

THE VIKING VOICE  
PELICAN RAPIDS PUBLIC SCHOOLS

Pelican Rapids School  
District #548  
PO Box 642  
Pelican Rapids, MN 56572  
Permit #8  
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GIVING & CARING IN OUR COMMUNITY



‘BIG FOOT’ COMPETITION

Raises \$4,100 and 800 Pounds of Food for the Local Food Shelf

“School district 548 has been so helpful to the food shelf in so many ways, but we are most grateful that our students have the opportunities to practice the habits of giving and helping others. Something that makes life more meaningful, effective and rewarding. Putting First Things First! We are beyond grateful!

-The Pelican Rapids Food Shelf Board & Staff

POSITIVE, RESPECTFUL AND SAFE LEARNING ENVIRONMENT FOR ALL STUDENTS AND STAFF

Written by  
Brian Korf  
Superintendent



Over the course of the school year, ISD 548 teachers and staff have been working diligently to improve classroom instruction and student learning. The focus of this school year has been on curriculum, instructional strategies, and state benchmarks and standards. Additionally, our staff continues to incorporate The 7 Habits of Highly Effective People® into classroom routines and promote positive and safe learning environments.

During professional development and collaboration meetings, staff collaborate within grade level teams, committees, Professional Learning Communities (PLCs) and content-area departments, the focus has been on the following:

- Promotion and implementation of *The Leader in Me* and *The 7 Habits of Highly Effective Teens*®
- Analysis of Student Data: formative and summative teacher assessments, standardized and state assessments to track student progress and growth, improve benchmarks, goals, teacher instruction and student learning
- Peer Collaboration: peer teacher observations, presentations of lessons with peers and sharing of teaching strategies and techniques
- Trainings on school culture, climate, inclusion and safety to continue providing a safe learning environment for all students

I would like to thank parents, students, staff and community members for another successful year. I am thankful for our district’s phenomenal, caring teachers and staff who have a passion for educating children. Lastly, thank you to our supportive, strong community members and parents for partnering with us in the education of our students. I hope you have a safe and relaxing summer.

WHAT OUR STUDENTS IN GRADES 7-12 LIKE BEST ABOUT PELICAN RAPIDS SCHOOLS

- How nice and friendly everyone is.
- The band and choir trips!
- Diverse, it has a spread of things you can do, whatever type of interests you have you can pursue them here.
- The teachers. All of the teachers I have had throughout high school have actually cared about me and my success. They care about my mental health.
- The nice people
- The good teachers, the teachers that go out of their way and ask how you’re doing. The teachers that care about each individual student not just a large group or class of students. The teachers who can really pay attention to students that are struggling and try to help them.
- The teachers are really nice, they really want to help you learn in a fun way.
- The positivity in this school
- The teachers
- The sports
- There are a lot of sports to play
- Teachers
- I like the lunches the best
- The sports and friendly people
- There are no racist people and all are friendly and the school has very good players in all sports.
- The students. We are very involved and inclusive.
- I like how nice people are here
- The community
- Talent shows (I participate almost every time)
- The kind teachers
- The staff, no one is more welcoming than the staff. They make you feel like you are heard, and they genuinely want you to do your best.
- The close relationships I’ve been able to form with my classmates and teachers. I also appreciate how ISD 548 celebrates the diversity of our student body.
- When we have junior and senior games. Music during lunch on Fridays. When we have early outs or late starts. The teachers.
- Unity
- The teachers and students kindness
- That we have two options for lunch
- How nice everyone can be
- Sports
- How welcoming every one is
- The diverse community
- All of the teachers are good at their jobs and are fun to have.
- Some of the teachers are nice
- The people
- There are kind teachers
- How many sports there are
- The outside structure of the building
- The safe learning and care
- Being with friends
- The people
- My friends and the teachers
- Gym class
- The teaching and coaching staff we have
- How all the students are nice to each other
- How everyone in our school is treated equally
- We have good sports teams
- How nice the teachers are
- What I like about Pelican Rapids is the community and I like how we are all equal to each other. Pelican Rapids is a small town it is very peaceful it’s not a place where you feel threatened (what I mean by that is there’s no violence in the community). We all know each other and we all say hi to one another. The school is great too the teachers explain things very well and if you ask for help they will help you and they are very kind and go out of their way sometimes for us students.
- The good lunches

VIKING PRIDE IS

- Instilling a love of learning
- Caring and inclusive school culture
- High academic standards
- Curriculum developing the whole student
- Award-winning arts and athletics
- State-of-the-art facilities
- Rich cultural diversity
- Financially stable and strong district
- Caring community members

Kudos to Pelican Rapids

I am Bruce Wold and I am subbing as the high school counselor for Kelsey Lage from the middle of April to the middle of May. I have worked in over 30 schools since attempting to retire about 10 years ago. Since I have worked in so many schools, I have found that I can gauge the culture and dynamics of a school quite quickly. During my first days in Pelican Rapids I’ve found the students and staff to be kind, respectful, friendly and fun to be around. I’ve observed great staff-to-student and student-to-student interactions. I think this greatly increases the chance of better learning outcomes. Our minds are open to new information when we feel accepted and heard and are having fun. I absolutely believe that students don’t care what we know unless they know we care. It appears this belief is generally shared by all the staff at Pelican Rapids High School. Kudos to PRHS parents, as I see respect that I believe starts at home. For example, when I say good morning to your students they look me in the eyes and respond back with a greeting. That is not universal across all schools and communities. I can honestly say all my interactions at the businesses throughout Pelican Rapids have been just as positive as my experience at PRHS. Kudos to Pelican Rapids High School and Pelican Rapids. I enjoy my trips down from Lake Ida and really look forward to my time at PRHS.

