30 pm.* All participants should be able to finish the stocking in one class session. Adults

and kids ages 15 and up are welcome to join in the fun! Instructor: Nadine Brown When: Thursday, November 20th 6-8:30pm Location: Pelican Rapids High School Room 418 Class Fee: \$25.00 (includes supplies & dinner)



Pumpkin Decorating

Get Ready for Halloween by decorating your pumpkins using any of a variety of amusing de-



signs. This class is designed for both children & adults and would be a great opportunity to do

a seasonal project together (all children must be accompanied by an adult).

Instructors: Patti Boen & Connie Simons When: Saturday, October 25th at 1 pm <u>OR</u> Monday, October 27th at 1 pm Location: Brown-Eyed Susans (lower level of the Muddy Moose)

Class Fee: \$12.00 (includes 1 pumpkin & supplies)

Healthy Living

Basics of Essential Oils

Take control of your health...learn about the benefits of therapeutic grade Essential Oils. The basics will be covered with some samples available for you to smell and handouts will be given. Small vials will also be available for purchase.

Instructor: Denise Lund-Smith

When: Tuesday, October 28th 6:30-7:30pm

Location: Pelican Rapids Public Library (small conference room)

Class Fee: \$5

Living Gluten Free

There is lots of information about Celiac Disease and being gluten free...but what are the symptoms and how do you know if you have it?

Join us for an evening of learning about this condition beginning with an overview from Toby Redden, a certified nurse practitioner from Sanford Pelican Rapids who will discuss aspects such as gluten allergy vs. intolerance, signs & symptoms and diagnostic testing.

Darlene Kruger, registered dietitian, Sanford will then give an overview on reading labels and healthy nutrition. Community member Annie Wrigg will wrap up the evening by sharing her personal journey of learning to live gluten free-the emotional side of being diagnosed with this life-changing condition, learning to cook and bake, finding gluten free products, and the "hidden" information she discovered in her year of research.

After each speaker there will be time for questions and sample gluten free foods will be available for you to try.

When: Tuesday, November 18th 6-8pm Location: Pelican Rapids Public Library (large conference room)

Class Fee: Free

Sponsored by the collaboration of Pelican Rapids Community Education, the Pelican Rapids Public Library, and Sanford Pelican Rapids.



Community Ed Classes

Public Speaking

Public Speaking or How to Overcome America's #1 Fear

Did you have speaking fears in high school and never got over it? Do you want to learn how to be more confident speaking in front of groups? Come and learn a few public speaking tips and practice with an experienced speech teacher. Our teacher (who would rather speak in front of a group than bring a dish to a pot luck) will share public speaking tips, a few ideas for making public speeches and show you that speaking can be FUN! Adults and kids ages 15 and up are welcome.

Instructor: Nadine Brown

When: Thursday, November 13th 6:30-8:45pm Location: Pelican Rapids High School Room 55 (enter

through Door #8) Class Fee: \$10

Seniors

Computers for Seniors 1

You know that the computer age is upon us, but you're reluctant to even turn on your machine. Learn how to use your computer for word-processing and sending emails in a low-stress, thoughtful training session. This class will be a general overview of using computers.

Instructor: Nadine Brown

Location: Pelican Rapids Public Library

When: Thursday October 30th 1-3pm Class Fee: \$10.00

Computers for Seniors 2

Continue learning more in-depth applications on your computer with plenty of time for questions

Class Fee: \$10.00

"Okay your father managed to get a mouse. Now how do we use it?"

in this low-stress, thoughtful training session. Feel free to bring your own laptop if you have one.

Instructor: Nadine Brown Location: Pelican Rapids Public Library When: Thursday November 6th 1-3pm

We'd love to hear your ideas for Community Education classes!

Upcoming Classes

Growing Greens Indoors in Our Minnesota Winter

Instructor: Carol Schmidt

When: Thursday, January 15th 7-9pm Location: Pelican Rapids Public Library

We are looking for instructors for the following Community Ed classes:

- Cooking
- •DIY Crafts, Home Improvement Projects
- Landscaping
- Painting
- •Preserving Old Photos (how to identify relatives, ideas for storing, how to label)
- Self Defense
- •Yoga

Please call us at 218-863-5910 extension 4372 if you are interested in teaching a class.



