



# Pelican Rapids

Summer programs 2018 kids families community

# Welcome

We believe Pelican Rapids is an amazing place to live, work and learn.

We are excited to bring you this first edition of the **Pelican Rapids Summer 2018 Program catalog** filled with opportunities in our community for life-long learning while having a fun-filled summer! Updates and additional opportunities will be shared/posted on the **Pelican Rapids Community Education** Facebook page.

We hope you enjoy your summer and all that Pelican Rapids has to offer!

Additional information about activities in the Pelican Rapids area can be found at:

**Pelican Rapids Chamber**  
[www.pelicanrapidschamber.com](http://www.pelicanrapidschamber.com)

**Lakes & Lifestyles publication**  
[www.pelicanrapidspress.com](http://www.pelicanrapidspress.com)  
go to bottom of site, click on 'Flipbook'



*New to the area  
or just visiting for  
the summer?*

*Join us for some  
summer fun!*

## Pelican Rapids Community Education Staff

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218-863-5910 extension 4250  
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**Publication questions or feedback**

**Cary Haugrud**, *Program Coordinator*  
218-863-5910 extension 4300  
[chaugrud@pelicanrapids.k12.mn.us](mailto:chaugrud@pelicanrapids.k12.mn.us)

**Community Ed class ideas**

## Community Education Advisory Board

**Sean Fitzsimmons, Sophie Hovden,  
Jackie Larson, Don Perrin, Bob Satterlie,  
Heidi Smith, Annie Wrigg**

*Pelican Rapids Community Education partners with our  
community to offer lifelong learning opportunities for all ages and stages.*

*Volume 1, Issue 1*





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The Summer Food Service Program will be available again for kids ages 1-18 this summer at the Pelican Rapids Schools. This program enables children to receive free, nutritious meals when school is out for the summer.

The free meal program begins May 29 and runs through August 31 (except for July 4). Meals will be served Monday-Friday with breakfast from 7:45am - 8:30am and lunch from 11:15am - 12:30pm.

Due to scheduled building improvements and maintenance projects there will be two locations this summer. Viking Elementary will serve the meals for the months of June and August, and the Pelican Rapids High School will be the location for the month of July. Signs will be posted at each building with the specific dates and times.

This program is funded by the U.S. Department of Agriculture (USDA) and is administered by the Minnesota Department of Education (MDE), Food and Nutrition Service.

## Friends, Fun and Food!

Summer meals are available to all kids age 18 and younger at no cost.  
To eat, just show up.



Viking Elementary Cafeteria  
JUNE & AUGUST

Where? Pelican Rapids High School-JULY

When? Monday-Friday \*except July 4  
May 29-August 31, 2018

What Time? Breakfast 7:45am-8:30am  
Lunch 11:15am-12:30pm

Sponsor Name: Pelican Rapids Schools ISD #548  
Telephone: 218-863-5910 ext. 5022

*Food That's In... When School's Out!*

The USDA is an equal opportunity provider and employer.

According to Trudy Gorton, Summer Food Program Coordinator, the program serves an average of 100 kids per day with approximately 6,500 meals being served throughout the summer.

“I think parents like the fact that they don’t need to worry about what to feed their kids every day, especially if they are in activities, says Gorton. “Kids really like that they can hang out with their friends while eating free lunch (especially chicken patties). We’re glad that we can offer such a great program for kids in our area!”

The free meal program  
begins May 29-August 31  
(except for July 4)

Meals will be served  
Monday-Friday

Breakfast 7:45am-8:30am  
Lunch 11:15am-12:30pm



# BUILDING THE PROFILE OF A 2036 GRADUATE



Our world is continuing to change at such a rapid pace that we are now preparing our students for jobs that don't yet exist, using technologies that haven't yet been invented, in order to solve problems we don't yet know exist.

Joining with over 3,100 districts from across the country, Pelican Rapids Schools is raising the question, *"What does education today need to look like to ensure student success for an ever-changing future?"*

## BUILDING THE PROFILE OF A 2036 GRADUATE TEAM

• A group of parents, community members, teachers, students and district leadership was formed to embark on a proactive journey that will spend the next six months researching and exploring the following:

- What are the hopes and dreams that our community has for our graduates of 2036 and beyond?
- How can we empower students to have voice and choice in their educational experience?
- What impact does our current educational learning platform have on our students?
- How can we provide individualized learning in creative, flexible classroom environments?
- What are the knowledge and skills of the 21st Century that our children need for success in this rapidly changing and complex world?
- The team will draft the 'Profile of a 2036 Graduate' as grounded in research, best practice and stakeholder input and present our ideas to the school board in December of 2018.



Go to the 'Building the Profile of a 2036 Graduate' page on our school website to follow our progress on this journey: [www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)

## Pelican Rapids Schools

**Our greatest assets are the students and staff who are the heart of our school system.**

**We are a community that knows, supports and cares for each other.**

**The 7 Habits of Highly Effective People® are taught in and out of the classroom.**

**We have dedicated and experienced teachers who foster the growth and well-being of each learner.**

**The K-12 Viking Student Success Program helps students reach their potential.**

**Our students emerge ready to excel and make a difference in a global world.**

**We have a tradition of award winning arts, athletic and academic programs.**

**Students have big opportunities for involvement in a small school setting.**

**We have state of the art facilities staffed by highly qualified educators.**

**Our learners are engaged, excited and empowered.**

**Our safe and supportive learning environment promotes the success of each student.**

**We Learn for Life!**

### MCA Achievement



7.7% increase last 3 yrs  
Reading Proficiency 53.8%



6% increase last 3 yrs  
Math Proficiency 58.3%



12.2% increase last 3 yrs  
Science Proficiency 44.2%

### 4 Day School Week 5<sup>th</sup> Day Academics



Student Achievement & Attendance INCREASED  
Student Daily Absence & Discipline DECREASED

### Teacher Professional Qualifications



64% of Teachers have a Master's Degree which far exceeds surrounding districts

### Teacher Ratio & Class Size



K-12 Licensed Teacher to Student Ratio is 13:1  
K-2 Average Class Size is 15

### Citizenship & Global Competency



Student Lighthouse Teams lead projects to 'make a difference' in the school and in the community

