McGregor School District #4

VOLUME 33 • ISSUE 1





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From the Superintendent

SEPT • OCT • NOV 2012

I hope that all of you have had a wonderful summer. It is obvious the new school year is just around the corner because athletes have returned for football and volleyball practices. We have been preparing for school all summer, and are all looking forward reuniting with our students.

Seven new staff members will join our faculty this year. A lot of work went into advertising, interviewing and selecting our new staff members. We had an excellent pool of candidates, many interviews were conducted and the selection process was very challenging. The work paid off and I am both confident and eager to work with our new faculty members. Our new teachers are:



PAUL GRAMS Superintendent/ Principal

Rachel Anderson - School Counselor Heather Goble - 3rd Grade Kalla McEachern - Kindergarten Sarah Pylvanen - Early Childhood Special Education Jennie Rose - 4th Grade Janice Sornberger - Speech and Language Pathologist Joe Wisotzke - Business

There were several building projects that occurred this summer which will greatly improve our school. There was a roof replacement done over a portion of our elementary building. We also put in a new air exchanger that will provide ventilation to the two kindergarten classrooms. The floor in the commons was abated and replaced with concrete and an epoxy surface. One gymnasium floor was refinished and we have done a lot of painting. It is nice to see our maintenance department continue to work hard and provide a comfortable environment for our students. Ryan Zrust is new to our maintenance staff as a Lead Custodian. Ryan began working here this summer and has been a nice addition to our school.

There will be an Open House on Thursday, August 30th from 5:00 - 7:00 p.m. This is a fun event and an opportunity for students to meet their teachers, and get their school schedules with locker assignments included. If you need to make schedule changes Mr. Staska and Ms. Anderson will be available to assist with this. I look forward to visiting with students and families who can attend. We will be serving a meal at the open house, I hope to see you there.

The first day of school is Tuesday, September 4th, I look forward to having the opportunity to work with you and your children this year.



School Facility Use Policy

The Board of Education believes that the public schools are owned and operated by and for its patrons and that the schools become an integral part of the community in terms of its intellectual and social expression and development. To this end the Board encourages the public use of school facilities. School sponsored activities shall have first priority. The right to authorize use of school facilities shall be retained by the district. Such use will be determined by district policy and will be only at such times as the facilities required are not being used for school activities. To inquire about school district use of facilities please contact Lisa Kruse at ext. 233.

"Creating a Learning Community Where Improvement is Continuous"

From the **Principal**

At McGregor, we are proud to be able to have a student body that is willing to help out at numerous community events and fund raisers throughout the year. I would like to recognize a few students who I am especially proud of for their willingness to go above and



BOB STASKA Principal and Activities Director

beyond this summer. Tim Tierney, Alex Johnson, Spencer Passer, Stacia Staska, and Billy Staska all took time from



L to R: Billy Staska, Alex Johnson, Spencer Passer, Stacia Staska, Bob Staska and Tim Tierney.

their own busy summer schedules and volunteered time with the flood cleanup effort. This was not easy work. They helped remove wet carpet and walls, clean basements, and dispose of many disgusting and damaged materials. The work was not pleasant, but these young people felt very good about what they were able to accomplish, and to just be able to help people in need. They were willing to do what needed to be done, and never complained or got anything return except the satisfaction they got from helping those in need. They were great representatives of our student body and community!!

I would like to encourage everyone to attend this year's open house on August 30th. This is a great time to check schedules, locker combinations, and meet teachers and friends.

As we start this school year, one of my main goals is to encourage more teacher/parent communication. Whether it just be a brief e-mail, a phone call, or a personal visit, I think that it is in best interest of our students for our faculty and parents to be on the same page. I am going to be encouraging more communication from the staff to parents in order to prevent poor situations from getting out of hand, but also situations where a student has achieved something good, and should get that little extra "pat on the back." I would also encourage parents to frequently check their students progress online, and ask questions of teachers. It takes the adults at both home and school to provide the necessary foundation for the success of our students. I wish everyone a productive and successful school year!!

Oct. 16

Esko

Obligations of a Public School District to Provide Special Education Services

Private School or Home School Setting

Under Minnesota law, a "nonpublic school" is defined to include state approved home schools and private schools (see Minn. Stat. 123B.41, subd 9). Parents who chose to educate a child with a disability in a home school or a private school are making a private school placement.

The school district is obligated, upon request, to evaluate a child to determine special education eligibility. If a child is found eligible for special education services, the school district is required to develop an Individual Services Plan (ISP) that describes the specific special education and related services that the school district will provide. The school district is responsible for initiating and conducting meetings to develop, review and revise the services plan. Procedural safeguards will be provided to you that explain the district's obligation to locate, evaluate, identify, and re-evaluate children with disabilities.

The school district maintains the right to determine the location of services and is not obligated to provide special education benefits or services that are equal to services provided to public school children. The public school is required to consult with you to decide what services will be provided, how services will be provided, and how the services will be evaluated. You will be given the opportunity to express your views, however, the school district will make the final decisions with respect to the services provided.

