

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

Volume 16 • Issue 1 • March 2021

SLOWLY HEADING BACK TOWARD 'NORMAL'

Pre-K-6 students have been offered In-Person Learning since the school year began (except for a self-imposed distance learning time before and after the winter break). In early March, the district began offering an In-Person Learning option to students in grades 7-12. Up to this point, these students had been in the Hybrid Learning Model, alternating days between learning in school and virtually at home. Many of these students had not seen each for a year!

Welcome back signs with uplifting messages such as **You are cared For! Be Awesome!** and **Let's finish strong!** fill the hallways throughout the PRHS building.

Recognize a SMILE



"Reminding the students and staff that they are cared for and loved. Her beautiful signs in the hallways were a great way to begin our in-person learning with 7th-12th grade students! Bravo Amy, Bravo!"

Special Moments In Life Exist

Although there is a sense of 'normalcy' with most of the student body back in school, the COVID-19 health and safety guidelines are a reminder that some things are still not the same. Daily temp checks, wearing masks, frequent hand washing and social distancing have become second nature. Tables in the lunch area wrap around the commons and into the former concessions area to allow for spaced out seating. Clear shields are still in place in classrooms and office spaces.



Another change is that the band is practicing in the Fine Arts Auditorium so they can spread out. "It's great to have everyone back!" said Sean Fitzsimmons, PRHS Band Instructor. "This is the first time the band has been together in over a year...we have balanced sound again and we're able to plan a spring band concert."

The general mood in the high school building is one of excitement and reflection.

Students shared the following:

"It's nice to see everyone again."

"Well I like that when the days I was at home I got to sleep a little longer. Otherwise I like being back full in person because it means we are getting things back to normal. I just wish we didn't have to

wear the masks anymore."

"I really enjoy being with all my classmates everyday. It makes me more motivated to go to school everyday and it's now starting to feel a lot more normal in this crazy time of our lives. I'm so glad we're back everyday!"

"During the morning yesterday it was a little overwhelming. I think that's only because I'm so used to be around so few people since the pandemic started. By my afternoon classes everything felt relatively okay. Obviously not back to normal but it's starting to feel that way. Everything is more louder. The hallways, the lunches, the classrooms. I guess if I were to sum it all up it's going okay, so far."

"It is amazing to have almost everyone in school and you get to see and socialize with your friends a lot more!"

"I really like it. It is nice to see everyone back in school."

"It feels so great to have everyone back and to socialize with everybody. I'm so glad I get to see my friends again."

"It feels great to see everybody back."

Here's what some of the teachers had to say:

"It makes me happy to see all of their faces in person at the same time. Students are more eager to ask for help when they are in person. We get to do science labs in person again!!!!"

"Overall it is great having most of our students back. It's nice to not have to worry about so many distance learners as well as keeping track of the hybrid schedule. On top of that it is most helpful being able to return to a normal class schedule rather than altering assignments and projects for the hybrid schedule. It's also nice having a little more volume and activity in the classrooms and halls. Feels like normal!"

"It is so much fun seeing the excitement of students being able to socialize with their friends in class again. We are beginning to get back to normalcy and it feels good! I am proud of how our school district has handled the many facets of keeping our students engaged and learning through this pandemic. We are the only district in the area that had all students attending classes every day. Pretty impressive!!"

"It has been amazing to have our students back! The kids truly are the heartbeat of our schools. Bringing in more people made it difficult to maintain social distancing, but once again we adapted and worked together to make it work. Having everyone back has given me another spark and reminded me why I love teaching. Each day with the kids is a great day to be a Viking!"

Other staff insights on what life lessons they've learned in the last year:

"I've learned that there are many ways to communicate with others when you can't get together in person. It's important to cherish everyday no matter how challenging it is."

"I have a new appreciation for the everyday things...having a cup of coffee or dinner with friends, family traditions and gatherings. Above all, it's been a great reminder that people are what life is all about."

"We are resilient - a required lifelong characteristic."

"Chill out."

"This year has taught me to slow down and take life one day at a time."

"I have learned as a mother, para, a friend to go with the flow when life gets you down. Be more lenient with teenagers because they are being affected the most emotionally. If they want to play video games let it be. Also have fun in life and not worry so much. The greatest thing I've learned is to listen more to my kids with my heart rather than stressing over all that is happening and painting that perfect picture that we all want for them in life. It's ok to take chances and make mistakes in life."

Challenges provide opportunities for future planning and learning

by Brian Korf, Superintendent
Secondary Principal

Over the past year, many of us have faced numerous challenges which have arrived without perfect solutions. Throughout the 2020-21 school year, the Pelican



Rapids School District has been fortunate in the abilities of providing our students with stable learning models at both schools. High school students began transitioning back to the full-time, In-Person learning model in early March.

The school board, administration and district staff continue working hard to provide safe learning environments, while offering high quality education. Our administration team has been thankful for dedicated staff, supportive parents and flexible students during these challenging times.

This year's challenges have provided many opportunities for reflection on teaching and learning practices, student assessments and the importance of teacher-student relationships on students' academic success and mental well-being. As the district continues to work through this year's challenges, we are also looking ahead and planning for the future. Our experiences this past year will help us analyze and improve future teaching and learning. As we look ahead, administration will be gathering input from building leadership teams, students, parents and community members to assist in planning and improving our students' education at Pelican Rapids Schools.