### Programs

**Early Childhood Family Education (ECFE), Preschool, Voluntary Prekindergarten**

• Viking Preschool Programs  
Awarded Parent Aware ★★★★★ Rating  
3rd year of highest rating possible

• FREE Voluntary Prekindergarten 4-yr-olds

**Club Vikings Childcare K-6**

• Monday-Friday 6:30am-6pm (year-round)

**The Leader in Me™**

• Creates a culture of student empowerment based on the idea that every child can be a leader

• Teaches leadership & life skills to students

**Viking Student Success K-12**

• Academic support on non-school Mondays & after school

**College & Career Readiness**

• We offer 4 College in High School (CHS) classes: Advanced Algebra, Pre-Calculus, Spanish 3 and Statistics

• Advanced Placement (AP) classes offered are: Calculus, English and Spanish

• 77% of high school students are taking Career Tech Education (CTE) classes

**Alternative Pathway HS Completion**

• Alternative Learning Center (ALC) within the high school for students who have been unsuccessful in a traditional school setting

**Contact us today to enroll!**

**Pelican Rapids Public Schools**  
218-863-5910  
3118 E Broadway  
Pelican Rapids, MN 56572  
[www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)



# Kindergarten Boost

School Readiness Program

July 30<sup>th</sup> – August 9<sup>th</sup>

Monday – Thursday 8:30 am – 3:00 pm

## Viking Student Success Program Grades K-6

July 30<sup>th</sup> – August 9<sup>th</sup>

Monday-Thursday from 8:00am-3:00pm



**Summer learning helps your child be more prepared for the upcoming school year**

This program will be held at Viking Elementary

**Free breakfast, lunch and snack available\***

In town busing will be available

**Information will be mailed sent home and registration forms can be found on the school website:**

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

Call Marie Cupkie with questions about this program at 218-863-5910 extension 5269

The goal of this school readiness program is to help preschoolers, soon to be Kindergarteners, extend their preschool experiences so they will enter school with the skills and behaviors necessary to be successful in future learning.

This two week summer session will be filled with age appropriate learning, exploration and social activities such as handwriting, math and reading core, and outside play.

Free breakfast, lunch and snack are available\* and there will be in town busing.

If you choose to drop off your child and have them eat breakfast with us, plan to meet us in the lobby at 8:00 am as we will be eating as a group at 8:05 am.

Plan on picking up your child at 3:00 pm. Please make arrangements with Club Vikes if you need to drop off or pick up your child before or after the designated times as they cannot be left unattended in the lobby.

Teachers for this program will be Terra Fitzsimmons and Megan King.

Information will be sent home and registration forms can be found on the school website:

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

Call Terra at 218-863-5910 extension 5393 with questions about this school readiness program.

## Friends, Fun and Food!

Summer meals are available to all kids age 18 and younger at no cost. To eat, just show up.



# Viking Student Success Program Grades 7-8

and

# Credit Recovery Grades 9-12

June 4<sup>th</sup> - June 28<sup>th</sup>  
Monday - Thursday  
8:00 am - 12:00 pm

Classes will be held at PRHS (use door #8)

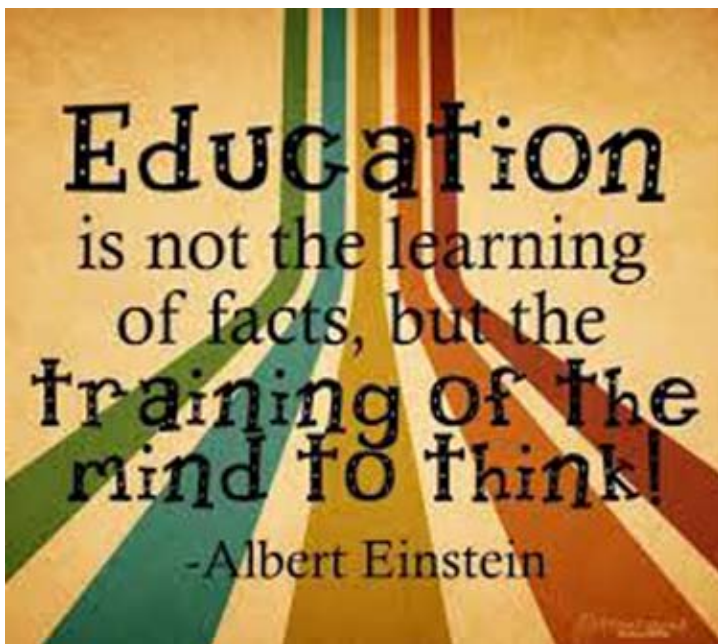
Free breakfast and lunch available\*

Information will be mailed home to parents

There will be no transportation provided

## Questions:

call Lauren Siebels, School Counselor  
at 218-863-5910 extension 4036



what we learn becomes a part of who we are...



The Driver Education classroom program is part of the 9<sup>th</sup> grade curriculum at the Pelican Rapids High School offered during the school day. This class prepares students for their instructional permit. After completing a minimum of 30 hours of classroom instruction, the student will be issued a blue card.

Each spring in March, a 90-minute parent class will be scheduled for this class in compliance with Minnesota law. If the parent class is taken then the practice driving hours are reduced from 50 hours to 40 hours.

Once a student has turned 15 and completed the classroom instruction earning a blue card, they are ready to take and pass the state permit test. Students registering for the permit test must provide: one primary ID, one secondary ID and the blue card. Primary ID options: state issued ID, current passport or state certified birth certificate. Secondary ID options: Social Security card, student ID with picture and ID number, or certified school transcript. Upon passing permit test, paying \$14.25 and parent/guardian signature, students receive their permit.

Students must have a permit before they can start behind-the-wheel instruction which begins in late April as the snow melts and driving conditions improve. Students sign up with the drivers education teacher at the high school. They are asked to provide contact information and a schedule is arranged. Once they have finished six hours of driving and paid the \$250 fee, they will be issued a white card. Behind-the-wheel instruction must be completed by the first week in July due to vehicle and instructor availability.

