

Pelican Rapids School District #548  
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 Pelican Rapids, MN 56572

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## Makerspace room for project-based learning

By Tonya Johnson

New this year to Viking Elementary is a makerspace room. By definition, a makerspace is a place where students can gather and tinker. This is an area dedicated to student choice and exploration based on project-based learning and STEAM (Science, Technology, Engineering, Arts, and Mathematics) curriculum.



A makerspace isn't just about student choice and creativity. It is an opportunity for our educational system to continue to build students who possess the following characteristics: curiosity, grit, and perseverance, all the while learning how to communicate, collaborate, and identify and solve new problems. We can give students real world problems with real world technology.

This space is being utilized by individual classrooms and grade levels as well as during monthly collaboration. Students are given the opportunity to use Legos, Marble Run, Sphero robots and Keva brain builders. Monthly STEM challenges have been performed as well, utilizing many common household supplies such as note cards, Qtips, straws, and tape to name a few. These resources allow students to freely build and problem solve.

The supplies and equipment have been acquired largely through donations. An anonymous donation allowed Viking Elementary to purchase 12 Mini Spheros which students will use coding skills to control, Legos, and consumable supplies to use during STEM challenges. Parents have also graciously donated consumables to the room. We look forward to adding more features to the room and continue to utilize the many resources it already has available.



Students working with Mini Spheros



6<sup>th</sup> grade artists have been working on their clay houses for the Pelican Rapids Peace Trail. The houses will be on display throughout the trail this spring.



Special Olympics athletes cheered on by their classmates as they go to State Bowling!

**Substitute Para and Teacher Informational Meeting**  
 Monday, Feb. 17 5:00 - 5:30pm  
 PRHS Media Center

Q & A session about subbing opportunities in the district including requirements and resources

Questions:  
 contact Wendy Hoadley at [whoadley@vikes.us](mailto:whoadley@vikes.us)  
 or Lauren Siebels at [lsiebels@vikes.us](mailto:lsiebels@vikes.us)

**Kindergarten, Viking Preschool and Head Start Round Up**

Thursday, March 26<sup>th</sup>  
 from 6:00-7:00 pm  
 Viking Elementary School

Meet the teachers, tour the classrooms & enjoy fun activities!

All children planning to attend Kindergarten, Viking Preschool and Head Start this fall are welcome to attend this event with their parents/guardians.

Please make child care arrangements for your other children if attending the Kindergarten session

Children must be ages 3 - 4 for Preschool or age 5 for Kindergarten by September 1, 2020

## NEW DISTRICT GOALS DEVELOPED

By Dr. Ed Richardson, Superintendent

Last Spring the school board approved a new mission statement "Pelican Rapids Public Schools is committed to providing a variety of high quality academic, arts, and athletic programs in a unique rural setting" and vision "Pelican Rapids Public Schools prepares students to be leaders of their own future."



The committee which included administrators, staff, parents, and community members began the development of our mission and visions statement by agreeing upon a set of beliefs:

- students are our top priority.
- education is a partnership between student, family, school and community.
- our highly qualified staff provide a positive and rigorous learning environment for academic excellence.
- our diversity provides students with a unique advantage.
- our students are prepared for career, college and lifelong learning.

Based on this foundation, our school board went to work to identify their goals. Once our school board addressed a few BIG ROCKS early in the school year, including the operating levy referendum, board members used a couple of work sessions to develop four goals:



- Community Engagement
- Educate the whole child
- Increase student enrollment
- Sound and transparent financial practices

These goals will be central to our decision-making over the next few years as we develop our budgets, design our annual World's Best Workforce goals, compose our Achievement & Integration Plan for 2020-2023, review and revise curriculum, and conduct our needs assessment and annual Title One Plan.

While there can, and should, be some debate in developing goals and plans, returning to these 4 central goals along with our agreed upon mission, vision, values, and beliefs will help us with understanding one another and gaining agreement in how we prepare our students to be leaders of their own future.



**Front Row:** Logan Petznick (student representative), Jon Karger, Mike Forsgren, Superintendent Ed Richardson  
**Back Row:** Greg Larson, Brenda Olson, Brittney Dokken, Anne Peterson, Peter Casella (student representative)

**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

**Inside this issue**

Viking Elementary News	ECFE Classes
Community Ed Classes	"Where are they now?" PRHS Graduates
Community Events	SMILE Recipients
Adult Basic Ed	PRHS High School News
Viking Preschool	Important Dates

**DIY flower pot painting class**  
 Details on this class and many others in the Community Ed section

Education matters.  
**SUPPORT YOUR SCHOOL**

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 Choose a school online at [arvig.net/supportyourschool](http://arvig.net/supportyourschool) or call us today.  
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# Viking Elementary News

By Derrick Nelson, Principal

It is hard to believe that the school year is over half over. The students at Viking Elementary School have been very busy in the classroom as well as out of the classroom on their Leadership skills. Students can earn Leadership tickets for going above and beyond during school days. The goal was for students to earn 6,000 Leadership tickets by January 31. The students surpassed their goal by obtaining more than 7,000 Leadership tickets.



sions on enrollment. We ask that if your student will be attending Kindergarten in the fall of 2020 that you let our office know by March 13, so we have the information that we need for the roundup on March 26.

This winter has been a long battle with colds, flu, and other sicknesses. Students are reminded to cover their coughs and to always wash their hands before eating. We also encourage students to get plenty of rest and drink lots of water. The healthier our kids are the better they do in school, as missed school days are hard to make up. When students are not at school, they miss valuable information for that day. If your student is sick we remind you to please contact the office and let them know that your student will not be in school.

If you would like to discuss a placement concern for your student for the 2020-21 school year please contact me by March 31 at [dnelson@pelicanrapids.k12.mn.us](mailto:dnelson@pelicanrapids.k12.mn.us) or 218-863-5910.

Viking Elementary School will be hosting Kindergarten roundup on March 26. Our Kindergarten is a full day program and we base many of our staffing deci-

## Over 7,000 exceptional behavior choices at VES!

The Viking Leadership Tickets were created as a result of students in 1<sup>st</sup> grade wanting to see some type of ticket-based system for students or classes that make exceptional daily 7 Habits<sup>®</sup> behavior choices for the good of others and the school.

After doing a bit of math with Principal Nelson, a school-wide goal of 6,000 Viking Leadership Tickets in the months of September-January was set and the team of Rachel Haugrud, Angie Westby, Jessica Sjostrom and Pam Eiden created the ticket (shown below).



Staff member Alejandra Villagomez did a fabulous job keeping the Leadership Ticket boxes stocked.

As Viking Elementary staff noticed students or classes applying the 7 Habits<sup>®</sup> in their daily choices they filled out the tickets which were collected weekly. A scoreboard was kept by Principal Nelson in the front lobby so students and adults could see the progress of the school-wide goal.

On January 31<sup>st</sup> the Viking Leadership Tickets reached a grand total of 7,003! All the students were rewarded for these exceptional choices with a treat at lunch time.

A differing second goal has been made for the remainder of the 2019-20 school year...it will be fun to see what they accomplish next!

## Club vikes

School-Age Childcare Program for kids 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 6:30 am-6:00 pm

### Dates Closed:

Club Vikes is not open on certain holidays (i.e. 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)	• \$4 before school
• \$25 (6+hrs)	• \$6 after school
	• \$9 before & after school

### Drop-In Care:

- \$4/hr with a minimum of \$8 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 inside Viking Elementary, follow the hallway straight out of the lobby, take a left, we are the 4<sup>th</sup> door on your right. There is a sign posted on the door 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](mailto:eevenson@pelicanrapids.k12.mn.us)  
Phone: 218-863-5910 ext. 5022

Connect with us on our *Club Vikes* Facebook page

Stephen Covey's 7 Habits of Highly Effective People<sup>®</sup>

**Habit #1**  
**BE PROACTIVE**  
You're in charge of your self

- I have a "can do" attitude and always try my best at everything I do.
- I follow directions and do the right things without being asked, even when nobody is looking.
- I choose my actions, attitudes, and moods and don't blame others for my wrongdoing.