	OOTBAL ames start at 7:00 p.	
Aug. 31 Sept. 7 Sept. 14 Sept. 21 Sept. 28 Oct. 5 Oct. 12 Oct. 17	Onamia Kelliher-Northhome Northland-Remer Isle Cromwell Floodwood Wrenshall Nevis	H A H A H A H
	LLEYBA ames start at 5:45 p.	
Aug. 27 Sept. 6 Sept. 8 Sept. 13	South Ridge Floodwood Ogilvie Tourney ML/WB	H A 9 am A H
Sept. 17 Sept. 18 Sept. 20 Sept. 22 Sept. 24	Northland-Remer Carlton Wrenshall Hill City Tourney Isle	H H A 9 am A A
Sept. 24 Sept. 27 Oct. 1 Oct. 2 Oct. 4	Barnum Hill City Silver Bay Cromwell	A A 5:15 H A
Oct. 9 Oct. 11	Cook County Two Harbors	5:15 A H

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Substitutes

McGregor School is always in need of substitutes in the areas of teachers, para professionals, custodians, kitchen help, nurse and bus drivers. If you are interested in being a substitute, please apply in the Business Office between the hours of 7:30 a.m. and 4:00 p.m.

Infinity Online



McGregor School

District offers online classes through our Infinity Online Learning Program for students in Grades 9-12. A wide range of Math, Science, Social Studies, English and Electives are available. We invite home school and online students to consider Infinity Online through our district as an option. For more information on how to enroll contact Bob Staska at ext 235.

Indoor Air Quality Notice

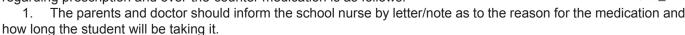
The McGregor School District is proud to be taking a leadership role in providing a safe, comfortable, and productive environment for our students and staff so that we achieve our core mission - educating students. Our school will follow the EPA guidance to improve our indoor air quality by preventing as many IAQ problems as possible, and by quickly responding to any IAQ problems that may arise. Good air quality requires an ongoing commitment by everyone in our school, because each of us daily makes decisions and performs activities that affects the quality of the air we breathe.

School staff, students and parents can obtain checklists or self-help information so they can properly evaluate their child's home or other out of school situation by contacting the school. Staff and parents can also obtain information about school facility construction, maintenance and housekeeping practice, chemicals used, mold and HVAC related information, chemical producing academic subjects and pesticide and herbicide applications to determine the extent ot which the school activities contribute to a child's symptoms by contacting the school.

The ISD #4 Indoor Air Quality contact person is Rick Christensen, Facilities Supervisor. If there are questions regarding the school's IAQ Program, please call the school at 218-768-2111 x 262.

Student Medication Policy

It is sometimes necessary for students to take medication while in school. The school policy regarding prescription and over-the-counter medication is as follows:



Medication must be in the original bottle and properly labeled as to the type, when it is to be given, and the 2. amount to be given. Medication will not be given if not in the original container.

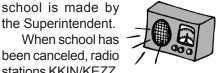
3. The school nurse will keep a list of the children needing medication and will give it only with written permission of the parent/guardian and prescribing physician. This includes all medication, including cough drops, vitamins, etc.

The school will not provide any medicine to students. Parents be assured that medication in the proper dosage 4. will be taken, that medication will not be lost or think a child will accidentally take the wrong medication.

School Closing Procedures

Throughout the school year in Northern Minnesota a major consideration is the closing of school due to weather conditions. The criteria for closing school is the safety of students and employees. The decision to close

school is made by the Superintendent. When school has



stations KKIN/KEZZ, KDAL, WCCO, WEBC, WKKQ, WTBX and KBEK, as well as TV stations KBJR, WDIO, KDLH, KARE 11, KMSP, KSTP & FOX 9 will be used to inform the public as soon as the decision is made. Parents are urged to listen to these stations when a weather emergency is probable. The announcement will be "McGregor ISD #4" and will include elementary, high school, early childhood & the ALP.

When school is to be dismissed early due to weather conditions, the radio stations will also be notified. If possible, the decision to dismiss early will be made by 12 noon.

Prior to making the decision to close school, a number of sources are contacted. In addition to the weather service, the school will check with law enforcement authorities, the highway

department and bus drivers. A difficult situation exists because of the size of our school district. While the northern part may be having a reasonably nice winter day, the southern part, almost 70 miles away, may be in the midst of a blinding snowstorm.

Sometimes parents may not be comfortable sending their child to school when the weather is questionable. The decision to send the student is the parents decision. If the parent feels it would be unsafe, they should keep their child at home even if school is open. The parents are in the best position to know the individual situation.

Lunch Program Information

The District is asking parents/ guardians to complete the free & reduced lunch program application, whether you access the program or not. The 1997 State Legislature developed a new formula for compensatory aids based on those children eligible for the program. Some families are eligible but do not choose to access the program, so that is why we are asking families to complete the form. All information is confidential, and can only be identified to the State for purposes of calculating aids. Thank you very much for your cooperation in helping us obtain all the revenue we have available to the school.