Minnesota law now requires drivers to have a permit for six months before taking the road test. Every driver under the age of 18 who completes behind-the-wheel instruction and is testing for a provisional driver's license must submit a driving log with details of their behind the wheel practice of 40 or 50 hours depending if a parent attended the March meeting.

This program is available for Pelican Rapids students who are enrolled in our program. Please contact Bridgette Holl at the Pelican Rapids High School for more information. Call (218)863-5910 x4828 or e-mail: [bholl@pelicanrapids.k12.mn.us](mailto:bholl@pelicanrapids.k12.mn.us).





### 3 year olds – 7<sup>th</sup> grade

Each age group will learn a kick, a jazz, and a hip hop routine; all choreographed by our own PRHS Valkyrie Dancers! The day will consist of learning routines, working on kick technique and jazz skills, endurance, strengthening, and FUN! Watch for a registration flyer to be sent home from school with all of the details about this fun camp!

#### Questions:

Call Coach Emily Evenson at 218-731-9926 or email her at [eevenson@pelicanrapids.k12.mn.us](mailto:eevenson@pelicanrapids.k12.mn.us)



# 3rd Annual Valkyries Dance Team YOUTH Camp June 15-16

## Summer Camp Registration Form

Additional forms can be found on the school website [www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us) (summer program page)

Child's name: \_\_\_\_\_ Grade Fall 2018 \_\_\_\_\_

Video Camp     Lighting & Sound Camp     Theatre Camp     Sphero Camp

Child's name: \_\_\_\_\_ Grade Fall 2018 \_\_\_\_\_

Video Camp     Lighting & Sound Camp     Theatre Camp     Sphero Camp

Total Fees: \_\_\_\_\_ **Please make checks payable to: Community Education ISD 548**

Parent/Guardian name: \_\_\_\_\_

Phone (prefer cell) \_\_\_\_\_ Alternate Phone \_\_\_\_\_

Emergency contact name & phone \_\_\_\_\_

Allergies or health problems \_\_\_\_\_

How will your child arrive at the summer camp?  will be dropped off     will come from Club Vikes     will walk/bike

How will your child depart from camp?  parent picking up     will go to Club Vikes     will walk/bike

Friend/relative picking up Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

*My child(ren) has my permission to participate in the summer camps checked above. This includes transportation to off-site activities/field trips. I understand that as with participation in school activities, I, the undersigned will assume responsibility in the case of accidents, injury or lost or damaged personal items during the programs duration.*

*I give my permission to use my child's photo in media (newsletters, school website, local newspaper, Facebook) for purposes of public awareness, education or recruitment. \_\_\_\_\_ yes \_\_\_\_\_ no*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please mail this registration form and payment to: Community Ed, PO Box 642, Pelican Rapids, MN 56572**

**Please contact Becky Wontor at 218-863-5910 x4250 with any questions**





## Video Camp

**Grade in Fall 2018:** 7-12 **Fee:** \$20 **Limit:** 10 kids

**Dates:** Monday, June 4th - Thursday, June 7th from 1:00-5:00pm

**Location:** PRHS Media Center (west door # 8) **Instructor:** Cary Haugrud

This week long camp will focus on making a documentary video about the "Minnesota Woman". Students will conduct interviews with witnesses to history and experts in archeology and storytelling. There will be travel to sites around the Pelican Rapids area.

## Lighting and Sound Camp

**Grade in Fall 2018:** 7-12 **Fee:** \$20 **Limit:** 10 kids

**Dates:** Tuesday, June 26th - Thursday, June 28th from 1:00-5:00pm

**Location:** PRHS Fine Arts Auditorium (east door #17) **Instructors:** Cary Haugrud and Sean Fitzsimmons

Learn the art of doing lighting and sound in the Pelican Rapids Fine Arts Auditorium. Opportunities to use these skills will be available this summer with various productions.



## What Happened After Once Upon a Time Theatrical Camp

**Grade in Fall 2018:** 2-10 **Fee:** \$20 **Limit:** 30 kids

**Dates:** Monday, June 25th - Friday, June 29th from 1:00-5:00pm

**Location:** PRHS Fine Arts Auditorium (enter door #1) *kids already at school activities or Club Vikings will be escorted to the auditorium by staff* **Instructor:** Cody Shaffer



What really happened after the "once upon a time" in the fairy-tales? You'll find out in this fun, simple-to-stage, fractured fairy tale! A substitute narrator is called in on short notice to present stories from a stack of fairy tale books. Just as each tale begins its "once upon a time," the main characters show up to interrupt and correct the newbie narrator's telling of their story. Turns out, these characters have hysterical idiosyncrasies that make for one...interesting...experience.

Kids will enjoy an introductory theater experience in this 5 day practice-to-production show. We will emphasize developing speaking and stage-presence skills, as well as fostering an appreciation for the theater! This will be an enjoyable experience with many laughs to be had by all.

- *Auditions* - Wednesday, June 20<sup>th</sup> from 1:30-5:30pm
- *Practice* - Monday, June 25<sup>th</sup> - Thursday, June 28<sup>th</sup> from 1:00-5:00pm
- *Dress Rehearsal* - Friday, June 29<sup>th</sup> from 10:00-4:00pm
- *Performance* - Friday, June 29<sup>th</sup> at 7:00pm

## Sphero Camp

**Grade in Fall 2018:** 4-6 **Fee:** \$20 **Limit:** 24 kids

**Dates:** Monday, July 16th-Thursday, July 19th from 9:30-11:30am

**Location:** PRHS (enter west door # 8 & follow signs) **Instructor:** Jill Roisum

Spheros are app-enabled robotic balls that connect via bluetooth to a device. Working with Spheros is a great tool to introduce programming.

The kids in this class will get hands-on experience by programming the Spheros in "Olympic Events" such as swimming, track racing, archery and more!



Connect with us for additional summer opportunities & summer program updates:

**Pelican Rapids Community Education**

**Questions contact Becky at:**

218-863-5910 ext. 4250 or [bwontor@pelicanrapids.k12.mn.us](mailto:bwontor@pelicanrapids.k12.mn.us)

**Pelican Rapids Summer 2018 Programs 7**

Summer camps for kids



## Club Vikes is a School-age childcare program for children in grades K-6

We respond to the needs of families by having a **safe and fun** place for your children to go during the summer.

