

DISTRICT COVID-19 LEARNING PLAN

2020-21 School Year

The Learning Models for the start of the school year are:

Pre-K – Grade 6

In-person Learning

Grades 7-12

Hybrid Learning

We will continue to monitor current health conditions in our school district, community and county and will communicate any changes to our families on our district website, Facebook page and Skylert.

Distance Learning will be an option for students throughout the school year (even when the District is operating in the In-person or Hybrid Learning Models). See "Three Learning Models" page for details.

District Plan updated on 9-11-20

This document provides the general framework of our learning plan for the upcoming school year. It will continue to be updated as additional information becomes available and decisions can be made.

2020-21 School Year

As the Pelican Rapids staff is planning the details for the upcoming school year our focus continues to be *what is best for our students*. We are committed to safe and healthy learning, staying connected to our students and partnering with families to navigate these uncharted waters.

We believe that education is a partnership between student, family, school and community. Now, more than ever, as educators and parents, we have the opportunity to model life skills for our children and our students. We are all learning how to deal with delayed gratification, processing on-going change, grieving loss and finding meaning in new life circumstances.

Grit and perseverance are gained in times of adversity. After crossing through those waters last spring, we came together as a school and a community. As we supported our students and one another we acquired VIKING STRENGTH.

Together we can do this!

Brian Korf, Acting Administrator/PRHS Principal
Derrick Nelson, VES Principal/Activities Director
Jerry Ness, Interim Superintendent



The THREE COVID-19 LEARNING MODELS PLAN FOR 2020-21 will be continue to be updated as additional information becomes available and decisions can be made.

As on-going changes occur we will continue to post updates:

- **District Website** www.pelicanrapids.k12.mn.us
COVID-19 LEARNING tab
- **District Facebook page** [Pelican Rapids Public Schools](#)

Contents

9-9-20

This document provides the general framework of our learning plans for the upcoming school year. It will continue to be updated as additional information becomes available and decisions can be made.

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Three COVID-19 Learning Models 8-26-20

- Learning Model Parameters created by the state (which include number of COVID-19 cases in each county) will determine the safe learning model that the district can offer during a given time.
- Distance learning will be an option for students throughout the school year (even when the District is operating in the In-person or Hybrid Learning Models).
- Students may change to/from a distance learning option during academic breaks (quarterly for PRHS students or trimester for VES students). Exceptions need approval from building principals.
- Districts will provide devices (iPads or laptops) for all students in grades K-12. Student/parent technology support will also be available.

IN-PERSON LEARNING

- ◆ Students return to the school buildings following the most current state health and safety guidelines (including face coverings by all people in building).
- ◆ School runs on normal schedule.

DISTANCE (VIRTUAL) LEARNING

- ◆ All learning and academic work is done from home.
- ◆ Daily classes are virtual (can be viewed live or recorded).
- ◆ This model of learning is an available option at all times for families.