I am happy to report that the school district's finances are fiscally stable, and we have staff who are highly trained educators in their content areas. Our school district continues to offer great facilities, programming and education to all learners. A special thank you to the Pelican Rapids community and parents for the continued support, as school district staff prepares for future student learning.



Our students feel good about the COVID-19 safety at our school-including the wearing of masks and social distancing.

IN THIS ISSUE

- Viking Elementary News
- Club Vikes
- Kindergarten and Preschool Registration!
- Early Childhood Education Programs
- *Spring Fling ECFE Virtual class ages 2-5
- District Notifications
- PRHS School Counselor
- PRHS Activities Update

Summer Programs

Based on the current trends in our district and community, we are planning on offering summer activities/programming for kids (with COVID-19 health & safety guidelines). Our goal is to have registration available in early April. We will keep you informed on our district Facebook & website pages.

SCHOOL BUILDINGS

By Trevor Steeves, Buildings & Grounds Superintendent

Covid has brought many challenges to the buildings custodial department. Cleaning has always been a top priority and adding more frequent disinfecting has worked well in keeping students and staff safe while in school and at events. The custodial staff has had to be flexible in their work schedules to help cover other shifts. I want to take this opportunity to thank them for their hard work and dedication to the Pelican Rapids Schools. The staff and students have all stepped up to make 2020-2021 a successful school year. Think Spring.

POSITIVE COVID-19 TEST RESULTS If you or anyone in your household has a positive COVID test please contact Cherie Lynnes, District COVID Coordinator. clynnes@vikes.us or 218-863-5910 x4354.



Viking Elementary News

By Derrick Nelson, Principal



It has been one year since schools across the country were forced to learn how to teach differently due to COVID-19. Distance learning, zoom meetings, and google hangouts are just a few of the terms that

students and parents have learned about in this last year.

I would like to thank all the parents, grandparents, neighbors, friends, teachers, paras, bus drivers, cooks, custodians, secretaries, nurses for all the sacrifices they have made for our students over the last year. This last year has been anything but easy, but with all of us pulling together we are starting to see the light at the end of this long tunnel.

Even with all of the changes this year, the students at Viking Elementary have hit a home run this school year. Students have been outstanding at wearing masks, washing hands, staying in their class pods, and keeping a great attitude this school year. It has been fun to see the excitement in the students as they get to be around their friends and learning in-person

this school year.

Reminder that if you are dropping off your student before school to use the parking lot at Chauncey Martin field. Parents can drop off students after 8:00 in the drop off lane in front of the school as the buses are out of the drop off lane at this time.

Thank you to everyone for following these rules to help keep all of our students safe as they enter the building.

It is hard to believe that we only have three months left in this school year. As we look to next year here are a few reminders.

Kindergarten registration should be turned in. If you have a student that will be attending Kindergarten next year, please get that registration packet turned into the office ASAP so we can continue to make plans for the fall. Also, if you would like to request a teacher for your student for next year in any grade, please send me those requests by April 30.




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

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

CLUB VIKES

School-Age Child Care
 Program for kids in grades K-6

MONDAY-FRIDAY
 7:00 AM - 6:00 PM

YEAR-ROUND PROGRAM

ACTIVITIES INCLUDE:

- Arts and Crafts
- Reading
- Homework Help
- Outdoor Play
- Field Trips

FOLLOW OUR CLUB VIKES FACEBOOK PAGE



A safe and fun place for children to go before and after school and on non-school week days

We also provide your child(ren) with the opportunity to attend fun field trips, such as the pool, the zoo, a movie, baseball games, Maplewood State Park, nursing home visits, and more if Covid-19 allows us!

We have had a big change in staff:

Chris Coleman, Zane Biles & Andrea Banton are our regulars that get us through the week. Jay Gorton is still with us occasionally. The new staff are a wonderful addition to our family!

I have also been making some changes to our Club Vikes room, I have added some new toys to keep the kids interested and have been decorating our room with some new fun bulletin boards to make our room fun and inviting.

Contracted Care:

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

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 4th 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).

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.

FOR MORE INFORMATION CONTACT
Tonya Honrud
 Club Vikes Coordinator

thonrud@vikes.us OR
 218-863-5910 x5022



Our students are happy to be in school!

Help keep our kids in school:
 wear masks, social distance, wash hands & avoid large gatherings

PELICAN RAPIDS SCHOOLS WWW.PELICANRAPIDS.K12.MN.US WE LEARN FOR LIFE



Sled Engineering

6th grade students in Mrs. Gottenborg's & Mr. Moe's classes were taught an engineering process that they then used to design cardboard sleds. Races were held and the kids voted on the fastest and best looking sled.



Viking Student Success

for students in grades K-6

This fun, hands-on learning program will help your child build the specific skills they need to be successful in school.

Tuesday-Thursday
 3:15 - 5:15 pm

To register your child, click on the PROGRAMS tab on the district website



sharing a "Twin" SMILE today
 at Viking Elementary!



Why each day?

Your child is most likely reading and working on literacy skills in school, but those after school, weekend and summer hours are critical in making sure your child reads on grade level throughout his/her education. The consistency of reading 20 minutes a day helps ensure that your child continues to read on grade level and doesn't lose any skills achieved through school.