COMMUNITY ED REGISTRA

Local Community Events and Services

Bad Art Night

Picasso? Rembrandt? Cezanne? Monet? All styles you probably won't see as you join the Pelican Rapids Public Library and the Muddy Moose for Bad Art Night. Bring a group of friends or show up and join others for a mix and mingle time with creations to follow. Art Supplies are provided only, your sense of adventure is needed.

Join us the first Wednesday of the month at the Muddy Moose at 5:30pm. If questions, call Pelican Rapids Public Library at 863-7055.

Book Club

This group gathers on the 2nd Wednesday of each month from 11:30-12:30pm at the Pelican Rapids Public Library to discuss books selected by the group's members. Future titles include *Turn Here Sweet Corn* by Atina Diffley and *Invention of Wings* by Sue Monk Kidd. Call the public library for more information 863-7055.

Date a Book night

This is the book club with a twist. Five tables will be listed with a "theme" for each. The book will be listed for each table. The assigned book will have 3-4 discussion questions. Then the group will have time to talk about other titles they are reading. As they do there will be a "guest book" for the books they talk about. This will allow the librarians to post the composed lists for people to copy for future use. Join us the third Wednesday of the month at the Muddy Moose at 6pm. Brought to you by the Pelican Rapids Library and the Muddy Moose. If questions, call Pelican Rapids Public Library at 863-7055.

Driving 55+ Refresher Course

This 4 hour refresher course will be held on December 9th at 9am-1pm at the Pelican Rapids Public Library. Contact Jeff Morgan at 863-2841 for more information and to register.

Hot Reads

Hot Reads is back in 2015. Starting January 5th, come collect your punch card and try out some new genres. Win prizes and keep your eyes out for upcoming programs. If questions, call Pelican Rapids Public Library at 863-7055.

Quilting Club

If you are a quilter then this group is for you! Join us the last Tuesday of the month at the Pelican Rapids Public Library from 5-6pm to share tips, ideas, and keep each other energized for the quilt projects we are working on at home. If questions, call Bonnie Bring at 863-1015.

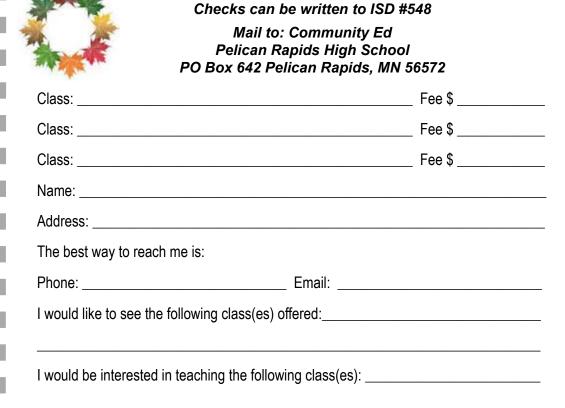
Story Time

The Pelican Rapids Public Library offers story time as a resource to parents and caregivers as an introduction to library services, literacy experiences, and small group social interactions.

Monday Mornings

Story time begins at 10:30am Monday mornings, but the library opens at 10:00am giving you and your child time to come in and explore the library and story time area. Pre-Story Time Activities are available that are meant to invite children to practice early literacy skills.





Please include your payment with your registration.

Viking Preschool and Early Childhood Family Education Programs

Early Childhood Family Education (ECFE)

ECFE is a parent-child program for children aged birth-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. If you know a family not receiving our mailing, please contact Viking Elementary.

Viking Preschool-School Readiness

We use the math and language pre-k curriculum incorporated throughout Viking Elementary K-6. It is integrated in an age appropriate hands on pre-k experience. Our preschool program is supported by local levy, community education, and parent tuitions. Viking Preschool is a 4 Start Preschool, in accordance with Minnesota Parent Aware Rating!

Bright Start Child Care Home Visits & Family Outreach Program

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

Viking Preschool

Viking Preschool ages 3-4

- •Child must be 3 by September 1, 2014 to enroll.
- •Wednesdays 7:55am-11am (includes breakfast) or 3-4pm
- •Begins September 24, 2014

Viking Preschool ages 4-5

- •Child must be 4 by September 1, 2014 to enroll.
- •Tuesdays & Thursday 7:55am-3:45pm (includes breakfast and lunch)
- •Begins September 23, 2014

Call Terra or Megan at 218-863-5910 extension 5393 to enroll your child.

Please note: Viking Preschool is a 4 Star Preschool. in accordance with Minnesota Parent Aware Rating!



