



Pelican Rapids School District #548

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Pelican Rapids, MN 56572

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VIKING PRIDE IS CONTAGIOUS!



Viking Elementary School Awarded 2019-2020 Minnesota School of Excellence



This prestigious honor was awarded to Viking Elementary School for its commitment to modern teaching and learning. "Through the Minnesota School of Excellence (SOE) program, grounded in national research on high-performing schools, MESPA has created the premier opportunity in the state for validating excellence and a commitment to continual growth in a school community," said Jon Miller-hagen, MESPA Executive Director. "This school improvement program examines the entire school community through six national standards, ensuring there is a holistic approach to creating a plan for future achievement and celebrating the unique accomplishments of each School of Excellence."

Tami Staloch-Schultz, chair of the Minnesota School of Excellence Committee, said, "It takes commitment and teamwork to honestly and thoroughly assess areas of strength and at the same time identify a plan for continual growth. The SOE process asks the entire school community – parents, students, staff, administration, and more – to reflect on and celebrate the collaborative work being done in school communities. Schools that receive validation have had important data-driven conversations about what a high-quality, modern learning experience should be for all students and have plans to make that learning experience a reality for many years to come. Honoring the important work of dedicated staff, eager students, and supportive communities is an essential component of becoming a School of Excellence."

A major strength of Viking Elementary School identified by the SOE process was that its school community actively works to sustain a culture that values diverse people, ideas, perspectives and experiences. Viking Elementary School staff have been learning about trauma sensitive environments over the last 2 years. Additionally, staff have engaged with parents to learn more about the Somali culture to better understand and meet the needs of its Somali families. To support families during the initial year of our 1:1 iPad roll-out, monthly meetings provided opportunities to learn about digital citizenship and apps students are using in the classroom. The "Pastries with Parents" and "Family Tech Nights" also provide opportunities for parents to learn from students, ask questions, and share concerns & ideas.

MESPA article continued on page 2

PRHS service projects in memory of students Tanner Markgraf and Faith Westby

By Amy Korf, SADD Advisor

The Pelican Rapids High School Students against Destructive Decisions (SADD) Chapter strives to prevent drug use, risky behaviors, destructive decisions, and brings awareness to mental health concerns. One of SADD's goals is to promote positive decision making and provide prevention tools for students at the high school.

SADD educates others about destructive decisions that could be harmful to the lives of others. Each year SADD looks to invite speakers who have firsthand experiences relating to the aftermath of harmful decisions. SADD offers opportunities for students to participate in positive school events (i.e. movie nights, bowling, etc.). Each year, SADD Officers have a leadership opportunity to attend the Tri-State Northern Lights SADD Conference. By participating in this leadership opportunity, SADD Officers hope to share newly learned ideas and activities with the student body.

Currently, our SADD Chapter is involved in two service projects. Our first project involves collecting aluminum tabs to be donated to Ronald McDonald

"Samtastic" t-shirts were worn by 250 students and staff at the Pelican Rapids Schools on Oct. 11th to raise awareness of Down Syndrome. The proceeds this year will be donated to the developmentally disabled physical ed program at VES. Sam Backstrom, a 2nd grader at VES is shown with classmates in his "I am Samtastic, hear me roar" t-shirt.



House Charities in Memory of Faith Westby. At our opening aluminum tab drive, we collected over 38,000 tabs!

Our second project will be providing two "Little Free Libraries" in Memory of Tanner Markgraf, which will be available for community use. A little library (similar to the photo above) will be located outside of Viking Elementary and Pelican Rapids High School.



Our SADD group will also continue to serve the community in the following ways: helping at Lake Region Electric's Boo Bash, collecting Toys for Tots and holding food drives to donate to our local food shelf.

SADD's goal is to make a difference in students' lives by promoting positive decision-making and hosting positive events and activities. Since these activities and/or events require money, any donations would be greatly appreciated. The funds would be used to promote and plan safe and fun activities and prevention presentations for our students.

If you are interested in making a donation, please contact Amy Korf, SADD Advisor at akorf@vikes.us.

GREAT PRIDE

By Dr. Ed Richardson, Superintendent

Pelican Rapids PRIDE! It is great PRIDE I feel knowing I am part of the Pelican Rapids community. It is great PRIDE I feel hearing that our students earned a **Midwest Emmy Award** for a Viking News Network story. It is great PRIDE I take in our staff, students, parents, and community for the work which earned The Viking Elementary School validation as a **MN School of Excellence**! It is great PRIDE I felt attending the **Viking Gala** and seeing just a few of the teachers and coaches I had as a student in the mid-80s be recognized for the gifts and talents they shared with us.