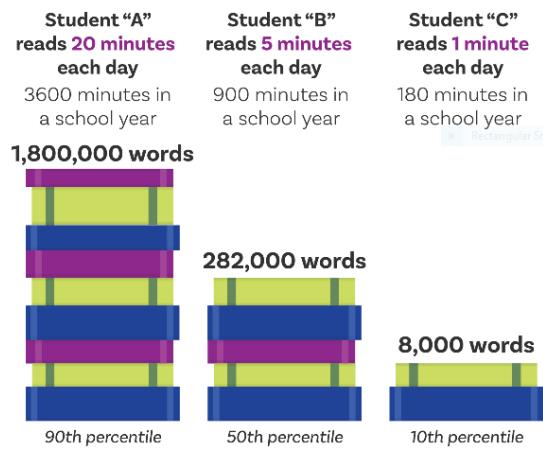
Even if your child is not yet in school, reading 20 minutes a day is an important daily routine that can build a strong foundation for future learning. In fact, 90% of a child's brain is developed before age 5.

What if I can't make the time?

What 20 minutes a day looks like for you and your child may be different from day to day. There are other activities you can do that will have a similar impact as reading does. For example, if you can't read for the day, make up a story with your child using pictures.

This daily routine does not always have to be on the parents shoulders. Allow an older sibling to read to your younger child, or encourage your child to read aloud while shopping at the grocery store. With a little creativity, 20 minutes a day of reading can fit in to your busy schedule.

Why Can't I Skip My 20 Minutes of Reading Tonight?



Registration

for the 2021-22 school year!

Kindergarten registration packets were mailed to families in February. We encourage you to return them to the VES office as soon as possible as many staffing and facility decisions are based on enrollment. Please contact Lois or Gwen in the VES office with any questions at 218-863-5910 (Tuesday - Friday)



Pelican Rapids Kindergarten is a tuition free, full day program

Schedule

- Tuesday-Friday
- 8:00 - 3:10pm*

District has a 4-day school week

*Specific start/end times could vary each school year

Teacher

- Meet and Greet (late August)

Meals

- Free milk provided for kindergarten students
- Students need to bring a snack each day

Transportation

- Christenson Bus Company 218-863-7000

If you are new to the district, please call the bus company 1 week before school starts for detailed information.

Registration information & classroom supply lists

Available on district website: www.pelicanrapids.k12.mn.us

Questions

VES office 218-863-5910 or ASK@VIKES.US

Contact us today to enroll!

Pelican Rapids Public Schools

We learn for life!

218-863-5910

310 S Broadway

Pelican Rapids, MN 56572

www.pelicanrapids.k12.mn.us

Kindergarten

The early years of a child's life are crucial in creating a foundation for life-long learning and success.

Our kindergarten teachers are prepared to support and respond to the wide range of student experiences and competencies.

At the Pelican Rapids Schools...

we believe that all children can learn and all children can be leaders.

our goals are to:

- establish a love of learning
- foster independence
- provide social & emotional growth

we're here to create a safe, happy place where each student is known, accepted and valued.

A child is ready for kindergarten when he/she:

- is at least 5 years of age by September 1st of the child's enrollment year
- has received early childhood screening & medically acceptable immunizations (Minn. Stat. §120A.20/§121A.17/§121A.15)

Kindergarten Teachers



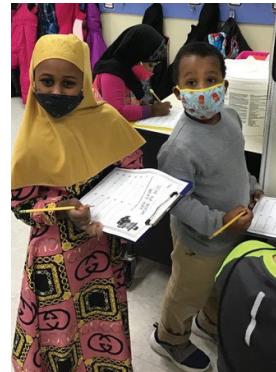
Mrs.
Borgen



Mrs.
Neubauer



Mrs.
Syverson



1-2-3



Resources for kids in grades K-6

A Leader in Me™ School

- Creates a culture of student empowerment based on the idea that every child can be a leader
- Teaches leadership & life skills to students

Club Vikes School-Aged Childcare

- A fun, safe place before and after school
- Monday - Friday 7:00am-6:00pm

Viking Student Success

- After school academic support and enrichment opportunities
- Tuesday - Thursday 3:15-5:15pm



Viking Preschool

Free educational programs are offered to all district residents with children ages 3-5.

- **Licensed Teachers**
- Hands-on activities with focus on math, literacy, art, social/play and development of fine motor skills
- **Voluntary Pre-Kindergarten (VPK)** for children age 4 - Math & Language curriculum correlates to K-6 models at Viking Elementary
- Age specific classrooms
- Meals served (varies with class times)

Classes offered for age 3

Mornings: 3 hours/day (2 days/week)
Afternoons: 3.25 hours/day (2 days/week)

Classes offered for age 4

Mornings: 3 hours/day (4 days/week)
Afternoons: 3.25 hours/day (4 days/week)

Viking Preschool is funded by local levy & MN Department of Education

Questions: Contact Terra or Megan (218) 863-5910 ext. 5393



Head Start Preschool

Free comprehensive services are offered to all enrolled families with children ages 3-4, giving priority to families with limited income.