FREE AND REDUCED APPLICA-TION FORMS: Please return this form prior to school beginning. This was mailed in July. If you need another, please call for one.

LUNCH PAYMENTS: Payments can be mailed to the attention of Greta Kuliu or paid in the commons between 8:00 a.m. and 4:00 p.m. daily. You may include all of your children on one check, just be sure to indicate the amount you are paying for each child, including their account number.

ENTREES AND EXTRA MILK: Students in grades K-12 can purchase extra breakfast entrees at \$1.25; extra lunch entrees at \$1.50 and extra milk at \$.50 per carton.

SALAD BAR: Students in grades 4-12 can choose the Salad Bar in lieu of the regular lunch line.

ALA CARTE ITEMS: Ala carte items will be cash only. These items are chips, bakery items, juice, fruit roll-ups, granola bars, ice cream, fruit, etc.

SCHOOL BOARD POLICY: No



more than 5 meals are to be charged. After this point, we reserve the right to deny your child meals. If this is the case, you will be notified prior to a cutoff date. There must be funds in your child's lunch account to purchase extra entrees for breakfast and lunch and to purchase ala carte items.

BREAKFAST & LUNCH PRICES:

- K-12 breakfast is \$1.75 and Adult is \$3.00.
- K-6 lunch is \$2.25 and High School is \$2.35. Adult lunch is \$4.25.

If questions call Greta Kulju, at 768-2111, ext. 240.

General Pesticide Notice for Parents & Guardians

A Minnesota state law went into effect in the year 2000 that requires schools to inform parents and guardians if they apply certain pesticides on school property.

Specifically, this law requires schools that apply these pesticides to maintain an estimated schedule of pesticide applications and to make the schedule available to parents and guardians for review or copying each school office.

State law also requires that you be told that the long-term health effects on children from the application of such pesticides or the class of chemicals to which they belong may not be fully understood.

If you would like to be notified prior to pesticide applications made on days other than those specified in the estimated schedule, please contact Rick Christensen Building & Grounds Supervisor.

No Shots, No School....

It's the Law in Minnesota

These are the shots the school law requires.

Parents may get a legal exemption from the school law for medical reasons or conscientiously held beliefs. Children entering Kindergarten and 7th grade must now have proof of having had chicken pox or the varicella vaccine. These forms are available from the nurse's office. All children should be protected by hepatitis B shots - not just those required to have them by law. For more information, call your doctor, clinic or health plan. Information provided by the MN Department of Health.

Hep B hepatitis B	DTaP/Td/Tdap diphtheria, tetanus, pertussis (whooping cough)	Polio	MMR measles, mumps, rubella	Hib Haemophilus influenzae type b	Varicella* (chickenpox)
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<i>~~</i>	$\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{\sqrt{10}}}}}}}}$ 5 th shot not needed if 4 th was after age 4	4 th polio not needed if 3 rd was after age 4	$\checkmark\checkmark$		$\checkmark\checkmark$
	At least ✓ ✓ ✓	At least ✓ ✓ ✓	~		
√√√ 7 th grade only***	At least $\checkmark \checkmark \checkmark \checkmark$ Plus one more shot at age 11-12 years**	At least ✓ ✓ ✓	√√		✓✓ 7 th grade only
	hepatitis B	hepatitis B     diphtheria, tetanus, pertussis       pertussis     (whooping cough)       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓     ✓ ✓ ✓ ✓       ✓ ✓ ✓     ✓ ✓ ✓       ✓ ✓ ✓     ✓ ✓ ✓       ✓ ✓ ✓     ✓ ✓ ✓       ✓ ✓ ✓     ✓ ✓       ✓ ✓ ✓     ✓ ✓       ✓ ✓ ✓     ✓ ✓       ✓ ✓ ✓     ✓ ✓       ✓ ✓ ✓     ✓ ✓       ✓ ✓ ✓     ✓ ✓       ✓ ✓ ✓     ✓ ✓       ✓ ✓     ✓ ✓       ✓ ✓     ✓ ✓       ✓ ✓     ✓       ✓ ✓     ✓       ✓ ✓     ✓       ✓ ✓     ✓       ✓ ✓     ✓       ✓ ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓       ✓     ✓ <td>hepatitis B     diphtheria, tetanus, pertussis (whooping cough)       vhooping cough)       vvvv       vvvv       vvvv       vvvv       vvvvv       vvvvv       vvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvv</td> <td>hepatitis B     diphtheria, tetanus, pertussis     measles, mumps, rubella       (whooping cough)     Image: Cough of the second sec</td> <td>hepatitis B     diphtheria, tetanus, pertussis     measles, mumps, rubella     Haemophilus influenzae       (whooping cough)     Image: Cough of the second se</td>	hepatitis B     diphtheria, tetanus, pertussis (whooping cough)       vhooping cough)       vvvv       vvvv       vvvv       vvvv       vvvvv       vvvvv       vvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvvv	hepatitis B     diphtheria, tetanus, pertussis     measles, mumps, rubella       (whooping cough)     Image: Cough of the second sec	hepatitis B     diphtheria, tetanus, pertussis     measles, mumps, rubella     Haemophilus influenzae       (whooping cough)     Image: Cough of the second se

grade in fall, 2009. If a child received a Td at age 7-10 years they do not necessarily need another one at age 11-12. However, they must receive another shot of Td or Tdap 10 years after their last one. An alternate 2-shot schedule of hepatitis B may also be used for kids from age 11 through 15 years.