**Habit #2**  
**BEGIN WITH THE END IN MIND**  
Have a Plan

- I plan ahead and set goals for myself.
- I am prepared at all times.
- I think about how the choices I make now will affect my future.
- I think about the positive or negative consequences of my actions before I act.

**Habit #3**  
**PUT FIRST THINGS FIRST**  
Work first, then play

- I do the things that I have to do before I do the things that I want to do.
- I stay focused on what I'm doing. I try to minimize distractions and regroup if I get off task.
- I spend my time on the things that are the most important.

**Habit #4**  
**THINK WIN WIN**  
Everybody can win!

- I can problem solve when an issue comes up with another person.
- I think about what other people want and not just what I want.
- I am kind to others and try to think of ways to help everyone to be happy.

**Habit #5**  
**SEEK FIRST TO UNDERSTAND THEN TO BE UNDERSTOOD**  
Listen before you speak

- I listen to others without interrupting.
- I raise my hand when I want to speak and I wait to be called on.
- I don't blurt out.
- I try to understand other people's views and feelings, even if they are different from my own.

**Habit #6**  
**SYNERGIZE**  
Working together is better

- I get along well with other people and work well in groups.
- I value the strengths of others and allow myself to learn from them.
- I know that by working together as a team we can get more done and come up with better solutions than we could alone.

**Habit #7**  
**SHARPEN THE SAW**  
Balance is best

- I take care of my body by eating right, exercising, and getting enough sleep.
- I balance my time between school, extracurricular activities, family, and friends.
- I am always learning how to become a better person.

### Viking Elementary Mission Statement:

"A community of learners dedicated to improving our world."

### 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.

If you have recently moved into the Pelican Rapids School District or had a baby, please let us know so we can stay in touch with you about the programs and services offered in our district.

Call Gwen or Lois at Viking Elementary 218-863-5910 option 2

**GET PLENTY OF SLEEP** Cold & Flu season is here!

**COVER YOUR MOUTH AND NOSE** STAY HOME WHEN YOU ARE SICK

**WASH YOUR HANDS** If you have a temperature greater than 100.0 or are vomiting please stay home. Need to be fever free without medication for 24 hours and no vomiting for 24 hours before returning to school.

**DRINK PLENTY OF WATER**

### Brrr...it's Cold! What to Wear

Tips to keep kids warm & safe in winter

Dress in several thin layers

Kids need 1 more layer of clothing than adults

In car seats, make sure layers are snug, not bulky

Remember warm boots, mittens & a hat

Change out of wet clothes right away

For more tips, visit [HealthyChildren.org](http://HealthyChildren.org).



**VIKING ELEMENTARY SCHOOL**  
is honored to be validated as a 2019-20  
**MINNESOTA SCHOOL OF EXCELLENCE**

### IMPORTANT DATES

**Monday, Feb. 17 1:00-7:00pm**

VES Parent Teacher Conferences

**March 26**

Preschool & Kindergarten Roundup

**April 14 & 15**

Appletree Dental Outreach Clinic

**Monday, May 18**

School in session

Track & Field day grades 4-6

**May 19 & 20**

6<sup>th</sup> grade trip to Twin Cities

### Up-to-date school information

District website:

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

Facebook:

Pelican Rapids Public Schools

## Viking Student Success

Grades K-6

Tuesday - Thursday

3:15 - 5:15pm

This after school program will include:

- an after school snack
- reading, writing, and math instruction
- hands-on STEM activities (science, technology, engineering, and math)
- physical activity time

Location: Viking Elementary

No transportation provided

Questions:

contact Marie Cupkie  
[mcupkie@vikes.us](mailto:mcupkie@vikes.us)  
or 218-863-5910 x5269

Once sub-zero temps hit, it takes about 30 minutes for exposed skin to get frostbite. At 15 below with a little bit of wind, frostbite is possible within 15 minutes. *Students needing outdoor weather gear can pick up hats, gloves, scarves, etc. at either school office.*



# Community Education *Partnering with our community to offer lifelong learning...*

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



Email: [bwontor@vikes.us](mailto:bwontor@vikes.us)



Call: 218-863-5910 x4250  
(Tuesday-Friday)



Online:  
[www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)  
PaySchools (top right)



Mail registration form:  
Community Ed, P.O. Box 642  
Checks payable to: *Community Education*



Private message:  
Pelican Rapids Public Schools

**With our 4-day school week we are not in the office on Mondays so please email questions to [bwontor@vikes.us](mailto:bwontor@vikes.us)**

## Community Education Coordinators

- Cary Haugrud, Classes  
[chaugrud@vikes.us](mailto:chaugrud@vikes.us) 218.863.5910 x4300
- Becky Wontor, Communications  
[bwontor@vikes.us](mailto:bwontor@vikes.us) 218.863.5910 x4250

## General Information

- You are enrolled in class once we receive your registration. We will 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. Class notifications will be posted on the district website and the Community Education Facebook page.



Connect with us on Facebook for program updates: **Pelican Rapids Community Education**

## Help fight hunger in our community...by sponsoring a child!

*Backpack Buddies exists to supply hungry children in Pelican Rapids with food for the weekend*



*Because hunger doesn't end on Friday.*

**How:** The Pelican Rapids Viking Elementary with help from the Pelican Rapids Food Shelf provides a bag of easy to prepare foods, such as cereal, oatmeal, juice, fruit cups, pudding, juice boxes, peanut butter & crackers, granola bars, ramen noodles, and other easy to prepare meals

## Reading is the greatest gift you can give your children

At the Pelican Rapids School district, we believe that education is a partnership between the student, family, school and community. Research shows the importance and lifelong impact of parents reading to their children and that was the driving force for the preschool book program created and administered by Community Ed and ECFE.

Sending a book to families of new babies born in the district began in the 2018-19 school year with funding provided by a United Way Caring Connections grant. A small 'Viking Pride' item (either a black and orange baby hat or a PR Vikings t-shirt) was included along with information about the FREE preschool and ECFE programs offered in the district.

This year the program has expanded to include giving a book to families of all preschoolers in the district ages 1-5. Due to budget reductions the small gift was eliminated for the babies, until recently, when a few community members volunteered to crochet black and orange hats (shown in photo below).

A huge thank you goes out to Joan Ellison and Dawn Johnson for sharing their time and talent and enabling us to continue sharing 'Viking Pride' with families in our area!



If you are interested in sharing your time and talent helping to crochet the hats contact Joan Ellison for more information at 218-863-5904. The yarn and a pattern will be provided.

If you were one of the families who didn't receive a 'Viking Pride' item for your new baby please contact Becky at [bwontor@vikes.us](mailto:bwontor@vikes.us) or Terra at [tftzsim@vikes.us](mailto:tftzsim@vikes.us).

like mac & cheese, stew or ravioli.

**Who:** Hungry children identified by teachers and school employees.

**When:** On Fridays-bags of food are discreetly placed into children's backpacks.

**Cost:** Approximately \$170 per student for the school year. The program is funded partially by the United Way and through community support.

Sponsor a child for this school year! Any donation would be appreciated.