Early Childhood Family Education (ECFE) Classes

Fun Fridays

- •Fridays 9:30-10:45am
- •September 19-November 21 (no class Oct. 17)
- •This class is for ages 0-5 (not yet in Kindergarten)
- •This fun group explores our classroom activities, shares songs, books and fingerplays. This busy class does not separate for parent discussion. All ages welcome.

Terrific Twos

- •Thursdays 5:30-7pm
- •November 6, 13, 20 & December 4 & 11
- •Come share their energy with the whole crew! We will enjoy our time together doing art, music, play, and building-we'll separate for short parent time centered around the joys of TWOS!

"Preschooler & Parents"

- •Thursdays 5:30-7pm
- •September 18-October 30
- •This class is for ages 3 through freshly 5
- Parents and preschoolers will enjoy one-to-one time while they interact within the learning environment.

Enjoy exploring the sensory table or create a new world in our block corner. Circle time will keep us in tune with music & stories. Following circle, parents will separate for discussion, while children continue their work in the ECFE room. This year we're going to focus on literacy-how your child is learning and how to help!

"Monster Mash"

•Friday, October 31

- •9:30-10:45am
- •Bring the family and join us for a morning of games and fun. Wear your costumes or come as yourself. Meet your friends and enjoy a snack at this fun event. Don't forget the camera!



Please Note:

- •We would love to see you and your family. As our classes do have size limits, please register.
- •New ECFE Classroom (in the first grade hall across the hall from the elementary library)
- •Please check our webpage for current classes and changes. www.pelicanrapids.k12.mn.us
- •WEATHER ALERT: If school is cancelled due to weather, ECFE & Preschool classes are also cancelled.

Please call if you have any questions as weather worsens throughout an afternoon/evening.

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

New to district? Register here...

If you have recently moved into the Pelican Rapids School District or recently had a baby, please fill out the form below and turn it into the office at the address listed below so we can send you information about our opportunities for children ages 31/2-12th grade!

> Return form to: Pelican Rapids School 310 S Broadway, Pelican Rapids, MN 56572

Parents/Guardians Names:		
Child's Name:	DOB:	
Child's Name:	DOB:	
Address:	Phone:	
Please call us at 218-863-5910 with any questions		

or visit our website: www.pelicanrapids.k12.mn.us

Pelican ECFE loves families! Here's our staff:

Terra Fitzsimmons

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

Megan King

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

Kimberly Hernandez

Classroom & Child Care Home Visitor Assistant **Spanish Translator** Email: khernand@pelicanrapids.k12.mn.us

Voicemail: 218-863-5910 ext. 5393

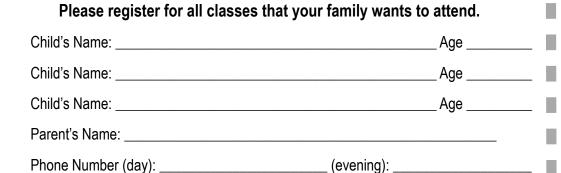
Tami Hanson

Preschool Classroom Para

Janet Woolever

Child Care/Family Home Visitor

Jessica Sands Minnesota Reading Corps



Class Name	Days/Times	√box to register
Fun Fridays (ages 0-5)	Fridays 9:30-10:45am Sept. 19-Nov. 21 (no class Oct.17)	
"Preschooler & Parents" (ages 3 thru freshly 5)	Thursdays 5:30-7pm Sept. 18-Oct. 30	
Terrific Twos	Thursdays 5:30-7pm Nov. 6, 13, 20 & Dec.4 & 11	
"Monster Mash"	Friday 9:30-10:45am Oct. 31	

Please contact me about receiving home visits: O Caring Connections O Bright Start

To Register or if you have questions:

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

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





Unleashing Student Potential Using the 7 Habits

By Doug Bruggeman

We are all creatures of habit. Some of our habits are trivial, having no bearing on our success and happiness. Other habits play a crucial role in our lives and are constantly impacting our level of satisfaction. Habits, unfortunately, do not care if they make us a great success or lead us into crushing failures.

Educators, however, do care whether their students become successes in life. They work hard to help their students avoid crushing defeats and learn from temporary setbacks. Educators also know that teaching a foundation of strong positive habits can help their students reach greater heights not only in school but in life. These feelings are not anything new to the Pelican Rapids School System, what is new is the focus that the district is placing on "habit development".