It is great PRIDE I feel thinking about the **community support** for our students and teams. It is great PRIDE I feel when I observe and hear stories of the **leadership and compassion** our students demonstrate on a daily basis. It is great PRIDE I feel hearing our **Pep Band** playing at a game. It is great PRIDE I feel standing in the **Al Siegle Activities Center**, our **Fine Arts Auditorium**, or at **Chauncy Martin Field** filled with families enjoying a concert, play or sports events.

It's easy to begin each day with a smile when you can take PRIDE in where you live and work. *In what do you take great PRIDE?*



SMILE@vikes.us

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

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**
- **Fall Classes:**
 - **Community Ed**
 - **ECFE and Preschool**
- **"Where are they now?" PRHS Graduates**
- **PRHS High School News**
- **Important Dates**



photo courtesy of The Pelican Rapids Press



Minnesota School of Excellence Award

By Derrick Nelson, Principal

Congratulations to Viking Elementary School for being named a Minnesota School of Excellence by the Minnesota Elementary School Principals' Association (MESPA). The award has been established to recognize Minnesota elementary and middle level principals and staff who demonstrate the desire to improve the quality of elementary and middle level education by completing a recognized school improvement process. This process includes assessment, program planning, and implementation.

Dr. Richardson, students, staff, and parents have worked very hard over the years and are honored to be selected for this award for Viking Elementary School. There will be a school celebration planned for later this year. Without the support of parents and the community, the success that has been achieved would not be possible.

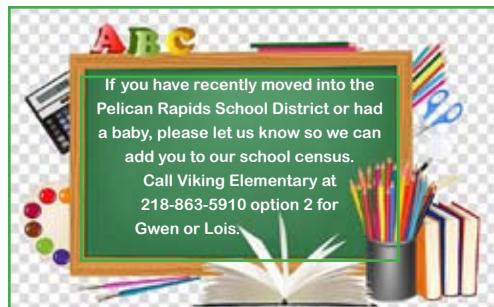


Viking Elementary Mission Statement:
"A community of learners dedicated to improving our world."

7 Habits of Highly Effective People®

- 1 - Be proactive (you're in charge)
- 2 - Begin with an end in mind (have a plan)
- 3 - Put first things first (work first, then play)
- 4 - Think win-win (everyone can win)
- 5 - Seek first to understand, then to be understood
(listen before you talk)
- 6 - Synergize (together is better)
- 7 - Sharpen the saw (balance feels better)

7 Habits of Highly Effective People® by Stephen Covey



Other strengths of Viking Elementary School highlighted by the SOE process include: Strong student and staff leadership through the Viking Leadership Team and the Student Lighthouse Team; strong belief in alignment between teaching and administrative practices and school values; and a strong teacher professional development model based on internal peer-to-peer learning and designed to help teachers better serve the needs of English language learners and low-income student groups.

One area of improvement identified by the SOE process is in parent engagement, as participation in Viking's Parent Teacher Partnership (PTP) program has declined in recent years. To increase participation in its parent group, the PTP will be included in Title One Family Reading and Math Nights, and Viking will also promote PTP activities in its monthly Viking Family Newsletter.

"To be chosen for the Minnesota School of Excellence is a great honor for Viking Elementary School," said Derrick Nelson, Viking Elementary Principal. "This is a validation and celebration of the hard work of our teachers, staff, students, and parents of Pelican Rapids."



Community Bronze Bench Party

Come celebrate as we reveal the completed bronze benches designed by elementary students.

Saturday, October 26th at 4:00pm
-Pelican Rapids Public Library-

Presentations will be given by metal artist Tom Christiansen and student artists Hodoyan Mahdi, Kegan Thach, Yasmin Rodriguez Lopez, Kimberly Rodriguez Lopez, Grace Backstrom, Mariah Weishair.

Following there will be a walk downtown Pelican Rapids to view the three new bronze benches.



VES Student Lighthouse

By Amanda Belz, VES Student Lighthouse

The 2019-2020 Viking Elementary student lighthouse group is up and running this fall. The kids put together a Viking elementary pep fest during homecoming week, as well as fun dress up days during the week. Many projects are being sent our way and we are excited to be able to help out where we can. The student lighthouse this year will be grades 4-6 and we are excited to add more members as the year goes.