**Contact:** Sue Bruggeman at 218-329-8626 regarding a donation or Jackie Larson for any questions at 218-329-5752 or via email at [larsonjb@umn.edu](mailto:larsonjb@umn.edu)

## Community Ed Class Registration Form

Please mail this registration form to:

Community Education PO Box 642, Pelican Rapids, MN 56572

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

Class: \_\_\_\_\_ Fee \$ \_\_\_\_\_ Class: \_\_\_\_\_ Fee \$ \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
in case we need to contact you about the class

I would like to see the following class offered: \_\_\_\_\_

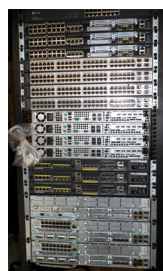
I would be interested in teaching the following class(es): \_\_\_\_\_

Age category for state reporting Grade K-12 \_\_\_\_\_ Age 19-54 \_\_\_\_\_ Age 55+ \_\_\_\_\_

FEBRUARY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	10 XaBeat Meditation	11	12 XaBeat	13	14	15
16	17 XaBeat	18	19	20	21	22
23	24 XaBeat Meditation	25	26 XaBeat	27	28	29
MARCH						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 ACT Prep	3 Converting Memories	4	5	6	7 Soil Nutrition
8	9 ACT Prep	10 Oils Made Easy	11 Laughter Yoga Instant Pot Stro- ganoff	12	13	14 Composting
15	16	17 Oils Spring Clean	18 Laughter Yoga	19	20	21 Seed Starting
22	23	24 Estate Planning Minor Children	25 Laughter Yoga	26	27	28
29	30	31 Oils Hormones				
APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Dryer Balls Converting Memories	2	3	4 DIY Paint-a- Pot & planting
5	6	7 Estate Planning	8 Instant Pot Soup	9 Oils Made Easy	10	11
12	13	14 Oils Spring Clean	15	16 Heartsaver CPR/ AED/FA	17	18
19	20 Pelican Rapids History	21 Oils Stress & Sleep	22 Raising Monarch Butterflies	23	24	25
26	27	28 Babysitting	29	30 Babysitting	31	
MAY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Oils Sore Muscles	6	7	8	9
10	11	12	13	14 Oils Bug be Gone	15	16
17	18	19	20	21	22	23

## Cybersecurity Learning Lab

This class is for anyone interested in learning cybersecurity, particularly networking and server system administration, in a self-learning environment. There will be access to a free lab and books for Cisco networking, Red Hat Enterprise Linux server software and CompTIA generic training:



- Unmanaged switch
- Cisco MWR2941 Wide Area Network Routers
- Cisco 3750 Version 2 Managed Switches with 48 ethernet ports, 4 SFP ports for fiber and power over ethernet
- Supermicro Servers
- Cisco ASA5510 Security Appliances
- Cisco 3825 Local Area Network Routers

The lab includes the equipment shown in the photo plus cables, various PC computers, monitors, keyboards and mice. For more information contact Cary Haugrud at [chaugrud@vikes.us](mailto:chaugrud@vikes.us) or 218-205-5745

**When:** TBD based on registration  
**Location:** PRHS  
**Class Fee:** free of charge

## ACT Prep Class for English and Reading sections



The ACT is fast approaching, and we want to help you prepare for it! This class will be focusing on the English and Reading sections of the ACT. We will teach you test taking strategies and lead you through a practice exam for both the English and Reading sections. You can come only one day if both days do not fit into your schedule.

**When:** Monday, March 2nd 9:00-11:00am and Monday, March 9th 1:00-3:00 pm \* come one day or both  
**Who:** Any student in 11<sup>th</sup> grade at Pelican Rapids High School  
**Where:** Ms. Anderson's & Ms. Mooney's classrooms at PRHS  
**Cost:** \$5/person for one day; \$10/person for both days

## Community Education



Saturdays & Sundays 6:00 - 9:00pm

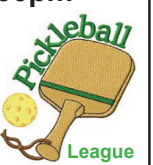
Wednesdays 6:30 - 9:00pm



Men's Pick-up  
Basketball



Indoor  
Walking Track



Pickleball  
League

Al Siegle Activity Center  
enter west Door #7



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

### Essential Oils Made Easy

I will teach you simple ways you can begin to empower the lives of yourself and your family with safe, effective, and affordable essential oils. Essential oils are natural extracts from plants with amazing health benefits! Learn how essential oils can support your mind and body for things such as headache relief, digestive support, emotional support, energizing your body, treating simple skin ailments, cleaning your home, and much more.

**Instructor:** Tiffany Brown  
**When:** Tuesday, March 10<sup>th</sup> 6:00pm  
 OR Thursday, April 9<sup>th</sup> 7:00pm  
**Class Fee:** free

*Each participant will receive a free sample.*

### Toxin & Chemical Free Spring Cleaning with Essential Oils

Learn how to safely clean every surface of your home from windows, to floors, chemical and toxin FREE with essential oils. This is a make and take class and each participant will go home with a small glass bottle of general counter top cleaner and a sample of safe dishwasher detergent tablets.

**Instructor:** Tiffany Brown  
**When:** Tuesday, March 17<sup>th</sup> 6:30pm  
 OR Tuesday, April 14<sup>th</sup> 6:30pm  
**Class Fee:** \$5.00

*Each participant will go home with a small glass bottle of general counter top cleaner and a sample of safe dishwasher detergent tablets.*

### Supporting hormonal changes in women, pre-teens, and teenagers

This class will be geared more towards women and girls with the ups and downs of hormonal changes. It can be a roller coaster and essential oils can safely and effectively help control the mood swings and emotional changes associated with it.

**Instructor:** Tiffany Brown  
**When:** Tuesday, March 31<sup>st</sup> 6:30pm  
**Class Fee:** free

*Each participant will have the chance to order/purchase my favorite oil blend specific to this class.*



### Stress, Anxiety, and Sleep Support with Essential Oils

Are you a worrier? Do you often carry stress on your shoulders? Do you suffer from anxiety? Do you often lie awake at night unable to “turn off” your mind? Let me teach you how essential oils can support your personal needs. We will learn about safe, effective, and affordable ways to deal with every day stress and how to sleep better at night.

**Instructor:** Tiffany Brown  
**When:** Tuesday, April 21<sup>st</sup> 6:30pm  
**Class Fee:** \$7.00

*Each participant will go home with a specific essential oil blend sample or samples.*

### Soothing Sore Muscles and Joints with Essential Oils

Learn how to support your sore muscles and joints safely and effectively with essential oils. This class is not just for adults but for growing kids and teenagers too! Help support yourself and your young athletes with their active bodies and sooth sore muscles after work outs and sports games.

**Instructor:** Tiffany Brown  
**When:** Tuesday, May 5<sup>th</sup> 6:30pm  
**Class Fee:** \$5.00

*Each participant will go home with a sample.*

### Bug be Gone Essential Oil Blend

Safe for adults, children, and pets, this class will teach you about essential oils that aid in repelling common summer pests such as mosquitos, flies, gnats, and ticks. Living and active lifestyle in Minnesota means you typically apply tons of toxic, chemical loving bug spray. This class will offer you a safe and effective alternative choice to use for your family this summer.

**Instructor:** Tiffany Brown  
**When:** Thursday, May 14<sup>th</sup> 6:30pm  
**Class Fee:** \$10.00

*Each participant will go home with their own bottle of “Bug be Gone” essential oil blend spray.*

**Location for all Essential Oils Classes:** 22 5<sup>th</sup> Ave SW (historic Blyberg/Korda home on the hill across from the school)

### Traditional Laughter Yoga

Come join in this unique exercise class! Laughter Yoga combines laughter with yogic breathing (pranayama)! You will learn about the origin of Laughter Yoga and the health benefits received when one participates in a session, such as increased oxygen to body and brain and a more energetic and elevated mood!

Laughter Yoga begins with a short gentle warm up that includes simple stretching and breathing. The warm up prepares the lungs for group laughter exercises that soon turn into real and contagious laughter! The exercises are led by the instructor. No one laughs alone! The class ends with a relaxing guided meditation.