**** The Hib requirement is temporarily suspended due to a vaccine shortage

To go to school in Minnesota, students must show they've had these immunizations or file a legal exemption with the school.

Parents may file a medical exemption signed by a healthcare provider or a conscientious objection signed by a parent/guardian and notarized

Other immunizations recommended for school kids, but not required by the School Immunization I aw: Influenza (flu) - each year for children age 6 months through 18 years - especially those with risk factors like asthma and diabetes.

Meningococcal for age 11-18.

• Human papillomavirus (HPV) for girls age 11-18

## **Annual Notification of Asbestos Safety**

As a result of federal legislation (Asbestos Hazard Emergency Response Act - AHERA), each primary and secondary school in the nation is required to complete a stringent inspection for asbestos and to develop a plan of management for all asbestos-containing building materials. The McGregor School District has a goal to be in full compliance with this law and is following the spirit, as well as, the letter of the law. As a matter of policy, the district shall continue to maintain a safe and healthful environment for our community's youth and employees.

In keeping with this legislation, all buildings owned by the McGregor School District were inspected by EPA accredited inspectors and samples were analyzed by an independent laboratory. Based on the inspection, the school prepared and the state approved a comprehensive management plan for handling the asbestos located within its buildings safely and responsibly.

Furthermore, the McGregor School District has completed their 3-Year Re-inspection required by AHERA. Our district buildings, where asbestos-containing materials were found, are under repair, removal and Operations and Maintenance.

This past year McGregor School District conducted the

following with respect to its asbestos containing building materials:

### Implemented our Operations and Maintenance Program

Federal law requires a periodic walk-through (called "surveillance") every six months of each area containing asbestos. In addition, the law requires all buildings to be re-inspected three years after a management plan is in effect.

Short-term workers (outside contractors - i.e., telephone repair workers, electricians and exterminators) must be provided information regarding the location of asbestos in which they may come into contact. All short-term workers shall contact the District Building & Grounds Head before commencing work.

The McGregor School District has a list of the location(s), type(s) of asbestos containing materials found in each school building and a description and time-table for their proper management. A copy of the Asbestos Management Plan is available for review. Copies are available at 25 cents per page. Questions related to the plan should be directed to the District Office at 218-768-2111.

## **Policy Coordinators and Contact Persons**

Title IX - Paul Grams, K-12 Principal: Title IX forbids discrimination on the basis of gender in any service rendered by any educational institution or public service.

Sexual Violence or Harassment - Rachel Anderson, School Counselor. The School district's Sexual Violence and Harassment Policy prohibits any form of sexual harassment. It shall be a violation of this policy for any student or employee of Independent School District #4 to harass a student or an employee through conduct or communication of a sexual nature as defined by this policy.

## **Driver's Education**



Driver's Education classroom instruction will take place during the school day as part of your child's 9th grade curriculum. The class will be taught twice

during the 12/13 school year with the oldest students scheduled to take the class 1st quarter and the remaining students taking the class 3rd quarter. Behind the Wheel will be scheduled after school with Mr. Jacobs and Ms. Hosna once your child has completed their classroom instruction at McGregor High School and paid the fee.

The fee for Driver's Education will be \$325. This fee must be paid prior to your child receiving his/her blue card. Please make the check out to ISD #4/Community Education. If you need to set up a payment plan or have any questions, contact Lisa Kruse at 218-768-2111 x233.

New laws have been put into place as of August 1, 2008. If you have a teenage driver please note the changes and discuss with your child.

* Please attend the driving class from 5:30-7:00 on August 30. Distracted driving is on the rise amongst teenage drivers.

### Health Checkups & Sports Physicals: Helping Kids Do Their Best

How long has it been since your child had a health checkup? Is he or she planning on participating in sports? Regular checkups are important to help keep children healthy. A child who is healthy will perform better in school. Through regular health checkups, problems can be found and treated early, before they become serious. Hearing and vision tests will make sure that a child is able to see and hear in his or her classroom. School age children need a complete checkup at least every other year.

The Minnesota State High School League requires students to have Sports Physicals every three years to participate in sports. Athletes need to be healthy and well to perform their best.

If it has been two years or more since your child had a checkup, call your clinic soon to schedule an appointment. If your child is on Medical Assistance or Minnesota Care, ask for a Child and Teen Checkup when you make the appointment.