HYBRID LEARNING

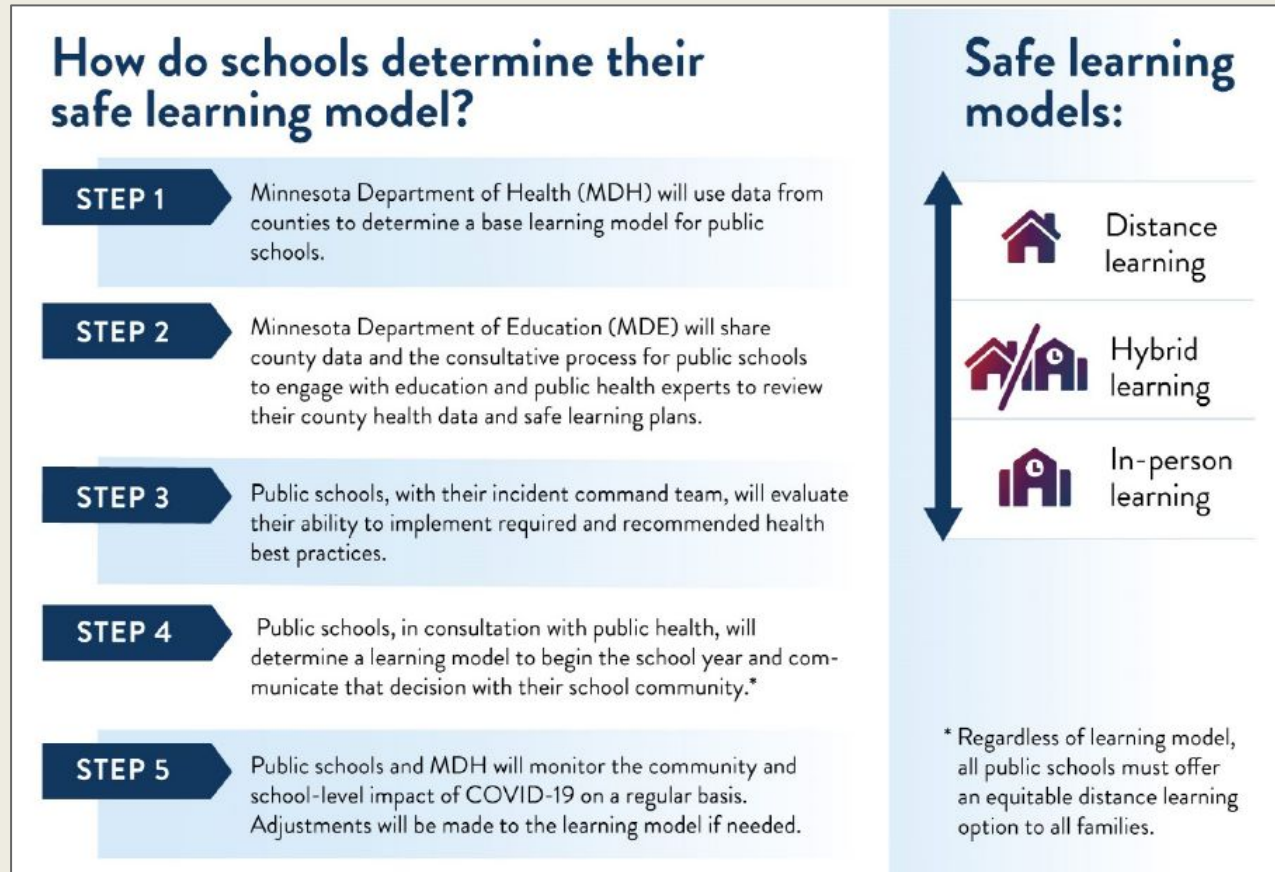
During Hybrid Learning students from each grade will be split into 2 groups:

PRHS student groups will be VIKING ORANGE & VIKING BLACK

- Monthly calendars of **VIKING ORANGE** & **VIKING BLACK** days will be posted on the District website under the COVID-19 LEARNING tab.
- The Hybrid Learning Model is an every other day schedule (vs. a schedule based on days of the week).
- Hybrid Learning Day Assignments (groups) are posted on Skyward in the “Message Center”.

Localized, data-driven approach

- Governor Walz’s Executive Order 20-82 states that all Minnesota public schools must adhere to parameters determined by the Minnesota Department of Health (MDH) in implementing or shifting between the three learning models.
- To begin the 2020-21 school year, MDH has developed parameters **using county public health data** to support the determination of learning models for each school district.



- In order to determine the base learning model, school districts will be advised of the b-weekly case rate (over 14 days) by county of residence. These data are the number of cases by county of residence in MN over 14 days per 10,000 people by date of specimen collection (when a person was tested).

Learning Model Parameters	
Number of cases per 10,000 over 14 days, by county of residence	Learning Model
0-9	In-person learning for all students
10-19	In-person learning for elementary students; hybrid learning for secondary students
20-29	Hybrid learning for all students
30-49	Hybrid learning for elementary students; distance learning for secondary students
50+	Distance learning for all students

REQUIRING FACE COVERINGS

- ◇ Masks must be worn by everyone in the school buildings & on buses.
- ◇ The state of MN will provide 4 masks for each student & staff person (1 cloth face covering & 3 disposable masks) which will be distributed to families prior to the start of school.
- ◇ In addition, staff will each receive 1 face shield.