VES RUN CLUB

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.commonsensemedia.org



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!

Contracted Care:

- | | |
|--------------------------------|-----------------------------|
| <u>Mondays/Non-School Days</u> | <u>School Days</u> |
| • \$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.

Connect with us on our Club Vikes Facebook page

For more information contact:

Emily Evenson, Club Vikes Coordinator
Email: eenvenson@pelicanrapids.k12.mn.us
Phone: 218-863-5910 ext. 5022

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 at mcupkie@vikes.us or 218-863-5910 x5269

Help fight hunger....by sponsoring a child!

Backpack BUDDIES

Because hunger doesn't end on Friday.

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

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 like mac & cheese, stew or ravioli.

Who: Hungry children identified by teachers and school employees.

When: 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

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.

Up-to-date school information:

Website: www.pelicanrapids.k12.mn.us

Facebook: Pelican Rapids Public Schools

NEW BOX TOPS BONUS APP

Earn even more cash to help your school get what it needs through the Box Tops for Education® Bonus App. Turn your everyday receipts into cash for your school. It's free and as easy as 1-2-3. Here's how it works:

BUY.
FIND OFFERS.
BUY PRODUCTS.

SCAN.
SCAN YOUR RECEIPT.

EARN.
WATCH EARNINGS STACK UP.



Registration

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

You can register online, over the phone, via email, our school website, or through the mail.

Online using PaySchools:

(go to www.pelicanrapids.k12.mn.us and click on PaySchools icon, top right).

Email: bwontor@vikes.us

School Website:

www.pelicanrapids.k12.mn.us

click on **Programs** on navigation bar, then **Community Education** on drop-down menu

Call: Becky Wontor at 218-863-5910 x4250
(Tues-Fri)

Mail completed registration form to:

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

Class fees can be paid the following ways:

- PaySchools online system (school website: click on PaySchools, top right).
- Check payable to: Community Ed

Please write a separate check for each class - we will not cash your check until after the class

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 Community Education Facebook page.

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



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

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+ _____

Pelican Rapids Community Education

Fall Classes 2019

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 •XaBeat	29	30	31		
November						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Outdoor Winter Pots
3	4 XaBeat	5 Essential Oils	6	7	8	9
10	11 XaBeat	12 Essential Oils	13	14 Converting Digital Media	15	16
17	18 XaBeat	19 Essential Oils	20	21	22	23
24	25 XaBeat	26 Essential Oils	27	28	29	30
December						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Essential Oils	4	5	6	7
8	9 Home Brewing	10 Essential Oils	11 Instant Pot Cooking	12	13	14 Home Brewing
15	16	17	18	19 Converting Digital Media	20	21
January						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 XaBeat	7	8	9	10	11
12	13 Somali Cooking	14 XaBeat Felting	15 Felting	16 Medicare	17	18
19	20 XaBeat	21	22	23	24	25
26	27 XaBeat	28	29	30	31	
February						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 XaBeat	4	5	6	7	8
9	10 XaBeat Meditation	11	12	13	14	15
16	17 XaBeat	18	19	20	21	22
23	24 XaBeat Meditation	25	26	27	28	29



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

XaBeat Exercise Class

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

Instructor: Tami Seifert

When: Mondays 5:15pm-6:oopm
(October & November, January-April)

Location: PRHS Commons (east door #1)

Class Fee: \$56 for 8 classes or \$10 for 1

Registration is not required, join us anytime!

Check [XaBeat Pelican Rapids](#) on Facebook for class updates (including time changes and cancellations)

Questions: Call Becky at 218-863-5910 x4250

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 or 218-205-5745

When: TBD based on registration

Location: PRHS

Class Fee: free of charge

Water Aerobics

Working out in the water is one of the most therapeutic activities. Water aerobics in the 6 person pool at Lakes Inn at Dunville would be a great activity for a group of friends! For more information contact Keelia Palmer at 218-760-2155.

Instructor: Keelia Palmer-Rockstead

When: Class days and times will be based on registration

Location: Lakes Inn at Dunville

Class Fee: \$10.00 per person per session

NOVEMBER

Outdoor Winter Pots



Brown-Eyed Susans will provide all the supplies for you to create your own unique outdoor decor. The class fee covers the

basic assembly; additional embellishments available and will be charged accordingly.