We also provide your children with the opportunity to attend **fun field trips**, such as the zoo, a movie, baseball games, Maplewood State Park, nursing home visits, and more!

### Club Vikes Summer Hours:

- Monday-Friday
- 6:30am-6:00pm

*Club Vikes will be closed on Wednesday, July 4<sup>th</sup>*

### Location:

- Viking Elementary (June & August)
- Pelican Rapids High School (July) \*

*\*This is due to scheduled building improvements and maintenance projects. Specific information will be given to families who are enrolled in summer programs*



# Club Vikes School



safe & fun



**Cost:**

Contracted Care

- Less than 6 hours - \$13
- 6+ hours - \$23



Drop-In Care

- \$3.50/hr with a minimum of \$7 charge

*\*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.*

**For more information or to register your child for the summer Club Vikes program contact:**

Courtney Thorson, Club Vikes Program Coordinator

Email: [crthorson@pelicanrapids.k12.mn.us](mailto:crthorson@pelicanrapids.k12.mn.us) or  
[clubvikes@pelicanrapids.k12.mn.us](mailto:clubvikes@pelicanrapids.k12.mn.us)

Phone: 218-863-5910 ext. 5022 or 218-731-8439



# Aged Care



outdoor play & field trips!



# City of Pelican Rapids Public Pool

## Swimming lessons and pool hours summer 2018



### Parent/Child Classes:

Child ages 6 months to 5 years,  
accompanied by parent

### Preschool Aquatics:

Child ages 4 to 5 years (30 min)

### Learn-to-Swim:

Child ages 6 years through adults- Level 1-6 (30 min)



### Swimming Lesson Sessions (Limited to 10 per level)

Session 1: June 18-June 29

Session 2: July 9-July 20

Session 3: July 30-August 10

The staff at the Pelican Pool keep records of what level your child has passed and what level they will be in this summer. Call or stop by the Pelican Pool if you're unsure what level they should be in.

If the class has less than 2 students registered, class will be combined with another level or you will be asked to switch sessions.

### Swimming Lessons:

\$25.00 per child per session

### Registration:

Please fill out a separate form for each child (see below). FILL OUT COMPLETELY. Payment must be made when registering for class. Please mail or drop off the registration form at City Hall or the Pelican Pool:

City Hall, C/O Pool, 315 North Broadway  
PO Box 350, Pelican Rapids, MN 56572



**Pelican Pool  
Open House  
Swimming Lesson  
Sign-Up**

**Wednesday May 30th  
4:00-7:00pm  
at the Pelican Pool**

All kids that attend the  
sign-up get a free  
freeze pop!

### Level Times:

Level 6: 9:00-9:30am

Level 5: 9:30-10:00am

Level 4: 10:00-10:30am

Level 3: 10:30-11:00am

Level 3: 11:00-11:30am

Level 2: 11:30-12:00pm

Level 1: 12:00-12:30pm

Pre-K &

Parent/Child: 12:30-1:00pm

### Questions:

Contact the staff at the Pelican Pool  
at 218-863-5641 or City Hall at 218-863-7076

## Pool Hours

### Monday thru Thursday:

Lap Swim: 12:00pm-1:00pm

Open Swim: 1:00pm-6:00pm

Water Aerobics: 6:00pm-7:00pm

### Friday, Saturday, Sunday:

Open Swim: 12:00pm-7:00pm

## Rates

### Daily:

\$3.00 per person

### Group rates:

\$30 for groups of 10 or more

### Season:

Child: \$32.00

Adult: \$37.50

Family: \$75.00

### Swimming Lesson Registration Form

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_ Ph. # \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Session \_\_\_\_\_ Level \_\_\_\_\_ Time \_\_\_\_\_

Total \$ \_\_\_\_\_ Pd Cash \_\_\_\_\_ or Check # \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

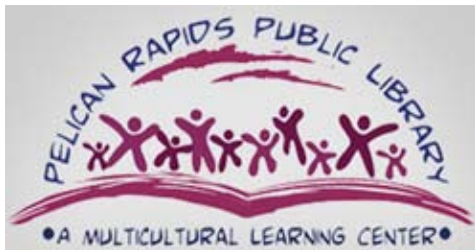


# Community



**minnow races**  Tuesdays 10:30am  
mid-June through mid-August

**come & enjoy the fun!**



Join us for story time  
on Monday mornings at 10:30am

*It's a great way to meet  
kids and parents in the community!*

**Library hours:**

Monday, Tuesday, Thursday  
10:00am-8:00pm

Wednesday 10:00am-6:00pm

Friday 12:00pm-6:00pm

Saturday 10:00am-12:00pm

Call the library at  
218-863-7055 with questions

summer  
is a great  
time for  
reading!!!




**SEIZE THE SUMMER!**

PARENTS, YOU ARE YOUR CHILD'S FIRST  
AND MOST IMPORTANT TEACHER:

- DON'T LET SUMMER ERASE GAINS MADE IN SCHOOL
- MAKE **15 MINUTES** OF DAILY READING ALOUD A HABIT
- EMBRACE TEACHABLE MOMENTS IN EVERYDAY LIFE

VISIT US AT [READALLOUD.ORG](http://READALLOUD.ORG)

 **Read Aloud 15 MINUTES** Every child. Every parent. Every day. 



activities for kids



CELEBRATING 25 YEARS OF HOOPS



**BASKETBALL**

pelican rapids, mn

**JUNE 8 - 9 - 10**

**STREET DANCE SATURDAY NIGHT**





**Shada (SHA dah)  
is an Ojibway word for "Pelican".**

The 2018 Shada will celebrate its 25<sup>th</sup> year  
of hosting 3 on 3 basketball in northwestern MN.

***In one weekend Shada will host over 500 games,  
played by over 1,000 players in 20 different divisions.***

Why is Shada so good? The reason for this is simple. . .  
the Shada provides a fun and competitive basketball  
experience for its participants.