EXPLORE POTENTIAL CAREERS

- Accounting
- Ag Occupations
- Cosmetology
- Intro to Coaching/Officiating
- Marketing
- Mass Communication
- Nutrition & Wellness
- Video Production

ACQUIRE UP TO 40 COLLEGE CREDITS

<input checked="" type="checkbox"/> Advanced Algebra	<input checked="" type="checkbox"/> Child Development: Intro to Early Childhood
<input checked="" type="checkbox"/> AP Art	<input checked="" type="checkbox"/> Intro to Education
<input checked="" type="checkbox"/> AP Music (Production and Songwriting)	<input checked="" type="checkbox"/> Pre-calculus
<input checked="" type="checkbox"/> AP Calculus	<input checked="" type="checkbox"/> AP Spanish 4
<input checked="" type="checkbox"/> College English (Composition, Literature)	<input checked="" type="checkbox"/> Statistics

EARN CERTIFICATIONS & CREDITS

- Certified Nursing Assistant (CNA)
- Emergency Medical Technician (EMT)
- Credit Recovery Program
- Driver’s Education Class



# VIKING ELEMENTARY SCHOOL

Named a Minnesota School of Excellence, Viking Elementary staff work hard for each and every student. We provide opportunities for young learners to problem solve, explore new interests, and establish and maintain friendships in a respectful, nurturing environment.

## VIKING ELEMENTARY NEWS

Written by Derrick Nelson  
Elementary Principal



The Viking Butikk has been a huge success at Viking Elementary. The Butikk has a variety of items for students including coats, hats, gloves, shirts, pants, socks, food, backpacks, pencils, notebooks, etc. All the items have been donated and are free for students in need.

I would like to thank Shari VerDorn and Gwen Lass for cleaning, painting, and organizing the storage area and all the organizations and people who have donated items for the Butikk. If you have any new or gently used items you would like to donate, please contact the office.

Thank you to all the parents who drop off students at Chauncey Martin field parking lot while buses are present at Viking Elementary. Buses are usually dropping off students from 8:00-8:10. Your cooperation is appreciated in helping to keep all our students safe.

With only two months left in this school year, here are a few reminders about the upcoming year:

Kindergarten registration is available online. If you have a student who will be attending Kindergarten next year, please get them registered so we can continue the planning process (see QR code below).

Teacher requests for next school year are being accepted at this time for all grade levels. All requests are due to Mr. Nelson by May 12. Here is a list of teachers for the 2023-24 school year:

- **Kindergarten:** Mrs. Borgen, Mrs. Heiberg, Mrs. Neubauer, Mrs. Syverson
- **Grade 1:** Miss Abarr, Mrs. Eiden, Mrs. Sjostrom, Mrs. Westby
- **Grade 2:** Miss Herbranson, Ms. Henkes, Miss Johnson, Miss Oswald
- **Grade 3:** Mrs. Coleman, Mrs. Mackner, Mr. Syverson
- **Grade 4:** Mr. Hacker, Mrs. Isaman, Mrs. Nelson
- **Grade 5:** Mrs. Johnson, Mrs. Larson, Mr. Moe
- **Grade 6:** Mrs. Gottenborg, Mr. Rund, Mrs. Setter



**VIKING GOALS:**

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

**A CHILD IS READY FOR KINDERGARTEN WHEN HE/SHE:**

- ♥ is at least 5 years of age by September 1, 2023
- ☆ has received an early childhood screening & medically accepted immunizations

**KINDERGARTEN CHECKLIST:**

- ♥ complete digital registration forms



☆ meet teacher (late August)  
♥ start school (September 5)

Club Vikes School-Age Childcare, located at Viking Elementary, is a safe and fun place for children in grades K-6 to go before and after school, on non-school days, and during the summer.

### SCHOOL YEAR SCHEDULE

- Monday – Friday
- 7-8:00am (before school)
  - 3:05-6:00pm (after school)

Children engage in various activities including games, reading, outside play time, and crafts.

### QUESTIONS? NEED MORE INFORMATION?

Tonya Honrud, Club Vikes Coordinator  
[thonrud@vikes.us](mailto:thonrud@vikes.us) or 218-863-5910 ext. 5022



## WHAT 4TH GRADE STUDENTS LIKE BEST ABOUT PELICAN RAPIDS SCHOOLS

**Wrestling, friends, field trips.**

Everyone is kind and all the sports and there are so many people that speak different languages.

Different personalities from people and fun activities.

It is a great community.

Friends, recess, phy Ed.

Math and science

The teachers

Pelican Rapids school has kind leaders and is a very respectful school we are all accepting and welcoming, we all really care about each other and make great memories that we will remember for the rest of our

life's every class is enjoyable, fun, and exciting, it feels like we are all a big family that loves each other.

Taking care of the Baby chick and Playing recess

Basketball, friends out side

I love after school volleyball

Art because I think about stuff and I sketch

Basketball and friends



“Future Vikings” at the Varsity Boys basketball autograph night!

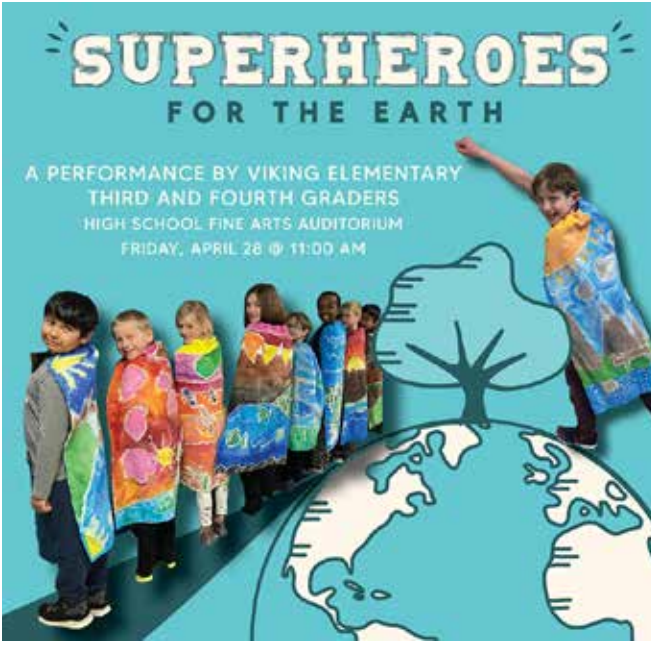
## THE VIKING PROMISE

- I WILL speak up instead of acting as a bystander.
- I CHOOSE to participate in activities that don't involve hazing.
- 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.