When: Saturday, November 2nd 11:00am

OR Saturday, November 2nd 2:00pm

Location:

Brown-Eyed Susans downtown Pelican Rapids

Class Fee: \$35.00

fee covers basic assembly; additional embellishments available and will be charged accordingly

Essential Oils for Beginners



Learn the basics and how to safely use each oil in a variety of ways. Make and take item included.

Instructor: Janna Rarick

When:

Tuesday, November 5th 5:00pm-6:30pm

Location:

PRHS Media Center (west door #8)

Class Fee: \$10.00

Pre-registration required 48 hrs before class

Thieves Essential Oil-How to make your home chemical free

Learn how and why to make the switch to safer household products and how to save money while doing it. Make and take item included.

Instructor: Janna Rarick

When:

Tuesday, November 12th 5:00pm-6:30pm

Location:

PRHS Media Center (enter west door #8)

Class Fee: \$10.00

Pre-registration required 48 hrs before class

Converting Memories to Digital Media

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

Instructor: Cary Haugrud

When:

Thursday, November 14th 6:30pm-8:30pm

Location:

PRHS Room A113 (enter west door 8 & follow signs)

Class Fee: \$10.00

Class size limit: 6

Essential Oils for Kids and Babies

Find out which oils are safe for kids and babies and how to use them along with other products. Make and take item included.

Instructor: Janna Rarick

When:

Tuesday, November 19th 5:00pm-6:30pm

Location:

PRHS Media Center (enter west door #8)

Class Fee: \$10.00

Pre-registration required 48 hrs before class

Fall Centerpiece Class



Brown-Eyed Susans is offering a class for you to make your own fresh Fall Center-

piece, perfect for your Thanksgiving table or to use as a hostess gift. Learn design techniques and show off your new skills!

Date: Friday, November 22nd 7:00pm

Location:

Brown-Eyed Susans downtown Pelican Rapids

Class Fee: \$35 (includes supplies)

Essential Oils for Muscles and Joints

Have aches? Feeling sore? Find out which oils pertain to and support joints and muscles. Make and take item included.

Instructor: Janna Rarick

When:

Tuesday, November 26th 5:00pm-6:30pm

Location:

PRHS Media Center (enter west door #8)

Class Fee: \$10.00

Pre-registration required 48 hrs before class

DECEMBER

Essential Oils for Beginners

Learn the basics and how to safely use each oil in a variety of ways. Make and take item included.

Instructor: Janna Rarick

When:

Tuesday, December 3rd 5:00pm-6:30pm

Location:

PRHS Media Center (enter west door #8)

Class Fee: \$10.00

Pre-registration required 48 hrs before class

Home Brewing

You can brew world class beer with inexpensive equipment and supplies in your own kitchen. You can copy your favorite or develop your own unique recipe. The 2 session class will cover theory and brew a five gallon batch of beer.

Instructor: Dave Ellison

When:

Monday, December 9th 6:30pm-8:00pm

AND

Saturday, December 14th 9:00am-1:00pm

Location:

Ellison's home, rural Pelican Rapids Directions will be sent to participants prior to class

Class Fee: \$10.00

Class limit: 8

Essential Oils-Spa/Relaxation

Learn how to make relaxing products to pamper yourself. The oils we discuss will also support a great nights sleep. Make and take item included.

Instructor: Janna Rarick

When:

Tuesday, December 10th 5:00pm-6:30pm

Location:

PRHS Media Center (enter west door #8)

Class Fee: \$10.00

Pre-registration required 48 hrs before class

Instant Pot Cooking

Join Instant Pot user Nanette Albright as she demonstrates how to make Weight Watcher o Point Taco Soup and Instant Pot Hamburger Helper. Nanette will explain the basics of the Instant Pot and demonstrate how quick and easy using the Instant Pot can be.

Instructor: Nanette Albright

When:

Wednesday, December 11th 6:00-8:00pm

Location:

PRHS Home Ec Room A108 (enter west door #8 and follow signs)

Class Fee: \$10.00

Class size limit: 10

Converting Memories to Digital Media

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

Instructor: Cary Haugrud

When:

Thursday, December 19th 6:30pm-8:30pm

Location:

PRHS Room A113 (enter west door 8 &

follow signs)

Class Fee: \$10.00

Class size limit: 6

JANUARY

Welcome to Medicare

Are you turning 65 this year? Have you been on social security disability for 2 years and continue to qualify for it? The transition to Medicare can be confusing and overwhelming. Attend this no cost, informational class to learn the basics of Medicare. The common mistakes to avoid and the important considerations when making choices during enrollment will be covered. Questions are encouraged. Please register in advance with Community Ed.