**Shada is run by close friends Doug Bruggeman  
and Dave Rund.**

More information can be found on our website:  
**[www.shada3on3.com](http://www.shada3on3.com)**

Email: [brugdoug@loretel.net](mailto:brugdoug@loretel.net)  
Phone: 218-329-7521



# SHADA 3-on-3 basketball

# Summer Recreation June 4<sup>th</sup> - July 13<sup>th</sup>

ACTIVITY	WHO	WHEN	WHERE	WHAT TO BRING	FEE PER PARTICIPANT
<b>BASEBALL</b>					
<b>T-Ball</b> <i>Parents are welcomed and encouraged to participate with their child</i>	Boys & Girls 4-5 yrs old	Mondays & Wednesdays 10-10:30am	Carr Recreation Field	Labeled glove	\$20.00
<b>Rookie League</b>	Boys & Girls 6-8 yrs old	Practice Monday-Thursday 10:15-11:15am	Carr Recreation Field	Labeled glove	\$30.00
<b>PeeWee</b>	Boys who completed grades 2-3	Practice Monday-Thursday 10:30-11:50am Games Mondays & Wednesdays 1:00pm	Chauncey Martin East Field	•Labeled glove •game shirt •Baseball pants optional	\$40.00
<b>Knot Hole</b>	Boys who completed grade 4	Practice Monday-Thursday 10:30-11:50am Games Mondays & Wednesdays 1:00pm	Chauncey Martin West Field	•Labeled glove •game shirt •Baseball pants optional	\$40.00
<b>SOCCER</b>					
<b>Preschool</b>	Boys & Girls 4-5 yrs old	Tuesdays and Thursdays 10-10:45am	Carr Recreation Field	•Shin guards •cleats or running shoes •a labeled soccer ball	\$20.00
<b>K-2 and 3-5</b>	Boys & Girls who completed grades K-2 and 3-5	•Practice Monday-Thursday 8:30-9:45am •Games Fridays 8:30-9:45am <i>We will not be traveling!</i>	Carr Recreation Field	•Shin guards •cleats or running shoes •game shirt •a labeled soccer ball	\$30.00
<b>Devo League</b>	Boys who completed grades 6-9 and Girls who completed grades 6-11	<u>Boys:</u> Mondays, Wednesdays & Fridays 10-11:30am <u>Girls:</u> Tuesdays & Thursdays 10-11:30am	Carr Recreation Field	•Shin guards •cleats or running shoes •game shirt •a labeled soccer ball	\$30.00
<b>SOFTBALL</b>					
<b>Ponytail 3-4</b>	Girls who completed grades 3-4	•Practice Monday-Thursday 10:30-11:50am •Games Tuesdays & Thursdays 1pm	Chauncey Martin East Field	•Labeled glove •game shirt	\$40.00
<b>Ponytail 5-6</b>	Girls who completed grades 5-6	•Practice Monday-Thursday 10:30-11:50am •Games Tuesdays & Thursdays 1pm	Chauncey Martin East Field	•Labeled glove •game shirt	\$40.00
<b>GOLF</b>	Boys & Girls who completed grades 3-7	Mondays and Tuesdays 1-3:00pm	Birchwood Golf Course	•Golf balls, tees and clubs <i>You may rent clubs for \$2 per day from Birchwood</i>	\$40.00
<b>TENNIS</b>	Boys & Girls who completed grades 3-7	<u>Grades 3-4:</u> Mondays & Wednesdays 9-10:00am <u>Grades 5-7:</u> Tuesdays & Thursdays 9-10:00am	Chancey Martin Field	Tennis racket	\$30.00



## Questions:

call Amanda Guler  
Summer Rec  
Coordinator  
at 651-503-2512



## Annual 5K and one mile kids run



The annual 5K and 1 mile kids run is on Saturday, July 14<sup>th</sup> starting at 7:30am at the Chauncey Martin Field.

This is a fundraiser for the boys and girls cross country teams. T-shirts are given out if you register by July 1<sup>st</sup> (same day race shirts are not always guaranteed).

Medals are awarded to the top three males and females in each age category. All kids who participate in the one mile fun run will receive a medal.

Contact Amanda Guler at 651-503-2512 for more information or to register.





# YOUTH SOCCER

BY  
**JOHN PETER**  
**PELICAN RAPIDS  
UNITED SOCCER  
ASSOCIATION COACH**

Last year the Pelican Rapids United Soccer Association (PRUSA) experienced a hugely successful summer of soccer programming. In 2016, PRUSA's first year to partner with Summer Rec, 59 children participated in soccer activities offered. However, 2017 saw that number explode to over 140 participants. With age-group specific activities and lots of coaches, there are great opportunities for learning the game and having fun.

The PRUSA team is led by John Peter and Joey Coronado. Peter is the lead coach with the Kindergarten-2<sup>nd</sup> grade group as well as the U-16 boys team as well as leading the high school girls developmental program. Coronado is the lead coach for the 3<sup>rd</sup>-6<sup>th</sup> graders as well as the pre-school aged group. They are joined by a team of 13 other coaches who know and love the sport and



who have undergone training with USA Soccer and MN Youth Soccer.

Game days are on Friday morning for participants and games always take place at Carr Field. Games are always in a scrim-

mage fashion, no score is kept and teams have multiple opportunities throughout the morning to play against other teams. The U-16 team will again be traveling to other tournaments this summer as they participate in the Detroit Lakes 3v3, the Tri-City Tournament (Fargo), and the Rotary Cup (Detroit Lakes) as well as trying to qualify for the MYSA State Tournament this year.

The highlight of the 2017 season was the **First Annual Pelican Rapids Soccer Fiesta** which was held at Thompson Field. Over 400 people came out to celebrate youth soccer in our community, watch the kids play and to enjoy food and one another's company. PRUSA hopes to once again host this event on June 29<sup>th</sup>.

For more information about the soccer program contact me at [jopeter@pelicanrapids.k12.mn.us](mailto:jopeter@pelicanrapids.k12.mn.us).