Three years ago District #548 began the **Leader in Me™** program. The **Leader in Me™** program is a tool that enables educators to show students how they can unleash their full potential. The program itself is centered on the book "The 7 Habits of Highly Effective People" written by Stephen Covey. Covey researched and identified seven habits he believed were universally used by effective people. Here is a summary of those habits:

Habit 1: Be Proactive

Take control of your life.

Habit 2: Begin with the End in Mind Set goals and have a direction.

Habit 3: Put First Things First

Prioritize your duties and activities.

Habit 4: Think Win-Win

Create positive outcomes for all involved.

Habit 5: Seek First to Understand and then to be Understood

Really Listen

Habit 6: Synergize

Create better ideas by combining ideas together.

Habit 7: Sharpen the Saw

 ${\it Take time to renew your body, mind and spirit.}$

Since Covey's book was released in 1989, it has created a billion dollar empire as individuals and businesses across the world look to gain a competitive edge using Covey's strategies of effectiveness. The Pelican Rapids' School District is looking for the same thing for their students.

Over the past two years a big focus of the program was providing staff and students a general understanding of the program and the habits of effectiveness. The goal was to have a school system where a common language could be spoken, students and staff start to see the 7 Habits at work, and the leadership potential of individuals was explored.

This year the goal is to continue to integrate the habits into the daily life of the student but with a greater emphasis on reaching a deeper understanding of the reason why each habit can help students handle school, activities, friends and parents more effectively. The "End in Mind" for the school system?. . .Increasing the chances of their students living a happy and successful life.

Here is an example of how Pelican Rapids Schools are diving deeper into each of the 7 habits. A lot of talk at the high school building the past two years has been on "Being the Water". This is a Habit 1 visual that focuses on being able to control your emotions when life

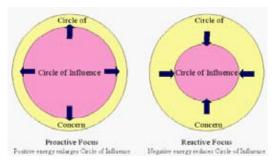
shakes you up (vs. being the soda which sprays all over once shaken by events in life.) Helping students understand that there is more that they can control in life than just their emotions is an example of going deeper into each habit.

Just as important as what we can control in life is coming to the understanding that there are things in life we cannot control. Below are thoughts on Covey's Habit #1 that are being shared:

Habit 1: Be Proactive

<u>Key Principles</u> = Self Control & Responsibility <u>At Work</u> = Focusing your energies on the things in which you can change for the better <u>Opposite</u> = Reactive – channel your worries on things you have absolutely no control over.

Visual =



- •Proactive people work to increase their circle of influence over their circle of concern. (Positive energy enlarges middle)
- •Reactive people allow the circle of concern to overwhelm them. (Negative energy; blaming, making excuses, etc. . . makes middle smaller) Deep 7 Thoughts:
- •We are in control of how we respond or react to situations.
- •This does not mean we are void of anger, frustration, sadness, fear or any other emotion that is out there. Emotions are a huge part of life and "Life Happens!"
- •Principle of Responsibility (response ability = the ability to respond) Being accountable to yourself. At any given point and time we do have the ability to choose how we respond to
- •Principle of Self-Control We can only control three things in life:
- 1. Our Thoughts
- 2. Our Feelings
- 3. Our Actions. When we blame or make excuses we are giving our self-control away.

 •Following the 7 Habits does not offer us a perfect life. The 7 Habits do offer us an opportunity to live a MORE effective life. Passing on this knowledge is a win-win.

MUST WATCH VIDEO: Randy Pausch on Oprah Winfrey Show (Time 10:10)

Showing a individual who is choosing to control his life.

http://www.youtube.com/watch?v=ncoSRKoU6GQ

Dr. Randy Pausch was a professor at Carnegie Mellon University. He was diagnosed with cancer and given only months to live. He gives this last lecture and it is powerful reminder of all the habits but especially Habit 1, The Habit of Choice.

District #548 is providing an educational experience that very few schools in Minnesota are offering. That "experience" is a chance to be immersed in an educational system that embraces the development of habits as a critical part of a student's journey in life. This philosophy has the power to help unleash each students potential.

STUDENT NONDISCRIMINATION

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 student 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, address, telephone listing, electronic mail address, photograph, date and place of birth, major field of study, dates of attendance, grade level, 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. It also includes the name, address and telephone number of the student's parent(s). 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 and information regarding parents without prior written consent of the parent of the student or eligible student, except 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 or information regarding a parent.
- 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. 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.