Instructor:

Nancy Voss, County Coordinator on Aging

When:

Thursday, January 16th 11:00am-12:30pm

Location:

Pelican Rapids Public Library Meeting Room

Class Fee: free of charge

Somali Cooking

Join 5 Pelican

Rapids High

School senior

girls as they

demonstrate

the preparation

and share 6 of

the "Best Somali

Foods Ever".

Appetizers, main

dish, dessert,

Chanhassen Trip

The Music Man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band that he vows to organize – this, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall.

Date: Saturday, March 7th

Times: Departing at 7:30am and returning at approximately 8:30pm

Cost: \$115.00 includes roundtrip motor coach transportation, 3 course meal at the Chanhassen and musical presentation

Deposit: \$25.00 deposit due by Friday, January 31st (non-refundable)

\$90.00 final payment is due before Friday, February 28th

Payments can be made:

- **online using PaySchools**

go to school website www.pelicanrapids.k12.mn.us, click on PaySchools icon on top right, choose Community Ed Classes)

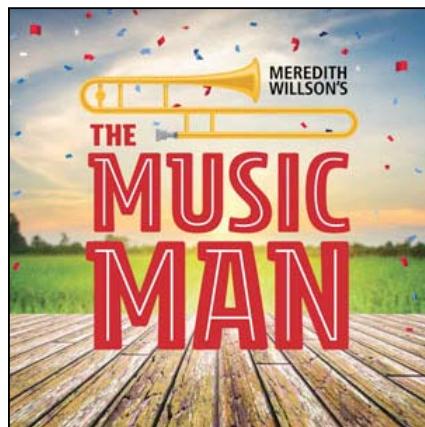
- **by check** payable to Community Education.

Mail to Community Ed, PO Box 642, Pelican Rapids, MN 56572)

To register: Contact Community Ed to reserve a spot

- **email** bwontor@vikes.us
- **online** via PaySchools-pay the \$25 deposit to secure your registration
- **call** Becky at 218-863-5910 ext. 4250

We will be leaving the PRHS west parking lot at 7:30am. You will be served a three course lunch at the Chanhassen at 11:00am and see the musical presentation of *The Music Man* at 1:00pm. Ages 12 and up (accompanied by an adult) are welcome.



Community Events

LREC Community Boo Bash for Kids
Thursday, October 31
4:00 pm to 6:00 pm
Lake Region Electric Cooperative

Food and fun provided by local businesses!

- Daycare, Preschool and Elementary age
- Children must be accompanied by an adult
- Enter by west warehouse door
- Non-perishable food items/cash donations will be collected for the Food Pantry

GAMES TO GO
WWW.GAMESTOGOFARGO.COM

I CAN Prevent Diabetes

Are you ready to:

- Reduce your risk of developing diabetes?
- Lose weight and keep it off?
- Eat healthy meals and snacks?
- Incorporate regular physical activity into your life?

If you are at risk for diabetes, consider joining our I CAN Prevent Diabetes class. Classes run weekly for 16 weeks, and monthly for maintenance classes over one year.

Take the risk test on the back of this flyer to find out. If you are not currently at increased risk for diabetes, contact us for other nutrition and cooking classes.

Classes begin the week of: Friday, Oct. 18th 11am - 12pm

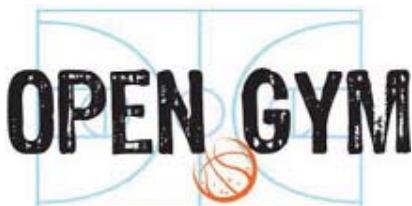
For more information or to register, contact: Jackie Larson @ 218-329-5752

Registration required. Let us know if ADA accommodations are needed.

Partner: Welcome Place – 26 W. Mill St., Pelican Rapids - also location of class



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

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

Adult Basic Education in Pelican Rapids

Monday - Thursday 12:00pm - 3:00pm

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 or Amy Fish, ABE Program Director at 218-844-5760 or afish@detlakes.k12.mn.us

ADULT BASIC EDUCATION Fall 2019

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 Detroit Lakes or Pelican Rapids

* Work with small groups of English learners in Pelican Rapids

* Evening or weekend tutoring for basic skills or GED preparation

* General clerical support

Detroit Lakes Public Schools
Adult Basic Education Consortium
900 Highway 34 East
M-59 - Route 1103
Detroit Lakes, MN 56501
218-844-5760

Made with Printavo's Printavo

Hear Ye! Hear Ye!