# Pelican Rapids High School SUMMER WEIGHT ROOM PROGRAM

Organized, structured, and supervised program to enhance speed, strength, and agility of our athletes.

**May 29<sup>th</sup> - August 9<sup>th</sup>**  
(except for the week of July 4<sup>th</sup>)

**Monday - Thursday**  
**7:00 am, 8:00 am OR 9:00 am**

**Grades:** 7-12

**Cost:** \$60.00 per student (\$100/family max)

Free t-shirt is earned for 75% attendance Sign-up forms are available in high school office. Call PRHS office 218-863-5910 with questions.



## Summer Hours

**Tuesday, May 29<sup>th</sup> - August 12<sup>th</sup>**

**Sunday-Saturday**

**5:00-9:00pm**

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

## Heart O' Lakes Fishing League

If you are interested in improving your angling skills, learning from guest speakers in the fishing field, and competing against other student anglers from surrounding schools, you'll want to be a member of our fishing team.

Any student in grades 7-12 in the 2017-18 school year is eligible to be on the team.

Dates: June 20, July 12 & 26, August 9  
fish from 6:00-8:30pm

Registration fee is \$45.00.

Contact Steve Maresh at 863-5910 ext 4389 for more information.



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 and  
life skills to students and staff

Student Lighthouse Teams lead  
projects to 'make a difference' in  
the school and community

Working together to promote Pelican Rapids  
as an amazing place to live, work and learn.

### Community Engagement



Take community survey by 11/30  
Go to the school website  
[www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)  
click on survey link  
or email [info@pelicanrapids.k12.mn.us](mailto:info@pelicanrapids.k12.mn.us)  
in your browser

### Building the profile of a 2036 Graduate

Join in conversations with the superintendent and school leadership team about how to provide our students with the knowledge and skills they will need to be successful in the 22<sup>nd</sup> Century



### Parent Involvement

Attend parent teacher conferences



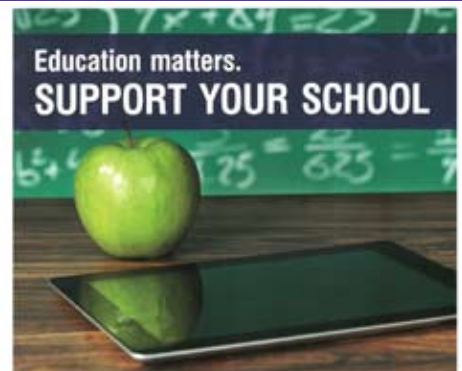
Take parent survey by 11/30  
Go to the school website  
[www.pelicanrapids.k12.mn.us](http://www.pelicanrapids.k12.mn.us)  
click on survey link  
or email [info@pelicanrapids.k12.mn.us](mailto:info@pelicanrapids.k12.mn.us)  
in your browser

### Community Education

Show a talent by hosting a community art class (earn two al pieces of business)

Join the advisory team and share ideas for classes, projects and events that we can do together

Contact Cary Fingrud at 218-863-5910 ext. 4388



If you're an internet customer, sign up for the School Partnership Program and Arvig® will donate \$1.00 each month to the school of your choice at no additional cost to you.

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

\*You are immediately participating in the program, you do not need to sign up again.

888.99.ARIVG | [arvig.net/supportyourschool](http://arvig.net/supportyourschool)

arvig  
It's All Here

## Indoor Walking Track (until May 29<sup>th</sup>)

### During School Hours

- 6:00am - 7:45am
- 11:45am - 1:30pm
- 6:30pm - 9:00pm

### Non-School Hours

- Mon, Wed & Fri 5pm-9:00pm
- Sat & Sun 5pm-9:00pm

contact PRHS office at 218-863-5910 background check required

## Pickleball League

For veteran pickleball players and newcomers who would like to learn the game.

**When:** Wednesday nights at 6:30pm

**Location:** Legends Gym (west door 7)

**Class Fee:** no charge or registration required



## Men's Pick-up Basketball

**When:** Wednesdays 6:30pm

**Location:** Legends Gym (west door 7)

**Class Fee:** no charge or registration required

## Open Gym (until May 29<sup>th</sup>)

**When:**

- Mondays, Wednesdays & Fridays 5pm-9:00pm
- Saturdays & Sundays 5:00pm-9:00pm



every day is another chance to get stronger to eat better to live healthier and to be the best version of you

## Making and Meeting your Goals

Looking to reach a goal? Missing your targets or not sure what they are? A workshop on how to make and reach your target. You will gain a better understanding of:

1. Where you want to go.
2. What steps it will take to get there?
3. Identify your support team.
4. How to look at and handle the pit falls.
5. How & why to celebrate the accomplishments.

Any age from 16 on up.

**Instructor:** Dawn Finn

**When:** Saturday, June 9<sup>th</sup> from 1:00pm-3:00pm (10 spaces available) or Tuesday June 12<sup>th</sup> from 10:00am-12:00pm (10 spaces available)

**Location:** Center of Holistic Health and Wellness (30 North Broadway lower level)

**Class fee:** \$25.00 per person (need preregistration)

**To register:** Email centerhhw@arvig.net subject Goals Workshop or 218-863-7417 or website www.centerhhw.com



## Gut Health 101 with Kombucha Making

There's a reason why your gut is called your second brain. It impacts nearly every system in the body! Learn how to optimize gut health. Gut Health 101 is an interactive workshop I lead that provides practical information on how to optimize gut health. This is a growing topic of interest these days, as we're learning that gut health is a major factor in overall health and wellness. Discussion and instruction on Kombucha. The workshop includes a presentation and healthy food samples. Any age can attend.

**Instructor:** Brittany Dokken

**When:** Saturday, August 11<sup>th</sup> from 10:00am-12:00pm (25 spaces available)

**Location:** Pelican Rapids Public Library

**Class fee:** \$25.00 per person (need preregistration)

**To register:** Contact the Center to pre-enroll at 218-863-7417 or www.centerhhw.com or centerhhw@arvig.net subject line Gut Health 101





summer  
dance  
program

In motion:  
movement class  
for adults

An introduction to ballet, modern, and jazz technique in the classical form. This summer dance program will offer a fun and disciplined environment to focus on technique, artistry, flexibility, and your artistic voice. Dancers continuing dance during the school year will progress leaps and bounds with this focused technical training throughout the summer.