MONITORING AND EXCLUDING FOR ILLNESS

- ◇ Daily health temperature checks & hand sanitizer for all staff and students upon entrance to buildings

YES:

- ◇ Staff enter Doors 1, 3 or 15
- ◇ Students enter Doors 1 & 3

PRHS:

- ◇ Staff enter Doors 1, 8 or 14
- ◇ Students enter Doors 1 or 8

Any travel out of the United States requires a 14 day quarantine upon return.

THOSE WITH COVID-19 SYMPTOMS AND/OR FEVER OVER 100 WILL BE SENT HOME

- ◇ Staff or student will be isolated in designated areas while waiting to go home
- ◇ MDH & OTCPH will be notified of confirmed Covid-19 cases
- ◇ Staff, families & public will be notified of Covid-19 case(s) on school premises

Pelican Rapids School District POSITIVE Notified Covid-19 Case

If your child or anyone in your household tests **POSITIVE**

- ◇ Contact School Health Office at 218-863-5910 and keep the family home.

If there is a **POSITIVE CASE** within your child's classroom

- ◇ You will be notified by the School District (who will be working with the Minnesota Department of Health & our local Public Health) in accordance with state guidelines.

How to Safely Wear Your Mask



Step 1: Wash or sanitize your hands.



Step 2: Make sure the top of the mask is over your nose and the bottom is under your chin.



Step 3: Place the mask over your nose and mouth before you use the ear straps or tie it behind your head.



Step 4: Move the mask around so it covers nose, mouth, and chin completely.



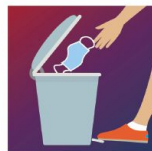
Step 5: The tops of some masks can bend. Press your fingers on the top of the mask to make them fit tight around your nose.



Step 6: Do not touch the mask while wearing it. Use the mask ear straps or ties if you need to make it fit better.



Step 7: Use the mask ear straps or ties to take it off. Do not touch the front.



Step 8: Throw away if mask is disposable.



Step 9: Wash your mask by machine or by hand before you use it again.



Step 10: Wash or sanitize your hands again.

Additional safety measures:

- ◇ Face coverings can only be removed at meal times, or while outdoors when social distancing can be practiced.
- ◇ Supply of disposable masks available if student forgets to wear one.
- ◇ Drinking fountains for bottle refill only (students should bring water bottle with name on it).
- ◇ Limiting non-essential visitors to the buildings.
- ◇ Discontinuing large group activities and events.

We would appreciate your help in creating a safe learning environment for our students & staff.

- Be sure your child(ren) brings a mask to wear at school **each day**.
- Do a quick health assessment **each day** before your child(ren) goes to school.
- **Keep your child(ren) home** if your child(ren) has a temperature over 100 degrees or any COVID-19 symptoms.
- **Any travel out of the United States** requires a 14 day quarantine upon return.
- [Home Screening Tool for COVID-19 Symptoms](#)
- Notify the school office if anyone in your household has a positive COVID-19 test result.
- Follow the Minnesota Department of Health safety guidelines at home.

STAY SAFE MN

Prevent the Spread of COVID-19

Wash your hands Get tested when sick Stay 6 feet from others

Wear a mask Stay home when able Work from home when able

WATCH FOR SYMPTOMS

Fever Cough Shortness of breath Chills

Headache Muscle pain Sore throat Loss of taste or smell

For more information, visit health.mn.gov
HOTLINE: 651-297-1304 or 1-800-657-3504

mi MINNESOTA

Minnesota Department of Health
Contact health.communications@state.mn.us to request an alternate format.
06/10/2020

DON'T FORGET TO WASH

1 WET YOUR HANDS 2 APPLY SOAP 3 WASH YOUR HANDS for 20 seconds

4 RINSE WELL 5 DRY YOUR HANDS 6 TURN OFF WATER with paper towel

mi DEPARTMENT OF HEALTH
651-201-5414, www.health.state.mn.us

Don't forget to scrub between your fingers, under your nails, and the top of your hands.

Care of face masks

- ◇ Face coverings can only be removed at meal times, or while outdoors when social distancing can be practiced
- ◇ Cloth face coverings should be washed frequently in soap and water.
- ◇ Disposable masks should be used only once.