This class does not rely on the use of humor, jokes or comedy. No yoga mat needed as we won't be doing yoga poses. A lot of people have shared inhibitions about laughing in front of others or commenting they are “not good at laughing”. If this is true for you, or not, you MUST come check it out and see those inhibitions quickly disappear! Grab your friend, co-worker or neighbor to join in the fun! It's the perfect way to bust up our Midwest winter doldrums!

**Instructor:** Jenny Berube  
**When:** 1<sup>st</sup> class Tuesday, March 11<sup>th</sup> 5:30-6:30pm  
 Follow-up classes: Tuesday, March 18<sup>th</sup> & Tuesday, March 25<sup>th</sup> 5:30-6:30pm  
**Location:** Valhalla (enter west door 7)  
**Class Fee:** \$10.00 per class  
*Class minimum: 6*

### Babysitting Training

For many pre-teens and teens planning on picking up jobs during the summer months, babysitting is one way to earn some extra cash. American Heart offers this course to help individuals, 11 years of age and older, prepare for the responsibility of babysitting. You will learn how to care for infants through school age children and perform tasks such as diapering, preparing simple meals, and dressing. In addition, the course will offer ideas for toys and games to play with the children. With safety as the utmost important factor, you will learn how to handle emergencies and focus on safe care of infants and children. Handouts will be provided. Students must attend both classes. Please bring a bag dinner. Limit 20.

**Instructor:** Mary Johnson, American Heart Association Certified  
**When:** Tuesday, April 28<sup>th</sup> & Thursday, April 30<sup>th</sup> 4:00-7:00pm  
**Location:** PRHS Media Center (west door 8)  
**Class Fee:** \$25.00

### 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. This class is informational, the converting process happens at a different time (you do not need to bring any photos, VHS tapes, etc). Additional 90 minute introduction and work time labs can be scheduled to meet your digital needs at the class. *Class size limit: 6*

**Instructor:** Cary Haugrud  
**When:** Tuesday, March 3  
 OR Wednesday, April 1 6:30pm-8:30pm  
**Location:** PRHS Room A113 (enter west door 8 & follow signs)  
**Class Fee:** \$10.00

## GARDEN SERIES

### Soil Nutrition

This class will cover different soil nutrients. It will be explained as to what the soil nutrients do for plants as well as how to keep them in your soil. Soil sampling is how to your determine the nutrients in your soil. She will also discuss the services that the elevator has to offer.

**Instructor:** Presented by Hallie Evenson of the Pelican Rapids Elevator  
**When:** Sat, March 7  
**Location:** PRHS Media Center  
**Class Fee:** \$10.00

### Composting

This class will cover the basics of composting. We will discuss the different styles of compost bins and composting worms. I do compost at home, and at work and regularly teach about reducing waste.

**Instructor:** Presented by Cedar Walters of the Otter Tail County Extension Office  
**When:** Sat, March 14  
**Location:** Brown-Eyed Susans  
**Class Fee:** \$5.00

### Seed Starting

We are going to discuss the basics of starting plants from seeds, containers we like to use, soil for starting seeds, interpreting the information on the seed packets. This is a basic course for starting any type of vegetable or flowers from seeds and creating a planting calendar.

In this class you will:

- Decide whether to start your own seeds
- Choose a soil mix and containers
- Create a planting calendar
- Sow your seeds
- Learn how to care for your new seedlings

**Instructor:** Jess & Joe Shulstad of Brown-Eyed Susans  
**When:** Sat, March 21  
**Location:** Brown-Eyed Susans  
**Class Fee:** \$10.00

### DIY Dryer Balls

Do you use wool dryer balls? You should.

Why? They reduce lint and static. They reduce drying time by 10 to 25%.

And best of all, you can make them yourself. Stop in at the Mercantile on Main on Wednesday, April 1 from 9 am until 5 pm. You can either buy yourself a set of wool dryer balls or make some to take home. In thirty minutes, you'll have a set of handmade wool dryer balls that will last through more than 1,000 loads of clothes.

**Instructor:** Joan Ellison  
**When:** Wednesday, April 1 drop-in anytime between 9am-5:00pm  
**Location:** Mercantile on Main  
**Class Fee:** \$5.00

### 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:** Tuesday, April 7 at 7:00pm  
**Location:** PRHS Media Center (west door 8)  
**Class Fee:** \$10.00

### Estate Planning with Minor Children

**Instructor:** Greg Larson  
**When:** Tuesday, March 24 at 7:00pm  
**Location:** PRHS Media Center (west door 8)  
**Class Fee:** \$10.00

### Instant Pot-Stroganoff

Join us for another class as Nanette demonstrates how to make Hamburger Stroganoff, a chocolate bundt cake and a veggie side dish in the Instant Pot. You will have the opportunity to sample each dish and take home a copy of the recipes.

**Instructor:** Nanette Albright  
**When:** Wednesday, March 11 6-8:00pm  
**Instant Pot-Soup**



In this Instant Pot class Nanette will demonstrate how to make Creamy Chicken Wild Rice Soup, Mac and Cheese and a 7-up/lemon bundt cake. You will have the

opportunity to sample each dish and take home a copy of the recipes.

**When:** Wednesday, April 8 6-8:00pm

### Both Instant Pot Classes:

**Instructor:** Nanette Albright  
**Location:** PRHS Home Ed Room A108 (enter west door #8 and follow signs)  
**Class Fee:** \$15.00  
*Class maximum: 10*

**Contact us with class ideas or if you would like to teach a class!**

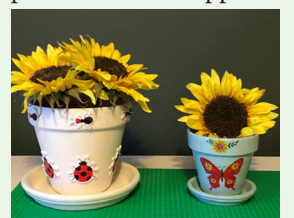
• **Cary Haugrud, Classes**  
 chaugrud@vikes.us 218.863.5910 x4300

• **Becky Wontor, Communications**  
 bwontor@vikes.us 218.863.5910 x4250

### DIY Paint-a-Pot & Planting Class for kids and adults

Join us for a fun, DIY flower pot painting class lead by Sandie Strandlien and Liz Strand. Use your creativity to paint a terra-cotta flower pot and then plant a beautiful flowering plant provided by Brown Eyed Susans. We will also have a kids' table, so they can be part of the fun! Prices vary based on size of planters and all supplies and refreshments included in the cost.

**Instructors:** Sandie Strandlien and Liz Strand  
**When:** Saturday, April 4 9:00-11:00am  
**Location:** Strand ACE Hardware  
**Class Fee Kids:** \$5.00  
**Class Fee Adults:**  
 5" pot: \$7.00; 8" pot: \$10.00; 10" pot: \$14.00





## ADULT BASIC EDUCATION in PELICAN RAPIDS



GED: Wednesdays from 9:00-11:00am  
 ESL: Monday-Thursday from 11:30am-2:30pm  
 Mixed Evening Class: Tuesdays from 4:30-7:30pm

Location: Pelican Rapids Public Library - 25 West Mill

- ESL all levels • GED or Adult Diploma •
- U.S. Citizenship • Basic Skills for Adults •
- College Prep and Application •

Students must be 17 or older, not enrolled in K-12 and demonstrate need on standardized assessment

Questions contact Terri Buerkle, ABE Instructor at [tbuerkle@detlakes.k12.mn.us](mailto:tbuerkle@detlakes.k12.mn.us) or Amy Fish, ABE Program Director at 218-844-5760 or [afish@detlakes.k12.mn.us](mailto:afish@detlakes.k12.mn.us)

### Pelican Rapids History and Story Sharing

Join us for a 1 hour presentation on the history of Pelican Rapids. There will be a time for sharing stories after the presentation.