- **Licensed Teachers**
- **High Quality, Research-based curriculum**
 - Individualized Teaching
 - Kindergarten Readiness Approach
 - Mixed age classrooms
- Meals/snacks served (varies with class times)
 - Parent Involvement
 - Health and Dental Services
 - Community Partnerships
 - Disability Support

Classes offered for ages 3-4

Half Day: 3.5 hours/day

Full-Day: 7.5 hours/day

*all classes meet 4 days per week (Tuesday-Friday)

Head Start is a federally funded program

Questions: Contact Carrie (218) 770-9232 or Deb (218) 770-8858

Spring Fling

ECFE Virtual Family Class

Ages 2-5

Join us for a story and activities!

Classes will be posted on Mondays

March 29-April 26

We will have learning packets available for you to pick up and do along with us.

Please register with Terra so we have a packet ready for you and an invitation into our digital learning.

tfitzsim@vikes.us

218-863-5910 x5393



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, 18-863-5910 ext. 5393 with questions or to schedule a visit.

Supported in part by United Way of Otter Tail County



Pelican Rapids Viking Preschool and Head Start 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.



COMPLETE AFTER YOUR CHILD'S THIRD BIRTHDAY

EARLY CHILDHOOD SCREENING

THIS SERVICE IS PROVIDED AT NO COST TO THE FAMILY

SCREENING IN EARLY CHILDHOOD SUPPORTS CHILDREN'S READINESS FOR KINDERGARTEN AND PROMOTES HEALTH AND DEVELOPMENT

Screening includes: vision & hearing, height & weight, immunization review, large & small muscles, thinking, language and communication skills, as well as emotional development.



SCHOOL CENSUS

The school census helps the district to project future enrollment and to plan more effectively for the education needs.

For example, the total number of children (from birth to age 5) in the district helps determine the amount of funding we receive for Early Childhood Education programs as well as other district programs. The school census is used only for school business.

It is never too early to get your child on the school census. Contact Lois at Viking Elementary if you are new to the district, have a new baby, have moved in the past year and/or are participating in ECFE or preschool classes.

Pelican Rapids Schools

PRESCHOOL BOOK PROGRAM



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.

Questions:
Contact Becky Wontor at 218-863-5910 x4250
bwontor@vikes.us
OR
Terra Fitzsimmons at 218-863-5910 x5393
tfitzsim@vikes.us

Crocheted baby hat shown in photo on left

The **Preschool Book Program** began by sending a book to families of new babies born in the district 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.

Last year the program expanded to include giving a book to families of all preschoolers ages 1-5 in the district and community volunteers began crocheting black & orange hats (shown in photo).

Due to numerous constraints of COVID-19, the mailings were postponed in March 2020. Our plan is to resume the distribution of books and baby hats this spring. Our sincere apology if you were one of the families who had a baby in the last year and didn't receive a baby hat. We will do our best to be sure your child receives a book. If you have been inadvertently missed in this process, please contact Becky at bwontor@vikes.us or Terra at tfitzsim@vikes.us.

A huge thank you goes out to Dottie Egge, Joan Ellison & Dawn Johnson for sharing their time and talent by crocheting the Viking hats and enabling us to continue sharing 'Viking Pride' with families in our area!

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

Backpack BUDDIES

Because hunger doesn't end on Friday.

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

How: The Pelican Rapids School District 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 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 larson-jb@umn.edu.

Baby Bundles

A welcome basket for babies from Friends of the Pelican Rapids Library



Call the Pelican Rapids Library at 218-863-7055 and make arrangements to pick up the bundle (curbside option)

Community

Community Education Update

Based on the current trends in our district and community, we are excited to begin offering summer activities/programming for the kids in our community (with COVID-19 health & safety guidelines).

Our goal is to resume adult community education classes in the Fall. We will keep you informed on our district Facebook and website pages and look forward to seeing you again!

Please email Cary at chaugrud@vikes.us with class ideas that you'd like to take or to teach.

The Welcome Place in Pelican Rapids



Family Development Services (FDS)

Helping Families and Individuals move forward, one step at a time...

Are you looking for ways to build a better life for yourself and your family?

What is FDS:

FDS is a confidential program designed to provide support services to families. Many families want to be on their own. They may need someone to support them as they get started. Sometimes the barriers seem to be too much. It is hard to get a new start. Transportation, childcare, employment and education are a few of the common barriers that families face. FDS Specialists know what is available to help you. They help you identify what you can do and what you are good at. We are convinced that with support you can make a difference in your family's life.

FDS is designed to offer your family the support and guidance you want.

Other programs offered:

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

The Welcome Place is a non-profit organization and our mission is to Strengthen Community Relationships and Improve the Health and Well-being of People



Refugee and immigrant COVID-19 hotline

Get help in your own language.

651-318-0989

Monday through Friday from 9 a.m. to 5 p.m.

mn DEPARTMENT OF HUMAN SERVICES

Parents, siblings, grandparents, aunts, uncles, foster parents, neighbors:

Yes, Baby Bundles from Friends of the Pelican Rapids Library are available for families with a baby (or baby soon to arrive) in the house.

Just call the library at 218-863-7055 and let them know that a baby is waiting for a Baby Bundle. You can decide if you want to visit the library or pick up the bundle curbside at the library. You can also have a friend or relative pick it up for you. If you can not make it to the library, give Ruth Holmgren a call at 218-863-6539 or her cell phone at 218-849-2691. She will figure something out for you.

What is the Baby Bundle?