Social distancing guidelines in school

- ◊ Markings (6 feet) on floors in main office & commons areas
- ◊ Visual aids
- ◊ Staggered arrival & departure times and locations
- ◊ Desks facing same direction & spaced as far as possible
- ◊ Kids use backpacks to avoid going to locker between each class



Using a pod model

- ◊ The same groups of students rotate in the same group for classes and meals
- ◊ Limit mixing with other pod groups

On-going sanitation of hands & disinfecting of surfaces

- **Classrooms:** daily cleaning/sanitization of sinks, counters, door handles, floors swept/mopped; teachers will spray their own desk area, tables/desks with a disinfecting spray bottle.
- **All bathrooms** will continue to be cleaned/sanitized daily.
- **Hand washing** sinks in all VES classrooms will be used upon students arrival, before lunch, and after being outside of the classroom.
- **Hand sanitizer** will be available in PRHS classrooms, use of hand washing sinks when able.
- **Sanitizing supplies** provided (i.e. paper towels, soap, hand sanitizer, sanitizing wipes).
- **Elimination of soft materials** that cannot be cleaned in the classroom - rugs, cushions, pillows, stuffed toys, soft surfaces.
- **Drinking fountains for bottle filling only** (bubble head disabled)

VES students will begin the 2020-21 school year in the In-person model

IN-PERSON LEARNING

Supervised early arrival

- 7:30-7:45 am

Breakfast served as a class

- 7:30 am

Classes start 7:45 am

Lunch served as a class

Dismissal 3:15 pm

Parent drop off/pick up students before & after school:

- Chauncey Martin Field Parking Lot
 - All students use Door #3
- Bus drop off/pick up:
 - All students use Door #1

DISTANCE LEARNING

See teacher schedule
(will be posted on Seesaw app)

Platforms:

Seesaw, Google Suite,
Classkick, Zoom

Homework:

- Grades K - 2 1 hr
- Grades 3 - 4 1.5-2 hrs
- Grades 5 - 6 2-2.5 hrs

Average time per day for all distance classes combined

HYBRID LEARNING

Students from each grade will be split into 2 groups
(families will be kept together)

Group A:

In-person learning

Distance (home) learning

Group B:

In-person learning

Distance (home) learning

Viking Preschool

Viking Preschool students will begin the 2020-21 school year in the In-person model

IN-PERSON LEARNING

Preschool 3 year olds

2 class options:

- Mornings 7:45 - 11:00 am
(2 days per week)
- Afternoons 12 - 3:15 pm
(2 days per week)

Preschool 4 year olds

2 class options:

- Mornings 7:45 - 11:00 am
(4 days Tuesday - Friday)
- Afternoons 12 - 3:15 pm
(4 days Tuesday - Friday)

DISTANCE LEARNING

Same schedule as in-person but would attend virtually

HYBRID LEARNING

Preschool 3 year olds

Group A: In-person learning Wednesdays

Distance learning Fridays

Group B: In-person learning Fridays

Distance learning Wednesdays

Preschool 4 year olds

Group A: In-person learning Tues & Thurs

Distance learning Wed & Fri

Group B: In-person learning Wed & Fri

Distance learning Tues & Thurs

VES Distance (Virtual) Learning Parent/Guardian Partnership

The Parent/Guardian partnership with the school is an important part of any student's education and we would appreciate your help in creating the best possible learning environment. Below are some tips and reminders to help you better support your child.

Communication

If you, as a Parent/Guardian, have questions, you may contact teachers through school email.

Learning Environment

- We encourage you, as a parent/guardian, to help create a distraction free learning environment, for your student(s).
- We encourage you, as a parent/guardian, to take an active role in helping your student(s) process and better understand their learning. As a parent/guardian, you will be able to monitor your student's daily/lesson progress in each class through the student's Google Classroom/Seesaw account.
- As a parent/guardian, you will be able to monitor your student's assignment progress/grades through Skyward (*grades 4-6 only*).

Online Classroom Expectations

- Distance learning is an extension of the classroom.
- We encourage you, as a parent/guardian, to remind your student(s) to watch recorded lessons of any missed class sessions in Google Classroom or Seesaw.
- Because distance learning is an extension of the classroom, student(s) are to follow the behavior expectations in any live sessions as if they were in the physical classroom.
- We encourage you, as a parent/guardian, to check-in daily with your student(s) regarding their school work.