Pelican Rapids High School News

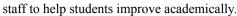
We have had a great start to the 2014-2015 school year and appreciate your support that you provide our children at school. Strong parent and community involvement is a key component to the success of all students. Thank you for your dedication to our children and their education

During Power Hour, students set academic and personal goals. Students discussed with their teacher the activities they are involved with, career and college goals, and set goals for each class. This will enable students to be more actively involved in reviewing their own academic progress and growth in each class. We ask that parents take time to discuss with their child about their current goals for each class and their career and college goals.

Skyward is a great opportunity for parents to review their child's attendance and grades. We want to thank all of the parents who use this tool to help support your child. Please contact us at the high school if you do not

have access to the internet and we will work with you to help you access your child's grades and attendance.

Fall Conferences were held on October 6th from 1:00 to 7:00pm in the high school gymnasium. We encourage all parents to attend parent-teacher conferences. Parent-Teacher Conferences is a great communication tool to work with



Students and staff have been working hard and are excited for many more great learning experiences throughout the school year. Thank you for all you do for our children and helping us get off to a great start at Pelican Rapids High School.



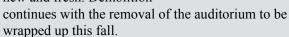
School Renovation Building Project Update

By Trevor Steeves, ISD #548 District Engineer

The 2014 construction season is coming to a close, as we wrap up the summer projects it is great to see everything come together. The track surface will be installed yet this fall, the new football field lights are 2 X brighter and look great, the baseball field lights have been a great addition to the field. Elementary parking lots are finished and the front entryway is redesigned and is much

easier to access.

The 8 high school bathrooms are up and running, they look great. The locker rooms will be finished this fall and looking new and fresh. Demolition





Three School Board Seats Open

Filing for Pelican Rapids school board seats was open from July 29 to August 12. Three seats will be on the school board ballot. All of them are four-year

Holding the seats currently that are up for reelection to the school board are Charlie Blixt, Dena Johnson and Kathy Ouren.

The general election is November 4, when local and statewide voting will take place.

Pelican Rapids School District #548

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

Phone Number: 218-863-5910

School Website:

www.pelicanrapids.k12.mn.us

School Board Members:

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

Fall Sports and Activities Updates

By Derrick Nelson, Activities Director

The older we get the faster time seems to fly. Just the other day the fall sports teams started the season and in less than a couple of weeks the postseason will begin. The Boys and Girls Soccer section tournaments are October 9, 11, 14, and 16. The state soccer tournament is October 21-30 at the St. Cloud State University.



Cross Country section meet will

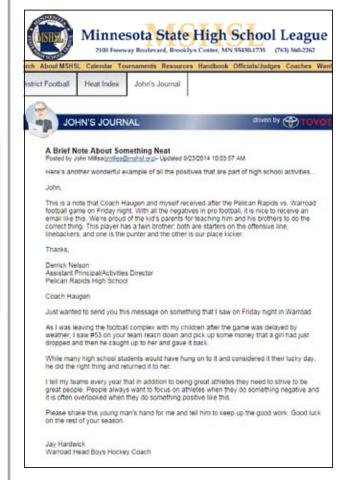
be at New London Spicer on October 23. Saint Olaf College will be the home for the state Cross Country meet on

The volleyball team will compete in the section 8AA tournament on October 23, 24, 28, and November 1. The state volleyball tournament will be held at the Excel Energy Center on November 6-8.

The Pelican Rapids football team will again compete in the section 6AA tournament. The 6AA tournament dates are October 21, 25, and 31. The dates for the state tournament are November 8, 15, and 21. The Prep Bowl this year and next year will be at TCF Bank Stadium on the campus of the University of Minnesota.

The fall play dates are November 7 and 8. The fall play will be at Faith Church this year. We would like to thank Faith Church for letting us use their facilities during our construction project.

Good luck to all the fall teams as you head into postseason play.





Online Payment Processing System

To register: visit <u>www.pelicanrapids.k12.mn.us</u> click on the PaySchools icon on the left side.

Use this system to purchase:

- Activity Fees/Tickets •iPad Rental Fee
- •Club Vikes Tuition
- •Retiree Insurance
- •Community Ed Fees
- School Meals
- Drivers Education
- •Viking Preschool

Fundraisers

Tuition