## IMPROVING OUR WORLD



Thanks to twenty-two ambitious fundraisers in grades 3-6 who raised approximately \$1,910 in 10 days for the American Heart Association's Kids Heart Challenge! Giovanni Romero, grade 5, was the top fundraiser for the Kids Heart Challenge with \$553.00! Other caring AHA fundraisers were: Jemma Januszewski, Chase Brown, Cayden Bakken, Enoch Pepper, Mackenzie Spaeth, Olivia Martinez, Noah Ostermann, Amya Hovland, Kloe Klovstad, Tydan Dokken, Asmaa Mohamed, Logan Johnson, Zayne Schulte, Aria Reid, Max Ostermann, Aldin Keso, Eli Rojas, Londyn Milbeck, Isabell Jasso, Isiah Ballard and Bella Miller.



Students build a foundation of academic, social, and life skills that will continue to grow and evolve throughout their Viking voyage. Our small class sizes create an engaging, personalized experience that builds a foundation of academic, social, and life skills that continue to grow and evolve for each student during their educational voyage.

## CONGRATULATIONS!



Five VES students were winners in the Shrine circus art contest which earned them choice seats for the April show. Derrick Pantoja is believed to be the first Pelican youth to win the grand championship, competing against 8,600 entries from 18 schools across the region. Not only did he win a ringside seat at the big show, but also a mountain bike—courtesy of the Shriners and Masons. His artwork will be featured on the cover of this year's official Shrine Circus book.



Congratulations to these ten beginner band students for being nominated and selected for the MSUM Beginner Band Honor Band! They had rehearsals with music education students and with Dr. Benjamin Druffel. They performed in a concert playing alongside band students from MSUM. It was fantastic, and a fun morning of music!



Located in Viking Elementary, the Viking Preschool program offers FREE educational programs to district residents ages 3-5. Our licensed teachers engage students through age-appropriate skills and hands-on activities. We are committed to preparing all children for success as they enter kindergarten.

# VIKING PRESCHOOL

## 3-4 YEAR OLD PRESCHOOL

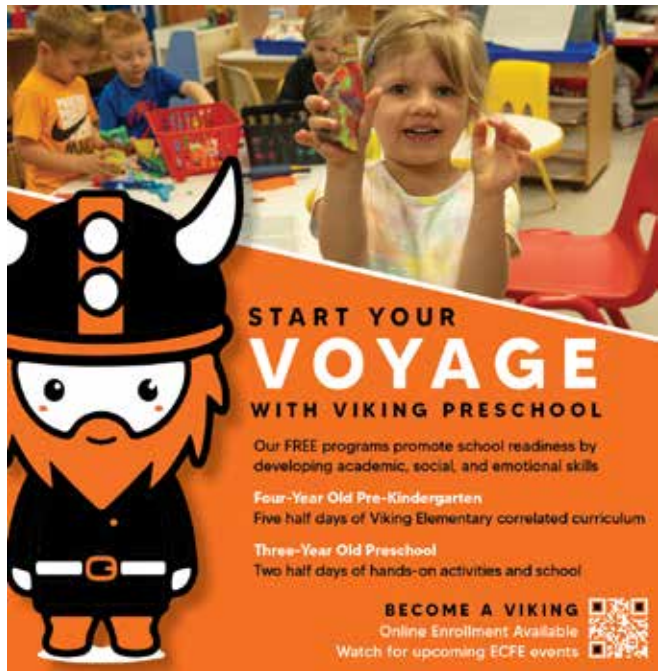
Each week, students ages 3 and 4 enjoy two half-days of hands-on activities that teach math, literacy, art, social, play, and fine motor skills development.

### Class Offerings:

- Tuesdays & Thursdays
- Morning & Afternoon Sessions

### Eligibility:

Students must be 3 by September 1, 2023 for the 2023-24 school year



## 4-5 YEAR OLD PRE-KINDERGARTEN VPK

Each week, students ages 4 and 5 prepare for kindergarten with five half-days using curriculum correlating to Viking Elementary K-6 models.

### Class Offerings:

- Monday - Friday
  - Mornings\* 8:00am-11:15am OR Afternoons 11:45-3:00pm
- \*includes breakfast

Eligibility: Students must be 4 by September 1, 2023 for the 2023-24 school year

Students are eligible for one-way busing, bus buddy required



Stay connected:  
Viking Preschool and ECCE

## VIKING PRESCHOOL

### REGISTRATION IS OPEN FOR THE 2023-24 SCHOOL YEAR!

♥ Our FREE programs promote school readiness by developing academic, social, & emotional skills

☆ Ages 3-4:  
Two half days of hands-on activities and school

♥ Ages 4-5:  
Five half days of Viking Elementary correlated curriculum

☆ Questions: contact Terra Fitzsimmons, ECCE/Viking Preschool Coordinator  
tfitzsim@vikes.us or 218-863-5910

HEY LITTLE VIKER!  
START YOUR VOYAGE!



## EARLY CHILDHOOD FAMILY EDUCATION

Early Childhood Family Education (ECCE) is a parent-child program for children age birth to pre-kindergarten.

ECCE programming is based on the idea that:

- the family provides a child's first and most significant learning environment
- parents are children's first and most important teachers

The goal is to strengthen families by enhancing the ability of all parents to provide the best possible environment for their child's developmental learning and growth.



Families from the "I'm in the Band" ECCE class (above) joined the pep band at a girls basketball game (below, seated in rows 6-7)!!



## ARTS & ACADEMICS



6th grade students at a Math Masters competition in Moorhead.



6th grade artists working on clay houses. Every student in grades K-6 had one piece of art on display at the public library throughout the month of April. There was also an art party for all students and families to come and see the art. 6th grade band students performed music throughout the event. There was also face painting, music, art projects to create, and candy.

## PRESCHOOL BOOK PROGRAM

Research shows the importance and lifelong impact of parents reading to their children.

The Preschool Book Program gifts families of newborns a book and a Viking Pride item.

The program continues to send books to all preschoolers ages 1-5 in the district.

Questions: please contact Terra Fitzsimmons, ECCE/Viking Preschool Coordinator at tfitzsim@vikes.us or 218-863-5910 ext. 5393

## CARING COMMUNITY

The "We Believe" basket fundraiser for the Syverson family was a major success!

Pelican Rapids Schools, represented by VES Principal Derrick Nelson and PRHS Principal Laura Januszewski,

was honored to hand a fund-raising check of over \$15,000 to Ryan and Dana Syverson. Ryan, a 3rd grade teacher at VES, is continuing to battle Glioblastoma, an aggressive form of brain cancer. New treatments are being administered with consultations happening with many of the top doctors in the nation. Dana is a kindergarten teacher at VES.