Additional information about VES Distance (Virtual) Learning

- ♦ Will be graded as normal
- ♦ Will need to complete assigned work by due date
- ♦ Check Seesaw/Google Classroom on school days
- ♦ Technology will be based off of Internet Agreement From
- ♦ Communicate any issues technical or otherwise with homeroom teacher
- ♦ Any student who violates Technology Acceptable Use Policy Agreement could have device deactivated and have an alternative Equitable Alternative learning Experience

School will look different than it did last spring.

- There will be a **variety** of learning models based on the COVID-19 trends in our area:
 - **In-person Learning (at school)**
 - 4 days/week **physically** in the classroom getting instruction Periods 1-7
 - **Hybrid Learning** (*students in grades 7-12 will begin the school year in this learning model*)
 - 2 days/week **physically** in the classroom getting instruction Periods 1-7
 - 2 days/week at home **virtually** in the classroom (via Zoom) Periods 1-7
 - **Distance Learning (virtual from home)**
 - 4 days/week **virtually** in the classroom (via Zoom) Periods 1-7
 - Devices will be distributed prior to the start of school (details will be posted on the District website).
 - This learning option is available to families throughout the school year regardless of what learning model the District is in.
 - Students may change to/from distance learning during academic breaks (quarterly for PRHS students). Exceptions need approval from building principals.

Daily class schedule

Period 1	7:55 - 8:55 am
Period 2	8:59 - 9:55 am
Period 3	9:59 - 10:55 am
Period 4 (Sr. High)	10:59 - 11:55 am
Period 4 (Jr. High)	11:29 - 12:25 pm
Period 5	12:29 - 1:25 pm
Period 6	1:29 - 2:25pm
Period 7	2:29 - 3:25 pm

Expectations for grade 7-12 students in all learning models:

- **All students will have the same class schedule and receive the same instruction each day** whether they are learning at school or from home.
- **All classes will be taught virtually** so students learning from home can 'attend live' via Zoom.
- **All students will be required to attend their classes**, participate in discussions and complete assignments each day.
- **Daily attendance will be taken for all students** and regular attendance policies will apply.
- **Class attendance and participation** will be 25% of the class grade.

There will be technology sessions the first week of school for all students designed to help them learn to:

- operate in Google Classroom (including how to access and turn in assignments).
- contact teachers using Google Hangout.
- log on to Zoom (video communications) for virtual (from home) learning.

Students in grades 7-12 will start the 2020-21 school year in the HYBRID LEARNING MODEL.

- **More information about all three learning models can be found on the PRHS Learning Model Details page.**

We will continue to post updates on the District website and Facebook pages.

Website: www.pelicanrapids.k12.mn.us

Facebook : Pelican Rapids Public Schools

PRHS LEARNING MODEL DETAILS

9-11-20

PRHS HYBRID LEARNING MODEL (grades 7-12)

8-26-20

Students in grades 7-12 will start the 2020-21 school year in the HYBRID LEARNING MODEL.

- During HYBRID LEARNING students will be split into two groups: **VIKING ORANGE & VIKING BLACK**
 - Monthly calendars of **VIKING ORANGE & VIKING BLACK** days will be posted on the District website under the COVID-19 LEARNING tab.
 - The Hybrid Learning Model is an every other day schedule (vs. a schedule based on days of the week).
 - Hybrid Learning Day Assignments (groups) are posted on Skyward in the “Message Center”.
 - Students will receive an email from Mrs. Siebels, PRHS School Counselor with detailed information.
 - If your child has a question regarding their Skyward account, schedule, etc. they should email Mrs. Siebels at lsiebels@vikes.us.

PRHS DISTANCE LEARNING MODEL (grades 7-12)

9-11-20

- If you are new to Distance Learning you will need to sign a Distance Learning Contract
- If you do not have access to the internet for Distance Learning and/or printing the Enrollment Form and Distance Learning Contract please call or email Emily Evenson to set up paper copy pick-up/drop-off. eevenson@vikes.us or 218-863-5910 x4445.