## Meet the New Teachers

#### **Rachel Anderson**

My name is Rachel Anderson and I am the new school counselor at McGregor. A little background on me: I was born and raised in Blaine, MN and graduated from Blaine High School in 2006. From there I attended Gustavus Adolphus College where I graduated with my bachelor's degree in Psychology. I earned



my master's in school counseling from Saint Cloud State University and was a yearlong intern at both Technical High School and South Junior High, both in St. Cloud. I have always had a passion for working with kids of all ages and can't wait to get to know everyone at McGregor! I have always enjoyed being involved in activities, from competing on the swim team, to learning to cook, to exploring the outdoors and taking on new adventures with my fiancé, Jamie Dayton (I will be Ms. Dayton as of September 28th!). We recently adopted a five month old lab/collie puppy named Ryder and the three of us are excited to start our lives as a family together in McGregor! I look forward to meeting everyone and getting to know the community soon!

#### **Jenny Rose**

I was born and raised in Duluth, Minnesota. I graduated from Waldorf College in Forest City, Iowa with my Bachelors Degree in Elementary Education and endorsements in Math, Reading and Coaching. After college I worked for a Nursery



School before I started subbing for a couple of school in the Duluth area. I have my K-6 Minnesota Teaching Licensure. For the last two years I have worked for the Edison Charter Schools in Duluth as a Q-Comp Substitute teaching grades K-8th. In that time I had three long term teaching positions; two in 3rd grade and one in 5th grade. I am excited to be teaching 4th grade this year, (It's one of my favorites!) and living in the Mc-Gregor area. I love spending my summer at Big Sandy Camp, hanging out with family and friends, shopping, and reading- when I can!

## Needing High School credits?

It's easy to get started at the Alternative Learning Program. If your still in school, talk to your guidance counselor. And, if you are out of school, stop by the program office or call to make an appointment. For more information call (218) 768-3505.

## Riding the Activity Bus



Parents of students riding the late bus are reminded of the following:

* The activity bus is for students in grades 3 through 12 who are involved in school activities only.

* Students that stay after for tutoring must bring work to last from 3:30 - 5:30pm (Bring a book to read after completing homework).

* The two activity buses load at 5:35pm and leave school at 5:40pm.

* The activity bus does not provide door-to-door service. The routes go north or south of the school district and stop at various business locations. (If a student lives along this route, the bus will stop at the driveway.

* Parents of young children should pick up their child at school rather than using the activity bus. (There is concern about dropping off a young child, with a long driveway, especially in the dark.)

## **Operation Community Connect**

The Aitkin County Homeless Coalition will be hosting Operation Community Connect on Thursday, October 18, 2012 from 9:00 a.m. to 3:00 p.m. at the Westside Church in Aitkin. This is an opportunity for Aitkin County citizens to recieve information, assistance, and apply for services they may be eligible for.

The state-wide Wilder Survey on Homelessness coincides with this event. This survey, which is conducted once every three years, attempts to count the number of homeless people in Minnesota.

Some of the agencies and organizations that have participated in the past include: Aitkin County Health and Human Services, Lakes and Pines CAC, Aitkin County HRA, Aitkin Workforce Center and many more. Additional services provided have included: flu shots sponsored by Aitkin County Public Health, coat distribution sponsored by Aitkin Women of Today ,and several workshops focusing on family budgeting and legal issues.

The Salvation Army will be sponsoring a free lunch meal from 11:30 a.m. to 1:00 p.m. Free child care will also be available to allow parents the opportunity to visit with agency representatives. For more information regarding transportation, participating as a service provider or how you can volunteer to help, please call the Operation Community Connect toll free number 866-631-6748.

## Meet the New Teachers

#### **Heather Goble**

Hello! I'm Heather Goble and very excited to be teaching 3rd grade at McGregor Elementary this school year. I am a recent graduate of North Dakota State University and Valley City State University with a dual degree in Elementary Education and Child Development/Family Science. I am very



happy to be closer to home (Aitkin) after many wintery years in Fargo! Currently, I live in Aitkin where I recently bought my first house. Any forseeable spare time will be spent painting, remodeling and landscaping! In addition to teaching, I love playing piano, reading, playing cards, cooking and baking. Aitkin Women of Today is also a large part of my life. I spend many hours volunteering with my friends and family through the organization.

#### **Tammy Ford**

Tammy Ford has been hired as a K-3 Elementary Literacy Tutor for the 2012-2013 school year. The position is through the Minnesota Reading Corps, an Ameri-Corps program. The Minnesota Reading Corps (MRC) is a statewide initiative to



help every Minnesota child become a successful reader by the end of 3rd grade. Tammy completed three days of intensive training learning about early childhood literacy and interventions. She will be one of over 1,100 MRC tutors across the state of Minnesota.

Originally from Maryland, Tammy has lived in McGregor since 2005. She is married to Walt Ford, Refuge Manager at Rice Lake NWR. They have two children: Carson, a 5th grader, and Erin, a 2nd grader. Tammy has kept very busy since moving to McGregor. She has been a substitute secretary and paraprofessional at McGregor since 2007.

When she is not working, she volunteers for many local organizations. She organized "Camp Spooky," a haunted Halloween fundraiser for the McGregor Area Playground. She is a Sunday School teacher and coordinates the annual parade float and Vacation Bible School at Grace Lutheran. She also helps out at the refuge and A.N.G.E.L.S.