The first thing you see is a lovingly made quilt used as a wrapping to hold the following:

- a hard cover baby book
- a soft cover book (Calico's Quilt, published by Friends of the Library, written by Joan Jarvis Ellison, and illustrated by Shirley Ralston)
- soft stuffed toy
- socks
- a receiving blanket
- a hand-knitted sweater
- a Viking onesie donated by the Early Childhood and Family Education (ECFE)
- application for a library card

Why Baby Bundles?

Friends of the Library knows how important reading is for a child and for the family. Our late librarian, Jerri Baker, came up with the idea of welcoming babies into a family with Baby Bundles. Now, during this time of isolation because of the pandemic, we feel it is urgent that we reach out to welcome families with babies. It is also a time to remind everyone that the library is a free community resource.

Joyce Burnham, Co-President Friends of the Library

landline: 863-3157 cell phone: 701-566-2762



Lauren Siebels

PRHS School Counselor

Important information for students and parents can be found on Mrs. Siebels' Website & Facebook pages:

- **Student Check-In Form**
- **Appointment Scheduler**
- **Senior Student/Parent Information**
- **Important updates** including Scholarship List for 2021 and sign up for ACT + Writing for Juniors on March 30th

Stay connected!

[Facebook](#) - follow Mrs. Siebels' PRHS School Counseling Page

[Website](#) - click on PARENT/STUDENT RESOURCES, PRHS SCHOOL COUNSELOR

PRHS ACTIVITIES

Mathletes

Who knew math could be fun? With our mathletes, it's always interesting with entertainment. Our team consists of students 9-12 who are not only involved in the math team. I think our team is unique because many of the teams that advance to state only focus on math. Our team has athletes and students in other clubs while managing to be successful on the math team. That's only one reason I love being involved with it. It is always a positive environment and I love to see the younger kids put in so much effort. It's impressive to see them help out on the team test because most of the questions are very advanced beyond their learning. I remember as a freshman, I sat and stared at the problems in confusion, but these new freshmen are willing to put themselves to the test. They put themselves through it while they try to solve problems like this:



A circle of radius 5 is tangent to legs AB and AC of isosceles right triangle ABC, and intersects the triangle's hypotenuse at both D and E (see Figure 1). If AB = 12, determine the length of chord DE exactly.

Most of the younger kids haven't learned or are just learning these mathematical skills. I think one of the highlights of this year was placing high with much larger schools. I'm very thankful the seniors in calculus were there to help us get to that level. We're definitely going to miss them next year, but I know that the math team will continue to be strong in the coming years because our math department is strongly suited at Pelican Rapids High School.

Article written by Lily Williams



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

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

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

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

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

DISTRICT NOTIFICATIONS

the Superintendent.

"Directory information" means information contained in an education record of a student which would not generally be considered harmful or an invasion of privacy if disclosed. It includes, but is not limited to: the student's name, enrollment status (i.e. full-time or part-time), participation in officially recognized activities and sports, weight and height of members of athletic teams, degrees, honors and awards received, and the most recent educational agency or institution attended, and photos taken in the normal course of school activities. Directory information does not include personally identifiable data which references religion, race, color, social position or nationality. Data collected from nonpublic school students, other than those who receive shared time educational services, shall not be designated as directory information unless written consent is given by the student's parent or guardian. The school district may disclose directory information from the education records of a student without prior written consent of the parent of the student or eligible student, unless as provided herein. In order to make any or all of the directory information listed above "private" (i.e. subject to consent prior to disclosure), the parent or eligible student must make a written request to the building principal within thirty days after the date of this publication.

- a) The information listed above shall be public information which the school district may disclose from the education records of a student.
- b) Should the parent of a student or the student so desire, any or all of the listed information will not be disclosed without the parent's or eligible student's prior written consent except to school officials as provided under federal law.
- c) In order to make any or all of the directory information listed above "private" (i.e., subject to consent prior to disclosure), the parent or eligible student must make a written request to the building principal within thirty (30) days after the date of the last publication of this notice. This written request must include the following information: (1) Name of student and parent, as appropriate; (2) Home address; (3) School presently attended by student; (4) Parent's legal relationship to student, if applicable; (5) Specific category or categories of directory information which is not to be made public without the parent's or eligible student's prior written consent.

Pelican Rapids School District No. 548 hereby give notice to parents of secondary students and eligible secondary students of their rights regarding release of information to military recruiting. The school district must release the names, addresses and home telephone numbers of secondary students to military recruiting officers within 60 days after the date of the request. Should the parent of a student or eligible student so desire any or all of the

10 THINGS TO KNOW ABOUT ANXIETY IN KIDS

@dr.annlouise.lockhart
@janetlansbury

Anxiety can be genetic, learned, or more likely with certain personalities.

As parents, our feelings set the tone in any situation, so it is difficult for our kids to proceed with confidence when we're uncomfortable.

Our impatience might cause us to want to fix or avoid anxiety rather than seeking to understand, and help children to eventually overcome it.

Encourage your child to beat or challenge anxiety on a daily basis.

Addressing and healing our own anxiety is one of the best ways to prevent it in our children.

It's normal to feel anxious at times and our children need us to believe and communicate that.

Avoidance feeds anxiety.

You don't need to rescue your child from their anxiety.

When nothing else works, be kind to yourself and be present.

First and foremost, kids need the message that it is safe to experience and express whatever they are feeling.



Great website resource for parents

<http://www.parentslead.org/>

PARENTS LEAD

Home About Us Contact Us

Parents Communities Professionals COVID-19

Creating an environment that promotes children's behavioral health.