Distance Learners Update-Grades 7-12

Pick up/drop off materials/school work

(Distance Learners AND/OR those using strictly paper copies)

Location: High School Commons 1 (Door #1)

Mondays from 3:00- 6:00 pm

OR

Tuesdays from 7:00-7:40 am

Teachers will notify distance learners when they need to stop in to pick up and/or drop off supplemental material

Students who are distance learners without internet should stop in every week to:

- pick up any new work or supplies
- drop off work from previous week



SEPTEMBER 2020 PRHS HYBRID MODEL (grades 7-12) updated 8-25-20

	Tuesday	Wednesday	Thursday	Friday
WEEK 1 SCHEDULE ONLY Student technology training is the 1st week of school only	Student Technology Training 8 VIKING ORANGE (In school) VIKING BLACK (NO school) Distance Learners (NO school)	Student Technology Training 9 VIKING BLACK (In school) VIKING ORANGE (NO school) Distance Learners (Virtual School at home)	Student Technology Training 10 VIKING ORANGE (In school) VIKING BLACK (NO school) Distance Learners (NO school)	Student Technology Training 11 VIKING BLACK (In school) VIKING ORANGE (NO school) Distance Learners (Virtual School at home)
REGULAR SCHEDULE BEGINS	15 VIKING ORANGE (In school) VIKING BLACK (virtual school at home) Distance Learners (Virtual School at home)	16 VIKING BLACK (in school) VIKING ORANGE (virtual school at home) Distance Learners (Virtual School at home)	17 VIKING ORANGE (In school) VIKING BLACK (virtual school at home) Distance Learners (Virtual School at home)	18 VIKING BLACK (in school) VIKING ORANGE (virtual school at home) Distance Learners (Virtual School at home)
	22 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	23 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners	24 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	25 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners
	29 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	30 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners		

OCTOBER 2020 PRHS HYBRID MODEL (grades 7-12) updated 8-25-20

Monday	Tuesday	Wednesday	Thursday	Friday
			1 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	2 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners
5	6 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	7 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners	8 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	9 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners
12 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	13 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners	14 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	15 NO SCHOOL	16 NO SCHOOL
19	20 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners	21 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	22 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners	23 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners
26	27 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners	28 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners	29 VIKING BLACK (school) VIKING ORANGE (home) Distance Learners	30 VIKING ORANGE (school) VIKING BLACK (home) Distance Learners

PRHS Distance (Virtual) Learning Parent/Guardian Partnership

The Parent/Guardian partnership with the school is an important part of any student's education and we would appreciate your help in creating the best possible learning environment. Below are some tips and reminders to help you better support your child.

Communication

If you, as a Parent/Guardian, have questions, you may contact teachers through school email.

Learning Environment

- We encourage you, as a parent/guardian, to help create a distraction free learning environment, for your student(s).
- We encourage you, as a parent/guardian, to take an active role in helping your student(s) process and better understand their learning.
- As a parent/guardian, you will be able to monitor your student's daily/lesson progress in each class through the student's Google Classroom account.
- As a parent/guardian, you will be able to monitor your student's assignment progress/grades through Skyward.

Online Classroom Expectations

- Distance learning is an extension of the classroom and distance learning class grades will count towards graduation.
- We encourage you, as a parent/guardian, to monitor student attendance of live class sessions. 25% of all student grades will be based on attendance.
- We encourage you, as a parent/guardian, to remind your student(s) to watch recorded lessons of any missed class sessions in Google Classroom.
- Because distance learning is an extension of the classroom, student(s) are to follow the behavior expectations in any live Google Meet sessions as if they were in the physical classroom.
- We encourage you, as a parent/guardian, to check-in daily with your student(s) regarding their school work.

PRHS Student Expectations

- ◇ Distance learning is an extension of the classroom and distance learning class grades will count towards graduation.
- ◇ Students will be required to use their name and their personal @vikes.us account while accessing any school resources.
- ◇ Students will view/participate in all live sessions through Google Meet AND attendance will be taken. (25% of student grade will be based on attendance)
- ◇ Students will be responsible for checking their daily courses in Google Classroom to see what they need to do.
- ◇ Students who miss live sessions must watch the posted recorded live session in Google Classroom.
- ◇ Students will follow directions their teachers give them in Google Classroom.
- ◇ Students will complete and submit all course work as assigned through Google Classroom.
- ◇ Students will be proactive in contacting teachers through Google Hangout as problems arise.
- ◇ Students will check Skyward for their official grade.
- ◇ Students will contact the technology department with any computer related questions or equipment issues.