She says she is looking forward to working with the children at McGregor. "I know this will be a very rewarding job. This is a wonderful opportunity for the students at McGregor. I feel privileged to be a part of the literacy solution."

#### Jan Sornberger

Jan Sornberger joins our staff as the speech and language therapist. Before moving to the McGregor area, she taught in the Cambridge/Isanti School District for over 20 years. She loves spending time with her family and friends while dan-



gling a fishing line and is looking forward to working with the students and families of the McGregor School District.

#### Sarah Pylvanen

My name is Sarah Pylvanen and I will be the new Early Childhood Special Education Teacher. Our family lives in McGregor and I am excited to have the opportunity to work in our home community. My husband and I were blessed with twin boys in May and I have



two wonderful stepdaughters, two dogs, and three horses. Our family is very busy but when we have free time we can be found hunting, fishing, horseback riding, ATVing, snowmobiling, or visiting with family and friends. I have a Master's degree in Early Childhood and Early Childhood Special Education from the University of Minnesota and am licensed to teach general education Birth through third grade and special education birth to age 7. My experience ranges from substitute teaching in Mpls Prek-6th grade, Kindergarten Intervention Teacher, Mentor Teacher, Head Start Center Director, and Early Childhood Special Education Teacher. I love working with children and families and am looking forward to building new relationships in McGregor.

#### Kalla McEachern

Hi! My name is Kalla McEachern. I will be a Kindergarten teacher this fall. I am from St. Michael-Albertville, Minnesota. I am a 2011 graduate of Bethel University. While in college I studied abroad at the University of Edinburgh in



Scotland. I love traveling and seeing new places around the United States and the world. In addition to traveling I enjoy anything that is on the water - sailing, skiing, tubing, knee boarding. I also enjoy down hill skiing and skating in the winter. My family has a cabin on Gun Lake, so I have been around McGregor my entire life. When I saw the opportunity to work as a teacher in the McGregor schools, I was excited to be apart of this wonderful town. I am looking forward to being apart of the McGregor community in a more permanent way.

#### Joe Wisotzke

Hi my name is Joe Wisotzke and I am the new business teacher here at McGregor High School. I grew up in Janesville WI and went to the University of Wisconsin – Stout for College. I have been a business teacher for 13 years at Princeton and Royalton High Schools. I



also have worked as a salesman for Honda and sold asphalt driveways. I own a DJ business on the side which keeps my weekends pretty busy. I enjoy being with friends and family and watching sporting events and concerts. I look forward to meeting new friends and getting to know the students at McGregor High School.

## **TELEPHONE SYSTEM**

DISTRICT OFFICE Superintendent/ Elem Principal Paul Grams	226	HIGH SC High Scho Robert S
Business Manager Shauna Dalchow	223	Secretary - Counselor
Administration Sec/Payroll Michelle Gauthier	221	Activities D HS Media Conferenc
Facilities Supervisor Christensen, Rick	262	Business C Fitness Cer
Maintenance Boiler Room	262 293	Lounge by Home Ec I Art Room
Bus Garage Bob Merritt	248	<b>Staff</b> Anderson,
Food Service Gary Foix	230	Baumgard Bodway, A Fischer, Jei
Community Education Lisa Kruse	233	Frauenshu Giese, Nicl
Culture/Language Elem Classroom	272	Henry, Sar Hosna, Re
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<b>HIGH SCHOOL</b> High School Principal Robert Staska	235
Secretary - Deb Swedberg Counselor - Rachel Anderson Activities Director - R. Staska HS Media Center /Comp. Lab Conference Room Business Computer Lab Fitness Center Lounge by Commons Home Ec Room Art Room	236 237 235 238 298 224 305 244 254 286
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### School Library News

With the new school year starting, it's a good time to encourage your child to read! Our school is fortunate to have a separate elementary and high school library, both filled with many new and interesting books. You and your child can access our collections by the Internet using our school's website. It has links to the library that allow you to see what we have to offer. Under both the student and parent options, you can scroll down to the library link and click on it to find a world of good reading. When you get to the Welcome to Mc-Gregor library page, click on McGregor Public School, then on catalog, and finally you will arrive at our Follett Library System page. From there you can search for a favorite book, a new title, or a subject of interest. There are so many exciting books to be read! We encourage you to "check them out"! If you have any questions please call Cheryl Sorensen in the high school library (ext 238) or Kris Sylvester in the elementary (294). Happy Reading!

## **12-13 SPORTS FEES**

#### **Sports Season Passes**

Season Family Sports Pass	\$90
Season Single Adult Sports Pass	\$50
Season Student (K-12) and Seniors Sports Pass	\$30
Single Game Ticket - Adult	\$5
Single Game Ticket - Student (K-12)	\$2
Single Game Ticket - Senior Citizen	\$3

#### **Athletic Participation Fees**

Per Sport (High School)	<b>-</b> \$55
Per Sport (Junior High)	\$30
Maximum Fee For Families	s\$175

## **IMPORTANT FOOD** SERVICE NOTICE

For those of you who still owe a balance on your students Food Service account from last year you need to be prepared to pack a sack lunch for your student until such time as the balance is paid in full and money is put into their account. A reminder bill was sent out on August 18th for those in question. If you didn't get a bill you don't owe for last year but need to deposit money in your students account for the coming year.