2019 Old Fashioned Hometown Christmas
in Pelican Rapids

November 29 & 30
Nov. 29 - Horse Drawn Lighted Parade at 6:30 pm

Pelican Rapids

Watch for other event listings coming soon!

JUST FOR KIX

Believe in miracles

WINTER DANCE SHOW
NOVEMBER 23RD 7:30PM
PELICAN RAPIDS HIGH SCHOOL

WWW.JUSTFORKIX.COM/DAECLASSES/PELICAN-RAPIDS-MN

Free Viking Preschool and free 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)

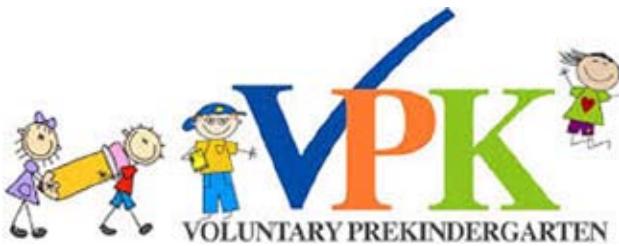
Child must be 4 by Sept. 1, 2019 to enroll

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: tfitzsim@vikes.us.

Early Childhood Family Education 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.

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

Winter Wiggle Outs



Ages: 0-5

When: Tuesdays 6:00-7:00pm

- December 10th
- January 14th
- February 4th

Location: Viking Elementary Gym

Winter Make 'n Take

Enjoy making a few seasonal treasured crafts.



Ages: 1-5

When:

Thursday, December 5th

6:00-7:00pm

Location:

Viking Elementary Cafeteria

Preschool & ECFE Staff

Terra Fitzsimmons

ECFE & Preschool Teacher/Coordinator
218-863-5910 x 5393 tfitzsim@vikes.us

Staci Haiby

ECFE & Preschool Teacher
218-863-5910 x 5393 shaiby@vikes.us

Megan King

ECFE & Preschool Teacher
218-863-5910 x 5569 mking@vikes.us

Kimberly Hernandez

Classroom Para & Spanish Translator
218-863-5910 x 5569 khernandez@vikes.us

Tami Hanson, Ashlee Olson

& Mindy Peterson

Classroom Assistants

Janet Woolever

Child Care/Family Home Visitor

Bright Start Child Care Home Visits and Family Outreach Program

You may participate in this once a month visiting program in which Janet Woolever will come into your home with activities and resources. Call Janet at (218)863-5910 ext. 5393 with questions or to schedule a visit.

Supported in part by United Way of Otter Tail County

Rootin' Tootin' Toddlers

Our youngest students have their special time at the big school. Come and meet new friends as we play, sing, and dance together. **Ages: 0-3**

Winter session

Thursdays, January 9th-February 13th

- morning 10:00-11:15am OR
- evening 5:30-6:30pm

Spring session

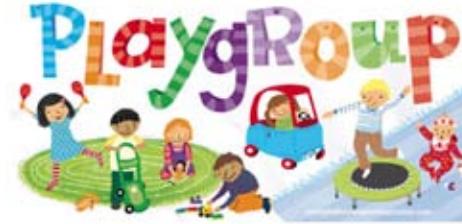
Thursdays, April 16th-May 7th

- morning 10:00-11:15am OR
- evening 5:30-6:30pm

Location: ECFE Classroom

Magical Mondays

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.



No school agers allowed- we are partnering with Club Vikes to offer sibling care. Contact Emily Evenson at 218-863-5910 x5022 with questions or to register for the Club Vikes program.

Ages: 0-5

When:

Mondays, 10:00am-11:15am

January 6th-February 10th

and March 2nd-April 27th (except Apr. 6)

Location: ECFE Classroom

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 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



ECFE Class Registration Form

Please register for all classes that your family wants to attend

Child's Name _____ Age _____ Child's Name _____ Age _____

Child's Name _____ Age _____ Child's Name _____ Age _____

Parent Name _____ Phone: _____

Class Name	Days/Times	✓ to register
Winter Wiggle Outs	Tuesdays, Dec. 10, Jan. 14, & Feb. 4	
Winter Make 'n Take	Thursday, Dec. 5 6:00-7:00pm	
Rootin' Tootin' Toddlers-winter session	mornings 10-11:15am	
Rootin' Tootin' Toddlers-winter session	evenings 5:30-6:30pm	
Rootin' Tootin' Toddlers-spring session	mornings 10-11:15am	
Rootin' Tootin' Toddlers-spring session	evenings 5:30-6:30pm	
Preschooler & Parent	Thursdays Feb. 27-Mar. 26 5:30-7:00pm	
Magical Mondays	Mondays, Jan. 6-Feb. 10 & Mar. 2-Apr. 27	

Questions or to register for ECFE classes: Call Terra at 218-863-5910 ext 5393 or email: tfitzsim@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?"