**Instructor:** Former Pelican Rapids Mayor Wayne Runnigan

**When:** Monday, April 20 6:30pm

**Location:** Pelican Rapids Public Library

**Class Fee:** no fee

### Technology Help



Do you have questions about your various devices but aren't sure who to ask? We will have a high school student available to help you with your computers, cell phones, and/or tablets.

**When:** Wednesdays between the hours of 1:00-4:00pm

*by appointment only-you must schedule a date and time with Annie at the Public Library 218-863-7055*

**Location:**

Pelican Rapids Public Library

**Class Fee:**

no fee

### Heartsaver CPR/AED/First Aid

Heartsaver courses are intended for individuals who have a duty to respond to a cardiac emergency because of job responsibilities or regulatory requirements. This would include teachers, childcare workers, fitness trainers, corporate workers, restaurant employees, lifeguards, coaches, parents, daycare providers, and anyone who wants to learn how to do CPR and give First Aid. The Heartsaver CPR AED course is hands-on and covers adult, child, and infant CPR and use of the AED (Automated External Defibrillator). Included in the course is relief of choking. Heartsaver First Aid provides first responders with training in basic first aid procedures—including the first aid skills recommended by OSHA. The course covers first aid basics, medical emergencies, injury emergencies, and environmental emergencies. *This course is for non-healthcare professionals.* Limit 15.

**Instructor:** Mary Johnson

**When:** Thursday, April 16<sup>th</sup> 6-9pm

**Location:** PRHS Media Ctr west door 8

**Class Fee:** \$60.00

### Raising Monarch Butterflies

Learn where to find and identify eggs, care for the caterpillars as they go through their stages and proper care when they go into chrysalis.

Participants will receive common milkweed seeds.

**Instructor:** Kate Andrews

**When:** Wednesday, April 22 6-7:30pm

**Location:** PRHS A113 (west door 8, follow signs)

**Class Fee:** \$5.00

### ADULT BASIC EDUCATION

#### VOLUNTEERS NEEDED!!

Would you like to help the community and make a difference?

We have so many ways you can help!

- Work with small groups of English learners in Pelican Rapids or Detroit Lakes
- Evening or weekend tutoring for basic skills or GED preparation
- General clerical support

Call 218-844-5760 for details

Detroit Lakes Public Schools  
 Adult Basic Education Consortium  
 900 Highway 34 East  
 M-State-Room E-103  
 Detroit Lakes, MN 56501

### Volunteers needed for Special Olympic Track and Field event



The Special Olympic Track and Field is back in Pelican Rapids again this year. We are on a 3-year rotation, and it is our year. We will be looking for volunteers in the community to help in the planning process, along with volunteers to help with various duties during the day. Cheering on the athletes could be a "job" that makes everyone happy!!

The date for this event is Thursday, May 14. Please watch for further details on our school website and Facebook page. You could also get contact Wayne Woolever, Allen Westby, Karli Kirkwood, Sheri O'Brien or Kim Haugrud, if you would like to help.

### Outdoor winter fun!



#### Skating Rink Hours

- School days.....4:00pm-8:00pm
- Saturdays, Sundays & non-school week days.....12:00pm-8:00pm

Enjoy some outdoor time with friends and family at the Pelican Rapids skating rink located west of the football field.

Skates are available for use at the warming house. The rink is supervised during skating rink hours.

The warming house will be closed any day the temperature is below -10 or -15 with wind chill or whenever the temperature is above 32 degrees.

### Family Wellness Resources

Kohl's Healthy at Home is a family health and wellness initiative from Healthier Generation and Kohl's. Together, we're supporting families in creating healthier environments in which everyone can thrive. Join us! Use our free family wellness resources to help your family-and families in your community-prioritize a healthy lifestyle at home.

[www.healthiergeneration.org](http://www.healthiergeneration.org)

## Community Classes and Events



Stop by the Library and pick up a Baby Bundle: books, toys, a sweater and a library card all wrapped up in a cute quilt.

### Diversity Dinners



Please join us at the Diversity Dinners on the last Sunday of each month during the school year. Bring a friend, your family and a dish to share! All are welcome here!

**When:** Last Sunday of the month 5:00pm

**Location:** PR Public Library

Sponsored by the Pelican Rapids Multi Cultural Committee

### Photoshooters Club

Whether you are a hobbyist or a professional



joining a photography club is one of the best ways to improve your skills. The club can also be a good venue for meeting new people who share the same interest as yours. You will not only form new friendships, you'll also have fun while learning new things about a craft that you love.

**When:**

1st and 3rd Thursdays, October-May

**Location:** PR Public Library 5:00pm

### Defensive Driving Classes to be offered in Pelican Rapids

Minnesota drivers who are at least 55 years of age can receive a 10% discount on automobile insurance by attending the 8 hour class. Those who have previously attended the 8 hour class can take the 4 hour refresher course to receive the discount.



**Schedule:**

- Wed., May 6 • 4 hour refresher • 9am-1pm
- Thurs., May 7 • 4 hour refresher • 1pm-5pm

Classes will be held at the Pelican Rapids Public Library. The Minnesota Safety Council instructor is Jeff Morgan. Cost is \$15 for the 4 hour class and \$25 for the 8 hour class.

Class size is limited. Call 863-2841 to register.

### Online Census Form Help

Have trouble reading? Don't get along with computers? Don't know exactly what a census question means?

Someone at the census clinic can help you. Stop by, have a cup of coffee and a treat and chat with your neighbors. It will only take a few minutes for you to fill in your online census form with the assistance of a trained person.

The census clinics will be held in the large meeting room at the Pelican Rapids Public Library on the following dates and times:

- Saturday, March 28 10am-2:00pm
- Sunday, March 29 1:00-5:00pm
- Monday, March 30 1:00-5:00pm
- Wednesday, April 1 4:00-8:00pm

Please use the East door if the Library is closed.

This March, join community organizations, businesses, and faith communities to help keep food shelves stocked throughout the year.

Please bring nonperishable items and/or monetary donations for your local food shelf throughout March.

**Take Action Against Hunger in Minnesota & Pelican Rapids!**

- Over 3,000,000 visits are made to Minnesota food shelves each year. In Pelican Rapids, 200 different families visited our food shelf in 2019.
- 12.5% of children in Minnesota experience food insecurity. In Pelican Rapids, 28% of the people who use the food shelf are children. Currently, more than 65 children in our elementary school have benefited from the backpack program (weekend supplemental food).
- Local food shelves can often stretch your \$1 into food for two or more meals.
- The 2019 March Campaign raised more than 5.1 million pounds of food and \$8 million for Minnesota food shelves.
- 100% of the financial contributions to Minnesota FoodShare via the March Campaign go to participating food shelves.

Thank you for your continued support!

Pelican Rapids Community Food Shelf  
 P.O. Box 592  
 Pelican Rapids, MN 56572



[mnfoodshare.org](http://mnfoodshare.org)

### The Welcome Place in Pelican Rapids

Whenever Anyone Enters here, we strive to have them Leave feeling Respected and Cared for as an Individual. Our goal is to help them Make each day Even better than the last.