Also, we are encouraging all households to fill out the Free & Reduced application that was sent to each home the end of July. Please send back to the school before September 1st, this way your students are set up properly for the first day of school.

Any questions and concerns, please call Greta at (218)768-2111, ext.240

## McGregor #4 INDEPENDENT SCHOOL DISTRICT

OPERATING REFERENDUM Tuesday, November 6, 2012 <u>www.mcgregor.k12.mn.us</u>	School Board MembersLarry Doten, ChairpersonEric Kulju, Vice - ChairNate Jackson, DirectorMike Kruse, TreasurerJulie Orbeck, DirectorAngela DeWitt, DirectorHeather Sorenson, Director
Operating Levy Referendum - What is it?	School District Facts
<ul> <li>An operating levy referendum is a procedure which allows, with voter approval, school districts to raise additional revenue to supplement regular state education funding also called a Referendum</li> </ul>	<ul> <li>Square Miles Served - 804</li> <li>Employees (Full and Part Time) - 57 Full Time, 22 Part Time</li> <li>Current Enrollment - 369</li> <li>Annual Revenue Budget - \$6,012,029</li> </ul>
What is the District Asking?	School Ballot Question
<ul> <li>The District is asking to adopt a new operating levy referendum</li> <li>Adopt a new operating levy referendum for 10 years commencing with taxes payable 2013, which will request \$1 per pupil unit</li> <li>The question provides additional equity and operating revenue annually</li> </ul>	SCHOOL DISTRICT BALLOT QUESTION1 APPROVAL OF SCHOOL DISTRICT REFERENDUM REVENUE AUTHORIZATION The board of Independent School District No.4 (McGregor) has proposed to increase its general education revenue by \$.00 per pupil. The proposed referendum revenue authorization would be applicable forten years unless otherwise revoked or reduced as provided by law. YES Shall the increase in the revenue proposed by the board of Independen
Why this request?	NO School District No.4 be approved?
<ul> <li>The previous operating referendum expired after taxes payable in 2011 resulting in a loss of operating and equity revenue for taxes payable in 2012</li> <li>Without the adoption of the new referendum the district will be forced to reduce its expenses accordingly</li> </ul>	BY VOTING "YES" ON THIS BALLOT QUESTION, YOU ARE VOTING FOR A PROPERTY TAX INCREASE. Cost of operating referendum to taxpayer? Pay 2013 Pay Reques Differenc
What will the Dollars be used for?	2012 Valu
<ul> <li>To continue to offer small class sizes</li> <li>To maintain facilities</li> <li>To continue to offer quality programs</li> <li>To provide access to technology</li> <li>Referendum Property Tax Information</li> <li>Almost all types or classifications (i.e. Homestead Residential, Commercial/Industrial, etc) of property</li> </ul>	25,00         -         0.0         0.0           30,00         -         0.0         0.0           40,00         -         0.0         0.0           50,00         -         0.0         0.0           60,00         -         0.1         0.1           70,00         -         0.1         0.1           80,00         -         0.1         0.1           90,00         -         0.1         0.1           100,00         -         0.1         0.1           125,00         -         0.2         0.2           150,00         -         0.3         0.3
are taxed the same based on their specific value (see	Initial Public Meeting
<ul> <li>the value on your property tax statement)</li> <li>Agricultural property beyond the house, garage, and one acre of land (also called DWELLING VALUE) is NOT taxed for this referendum</li> <li>Lake homes/cabins are NOT taxed for this referendum unless it is your primary residence</li> </ul>	Site One To Be Determined Date and Start Time Site Two To Be Determined Date and Start Time
<ul> <li>District Contact Information</li> <li>Shauna Dalchow, Business Manager (218) 768-2111 x223</li> </ul>	The District will be posting this information at a later date

Prepared and paid for by McGregor Public Schools #4 This publication is not circulated on behalf of any candidate or ballot question

## **Parents are invited to discuss**

#### **Changes for 2012 Afterschool Opportunities**

21st CCLC grant funding has provided these programs and more over the past decade:

Readers Club Radio Reading Elementary Volleyball Elementary Yearbook Open Computer Lab Mentor Groups Credit Recovery	K-12 1-6 4-6 5-6 8-10 7-8	3-12	Kids Club Elementary Play Elementary Reps Spelling Bee Mentor Group Spring Play Science Make-up L	6-12
Knowledge Bowl Summer Reading	7-12 K-6		Adv. Math Help 9-12 Summer Enrichment I	K-6

Due to the unavailability of 21st CCLC funding this year a number of these programs will not be offered. However, alternative funding sources and programming formats are being explored to ensure excellent enrichment and support for our students. Adult volunteers are needed for some roles. At this time we plan to offer Readers' Club, Elementary Yearbook, Elementary Reps, Theater, Homework Help, Open Computer Lab and possibly Kids Club on a limited basis. If you are interested in sharing your thoughts on supplemental programs such as those listed above, please attend the District Open House on Thursday, August 30th and visit Cheryl Meld at the AfterSchool Table Display.