Kindness is contagious: kindness sets tone in teacher's classroom

Article and photo courtesy of Nicole J. Phillips, INFORUM

You know how teachers have favorite grade levels?

The ones who teach middle school will tell you they love helping kids work through the uncertainty and challenges that come with being a new teen. The ones in high school enjoy developing the gifts of young people finding their way in the world.

And the teachers who shepherd elementary students? I think they come to work every day for the hugs.

Beth Oien is a second grade teacher at Freedom Elementary in West Fargo. In the spirit of disclosure, let me say that I knew Beth way before she was ever teaching or I was ever writing about kindness. When Beth told me she was entering the classroom, my heart immediately got happy. It was like hearing peanut butter found jelly. Like Shrek won over Fiona. Like grilled cheese next to a bowl of tomato soup. It just fits.

Beth was born to be an elementary school teacher. Every year, she decorates her classroom with inspiring sayings and a special nod to kindness. This year was no exception. In fact, thanks to her mom, she was able to take it up a notch.

"I was home in Pelican Rapids, Minn., visiting my mom the weekend before school started. She jokingly asked me what I was going to wear on the first day of school. I laughed and told her I hadn't gone school shopping for 'the teacher' yet, but that I



wished I had been able to make 'I will be your friend' T-shirts for the children and myself to wear on the first day of school.

"My mom, who has very little material things herself (although she will tell you she has enough), did not hesitate. She quickly got up from her chair, went to her bedroom and

brought back enough money to cover shirts for all my new second-graders. My mom has a heart of gold, and has taught me the values of family, friends and paying it forward even when you have very little yourself.

"My students were surprised by her thoughtfulness on Back-to-School night, and agreed that we should all wear our friendship shirts on the first day of school. The response from parents, students, classmates, teachers and even strangers was heartwarming.

"One sweet little boy washed his T-shirt and brought it back to school to me the next day. When I told him it was a gift for him to keep from Grandma Sharon and me, he smiled and said, 'Wow, thank you!' Then he carefully tucked it back into his backpack."

I hope every child in the world gets to have someone like Beth as their teacher, because along with learning math, reading and writing, they are going to learn the value of being a good friend and the power of kindness in their world. And really, aren't those some of the most important lessons of all?

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HIGH SCHOOL NEWS

By Brian Korf, High School Principal



We are off to a great start to the 2019-20 school year and appreciate the support that you provide our children at school. Strong parent and community involvement is a key component to the success of all students. Thank you for your dedication to our children and their education.

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

After school, VSS offers remedial support to all students who would like support in their current classes and also offers a quiet place to complete homework after school. A free snack and drink are provided to

students who attend VSS Tuesday-Thursday from 3:30-4:30pm.

Fall Parent-Teacher Conferences will be held on Monday, November 11th from 1:00-7:00pm in the Legends gymnasium. Parent-Teacher Conferences are an integral part of the success of your child. We strongly encourage parents to meet with their child's teachers to discuss their progress academically and socially. Also, we encourage students to attend with their parents so students can have input on their progress and discuss short term and long term goals.

Pelican Rapids Public Schools

Mission

The Pelican Rapids Public School district is committed to provide a variety of high quality academic, Arts, and athletic programs in a unique rural setting.

Vision

Pelican Rapids Schools prepares students to be leaders of their own future.

Values

Character • Collaboration • Communication
Critical Thinking • Relationships • Resilience

Belief Statements

We believe:

- 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.

The Driver Education classroom program is part of the 9th grade curriculum at the Pelican Rapids High School offered during the school day. This class prepares students for their instructional permit. Go to the school website for detailed information: www.pelicanrapids.k12.mn.us, click on Programs, then Driver's Education.