26 West Mill

Phone: 218-863-2260

E-Mail: [welcometwomill@gmail.com](mailto:welcometwomill@gmail.com)

Website: [www.welcomplacepr.org](http://www.welcomplacepr.org)

Facebook: The Welcome Place

### CAREGIVERS DISCUSSION GROUP

Pelican Rapids  
 3rd Wednesday of every month 1-2:30 pm



Open to all who provide care for a friend or a family member are welcome to attend these confidential discussions On topics affecting caregivers. No pre-registering is required



**Programs offered:**

- CPR Classes • Grief Support •
- Healthy Living Classes • Winter Coat Drive • Healthy Support Group •
- Living With Chronic Conditions Classes •



## Free Viking Preschool and Voluntary Pre-Kindergarten

### Preschool Ages 3-4

Wednesdays & Fridays

7:45am - 11:00am **OR**

12:45 - 3:15pm (includes snack)

*Child must be 3 by Sept. 1, 2019 to enroll*

### Preschool Ages 4-5

Tuesdays & Thursdays **OR**

Wednesdays & Fridays

7:45am - 3:15pm

(includes breakfast, lunch & snack)

*Child must be 4 by Sept. 1, 2019 to enroll*

### Last Day-Viking Preschool Programs

Wednesday May 13

10:00am – Terra & Staci's Classroom

11:00am – Megan's Classroom

2:00pm – Terra's Classroom

Thursday May 14

10:00am – Terra's Classroom

11:00am – Megan's Classroom

### Pelican Rapids Schools preschool programs continue Parent Aware Four-Star Rating!

Families use Parent Aware Star Ratings to find programs using research-based best practices that prepare children for school and life.



When a program participates in the Parent Aware Star Rating process, they are letting their stars shine. They volunteer for extra training and professional development to go above and beyond basic health and safety licensing requirements.

Participating programs can earn a One-, Two-, Three-, or Four-Star Rating. Parent Aware Ratings are based on demonstrated use of research-based practices that prepare children for school and life. For more information visit [www.parentaware.org](http://www.parentaware.org)



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.

Superintendent 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 ECFE and School Readiness Teacher/Coordinator, Terra Fitzsimmons says, "The program allows a smooth transition into kindergarten. 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. 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@vikes.us](mailto:tfitsim@vikes.us).

### Viking Preschool & ECFE Staff

**Terra Fitzsimmons**

ECFE & Preschool Teacher/Coordinator  
218-863-5910 x 5393 [tfitsim@vikes.us](mailto:tfitsim@vikes.us)

**Staci Haiby-ECFE & Preschool Teacher**  
218-863-5910 x 5393 [shaiby@vikes.us](mailto:shaiby@vikes.us)

**Megan King-ECFE & Preschool Teacher**  
218-863-5910 x 5569 [mking@vikes.us](mailto:mking@vikes.us)

**Kimberly Hernandez-Para & Spanish Translator**  
218-863-5910 x 5569 [khemand@vikes.us](mailto:khemand@vikes.us)

**Tami Hanson, Ashlee Olson Mindy Peterson**  
Classroom Assistants

# Early Childhood Family Education (ECFE) Program

*Early Childhood Family Education (ECFE) is a parent-child program for children aged birth to Pre-K and their parents. We strongly believe that parents are a child's first and most important teachers.*



### 'Arty Smarty'

Ages: 3-5

Parent and preschoolers have 1:1 time in learning environment. Includes parent discussion group and a FREE BOOK for every child!

Thursdays, Feb. 27 - Mar. 26

5:30-7:00pm

### 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.

Mondays, March 2 - April 27

(except Apr. 6)

10:00am-11:15am

*No school ages 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.*



### Bright Start Child Care Home Visits & 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 Woolever, Child Care/Family Home Visitor, at 218-863-5910 ext. 5393 with questions or to schedule a visit.

*Supported in part by United Way of Otter Tail County*



### WCMCA Head Start Preschool Program for 3-4 year olds

#### What does Head Start Preschool Offer?

We offer a variety of Preschool Class options to best fit your family's needs!

(All classes meet 4 days a week)

**We offer 2 options:**

**Tuesday-Friday: ½ Day Class**  
**Tuesday-Friday: Full Day Class**

Located at the Pelican Rapids Viking Elementary School

**Our Preschool program is offered at no cost to families!!**

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



## ECFE Program Information

**Registration is required for all classes** Minimum class size 4.

**Class fees:** all ECFE classes are free

**Current class information and notifications** including changes and cancellations will be posted on the district website [www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us) and the [Viking Preschool and](#)

[ECFE Facebook page.](#)

**Storm Policy** If the Pelican Rapids Schools are cancelled or release students early due to bad weather, ECFE classes will not be held.

**Location of classes** Enter the Viking Elementary front lobby and signs will direct you to the ECFE classroom

Please register for all ECFE classes by calling Terra at 218-863-5910 ext. 5393

### 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.

Thursdays, April 16 - May 7

- mornings 10:00-11:15am **OR**
- evenings 5:30-6:30pm



### Chahinkapa Field Trip



Friday, May 15

We will travel to the zoo in small groups.

- 10:45am meet at the carousel
- 11:30am have lunch at Pizza Ranch in Whapeton



## Kindergarten, Viking Preschool and Head Start Round Up

Thursday, March 26<sup>th</sup>  
from 6:00-7:00 pm

Viking Elementary School

**Meet the teachers, tour the classrooms & enjoy fun activities!**

**All children planning to attend Kindergarten, Viking Preschool and Head Start this fall are welcome to attend this event with their parents/guardians.**

*Please make child care arrangements for your other children if attending the Kindergarten session*

**Children must be ages 3 - 4 for Preschool or age 5 for Kindergarten by September 1, 2020**

### ECFE Class Registration Form

Please register for all classes that your family wants to attend

Child Name \_\_\_\_\_ Age \_\_\_\_\_ Child Name \_\_\_\_\_ Age \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone: \_\_\_\_\_

Class Name	Days/Times	✓ to register
Arty Smarty	Thursdays, Feb. 27-Mar. 26 5:30-7:00pm	
Rootin' Tootin' Toddlers	Thursdays, Apr. 16-May 7 morning 10-11:15am	
Rootin' Tootin' Toddlers	Thursdays, Apr. 16-May 7 evening 5:30-6:30pm	
Magical Mondays	Mondays, Mar. 2-Apr. 27 10:00-11:15am	
Chahinkapa Zoo Family Field Trip	Friday, May 15	

**Questions or to register:**

Call Terra at 218-863-5910 ext. 5393 or email: [tfitsim@vikes.us](mailto:tfitsim@vikes.us)

**Mail registrations to:** ECFE, P.O. Box 642, Pelican Rapids, MN 56572

**Please contact me about receiving home visits:**

- Caring Connections  Bright Start Child Care



# PRHS GRADUATES "WHERE ARE THEY NOW?"

## Pelican graduate's passion for baking is path to career for Jesse Weinrich

Article and photo courtesy of The Pelican Rapids Press

Pelican Rapids graduate Jesse Weinrich was interested in an art-related profession.

She found it.

But rather than using a paint brush in front of a canvas, she's in the kitchen.

The 2018 Pelican graduate and high school athlete enrolled at Minnesota State University-Moorhead in art. A year later, she switched to M-State Moorhead, and its well-known culinary program.

I found out that baking is my passion," said Jesse, who displayed a wide array of "Jesse's Sweet Treats" recently at the Oktoberfest vendor fair. Cupcakes are just one of her specialties.

And there is an art to making and decorating cupcakes, which was obvious in the display of treats at the Pelican Fire Hall event.

"Where all your sweet dreams come true," is Jesse's business motto, and she's also aiming at the catering-special event market. Last summer, she created nearly 400 cupcakes for her sister Kendra's wedding, held in rural Pelican Rapids at Milt's Barn. She's very interested in booking special orders of that kind in the future.

Her culinary interest no doubt started during her five years at the Muddy Moose in downtown Pelican, a restaurant and coffee shop known for its baked goods.

While at school in Moorhead, Weinrich has been working at GiGi's Cupcakes, a Fargo specialty baking company.



## Graduate Dan Ditch and new resident Emily find open arms from welcoming Pelican Rapids

By Emily McIntire, guest blogger for Live Wide Open 8-29-19 (used with permission)

After going to dental school and living in the Twin Cities for four years, I knew that I wanted to live and practice dentistry in a small town.