Program	When	Eligibility	Fees	Learning Models
Club Vikes	◊ before & after school ◊ non-school Mondays	all kids in grades K-6	yes	◊ In-person ◊ Hybrid ◊ Distance
School-Based Child Care	during school hours (when not receiving instruction in school building)	school-age children (age 12 & under) of Tier 1 critical workers	no	◊ Hybrid ◊ Distance

Effective September 8, 2020 Club Vikes and/or our School-Based Child Care will be open from 6:30am-6:00pm, Monday-Friday.

Club Vikes will be providing the care for children during their regular hours which are listed below with prices.

- **Monday (Non-School Day)**
 - \$25 for \geq 6 hours per child and \$15 for $<$ 6 hours per child
- **Tuesday-Friday (Regular School Days)**
 - \$4 before school (6:30-7:30am)
 - \$6 after school hours (3:15-6:00pm)
 - OR \$9 before AND after school hours.

School-Based Child Care (only during HYBRID or DISTANCE LEARNING)

- will be providing the care for children of essential works (healthcare, emergency services, educators, utility workers, and food distribution) during the regular school day hours (7:30am-3:15pm).
- This will be free of charge.
- Homework time and support will be provided during these hours.

If you have questions regarding eligibility, please contact our Club Vikes Coordinator:

Tonya Honrud at thonrud@pelicanrapids.k12.mn.us or 218-863-5910 ext. 5022

Fall registration is available via the school website.

Meal Distribution 9-9-20

Free meals for students through School Nutrition Program



Pelican Rapids Schools will be providing FREE lunch/next day breakfast for ALL students in Grades Pre-K-12 regardless of lunch status (Full/Reduced/Free) or learning model (In-Person, Hybrid/Distance).

Pick-up lunch/next day breakfast will be available for **AT HOME LEARNERS** (Distance and Hybrid 'at home' learning days). Meals are only available on the days that school is in session. The pick-up location is the High School drive-through (east side) from 11:00-11:30 am.

This School Nutrition Program is in effect from September 8 until December 31, 2020 (unless funding is exhausted). Free/Reduced Meal Applications are still required during this time.

DETAILS FOR EACH LEARNING MODEL

IN-PERSON (in school days)

- **BREAKFAST AND LUNCH WILL BE PROVIDED FOR FREE**
- **NO REGISTRATION IS NECESSARY**
- Students will be provided with pre-packaged meal
- Meals will be eaten with small group (pod)

HYBRID & DISTANCE (at home learning days)

- Pick-up lunch and next day breakfast will be available for students on their 'at home' learning days
- Meals are only available on the days that school is in session
- **NO** fees will apply for the meals
- The pick-up location is the High School drive-through (east side) from 11:00-11:30am.
- **REGISTRATION IS REQUIRED FOR THE FREE PICK-UP MEALS.**

CLICK ON THE LINK BELOW TO REGISTER FOR SESSION 1 (NOW THROUGH FRIDAY, OCTOBER 9).

[School Nutrition Program \(Free Meal Pick-up\)](#)

Activities/Sports 8-28-20

The District will be following the Minnesota State High School League (MSHSL) guidelines. This was the update the week of August 4:

Cross Country - Will start on Aug. 17. Events are limited to 3 teams and 1-2 events per week.

Soccer - Will start on Aug. 17. There will be a 20% reduction in weeks, 30% reduction in number of competitions, no scrimmages, 1-2 games per week. Postseason to be determined.

Football and Volleyball - Moved to March-May. Football and Volleyball may practice in the fall, but no games.

Spring sports will start in May and run into July.

Additional information regarding Extra Curricular Activities & Sports will be communicated as more details become available.



[Sports Guidance and Information COVID-Related Resources 2020-2021](#)

Transportation

- ◊ The bus company will communicate specific pick-up and drop-off times with families before school resumes.
- ◊ Drivers and students must wear masks (a supply will be available for students who forget).
- ◊ Hand sanitizer will be available upon entry of bus.
- ◊ Bus capacity/student spacing:
 - every other seat
 - sit with family members



School-Based Mental Health Services 9-2-20

School based mental health services are available for children and their families who are attending Pelican Rapids Schools and include individual, group and family therapy.