Pelican Rapids School District #548

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

School Board Members:

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

Student Representatives:
Logan Petznick, Grace Peterson

Inaugural Viking Gala Exceeds Expectations

By Jessica Fahje, Gala Committee Member



The Viking Gala mission is simple: to raise funds for the Pelican Rapids School Foundation for district wide grant distribution. The profits will be run through the Foundations and will be available to all staff, faculty and programs to apply for grants for use as they see fit for the children's education.

Our focus for this first year was to make it a fun and enjoyable event people talked about on Monday morning. Raising significant funds is a challenge, especially with several other community events that happen this time of year. If we can make this a memorable experience, then words spread, and it can build each year. The Gala included a delicious meal, door prizes, silent and live auctions and games.

The evenings itinerary also included the PRHS Hall of Fame and The Teachers Honor Roll inductee speeches. Combining the newly started Viking Gala and the PRHS Hall of Fame and Teacher Honor Roll was a win-win for both groups!

The Viking Gala was held in the beautiful newly finished VFW basement and included a delicious meal catered by Elmo's restaurant. There were silent and live auctions with items donated from area businesses and local residences. Loren Seifert of Seifert Auction Company donated his time to get the ball rolling on the live auction. The Inaugural Viking Gala proudly raised nearly \$10,000 dollars for the Pelican Rapids School Foundation in its first year!

Hear The Arts Pelican Rapids Fine Arts Auditorium Project

The Fine Arts Auditorium Project continues to raise funds for completing what is lacking, due to budget cuts, in this otherwise magnificent facility. The goal is a state of the art acoustic orchestra shell, a grand piano (to go in the climate-controlled room awaiting it), more microphones for music and drama productions, and an ongoing fund to maintain the Fine Arts equipment.

Presently we have raised about one third of our goal and have been able to purchase the sound shell part of the project. If you consider the fine arts an important part of school and community, please consider giving generously to this project. We are also looking for more interested folks to join our team. Visit the Pelican Rapids Fine Arts Auditorium Project Facebook page for details.

FIRST ANNUAL VIKING GALA

By Derrick Nelson, VES Principal and Activities Director

The first Annual Viking Gala was held on October 5th in Pelican Rapids. The evening was highlighted by the induction of Hall of Fame members Robert Schultz, Al Siegle, Ki Gohdes, Rex Haugen, and the 1984 Boys' Basketball Team.



Thanks to the Hall of Fame committee for your work on selecting the members as well as the Gala committee who organized the food, door prizes, silent auction and live auction items. Doug Bruggeman was the Emcee for the evening and also spent many hours making a video for each person being inducted. If you would like to view the videos, they can be found on the Pelican Rapids School web site.

The evening raised \$10,000, which will be used for improvements to the Fine Arts Auditorium as well as grants for teachers.

Next year's Gala will be on September 26, 2020. If you would like to nominate an individual or a group for the 2020 Class, you can pick up an application at the high school office or it can be found on the Pelican Rapids Schools web site. Nominations for the Pelican Rapids Hall of Fame can be turned into the high school office until April 17, 2020.



Get ready for a spooky murder mystery this fall as the high school presents a comedic play. The cast of Clue brings us to the Boddy manor where the classic characters try to figure out who is the murderer among them. Join Mrs. White, Mrs. Peacock, Miss Scarlett, Mr. Green, Colonel Mustard, Professor Plum, and the butler Wadsworth for a night of smart humor that will leave you guessing "who done it" until all is revealed at the end. The fall play is November 8th and 9th at 7:00pm and November 10th at 2:30pm in the Fine Arts Auditorium.

Important Dates and INFORMATION

November 2019

M	T	W	Th	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December 2019

M	T	W	Th	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

January 2020

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

Friday, Nov. 8th
& Saturday, Nov. 9th at 7:00pm

Sunday, Nov. 10th at 2:30pm

• PRHS Fall play "Clue"

Monday, Nov. 11th

• PRHS Parent-Teacher Conferences 1-7:00pm

Monday, Nov. 25th

• School in session

Monday, Nov. 25th

& Tuesday, Nov. 26th

• VES Parent-Teacher Conferences 4-7:00pm

Thursday, Nov. 28th

& Friday, Nov. 29th

• Fall break-no school

Friday, Dec. 20th through Wednesday, Jan. 1st

• Winter break-no school

Thursday, Jan. 2nd

• School resumes

Monday, Feb. 17th

• Parent-Teacher Conferences

❖ PRHS 12:00-6:00pm

❖ VES 1:00-7:00pm

Up-to-date school information:

• www.pelicanrapids.k12.mn.us

• Pelican Rapids Public Schools Facebook page