Growing up in Sartell, Minn., I have always loved the small town feel and close-knit community that rural Minnesota towns provide. Meeting my future husband, Daniel Ditch, in my third year of dental school was a blessing in disguise.

Daniel is originally from Pelican Rapids and had planned to return home to practice dentistry with his father, David. When given the opportunity to also move to Pelican Rapids upon graduation and practice alongside Daniel and David, I knew that this was the right choice for me.

"Pelican Rapids" was a town that I had only first heard of upon meeting Daniel, so the nerves of moving to a new place were high. However, all of my nervousness and anxiety of new change were quickly met with open arms and warm wishes from the Pelican Rapids community.

I was pleasantly surprised with how fast word traveled that I had moved into town and how sweet and inviting the members of the community were. Daniel continually told me that I had nothing to be nervous about and that the people of Pelican Rapids form one of



the warmest welcoming communities, but I had only realized that he was right upon moving here.

I've enjoyed getting accustomed to the fun activities to do outside in Pelican Rapids at all times of the year as well as learning about the best places to stop in town to grab a bite to eat or a fresh cup of coffee. A burrito from Taqueria Escobar's, an omelet and coffee at The Muddy Moose, and a donut from the Screaming Eagle all taste better and are more enjoyable experiences when you can walk inside and know the people around you and helping you as compared to a chain restaurant or coffee shop in the cities.

I've learned that when you drive past people in town, most wave to one another not only because you know each other, but also because everyone is extremely friendly. Small towns have a kind of warmth to them that draws you

in and continues to surpass your expectations which encourages you to stay. Pelican Rapids is no exception to that.

Family, friends, and close relationships with others in my community have always been important to me. Daniel and I knew that Pelican Rapids was where we wanted to settle down and grow old together for all of those reasons.

With every patient that I see at Pelican Dental, I try to make a mental connection in the "family tree" or "web" of residents in my mind to learn about how this community is related. I always joke that it may take me forever, and that this tree is a lot larger than I thought, but that's what makes learning a new connection so exciting. I love adding a new piece to the puzzle of Pelican Rapids.

If asked five years ago, I never would have known that Pelican Rapids would be the town that I ended up building my life and future in, but now that I am here, I know that this was the path that my life was supposed to follow. I feel so blessed to be welcomed into this incredible community and I know that Pelican Rapids is where Daniel and I will stay to not only live and practice dentistry, but to also build our family.

I'm grateful to now be able to consider myself as a piece of the Pelican Rapids puzzle.

## VIKING PRIDE IS CONTAGIOUS!

### TOYS FOR TOTS AND ALUMINUM TAB DRIVES

By Amy Korf, SADD Advisor

#### Toys for Tots Drive

SADD and MN Honor Society members collected over 85 items during our 2019 Toys for Tots Drive. Thank you to everyone who donated!



#### Aluminum Tab Drive

SADD's Aluminum Tab collection is ongoing. Please continue saving your aluminum tabs. To date, SADD has collected approximately 40,000 aluminum tabs, with the goal of filling our Wooden Ronald McDonald house by the end of this school year. Aluminum tabs can be dropped off at the elementary and high school offices or in our Wooden Ronald McDonald House, which is located in the Leader's Gym foyer.

Future events will be posted on the district website and Facebook page.



### Sock drive brings in 458 items

By Colleen Guhl, MN Honor Society Advisor

The Pelican Rapids Honor Society sponsored a sock drive in the month of December. We collected a total of 458 items. The communities of Pelican Rapids, Dilworth-Glyndon-Felton, East Grand Forks, Frazee, and Vergas United Methodist Church all contributed to our drive in order to make it a success. With this in mind, we want to say THANK YOU!

The items collected will be distributed between the Pelican Rapids High School and the Elementary School for our students in need. Other organizations that received items are the Essentia Health Emergency Closet in Fargo, Someplace Safe in Fergus Falls, The Welcome Place in Pelican Rapids, and the Dorothy Day House in Moorhead.

The items received from the campaign were socks, winter hats, scarves, ear warmers, gloves, and mittens along with two winter coats and a sweatshirt. There were many items that individuals made and contributed to our drive. We will be conducting this drive next year as well; therefore, home sewers can start working through their fleece fabric stashes now. If you are in need of patterns for fleece items contact Colleen Guhl at [cguhl@pelicanrapids.k12.mn.us](mailto:cguhl@pelicanrapids.k12.mn.us) or call and leave a message at 218-863-5910 ext 4057.



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



### PRHS Speech team

The speech team traveled to Dilworth-Glyndon-Felton on Saturday, February 1st. Katlyn Haugrud participated in Drama, and Chris Hovden earned 2nd place. Rachael Guler earned 3rd in Informative. Spencer Okke participated in Poetry. Kayla Richardson participated in Prose. In storytelling, Kirby Nelson earned 3rd.

Way to go! Great day to be a PRHS Viking!!!

### Digital Citizenship and Common Sense Media

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 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.

Visit their website for resources and information:

[www.common SenseMedia.org](http://www.common SenseMedia.org)



### Recognize a SMILE

These students, staff and community members were recognized in the month of January for their contributions and acts of kindness that made special moments for others.

#### Special Moments In Life Exist



[SMILE@vikes.us](mailto:SMILE@vikes.us)

Send us your photos, stories & videos of special moments in our school and community!





## HIGH SCHOOL NEWS

By Brian Korf, High School Principal



Semester 1 is completed and the school year is passing quickly. During semester 1 of the 2019-2020 school year, students have received many achievements to be proud of, and we look forward to seeing many more student accomplishments in the remaining days of the 2019-20 school year.

Spring parent-teacher conferences are on Monday, February 17 at the Pelican Rapids High School Legends Gymnasium from 12:00-6:00pm. We

encourage parents/guardians to continue to check Skyward to monitor their child's academic progress and attendance. Active parent/guardian participation in your child's conferences and Skyward is appreciated by teachers. We encourage students to continue to make appointments on Mondays to avoid missing school.

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

### VIKING STUDENT SUCCESS

**WHO**  
Students in grades 7-12

**WHEN**  
Tuesdays, Wednesdays & Thursdays  
3:30 pm - 4:30 pm

**WHERE**  
Mrs. Korf's classroom 104A

**STAFF**  
Mrs. Korf  
Mr. Verberg  
Katelyn Haugrud  
Nicole Martinez  
Julian Zavala-Gundersen

**SUBJECTS**  
Any classes you need assistance with including:  
• Math (all levels)  
• English  
• History  
• Science

**FREE SNACK AVAILABLE FOR STUDENTS WHO PARTICIPATE**



**PRHS Shada Yearbooks**  
\$25.00

**Purchase online:**  
[www.ybpay.lifetouch.com](http://www.ybpay.lifetouch.com)

**Purchase with cash or check:**  
Payable to ISD 548

## FALL SPORTS HIGHLIGHTS

By Derrick Nelson, VES Principal and Activities Director

With the winter season in full swing here is a look back at some of highlights from fall sports activities:

### FOOTBALL

- Finished with at 7-4 Record
- Runner up in Section 8AA
- McHale Korf, Johnny Ziebell, Liam Sytsma, Jayden Rutherford All Sub-District Team
- Logan Fahje, Weston Funk, Nick Haugrud Sub-District Honorable Mention
- McHale Korf, Johnny Ziebell, Liam Sytsma, Logan Fahje, Nick Haugrud All-Section 8AA

### VOLLEYBALL

- Finished with a 6-19 Record
- Greta Tollefson was selected All-Conference
- Ryley Paulson was selected All-Conference Honorable Mention

### GIRLS CROSS COUNTRY

- Abby Syverson finished 84 at state meet
- Abby Syverson was All-Conference, All-Section and All-State Academic
- Team Gold Level Academic Award 3.88 GPA

### VIKING GALA

The first Viking Gala was a huge success last fall. The night was highlighted by the induction of Rex Haugen, Ki Gohdes, Al Siegle, 1984 Boys Basketball Team and Robert Schultz to the first Hall of Fame.