Thanks to everyone inside our school community and beyond who contributed a total of 82 baskets! Your love and support is amazing!







Updated 4-27-23

JOIN US FOR  
A SUMMER OF  
**FUN**  
**CREATIVITY**  
**EXPLORATION**  
**IMAGINATION**  
**ENGAGING**  
**ACTIVITIES!**

**ALL ARE WELCOME!**

Pelican Rapids Schools summer programs are open to all area families and visitors.  
Come and enjoy all that we have to offer!



**SUMMER RECREATION**

**SUMMER REC REGISTRATION**

**JUNE 5-JULY 13**

Please register for all activities by May 15 so we can plan and staff accordingly. We encourage you to register and pay using our online option.  
Each SUMMER REC participant receives a t-shirt (first distribution will be for those using as uniform for games).

**SUMMER REC FEES**

The family maximum for Summer Rec activities is \$125 per family. If your family qualifies for free/reduced meals, each activity fee will be reduced by 50% and the family maximum will be \$80 per family. If these fees are a hardship, or you have registration questions contact Becky at bwontor@vikes.us or 218-863-5910 x4250.

**SUMMER PROGRAM REGISTRATION**



**SUMMER REC COMMUNICATION**

Pelican Rapids Schools Summer Programs Facebook page will be used for all updates

**SUMMER REC QUESTIONS**

Dave Rund  
Summer Rec Coordinator  
drund@vikes.us  
or 218-863-9317



T-BALL & ROOKIE BALL-BRING LABELED GLOVE

**T-BALL**

Boys & Girls completed  
Pre-K-Kindergarten  
(minimum 4 yrs old)  
Mondays & Wednesdays 9:30-10:15am  
Fee: \$20  
Location: Chauncey Martin East

**ROOKIE BASEBALL**

Boys & Girls completed Grades 1-2  
Monday-Thursday 9:30-10:15am  
Fee: \$30  
Location: Chauncey Martin West

KNOT HOLE, PEE WEE, LITTLE LEAGUE & PONY TAIL BRING LABELED GLOVE, BASEBALL/ SOFTBALL PANTS OPTIONAL  
\$50 FEE INCLUDES BUSING TO GAMES

**KNOT HOLE BASEBALL**

Boys completed Grade 3  
Practices: Monday-Thursday 10:30-12:00pm  
Games: Mondays & Wednesdays 12:30pm  
Fee: \$50  
Location: Chauncey Martin West

**PEE WEE BASEBALL**

Boys completed Grade 4  
Practices: Monday-Thursday 10:30-12:00pm  
Games: Mondays & Wednesdays 12:30pm  
Fee: \$50  
Location: Chauncey Martin West

**LITTLE LEAGUE BASEBALL**

Boys completed Grades 5-6  
Practices: Monday-Thursday 10:30-12:00pm  
Games: Tuesdays & Thursdays 12:30pm  
Fee: \$50  
Location: Chauncey Martin West

**PONY TAIL SOFTBALL**

Girls completed Grades 3-4 & 5-6  
Practices: Monday-Thursday 10:30-12:00pm  
Games: Tuesday & Thursday 12:30pm  
Fee: \$50  
Location: Chauncey Martin East

**GOLF**

Boys & Girls completed Grades 3-8  
Tuesdays & Wednesdays 1:00-3:00pm  
Fee: \$45  
Bring golf balls, clubs, tees

Location: Birchwood Golf Course

**PICKLEBALL**

Boys & Girls completed Grades 3 - 8  
Monday-Thursday 9:15am-10:15am  
Fee: \$30  
Pickleball paddles will be provided  
Location: Chauncey Martin Tennis Courts

SOCCER AGE 4-GRADE 5 BRING SHIN GUARDS, RUNNING SHOES (NO CLEATS)

**SOCCER PRE-K**

Boys & Girls 4 & 5 years old  
Tuesdays & Thursdays 9:30-10:15am  
Fee: \$20



Location: Football Field

**SOCCER K-5**

Boys & Girls completed Grades K-2 & 3-5  
Monday-Thursday 8:15-9:15am  
Fee: \$30

**SUMMER FITNESS**

**SPEED & STRENGTH** Completed grades 7-12

June 5 - July 27 (except week of July 3-6)  
Monday-Thursday  
Location: Al Siegle Activity Center  
Fee: \$50 (includes t-shirt) *\*family max for this program is \$75*  
Instructors: Eli Beachy & Laura Januszewski

Speed and Strength is a program geared towards helping every athlete in every sport. This year we are diversifying our program selection to offer two different types of training:

**STRENGTH EXPLOSION & POWER EMPHASIS (BEACHY)**

- Training Program: *Explosive Power Athlete* training program created by Advanced Human Performance.
- Daily Workout: Dynamic Warmup, Weight Room, Sprint Workout, Cool Down Stretch
- Sessions: 6:00-7:30am, 7:30-9:00am, 9:00-10:30am
- Days/Week: 4 Days/Week Monday-Thursday
- Targeted Sports: Football, Volleyball, Wrestling, Basketball, Track & Field (Sprints/Field Events), Baseball, Softball

**ENDURANCE AGILITY & MOBILITY EMPHASIS (JANUSZEWSKI)**

- Training Program: Circuit Training geared towards increasing muscular endurance, improved agility, cardiovascular endurance, and a greater range of motion through movements.
- Daily Workout: Varies each day
- Session: 9:00-9:30am
- Days/Week: 2 Days/Week Tuesday & Thursday
- Targeted Sports: Cross Country, Soccer, Basketball, Dance, Track and Field, Golf

**OPEN GYM & WALKING TRACK**

June 5-July 27  
Monday-Thursday  
6:00pm-8:00pm  
Location: Al Siegle Activity Center-West Door #7  
Contact: Dave Rund  
No fee or registration required  
AGES 12 & UNDER MUST BE ACCOMPANIED BY AN ADULT

**VALKYRIE DANCE CAMP**

Boys & Girls ages 4-entering Grade 6  
July 24-26 12:00-4:00pm  
There will be a short show following camp on the 26th  
Fee: \$40 (includes t-shirt)  
Location: PRHS Leader's Gym  
Program Contact: Dacia Johnson

**SUMMER PROGRAM REGISTRATION QR CODE**



**ACADEMICS AND YOUTH ENRICHMENT**

**KINDERGARTEN BOOST**

June 5 - June 15  
Mondays - Thursdays 8:00am-2:00pm  
Location: Viking Elementary School  
Registration required, no fee  
Instructor: Terra Fitzsimmons

This school readiness program reinforces skills and behaviors necessary for learning success. Age appropriate learning such as handwriting, math, reading, and outside play!