Why It Matters Learn More

COVID-19 Resources



ESSENTIAL BUILDING BLOCKS OF RESILIENCE

Young people live up or down to expectations we set for them. They need adults who believe in them unconditionally and hold them to the high expectations of being compassionate, generous, and creative.

1 - COMPETENCE

When we notice what young people are doing right and give them opportunities to develop important skills, they feel competent. We undermine competence when we don't allow young people to recover themselves after a fall.

2 - CONFIDENCE

Young people need confidence to be able to navigate the world, think outside the box, and recover from challenges.

3 - CONNECTION

Connections with other people, schools, and communities offer young people the security that allows them to stand on their own and develop creative solutions.

4 - CHARACTER

Young people need a clear sense of right and wrong and a commitment to integrity.

5 - CONTRIBUTION

Young people who contribute to the well-being of others will receive gratitude rather than condemnation. They will learn that contributing feels good, and may therefore more easily turn to others, and do so without shame.

6 - COPING

Young people who possess a variety of healthy coping strategies will be less likely to turn to dangerous quick-fixes when stressed.

7 - CONTROL

Young people who understand privileges and respect are earned through demonstrated responsibility will learn to make wise choices and feel a sense of control.

WHAT WE DO TO MODEL HEALTHY RESILIENCE STRATEGIES FOR OUR CHILDREN IS MORE IMPORTANT THAN ANYTHING WE SAY ABOUT THEM.

THE 7 RESILIENCE STRATEGIES ARE AN ADAPTATION FROM THE POSITIVE YOUTH DEVELOPMENT MOVEMENT BY RICK LITTLE AND COLLEAGUES AT THE INTERNATIONAL YOUTH FOUNDATION

listed information will not be disclosed to military recruiting officers without prior consent. In order to refuse the release of this information without prior consent the parent or eligible student must make a written request to the building principal by September 30th each year.

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

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

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

• **Notification:** Annual Notification will be on the school website stating that any lead testing results will be available for viewing upon request from the plan contact person. This notification will be provided continually on the website.

PRHS Graduates-where are they now?

Stephen Kunz opens chiropractic practice in town

Article excerpts & photo courtesy of The Pelican Rapids Press

What do you want to be when you grow up? For young Stephen Kunz, the answer was easy: A chiropractor. And, he stated as much when he responded to a "future plans" question his senior year at Pelican Rapids High School.

Now, as the calendar turns toward a new year in a new decade, Dr. Kunz has fulfilled his objective. The Kunz practice just opened, in the Logix building north of Pelican Rapids, on Highway 59.

Even as a youngster he had a general interest in health and chiropractic. But he also benefited from first-hand, personal experience as a patient.

"I had some health issues that were aided by chiropractic," said Kunz.

His goal at Kunz Chiropractic is to provide high quality, patient-centered chiropractic care in an "affordable and ethical way."

Kunz Chiropractic provides adjustments to the spine and extremities. At Kunz Chiropractic, "we pride ourselves on providing the highest quality care to help you get back to your normal activities as quickly as possible," states his website, www.kunz-chiropractic.com

Despite his youthful fascination with chiropractic, he ended up graduating from Minnesota State University Moorhead with a major in Geology, in 2013. He then went to work in the North Dakota oil fields for a couple years, during the "oil patch boom."

"I worked a lot of hours," said Kunz, recalling the boom time in western ND. "But I didn't see it as a long term opportunity. Chiropractic is still what I wanted to do."



In 2016, Dr. Kunz decided to enroll at Palmer College of Chiropractic School and follow his passion of becoming a chiropractor. After graduating in February 2020, Kunz opened an office in Chisholm, on Minnesota's Iron Range.

While he enjoyed the northwoods and rural character of the Northern Minnesota Chisholm area, "it wasn't home," said Kunz.

Kunz chose to move from Chisholm back to Pelican Rapids. The new office in Pelican Rapids is now open. He is glad to be back home and providing care to the Pelican Rapids community. "I am excited to be back home," said Kunz, an academically strong student who was a regular on the Dean's list, both at Moorhead State and Palmer College.

He still retains an interest in geology and rocks, and has a number of fossils and minerals at his desk. Other interests include astronomy, photography, hunting and gardening.

We are proud to welcome another PRHS Graduate back to the area to live and work in our community!



This is the PRHS Sewing Club. We meet on Sunday afternoons. PRHS students who are interested can talk with Mrs. Backstrom.

Viking Pride is contagious!



SADD continues to collect aluminum tabs for the Ronald McDonald House Charities of the Red River Valley in Fargo. Aluminum tabs could be dropped off at the high school or elementary school office. Contact Amy Korf, SADD Advisor, for more information. akorf@vikes.us



Last month the PRHS SADD Group shared heart messages and posters with area residents at Pelican Valley Senior Living, Riverfront Manor and Riverfront on Main. On Giving Hearts Day, each resident received a flower and note. The group strives to share positivity and wants residents to know that SADD cares. Thank you to the "Faith Keepers" for helping us spread good cheer.



Educational Benefits

More than meals!