Train with Madalin Berube, who started dancing with Just For Kix (JFK) when she was four years old. She continued dancing on the Pelican Rapids Varsity Dance team. During her time on the team she was a captain and choreographer and was awarded three all state awards. As a junior and senior in high school she taught for JFK and has experience working with younger students. Currently she is pursuing a bachelor's degree in Dance as a junior at the University of Wisconsin Stevens Point. Being a very versatile dancer in modern, jazz, ballet, musical theatre, choreography, and more she has a lot to offer for everyone's style and level of dancing.

The 13 classes will crescendo to a final showing of choreography learned in all disciplines in the PRHS Fine Arts Auditorium the evening of Friday, July 20<sup>th</sup>. All students will be given the opportunity to perform at this showcase performance. In order to perform, students will be required to attend a tech rehearsal on the evening of Thursday, July 19<sup>th</sup> (time TBA).

**Class Dress Requirements:** socks and/or ballet shoes. Offered for all interested students going into 9-12th grade. Students interested in taking Modern or Jazz technique are required to take Ballet. Ballet technique is the base for all other techniques and we do this for the benefit and safety of the dancer. *You do not need to pre-register for this summer Community Ed class*

**Instructor:** Madalin Berube

**When:** Mondays & Wednesdays 9:00am-12:30pm June 4<sup>th</sup>-July 25<sup>th</sup>

*please arrive 15 minutes before each class to prepare. Class begins promptly at 9:00am.*

**Class Schedule:**

- 9:00-10:15am Ballet
- 10:30-11:15am Modern
- 11:30-12:30pm Jazz

**Location:** Valhalla (enter west door #7)

**Class fee:**

- Ballet only - \$225
- Two classes (Ballet + Jazz or Modern) - \$300
- Complete package (Ballet, Modern, Jazz) - \$450

**Tech Rehearsal & Showcase Performance:**

- Thursday, July 19th (time TBA)
- Friday, July 20th (time TBA)



Whether you're new to dance, experienced, or somewhere in between you'll get a feel-good workout and enjoy new challenges each week. Class will be taught to accommodate all levels. Explore your rhythmic body in a fun and supportive environment!

*"You do not need to know anything about dance to attend these classes! This class is designed to strengthen muscles you forgot you had, build coordination, range of motion, and creative skills. Every body is a dancing body!"*

**Dress Requirements-**clothes you are comfortable moving in. Barefoot, socks or tennis shoes. Age- 17+

**Instructor:** Alyssa (Berube) Havelaar

**When:** Mondays 7:00-8:00pm  
June 11<sup>th</sup>-July 25<sup>th</sup>

**Location:** Valhalla (enter west door #7)

**Class fee:** \$80 for 10 class pass  
or \$10 drop-in rate

*You do not need to pre-register for this summer Community Ed class*

**BIO:** Alyssa (Berube) Havelaar, native to Pelican Rapids, began dancing at the age of 3. During her early years she danced competitively with the PRHS Valkyries. She received her bachelors' degree at the



University of Wisconsin Stevens Point where she studied Dance and Arts Management. Alyssa choreographed and performed in numerous productions during her time at Stevens Point. After college she accepted an internship in the

High Rockies of Colorado where she worked for Bravo! Vail Music Festival and taught classical tap, jazz, and ballet to young students at Vail Valley Academy of Dance. After recently completing a teaching apprenticeship with the National Dance Institute of New Mexico, Alyssa is excited to spend a summer back in beautiful lakes country and offer fun, accessible movement classes to her hometown community.

# the many benefits of yoga

by Tami Seifert, 200RYT Certified Yoga Instructor

Have you ever seen a picture of someone in an (what seems to be) unattainable yoga pose? I'm thinking your first thought was, "Yikes! I could never do that", and pictures like that may scare you away from yoga. Hopefully this article will help you to realize that yoga is a great form of exercise for anyone and everyone! In fact, it's one of the best forms of exercise out there for both women and men! And here's why...it exercises the body AND the mind!



Yoga, an ancient practice and meditation, has become increasingly popular in today's busy society. For most people, yoga provides a retreat from their chaotic and busy lives. This is true whether you're practicing downward facing dog posture on a mat in your bedroom, or at a local class! Yoga develops inner awareness, and focuses your attention on your body's abilities at the present moment. It helps develop breath and strength of mind and body, and is known for its ability to soothe tension and anxiety. But it can also have an impact on a person's exercise capacity.

Researchers studied a small group of sedentary individuals who had not practiced yoga before. After eight weeks of



practicing yoga at least twice a week for a total of 180 minutes, participants had greater muscle strength and endurance, flexibility and cardio-respiratory fit-

ness. There are many types of yoga. Hatha (a combination of many styles) is one of the most popular styles. It is a more physical type of yoga rather than a still, meditative form. Hatha Yoga focuses on pranayamas (breath-controlled exercises). These are followed by a series of asanas (yoga postures), which end with savasana (a resting period). Other types

of yoga classes you may hear about or attend include Hot Yoga, Ashtanga, Restorative, and Anusara, just to name a few.

The goal during yoga practice is to challenge yourself physically, but not to feel overwhelmed. At this 'edge' the focus is on your breath while your mind is accepting and calm. As you notice I say "yoga practice", this is because yoga is a never ending practice as we allow our bodies and our minds to flow and work together as one.

When you attend a class, the instructor will start with some gentle stretches to warm up your body, then you will move into poses that will help with your flexibility and strength. Every pose has a modification (from beginner to advanced), so let your instructor know if it's your first class, and she or he will be happy to help you along!

So, remember if you're thinking, "Isn't yoga for all those hippie types out there?", or "There's no way my body can get into those poses...no matter what my age is!", or "I need something more active like cardio", stop and remind yourself that yoga is probably EXACTLY what your body needs! The main reason I chose to become Yoga 200RYT certified is because yoga is something I will (and can) do as I age. It is a never ending 'practice' in guiding your body and mind to be strong, to be aware, and to work together. We only have 1 body, and we should work hard to take care of it! Check out the summer yoga classes that will be available for you right here at PRHS through Community Ed, and come join us!