These services are offered by Lutheran Social Services of MN at school during the school year and throughout the summer months.

As a result of COVID-19 restrictions these services are currently being provided through telehealth (video or phone).

Students or parents can access services by contacting Becky Aaland, LAMFT at becky.aaland@lssmn.org or 218-850-2297.

Students or parents can also talk to the student's teacher, the school counselor or administrative staff and they will help connect you to mental health services.

School-Based Mental Health Services including therapy and skills-based interventions are provided to help with symptoms including:

- difficulty concentrating in class
- difficulty forming relationships and friendships with peers
- feelings that interfere with friendships and learning including sadness, fear, frustration, anger and anxiety, low self-esteem, conflict with parents and other authority figures
- self-harm or suicidal thoughts.

Becky Aaland, MA, LAMFT

Behavioral Health Services/Pelican Rapids Schools
becky.aaland@lssmn.org | 218-850-2297



Check-ins for students in grades 7-12 will resume with Mrs. Siebels, PRHS School Counselor once school begins.



lsiebels@vikes.us



Mrs. Siebels' PRHS School Counseling Page

Crisis Text Line is offering text-based suicide prevention services across Minnesota. People who **text MN to 741741** will be connected with a counselor who will help defuse the crisis and connect the texter to local resources.

Crisis Text Line is available 24 hours a day, seven days a week. In Minnesota and across the nation, text suicide response services have been successful in helping people in need. Texting is the preferred way to communicate for many people — especially youth — and it is important to reach people where they are at when they are contemplating suicide or in crisis.

Anxiety or stress during COVID-19 is normal



Take breaks



Connect with others



Ask for help

STAY SAFE MN

free confidential,
anonymous

MENTAL HEALTH SUPPORT

7 DAYS/WEEK, 9 AM TO 9 PM



Many of us are experiencing unprecedented levels of stress. Whether you're working in a hospital or a farm field, a teacher at home or a parent balancing work and children, responding to emergencies or cleaning and stocking shelves, **we're here for you.**

TO REACH AN ON-CALL MENTAL HEALTH PROFESSIONAL VOLUNTEER, CALL TOLL-FREE AT

833-HERE4MN

(833-437-3466)

District Resource List

8-26-20

For questions related to	Contact name(s)	Email address	218-863-5910 extension #
Attendance	Gwen Lass (VES) Karen Jongeward (PRHS)	glass@vikes.us kjongewa@vikes.us	5302 4444
Bussing	Paul Restad	restad.paul@gmail.com	218-863-7000
Child care (school-aged)	Emily Evenson	eevenson@vikes.us	5022
Early Family Childhood Education (ECFE)	Terra Fitzsimmons	tfitzsim@vikes.us	5393
English Language Learners (ELL)	Sheryl Anderson (VES) John Peter (PRHS)	sanderso@vikes.us jopeter@vikes.us	5258 4114
Health Office	Cherie Lynnes	clynnes@vikes.us	5354 (VES) 4354 (PRHS)
Meals	Trudy Gorton (VES) Jessica Kulsrud (PRHS)	tgorton@vikes.us jkulsrud@vikes.us	5178 4287
Mental Health	Becky Aaland (VES) Lauren Siebels (PRHS)	baaland@vikes.us lsiebels@vikes.us	5590 (VES) 4299 (PRHS)
PRHS Office	Emily Evenson Karen Jongeward	eevenson@vikes.us kjongewa@vikes.us	4445 4444
Technology Student/Parent Support	Ubelio Ferndandez (VES) Bill Simmons (PRHS)	https://www.pelicanrapids.k12.mn.us/domain/374	
VES Office	Lois Aas Gwen Lass	laas@vikes.us glass@vikes.us	5301 5302
Viking Preschool	Terra Fitzsimmons	tfitzsim@vikes.us	5393
504 Plan	Derrick Nelson (VES) Lauren Siebels (PRHS)	dnelson@vikes.us lsiebels@vikes.us	5220 4036

Updates will continue to be posted on the District:

- Website www.pelicanrapids.k12.mn.us COVID-19 LEARNING tab
 - Facebook page **Pelican Rapids Public Schools**

Still have questions? Send email to: **ASK@VIKES.US**