**VIKING STUDENT SUCCESS**

Completed grades K-6  
June 5 - June 22  
Monday - Thursday 8:00am-12:00pm  
Location: Viking Elementary School  
Contact: Marie Cupkie

Summer learning includes hands-on reading, writing, math and science learning activities.

**SUMMER SCHOOL 7-8 CREDIT RECOVERY 9-12**

Completed grades 7-12  
June 5 - June 22  
Monday - Thursday 8:00am-12:00pm  
Location: Pelican Rapids High School  
Contact: Kelsey Lage  
Letters will be mailed to parents of students in 7-8 grade who need to attend summer school.

**STEAM CAMP**

Completed grades 3-6  
July 24 - July 27  
Monday - Thursday 9:30am-11:00am  
Location: Viking Elementary School  
Fee: \$20 (Class limited to 50 students)  
Instructor: Teresa Schlieman  
This hands-on class will focus on River Ecology and Restoration.

**THEATRICAL CAMP**

Completed grades 3-6  
August 7 - August 11  
Monday - Thursday Practice: 9:00-12:00pm  
Friday Rehearsal: 3:00-7:00pm  
Performance: Friday at 7:00pm  
Location: Fine Arts Auditorium  
Fee: \$25 (Class limited to 40 students)  
Contact: Cary Haugrud

**SUMMER FOOD PROGRAM**

Free summer meals are available to all kids ages 18 and younger. No registration required.  
May 30 - August 25  
Monday - Friday  
• Breakfast 7:45 am-8:30 am  
• Lunch 11:30 am-12:30 pm  
Location:  
Viking Elementary School Cafeteria.  
Eat-in only  
**\*NO MEALS WILL BE SERVED ON:**  
June 9, July 3 & 4  
This institution is an equal opportunity provider

**SUMMER CLUB VIKES**


**CLUB VIKES SCHOOL-AGE CHILDCARE HAS REACHED FULL CAPACITY FOR THE SUMMER**

WAITING LIST: email Tonya Honrud, Club Vikes Coordinator at thonrud@vikes.us or ClubVikes@pelicanrapids.k12.mn.us  
May 30-August 25  
Monday - Friday 7:00 am-6:00 pm  
Location: Viking Elementary School  
Fee: Contracted & Drop-In Care available  
**\*NO CLUB VIKES:** July 3-4, August 28-September 1.




# 5 WAYS


To Help Prevent the Summer Reading Slide



Make Reading Time fun and quick. Frequency is more important than quantity.


Visit local libraries and book stores. They'll enjoy the excursion of a fresh destination.






Enact a "Turn it off Tuesday". Have a screen free night every week.

Give fun books as gifts / rewards.





Read together. We all know these moments won't last forever, make the time to make it happen

## ADULT BASIC EDUCATION

Pelican Rapids ABE Class Days/Times

*Note: these are school year hours-summer hours will be in effect*

- Mondays 11:00 - 4:00 pm
- Tuesdays 11:00 - 5:00 pm
- Wednesdays 11:00 - 5:00 pm
- Thursdays 11:00 - 4:00 pm

It is an open classroom (there are not specific times or appointments).

Location: Pelican Rapids Public Library, 25 W Mill

Instructor: Terri Buerkle

Call 218-844-5760 with questions and to determine eligibility

ONLINE COURSE OFFERINGS ALSO AVAILABLE:

- Accelerated Drivers' License Exam Prep
- Career Development II: Resume/Job Search
- Career Development I: MCIS
- Drivers License Exam Prep
- Paraprofessional Training Course
- College Math
- Health Care Core
- English Vocabulary for MN Driver's Manual
- TEAS Exam Prep

## Opportunity to Give: Weekend Food for Students in Need

Help fight hunger in our community by sponsoring a child! Backpack Buddies supplies hungry children in Pelican Rapids with food for the weekend.

The Pelican Rapids School District with help from the Pelican Rapids Food Shelf provides a bag of easy to prepare foods, such as cereal, oatmeal, juice, fruit cups, pudding, juice boxes, peanut butter & crackers, granola bars, ramen noodles, and other easy meals. The program is funded partially by United Way and through community support. Any donation would be appreciated.

Questions?

Contact Jackie Larson  
218-329-5752 or  
larsonjb@umn.edu

Willing to donate?

Contact Sue Bruggeman  
218-329-8626



### 7 HABITS OF HIGHLY EFFECTIVE PEOPLE®

HABIT 1:

Be Proactive

HABIT 2:

Begin with the End in Mind

HABIT 3:

Put First Things First

HABIT 4:

Think Win-Win

HABIT 5:

Seek First to Understand, Then to Be Understood

HABIT 6:

Synergize

HABIT 7:

Sharpen the Saw



Mrs. King's 7th grade students learned about and completed an activity about Habit #2 - Begin with the End in Mind. They are working on a different Habit every Friday!


### CONGRATULATIONS!



Finishing the Boston Marathon with a time of 2:56:55 was Logan Knorr, a PRHS math teacher and three season coach. Over 30,000 ran the April 17 marathon with Logan crossing the finish line with the first 3,100.  
#WayToRun #VikingProud!


PRHS teacher John Peter is in the running for the 2023 Minnesota Teacher of the Year. A group of 11 teachers from across the state have been named finalists in the program. Winners will be announced at a May 7 banquet!  
#DedicatedToOurStudents  
#VikingProud!





United Way of Otter Tail & Wadena Counties

This United Way program provides students in kindergarten-12th grade with basic school supplies. Stuff the Bus applications are due to United Way on Friday, August 4, 2023.



### WCMCA Head Start

Preschool Program for 3-4-year-olds  
Early Head Start Program for 0-3-year-olds.