Helps your family by providing:

- PANDEMIC-EBT BENEFITS - temporary emergency nutrition benefit that is loaded on electronic cards for families to purchase foods for days they are not in school. **MUST COMPLETE THE EDUCATIONAL BENEFIT APPLICATION to be considered for benefits.**
- Free breakfast & lunch for qualifying students.
- Reduced extra-curricular activity & testing fees.

Helps your school qualify for:

- Federal funding for reading intervention and other services when all eligible families apply.
- State Compensatory Education Program Funds.

Educational Benefits Application Details

- One form per family needs to be filled out **each school year** (before the 1st day of school).
- The 2020-21 form can be found on the MEALS & MENUS tab of the district website.
- Forms for the 2021-22 school year will be posted on the district website in early August.

Questions: Contact Emily Evenson
218-863-5910 extension 4445 (Tues-Fri)
oreevenson@vikes.us



has won various tournaments and placed at many more. Rachael plans to attend South Dakota State University in psychology. Her arts focus will be speech, theater and possibly choir.

On the academic side, Rachael has always pushed herself to take classes that challenge her. Five of her classes this year are college-level courses.

Rachael has always loved being a part of a team. "I have always known that being a good teammate is a part of all sports. I have made sure to always help my team in anyway possible. If that meant staying on the bench and cheering...I have always been more than willing."

Rachael has the distinction of playing with the same girls since elementary which has allowed her to experience these successes with friends. "I've been able to participate in the state tournament both as an athlete and a volunteer. I chose to volunteer so I could not only cheer on my sister and teammates—but also my friends from other schools."

"My participation in all my activities and school has given me the self-confidence that I have today. Without this I would fear pushing myself, standing up for what's right, and helping others... It has given me confidence in all areas of my life. From performing as another person to racing my sister in an egg race in front of the whole school. My involvement in my school has shaped me into who I am today."

Leading on court and field-and playing the horn in band

Though his specific college or university is still being determined, McHale Korf is looking at a career with numbers—ac-

counting and finance. But along the way, he plans to participate in football and basketball—sports in which he has been a standout in Pelican Rapids.

"Passion" is how Korf describes his interest in sports—including football, basketball, and golf. Over the course of his high school tenure, he has earned All Conference honors nine times—three times in each sport.

A captain in basketball since his sophomore year and football since his junior year, McHale has taken leadership roles on the court and field.

He reached the 1,000 point mark in basketball last year. This past football season, he was selected to the Academic All-State team—a list of 15 student athletes in class AA who excelled in leadership, academics, and football. In golf, he has been on varsity team since 7th grade and would've been a part of the team in the spring of 2020—if the season had not been canceled due to the pandemic.

A trumpet player since 5th grade, he has served as section leader his freshman year and is currently 3rd chair out of a section of thirteen trumpeters. In his sophomore year, the band traveled to Concordia College (Moorhead) for a Wind Ensemble contest with other local schools—earning a Superior rating. "I will never forget rocking out with the pep band at sporting events and pep fests," said McHale, of his participation in one of the area's most notable high school pep bands.

As a freshman, McHale challenged himself to learn a different language, taking Spanish 1. "Although it was a hard course, I enjoyed my freshman year of it and decided to take Spanish 2 my sophomore year. I was involved in the community through Spanish as my class often went to the elementary school and taught younger students the aspects of the language," wrote McHale.

In his junior year, he earned college credit in Pre-Calculus, and he is currently taking three more of these types of classes within the high school setting. He's also taking three PSEO classes through Minnesota State Community and Technical College.

"If it weren't for arts, athletics, and academics, I wouldn't be the student I am today. Being involved in arts kept me active and made me learn multiple aspects of band that I will remember forever," wrote McHale in his AAA essay. "Athletics impacted me the most in life. With all the fun wins and heartbreaking losses, athletics showed me how to be a calm, loyal person who will always work hard and with others. Academics at Pelican Rapids High School has taught me a great deal of knowledge. It has also taught me to work hard, to be there for a struggling friend, and most importantly; self discipline. Arts, athletics, and academics... have helped me develop into the person I am today."



Building a Generation with Grit

By Doug Bruggeman, PRHS Dean of Students and Assistant Activities Director

"You need to be on time for Zoom!" "I will message you through Google Hangouts." "Your current mode of learning is hybrid orange." These are all common phrases that are commonly used by the students, staff and administration at Pelican Rapids High School. However, if you were to say these things just one year ago, very few of us would have been able to understand what you were talking about.

The institution of education has been turned on its head with the COVID-19 pandemic. You could argue that students have been affected as much as any group in our society.

The struggles of distance learning alone have been a major challenge for so many and we are seeing that impact not only the academic success of many but also their emotional well-being. But there are so many other aspects of school, from being able to participate in extracurricular activities, to something as simple as not having the opportunity to hang around your group of friends at lunch because two of them are on opposite hybrid days.

We really could just stay focused on the troubles and struggles that this school year has brought but that really clouds the reality that great things are also happening!

I really believe that our struggles in life, although unwanted, really do help us gain what we need to ultimately be a success.

For instance, what made the people of our 'Greatest Generation' great?

Look at what the 1900's brought this generation of Americans and what they survived: first came



"WE MAY JUST BE BUILDING UP ANOTHER GENERATION OF YOUNG PEOPLE WHO ARE BEING CHALLENGED TO ADAPT, ADJUST AND SEE THE WORLD IN A NEW WAY. THEY ARE LEARNING THE VALUE OF HAVING 'GRIT' WHICH IS A KEY COMPONENT TO ANY AND ALL SUCCESS. THIS TRAIT WILL SERVE THEM IN YEARS TO COME."