## ***Vinyasa means "flow."***

This class takes practitioners from pose to pose through breath and movement coordination with core emphasis. This makes the journey to challenging postures safe and enjoyable. Students will enjoy a fun flow of sun salutations, hip, shoulder & heart openers, backbends, balancing postures, and inversions. This class emphasizes the development of poise, flexibility, balance, and strength for students of all-levels. Beginners are welcome.

Yoga mat needed. Ages 16 and up.

### **Instructor**

Melissa Terry, 200RYT certified

### **When**

Tuesdays & Thursdays  
5:30-6:30pm (June & July)

### **Location**

Valhalla (enter west door #7,  
follow signs for walking track)

### **Class fee**

\$50 for 5 sessions or \$12 drop-in rate

*You do not need to pre-register  
for this Community Ed class*

## **Vinyasa Flow Yoga class**

**Researchers studied a small group of sedentary individuals who had not practiced yoga before.**

**After eight weeks of practicing yoga at least twice a week for a total of 180 minutes, participants had greater muscle strength and endurance, flexibility and cardio-respiratory fitness.**





# Growing Together

## Community Gardening Opportunity

by Janet Lindberg

### The purpose:

Garden, harvest & share homegrown food

### Mission:

To create a safe space for community members to meet new friends and grow healthy food and relationships!

### Model:

The **MAGIC In Gardening Together** is the communal nature of the garden. The entire garden is worked together as a group (once a week) and the harvest is shared equally among participants. This communal model allows participants to grow relationships with each other.

### Location:

Pelican Rapids Community Garden at the base of the water tower!

### Benefits of participating in a Community Garden:

#### Social Relationships

Working together to achieve a common goal brings the gardeners together into a community. Friendship and mutual trust is developed among the gardeners. The community atmosphere encourages participation year after year.

#### Assured Weed Control

Many rent-a-plot gardens struggle to control weeds in certain plots. This is eliminated in the communal garden model. When one person takes the week off, the garden is still worked by remaining participants. First thing is first each week-weed!

#### Services and Supplies

Tilling, compost, and tools can be a challenge for individual gardeners to acquire. The communal model eases that burden by sharing tools, services, and supplies.

#### Gardening skill

The communal garden model allows even the most novice of gardeners to begin to garden. One of the most important aspects of the communal garden is people learning skills from each other.

#### Abundance

Intensive production practices allow for higher yields in a small patch of garden. The abundance is shared so that everyone benefits. There isn't one gardener that is left with crop failure while the rest experience success.

### How to secure a gardening plot in the Community Garden

Pelican's community garden has a few plots available for people interested in growing vegetables. Last year's gardeners have first dibs on their old garden.

Each plot measures 26 x 30 feet and gardeners have access to water and a garden tiller. Each gardener is responsible for planting, weeding and harvesting his or her crop and for keeping the area tidy. Fall cleanup is expected to be complete two weeks after the first hard frost.

"Gardening offers fresh food, good exercise and new friends," said Julie Tunheim, garden coordinator.

A \$20 donation helps cover costs, according to Tunheim. Contact her at 218-849-1426 to secure a plot.



Meet new friends  
and grow healthy food  
and relationships



# Pelican Friendship Fest

Article excerpts and photo courtesy of The Pelican Rapids Press

The stage is set for a Pelican Rapids celebration of multi-culturalism and ethnic diversity.

Music, food and vendors will be featured on Saturday, July 21<sup>st</sup> for the Friendship Festival from 11:00am to 4:00pm.

Many details are still pending, but according to one of the organizers, Cynthia Zavala, are some of the activities and events in the works:

- **The Tickwood String Band**, a local old time American music band which has performed in Minnesota and North Dakota for over ten years

- **The Somali Museum Dance Troupe** has agreed to perform. It is a part of the Somali Culture Museum in the Twin Cities, the only museum in the world which focuses on preserving and presenting the Somali culture

- **Mariachi Jalisco de Minnesota**, from the Twin Cities will perform Mexican music. Mariachi bands are known for playing concerts, weddings and Quinceañeras (sweet fifteen parties) and are an integral part of the Mexican culture.

Food is also an emphasis of the festival.

*“The goal of the Pelican Rapids Friendship Festival is to bring people from diverse backgrounds together through music and food,” states the description in the grant applications. “For new immigrants to the United States, it will be a celebration of art and culture that they may have lost in coming to a new country. For the long time locals, it will be an introduction to sounds and flavors with which they might not be familiar, but which are becoming a part of*

*the history and culture of Otter Tail County.”*

The event is in line for two grant programs, including the Lake Region Arts Council and the special Otter Tail County Historical Society 150<sup>th</sup> anniversary Micro-Grant program.

Pelican’s Multicultural Committee, which formed in 1992, is reviving the event with the help of several young newcomers to the committee.

These include representatives from the Hispanic, Somali and other proudly diverse folks from the Pelican Rapids area.

The festival is appropriately being resurrected during the 150<sup>th</sup> anniversary of the establishment of Otter Tail County. The Friendship Festival will be a multi-cultural, ethnically diverse addition to the 150<sup>th</sup> festivities.

**2018**



**AMERICAN LEGION BASEBALL**

**DIVISION II**  
Pelican Rapids, MN

Friday, August 3rd-Sunday, August 5th

**STATE TOURNAMENT**



Community projects and events

# Friends, Fun and Food!

Summer meals are available to all kids age 18 and younger at no cost.  
To eat, just show up.



Viking Elementary Cafeteria  
JUNE & AUGUST

Where? Pelican Rapids High School-JULY

When? Monday-Friday \*except  
May 29-August 31, 2018 July 4

What Time? Breakfast 7:45am-8:30am  
Lunch 11:15am-12:30pm

Sponsor Name: Pelican Rapids Schools ISD #548

Telephone: 218-863-5910 ext. 5022

*Food That's In... When School's Out!*

The USDA is an equal opportunity provider and employer.