**What does Head Start Preschool Offer?**  
We offer a variety of Preschool Class options to best fit your family's needs!  
(All classes meet 4 days a week)  
We offer 2 options:  
•Monday - Thursday: ½ Day PM Class  
•Monday - Thursday: Full Day Class  
•Located at Pelican Rapids Viking Elementary School

**What does Early Head Start Offer?**  
EHS home-based services offer home visits and group socialization activities for parents and their children providing child development and parent support services.

Call for more information!  
Preschool: Carrie - 218-770-9232 or Deb - 218-770-8658  
Early Head Start: Bonnie - 218-770-9231



Or Apply Online:  





## HARRY AND THE HABITS


Written by Doug Bruggeman, Dean of Students

One of the things I love about having HARRY around our schools is how well he connects with the 7 Habits. Our school system has been using The 7 Habits of Highly Effective People® as a framework for creating a strong, positive and productive culture.

HARRY? Well, if you have not heard, he is our “adopted” bigfoot and is part of our BHAV (Big Hairy Audacious Vision) of creating the best schools in the nation. HARRY is our constant reminder that how we treat one another is the key ingredient in developing the culture where our students, teachers and staff can excel.

Not only is HARRY a big physical presence in our schools, but his name evolved from the traits we want all our students and staff to possess.





H – Heart – Choose to be caring and kind

A – Attitude – Choose to keep a positive “can do” view of life

R – Respect – Choose to treat others as best you can

R – Resiliency – Choose to battle the tough moments in life and don’t give up

Y – whY – The why pulls the first letters of HARRY together. We choose these traits to create a better, more effective life.

The word “Choose” is where HARRY meets the 7 Habits. Habit 1 is the habit of choice and is the foundation principal of The 7 Habits of Highly Effective People®. Habit 1 is often explained as the “roots” that you grow throughout your life. These roots, if you grow them deep and strong, will keep you anchored in the strongest of life’s storms. Helping our students understand that they have control over how they respond to life is the ultimate nutrient for growing these deep roots of Habit 1.

A great visual of the transformational power of Habit 1 is the diagram below showing some of things we can and cannot control. Habit 1 says choose to “focus on what you can control.” Making this your focus and not living your life focused on things “you can’t control” makes all the difference in increasing our effectiveness in life.


### NEW TO THE DISTRICT?

## WELCOME!

If you recently moved to Pelican Rapids or added to your family, we would love to add you to our School Census. This ensures that we can send information about preschool screenings, Early Childhood Family Education (ECFE), and kindergarten registration.

Questions?

Contact Cherie Lynnes  
218-863-5910 ext. 4354 or [clynnes@vikes.us](mailto:clynnes@vikes.us)





# PELICAN RAPIDS HIGH SCHOOL

## CONTINUING TO BUILD LEARNING, TRUST, AND SUCCESS



Written by  
Laura Januszewski  
Secondary Principal

The theme at Pelican Rapids High School this year has been BUILD. Jim Rohn's quote, "Whatever good things we build end up building us" inspired this theme. Our staff has focused on building three things: learning, trust, and success. My hope is every student has found a way to build on their academic and extracurricular interests throughout the school year. Success is built with dedicated staff, engaged students, a supportive home, and a caring community. Thank you for your continued support and commitment to each student's education. Please encourage your child to finish the school year strong, stay involved, and enjoy the success of the school year.

We BUILT great experiences in the second half of the school year:

- SADD collected new winter items for students in need
- Diversity and Cultural Inclusion Training
- Special Education opens up shop (with the help of Ms. Kulsrud)

### LIFE SKILLS

Mr. Witzig's 7th graders visited Adventureland in a classroom activity about wants, needs, and opportunity costs. Students were tasked with choosing travel, lodging, and souvenirs based on their given budgets. They also had unexpected events that required them to adjust and adapt to situations.

### EXPLORING POTENTIAL CAREERS



PRHS Business Education students traveled to Perham, MN to visit KLN Family Brands. Students toured Kenny's Candy and learned about the manufacturing process, the difference in a family owned company, and career opportunities in our region. Additional businesses the classes have visited include Longweekend Sportswear, Lakeshirts, Arvig, and Microsoft.



After a semester of classroom work, Mr. Larsen's welding students are working in the shop on projects. Students plan, design, and fabricate a project of their choosing. Projects include a hunting stand, fire pit, horseshoe tool, and more.



Open for business! A few of our students are working concessions during the lunch hour to create a work-based learning experience. Thank you to Ms. Kulsrud, Ms. Thompson, and our paras for getting this great opportunity going!

- Sweetheart Week: Dress Up Days, Coronation, Junior/Senior Games, Senior High Dance
- CNA students took their CNA certification exams and became CPR certified
- Juniors took ACT
- Three students enjoy All-State Band Experience at Orchestra Hall
- Business students tour Lakeshirts
- Celebration of Cultures: March 18, 2023
- Winter Band and Choir Concerts
- NHS Sponsored Blood Drive on March 17
- Tri-college Math Contest Participation and Wins
- Five State Wrestlers

As quickly as the weather changed, the end of the school year is approaching. In a few short weeks, the Class of 2023 will walk across the stage and participate in commencement. Pelican Rapids' community of orange and black will be celebrating with this special group of seniors. I invite you to join us for commencement on Friday, May 26 in the Leaders Gymnasium.

Thank you for your support in building a meaningful 2022-23 school year for students, staff, and our community. Go Vikings!

## Recognize a SMILE



Special  
Moments In  
Life Exist



Logan and Afton Hahn were honored with the SMILE award for their many contributions to the local food shelf. They volunteer to help unload the food truck at the food bank even in the coldest part of winter! They are avid gardeners and share some of their produce with the food shelf. They are cheerful and inspiring young people who know how to be servant leaders!

### 6TH ANNUAL CELEBRATION OF CULTURES



We offer strong academics, competitive athletic teams, and engaging activities for students of all backgrounds, interests, and abilities. Our highly qualified educators create opportunities for students to become leaders and make a difference. Students leave Pelican Rapids Schools prepared for success in future education, careers, and life!