The second annual Viking Gala will be on September 26, 2020. If you know someone who you would like to nominate for induction into the Pelican Rapids Hall of Fame please go to the Pelican Rapids School district website for a nomination form. Nominations are due to the High School office by April 17, 2020. If you have any questions feel free to contact me at [dnelson@vikes.us](mailto:dnelson@vikes.us) or 218-863-5910.



### BOYS CROSS COUNTRY

- David Johnston finished 41 at state meet
- David Johnston All-Conference and All-Section
- Team Gold Level Academic Award 3.80 GPA

### GIRLS SOCCER

- Finished with a 2-9 Record in their first season as a varsity program
- Won their first playoff game as Pelican Rapids soccer program

### BOYS SOCCER

- Finished 10-3-3
- Most wins as a program as Pelican Rapids team
- Sebastian Centeno, Khadar Ibrahim, Sebastian Rosiles, Alan Villagomez, and Oscar Diaz were selected to the All-Conference team
- Mohamed Ahmed was All-Conference Honorable Mention
- John Peter was selected as Section 8A Coach of the Year

### UMPIRES

As we move to spring we are looking for anyone interested in helping umping JH baseball and softball games. We are always looking for men or women looking to help give back to the game so our youth can enjoy the game they enjoy playing. If you are interested in umping please contact Wendy Hoadley at 218-863-5910.



### Viking News Network

The students in the PRHS Mass Communications class, taught by Kathryn Anderson, continue to produce a monthly newscast about the Pelican Rapids Schools.

View the most recent episode of the Vikings News Network by entering the link below in your browser:

[https://www.youtube.com/watch?v=9g\\_XYAyqjil](https://www.youtube.com/watch?v=9g_XYAyqjil)

**2018-19 Midwest Emmy Student Production Award Winners!**

### Driver's Education

#### Driver's Ed Point of Impact Parent Workshop

**Wednesday, April 22**

**5:00pm**  
**PRHS Media Center**

This optional class reduces practice driving hours.

Visit the district website for detailed information about the driver's ed program at the Pelican Rapids Schools.

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

*click on Programs, then Driver's Education Program*

## BLOOD DRIVE

**Wednesday, March 18**  
**9:00am - 2:00pm PRHS**

**To sign up to donate, visit the Red Cross website:**

<https://www.redcrossblood.org/>  
or leave a message for Colleen Guhl at 218-863-5910 x4057 or [cguhl@vikes.us](mailto:cguhl@vikes.us)

## Important Dates and INFORMATION

<p><b>Monday, Feb. 17</b> Parent-Teacher Conferences • VES 1-7:00pm • PRHS 12-6:00pm</p> <p><b>Para Info Night:</b> 5pm PRHS Media Center</p> <p><b>Financial Aid Night:</b> 6-7pm PRHS Media Center</p> <p><b>Friday, March 6</b> Band Solo &amp; Ensemble Contest at MSUM</p> <p><b>Monday, March 9</b> Choir Solo &amp; Ensemble Contest at MSUM</p> <p><b>Thursday, March 12</b> Choir Concert grades 7-12 7:30pm</p> <p><b>Wednesday, March 18</b> Red Cross Blood Drive 9am-2pm PRHS</p> <p><b>Friday, March 20</b> Junior High Honors Choir All-Day Festival, 6:30 pm concert, Mahnomon</p> <p><b>April 5<sup>th</sup> - April 10</b> PRHS Band NYC Tour</p> <p><b>Monday, April 6</b> School in session</p>	<p><b>Friday, April 10</b> Spring break-no school</p> <p><b>April 14 &amp; April 15</b> Appletree Dental Outreach Clinic ages 2-18</p> <p><b>April 22</b> Driver's Ed Parent Workshop 5pm PRHS Media Ctr</p> <p><b>Saturday, May 2</b> State Vocal Solo &amp; Ensemble Contest, Fergus Falls MState</p> <p><b>Wednesday, May 13</b> Scholarship Night 6pm Fine Arts Auditorium</p> <p><b>Thursday, May 14</b> Hosting The Special Olympic Track &amp; Field</p> <p><b>Friday, May 15</b> Choir Concert grades 7-12 7:30pm</p> <p><b>Monday, May 18</b> School in session</p> <p><b>Track &amp; Field day grades 4-6</b> <b>May 19 &amp; 20</b> 6<sup>th</sup> grade trip to Twin Cities</p> <p><b>Thursday, May 21</b> Last day of school</p> <p><b>Friday, May 22</b> Graduation 7:00pm</p>
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Up-to-date school information:  
[www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)  
Pelican Rapids Public Schools Facebook page

### School Assessment Schedules

VIKING ELEMENTARY	
• ACCESS K-6 ELL	Feb. 18-Mar. 6
• MTAS GRADES 3-6	Mar. 17-Apr. 9
• MCA READING 3-6	Apr. 14-17
• MCA MATH 3-6	Apr. 21-24
• MCA SCIENCE 5	Apr. 28-May 1
• AVMR K-2	Apr. 28-May 15
• Fountas & Pinnell K-2 all 3-6 below grade level	Apr. 28-May 15
• AIMS K-3	May 5-8
• STAR READING 3-6	May 5-15
• STAR MATH 3-6	May 5-15
PRHS	
• ACCESS FOR ELLS	Feb. 25-28
Listening	Mar. 3-6
Reading	Mar. 3-13
Speaking & Writing	Mar. 10-13
• MCA Reading 8 & 10	Mar. 17-20
• MCA Reading 7	Mar. 18
• MTAS Reading/Math 7	Mar. 19
• MTAS Reading 10	Mar. 19
• ACT + Writing	Mar. 24
• MCA Mid-Level ALC Reading 7-8	Mar. 24-27
• MTAS Math 11	Mar. 29
• MCA Math 11	Mar. 31-Apr. 3
• AIMS K-3	May 5-8
• MCA Math 8	Apr. 6-9
• MCA Math 7	Apr. 14-17
• MCA Science 8	Apr. 21-24
• MCA Science 10	Apr. 27-May 1
• AP Calculus AB	May 5

Dates subject to change-check website for updates

## Pelican Rapids Fine Arts Auditorium Project Update

By Jessica Fahje

The Pelican Rapids Fine Art Committee is pleased to announce that we have exceeded our goal of \$250,000! At the end of 2019 we received a beyond generous donation from an anonymous alumni of PRHS. With all the monetary donations received, we have put in for the purchase of the Orchestra Sound Shell and Clouds, a complete wireless microphone system, and a 9-foot Steinway concert

grand piano. We are hopeful that all the purchases will be installed and in use by the end of the 2019-2020 school year.

*We would like to extend our heartfelt thanks to everyone who has donated to the great cause!* We will continue to receive donations that will go into a Fine Arts sub fund to be used in maintenance and upkeep for all our fine arts purchases.

## Leadership Development Certificate Earned

Articles excerpts & photo courtesy of The Pelican Rapids Press

Pelican Rapids School Board member Anne Peterson received her "Leadership Development Certificate" from the Minnesota School Boards Association. Peterson completed the following four phases of the school board workshop series to qualify for the honor:

1. Learning to Lead-School Board Basics
2. Leadership Foundations-School Finance and Management
3. Building a High-Performance School Board Team
4. Representing Your Community Through Policy and Engagement

The presentation was made at the school board meeting in December.