-DOUG BRUGGEMAN, DEAN OF STUDENTS

World War I coupled with the Spanish Flu Pandemic of 1910's. Then the Roaring 20's lead to the Stock Market Crash and Great Depression of the 1930's and to top it off we will book end it with another World War in the 1940's. Our 'Greatest Generation' did not have a smooth and easy life and I believe that it is because of this that they went on to do great things.

Hundreds of thousands of young people are now experiencing situations that are requiring them to be resilient. They are being asked to persevere and meet the challenges with an "I can do this" attitude. Success and greatness happens when you are prepared for the moment. What happens to you and what you do in the moments before "the moment" will often propel you towards success or more failure.

We are finding out that learning occurs best when students and teachers can be face to face. Where a student not only hears the encouraging word of a teacher but feels the support of teacher and the reinforcement of their social group who surrounds them in a school setting.

Although our students have missed out on many things that those of us in prior generations see as 'key' to a school experience, maybe the circumstances of this last year has provided our young people with a greater education than any book could provide. We may just be building up another generation of young people who are being challenged to adapt, adjust and see the world in a new way. They are learning the value of having "Grit" which is a key component to any and all success. This trait will serve them in years to come.



Derrick Nelson

Elementary Principal Activities Director

The 2020-21 school has been a whirlwind of constant changes due to MSHSL guidelines and Minnesota Department of Health regulations. The activities department would like to thank everyone for your cooperation and following the guidelines so our students can continue to participate in MSHSL activities.

March has been a very busy month as we have regular seasons wrapping up, section and state tournaments. Here is a timeline of our winter tournaments:

Dance competed on February 27 in Wadena as part of the section 6A tournament. The state dance tournament was held on March 12 and 13.

Wrestling held the section 6A team tournament on March 11. The top two teams will advance and wrestle again on March 13 against Section 5A. The winner of the section 5A and 6A tournament will advance to the state tournament which will be made up of four teams this season. The individual part of the Section 6A tournament will be held on March 16 with the top four wrestlers advancing to March 20. The top four wrestlers in section 5A and 6A will square off on March 20 with the top two wrestlers from each weight class advancing to the state tournament. The state tournament will be held on March 25, 26, 27. All locations of section 6A events and state tournament are TBD.

Girls' and Boys' basketball teams will be competing in the section 8AA tournaments. The section tournament will be held at the higher seed, until the championship game. The championship game will be held at a neutral site. The girls' 8AA tournament dates are March 17, 19, 23, and 25 and the boys' 8AA tournament dates are March 18, 20, 24, 26. The state tournament will be March 30-31 and April 6-10. There will be no consolation play this year at the state tournament.

Updates, news articles, player stats

- NEW Sporting News/Info page (shown right. Access via ACTIVITIES tab on district website)

- Follow VicTheVike on Twitter for updates including live stream links

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



There are many characteristics and features highlighting the uniqueness of the Pelican Rapids Schools. We offer opportunities to learn about and experience diverse cultures not often associated with small towns.

Our Pre-K-12 enrollment is approximately 900 students from the surrounding communities and city of Pelican Rapids. As a Leader in Me™ school, our students learn and practice Stephen Covey's 7 Habits® as they develop their leadership skills to meet the challenges of today and those they'll face tomorrow.

A rich tradition of excellence in academics, athletics, and the arts is woven into the culture of our schools. Our state-of-the-art facilities include the Al Siegle Activities Center which has a raised walking track that can be used during breaks in action while attending indoor games and events. The Fine Arts Auditorium is an amazing facility with world-class acoustics that enhance school and community theatrical productions, musical concerts and other performances.

We are fortunate that many of our PRHS Graduates have returned to the area to live and work in our district. Members of our community know, support and care for each other and we believe that enhances our students' lives and learning experiences.

Students are our top priority and we are committed to safe and healthy learning. Unity is our strength!



State testing has begun



Assessments are very important benchmarks for students and schools. Up-to-date schedules can be found on the district website. On test days, please be sure your child(ren) is in school, is well rested, and has a good breakfast. Students in grades 7-12 should also bring a water bottle and a fully charged computer and charger.

Dates subject to change-check district website for updates:

Click on PARENT/STUDENT RESOURCES, then PELICAN RAPIDS PUBLIC SCHOOLS TESTING DATES



The Pelican Rapids High School Class of 1986 honored the late Dr. Richardson with a portable bench located in the Al Siegle Activity Center.

Dr. Ed's "Be Awesome Today" slogan has been inspirational for staff, students, parents and community members as we navigated the uncharted waters of the COVID pandemic along with his sudden death last April.

Having the united focus of 'being awesome each day' and 'together we can do this' provided a firm foundation for the district to move forward with all that needed to be done over the last year. The creation of COVID learning model plans with strict health and safety guidelines has enabled the district to meet the goal of providing our students with as much 'in school learning' as possible.

A staff person recently shared the following quote: "**Make today so awesome that yesterday gets jealous!**" I think the man behind the bench would appreciate that perspective!

Thank you for sharing your time and energy with our district! We value and appreciate you!

We would like to extend a warm welcome to Molly Welch and deep appreciation to Mike Forsgren for the years of service given!

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