### ACADEMIC AWARD

Janae Laferriere has been named a Commended Student in the 2023 National Merit Scholarship (NMS) Program. A Letter of Commendation from the school and the NMS Corporation, which conducts the program, was presented to this scholastically talented senior. About 34,000 Commended Students nationwide are being recognized for their exceptional academic promise. Article excerpts & photo courtesy of The Pelican Rapids Press



### MAKING A DIFFERENCE



The MINNESOTA HONOR SOCIETY would like to thank those who gave the gift of life on March 17 by donating blood at our Spring Blood Drive. We were able to collect 24 pints which can save up to 72 lives! We were also excited to have 5 PRHS students donate for the first time!



'Cold hands, warm heart' decorations were made by STUDENTS AGAINST DESTRUCTIVE DECISIONS (SADD) and shared with area senior living residents.



## CAPTAIN YOUR FUTURE

**ACADEMICS**  
FREE PRESCHOOL, SMALL CLASS SIZES  
40 COLLEGE CREDITS, CNA CERTIFICATION

**ARTS**  
BAND, CHOIR, MUSIC PRODUCTION,  
VIKING NEWS NETWORK

**ATHLETICS & ACTIVITIES**  
17 SPORTS, 16 STUDENT GROUPS,  
STATE-OF-THE-ART FACILITIES



BECOME A VIKING!  
ONLINE ENROLLMENT

PELICAN RAPIDS  
**VIKINGS**

#### Explore Potential Careers

Accounting | Ag Occupations | CAD | Computer Applications | Cosmetology I & II | EMT Intro to Coaching/Officiating | Lifetime Fitness | Marketing Mass Communication | Nutrition & Wellness Personal Finance | Robotics | Small Engines Unified PE | Video Production | Welding | Woods

#### Acquire Up To 40 College Credits

Advanced Algebra | AP Art | AP Music | AP Calculus College English (Composition & Literature) Child Development: Intro to Early Childhood | Intro to Education | Pre-calculus | AP Spanish 4 | Statistics

#### Earn Credits and Certifications

CNA Certification | Credit Recovery Program | Driver's Training Class

#### Expand Creative Interests

Ceramics & Sculpture | Concert and Pep Bands Digital Photography | Drawing | Music Production and Songwriting | Painting | Viking Choir and Chamber



‘TRIPLE A’ AWARD WINNERS

Article excerpts & photos courtesy of The Pelican Rapids Press

Two students with diversified skills and talents earned “Triple A” honors for excelling in the classroom, on the athletic field, and in the fine arts.

Ian Fahje and Kelsey Isaman, both multi-sport athletes, school band members, and earning near 4.0 grade point averages academically.

Both are year-round athletes with Ian playing football, basketball, golf, and trap shooting. “Athletics have taught me that if you really want something you’re gonna have to work really hard to achieve it, success will not just fall into your lap. Overall, throughout my time at PRHS and being involved in different activities, I have gained characteristics and qualities that I can use to be successful throughout my life.



Being involved in the fine arts and competing in multiple sports has given me a variety of great experiences,” said Ian. “I learned how to work together with a team to accomplish a goal; whether that is winning a game or performing a great concert,” concluded Fahje.

Hard work and dedication to volleyball, basketball, and track have contributed to Kelsey learning the important life skill of resilience. “Through the combination of academics, arts, and athletics I have learned many important life lessons including sacrifice, resilience, and work ethic. Being heavily involved in these three areas has taught me how to make goals and work hard to achieve them. For this to occur at a high level, I have learned to sacrifice many other things to put the time and effort needed into achieving my goals. Being able to work together as a group or team is a big part of being successful. While working as a team, I have learned to sometimes sacrifice my own needs for the better of the group.”



Taking college level courses at PRHS has enabled each of them to prepare academically for the future.

During 3rd semester, Pelican Rapids soccer players joined classes at the University of South Carolina to discuss diversity, identity, and mental health. In semester 4, players from both the boys & girls soccer teams participated.



Mrs. Roisum’s English classes created arguments for a mock jury trial. They created presentations, posters, and written defenses based on evidence found in their readings.



WINTER SPORTS

Team photos courtesy of From Where I Come Photography



WRESTLING

- 8-9
- All Conference: 113lbs Danny Salazar- 1st team, 120lbs Jed Carlson-First team, 126lbs Jackson Peasley- Honorable Mention, 160lbs Carter Johnson- 2nd team, 170lbs Mark Kapenga- 2nd team, 182lbs Eli Valdovines- HM
- Lost first round of team section on an tiebreaking criteria, placed 5th at the conference tournament, Sent 5 qualifiers to state
- State Qualifiers: 113 Danny Salazar, 120 Jed Carlson, 126 Jackson Peasley, 152 Jack Kapenga, 170 Mark Kapenga



GIRLS BASKETBALL

- Academic Team Award: Silver Award 3.75
- 21-7 Overall Record (8-4 Heart O’Lakes Conference Record)
- HOL Conference Runner-UP
- Holiday Tournament Champions
- Heart O’Lakes All Conference: Morgan Korf, Ellie Welch
- Heart O’Lakes All Conference Honorable Mention: Anna Roisum, Kelsey Isaman
- Academic All-State: Kelsey Isaman and Kia Nelson

BOYS BASKETBALL

- 14-14
- All-Conference: Ian Fahje, Charlie Larson
- Lost in the quarterfinals of the section 8AA playoffs to Thief River Falls.
- Finished 5th in the Heart O’Lakes All-Conference with a record of 5-7.
- Runner-up finish in the Holiday Tournament



VALKYRIES DANCE TEAM

- JV category: Frazee Kick Conference-5th Place/Detroit Lakes Invitational-6th Kick:6th Jazz/Frazee Invitational-3rd Kick:3rd Jazz/ Bagley Jazz Conference-5th/ Alexandria Invitational-10th Kick: 14th Jazz/Pelican Rapids Invitational-6th Kick:9th Jazz/Hawley Invitational 5th Kick: 9th Jazz
- 6 Letter Award Winners this Season. The Valkyries did not achieve any team awards.

ARTS & ACADEMICS

Three PRHS musicians, Janae Laferriere, Eva Rustand, and Sylvia Pesch, were selected to the All-State Band, performing with young musicians throughout the state at Orchestra Hall. The All-State performances were at the Minnesota Music Educators Midwinter Convention on February 15-17. MMEA’s All-State – considered the top program of its kind across the nation – develops high school musicians and school music programs.



Article excerpts & photos courtesy of the Pelican Rapids Press

CONCORDIA ANNUAL JURIED STUDENT EXHIBITION

Congrats to PRHS art students Hannah Fossen, Hafsa Said, and Lizette Franco who will have their artwork exhibited at this prestigious event!

Exhibition runs: Tuesday, March 21-Monday, April 10.

Public Reception: 4-5:30 p.m. Tuesday, March 21 with awards being presented at 4:30pm.

JR HIGH MATH LEAGUE

Team: 3rd place; Grady Larson 5th place

MATH TEAM

Middle school: 1st place team (names in previous e-mail); Grady Larson 2nd place individual. Brenner Fredrickson tied for 2nd place (got 4th after tie-breakers), Hayden Haugrud and Cullen Hovland tied for 8th place individual (tied for 10th after tie-breakers)

Senior High division: Kelsey Isaman tied for 9th place individually; Brady Petznick and Jed Carlson tied for 12th place

5th place team (Grady Larson, Hayden Haugrud, Brenner Fredrickson, Nicholas Rockstead)

1st Team All-Section: Janae Laferriere (4th Place), Sylvia Pesch (6th Place)

(ALSO) Team Placed 2nd in Sections

Hayden Haugrud 14th place, Treyd Dokken, Brenner Fredrickson, and Cullen Hovland tied for 19th place.

Emma Hanson 14th place, Grady Larson 17th place

2nd Team All-Section: Jed Carlson (T9th Place), Brody Syverson (T9th Place), Charlie Larson (14th Place)

The PROM COMMITTEE has been working since January planning, ordering decorations, finding a venue, creating invitations, and choosing the emcees. The week before prom the committee will decorate and set up in the Leaders Gym for the Saturday, May 6th event.



PRHS CHOIR STUDENTS in grades 10-12 had the opportunity to travel to Orlando, Florida. The itinerary was packed full of activities with educational and artistic merit including Magic Kingdom, Epcot, Animal Kingdom, Disney’s Hollywood Studios, Cocoa Beach, Ron Jon’s Surf Shop, Disney Springs, (Backstage) Disney Recording Studios.



The YEARBOOK STAFF has been working hard all year and they are excited for the 2023 Shada Dedication which will take place in the Fine Arts Auditorium on Wednesday, May 10th. Hope to see you there!

(yearbook staff in photo on left)





START WITH FREE  
PRESCHOOL



FINISH WITH A  
FUTURE



PELICAN RAPIDS  
VIKINGS

**ACADEMICS**  
FREE PRESCHOOL  
SMALL CLASS SIZES  
40 COLLEGE CREDITS  
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**BECOME A VIKING!**  
ONLINE ENROLLMENT



These funds are used for senior scholarships awarded each spring. Donations for the class of 2023 must be made by May 5, 2023. Use the QR code below or link <https://www.pelicanrapids.k12.mn.us/Page/3262>.



**SCHOOL SCHEDULES**  
**MONDAY - FRIDAY**  
**Viking Elementary**  
8:15am - 3:05pm  
**Pelican Rapids High School**  
8:25am - 3:15pm

Pelican Rapids Public Schools is committed to every student. Our staff embraces each student's unique talents, background, and needs. We thrive on Viking Pride and believe our high academic standards, award-winning arts and academics, rich cultural diversity, and state-of-the-art facilities enable our students to leave prepared for success in future education, careers, and life!

### What Staff Likes Best About Working at Pelican Rapids Schools

- "I love how seamless the interaction is between our students who come from different socio-economic and cultural backgrounds. You learn that smiles and laughs are universal."
- "What I like best about Pelican Rapids Public Schools is the creative energy teachers bring into the classrooms to make learning fun, engaging, and memorable for students!"
- "The staff are all great people who are dedicated to helping students grow into excellent young men and women."
- "The happiness of kids, the look they give when they have a lightbulb moment, and our staff."
- "The friendly and caring staff."
- "Even though we come from many different places, we all belong here and are connected as a school community."

### EMPLOYMENT OPPORTUNITIES

In addition to other open positions at Pelican Rapids Schools, the District is looking for certified and non-certified substitutes.



To view current job openings and begin the on-line application process visit our [district website](#) or use the QR Code below.

**QUESTIONS?**  
Contact Emily Evenson  
HR Manager & Executive  
Administrative Assistant  
218-863-5910 ext. 4445 or  
[eevenson@vikes.us](mailto:eevenson@vikes.us)



### INDEPENDENT SCHOOL DISTRICT #548 SCHOOL BOARD



- Staci Allmaras


Greg Larson

Jon Karger
- Brenda Olson

Anne Peterson



Molly Welch

STAY CONNECTED



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

Pelican Rapids Public Schools



### COUNSELOR'S CORNER



PRHS Counselor Kelsey Lage with her "therapy dog" Chibbs who is in the school for "office hours" with Lage on a scheduled basis.  
Important updates & information about scholarships, FAFSA, and much more can be found on the High School Counselor web pages.

### Chill Zone: Supporting Student Mental Health



The chill zone is a safe place where students can take a break. They can come in and relax and take some time to use coping skills to get themselves regulated again so that they may return to class. It gives students a chance to re-engage and rest.

## IMPORTANT DATES

MAY 2023				
M	T	W	Th	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

- May 5 PRHS Choir Concert

May 6 Jr/Sr Prom

May 10 2023 Shada Yearbook Dedication

May 15 PRHS Band Concert

May 17 Scholarship Night
- May 21 Baccalaureate

May 25 Last day of school

May 26 Graduation

May 29 SCHOOL CLOSED

May 30 Summer Food Program & Summer Club Vikes begin

JUNE 2023				
M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

- June 5 Summer Programs begin
- June 9 No Summer Food Program
- June 9-11 SHADA

JULY 2023				
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
31				

July 3-4 NO PROGRAMS

AUGUST 2023				
M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

- August Fall sports begin
- August Orientation grades 7 & 9
- August 25 Summer Food Program last day
- August 28-Sept 1 No Club Vikes

SEPTEMBER 2023				
M	T	W	Th	F
				1
4	5	6	7	8

- September 1 No Club Vikes
- September 4 SCHOOL CLOSED
- September 5 First day of school