## School and Community Theater

Are you interested in participating in the growth of a dynamic theater program for students in grades 4-12 as well as the many talented adults in our community?

Performance selections and dates will be finalized soon. Performers, musicians, artists, technicians and others are invited to join in now. Organizational meeting will be held Monday, September 12, 3:45 p.m. Room 105. (Flag pole entrance)

For Info: 218-768-2111 x239 cmeld@mcgregor.k12.mn.us

## **ATTENTION PARENTS:**

IMPORTANT: We no longer use the Edline program for student grades, progress reports, etc. We have a new computer program for parents that we are very excited about. This program not only allows you access to information about your child, but is also allows you to change directory information such as your phone number and address. You and your child will be given different passwords to enter the system. Student passwords will only allow them to access information. They will not be allowed to make any changes of any kind. We ask that you please stop in the elementary and/or high school office to get your username and password information for the new program. It is also very important that you and your child

do not share your password information with anyone. This would allow others to view or possibly change information about your family. A few of the items this program will provide access to are: student grades, late or missing assignments, lunch account balance with a detailed list of those items your child purchased for lunch, attendance, and phone numbers. We are all very excited about this new system, as it will improve and provide more information online for students and parents. If you are not able to attend the Open House, you need to call Deb or Paulette to get a print out that includes the information you will need.



## Readers' Club Grades K -12

You are invited to join at no cost. Members receive a free book each month, discounts at book fair events and have opportunities for special reading events throughout the school year. Readers' Club members sign up at the McGregor School Open House on Thursday, August 30th, 5 -7 p.m. or Kids Plus Back-to-School Bash and 20th Birthday Party on Thursday, September 13th, 4-7 p.m.

Sponsored by McGregor School, Kids Plus, Northland Foundation and the Aitkin County Child Abuse Prevention Council. For more info: Cheryl Meld @ 768-2111 x239 cmeld@mcgregor.k12.mn.us

#### **Reading Pals**

Adults ages 55+ are invited to attend an informational meeting for Reading Pals. Reading Pals volunteers will assist students grades K-3 in developing reading skills, distribute free books to children and plan special reading events and activities such reading aloud, reading in the round, book swaps, book shelf building and visits to book stores. Reading Pals fill a vital role in building literacy in our community. Volunteers will be reimbursed for mileage incurred as a Reading Pal.

For more information please attend <u>one</u> of the following:

#### Reading Pals Informational Meeting

- Wednesday, Sept. 5th 9:00 a.m. High School Room 105 (Flag pole entrance)
   OR
- Thursday, Sept. 6th 8:30 a.m. 94 North Maddy Street (Kids Plus Office by P.O.)
- Thursday, Sept. 6th 12:30 p.m 94 North Maddy Street (Kids Plus Office by P.O.)

Reading Pals is a Northland Foundation Initiative provided through Kids Plus.

For info: 218-768-2040 or 218-768-2111 x239

## MN Reading Corps New to McGregor School

Carrie White and Lisa Kruse are excited to announce that McGregor is a recipient of the MN Reading Corps Literacy program. K - 3 students that qualify for this program will receive additional reading instruction daily; helping them to improve their reading skills and to develop a life-long love of reading. They will gain confidence as they master their skills.

The Minnesota Reading Corps is a statewide initiative with the mission of helping every Minnesota child become a successful and proficient reader by the end of third grade. MRC provides funding for one-on-one literacy tutors. The trained tutors utilize research-based interventions and instruction to ultimately guide students who rank just below proficiency levels toward becoming successful readers. Students meet with their tutor individually for 20 minutes daily to help improve their skills in phonics, phonemic awareness, and fluency.

As the nation's largest state AmeriCorps program, MRC is nationally recognized in helping close the achievement gap. At the present time, nearly one in five Minnesota third graders is failing to reach basic levels of literacy. That's nearly 13,000 children each year!

Tammy Ford has been hired as a trained literacy tutor at McGregor. She, along with Carrie White (Title 1 teacher) and Lisa Kruse (Community Education) attended a MN Reading Corps training course in St. Paul. White and Kruse will fill the role of Internal Coaches for the district while Ford will work directly with students.

This is a great enhancement to the strategies already in place in our elementary school. It will complement the Read Well plan enhancing our literacy program.

Included in Community Education section of this newsletter are more literacy offerings for students after school and evenings. We are on track to have all students proficient by the end of third grade!

For more information, please contact Carrie White or Lisa Kruse. Letters will be sent home to K - 3 parents with more detailed information.



McGregor is on the move with SHIP, the State Health Improvement Project. As part of the NE Region's SHIP project, McGregor is moving forward with healthier food options and a healthier food environment at Mc-Gregor School, Safe Routes to School (SRTS) and Active Transportation.

McGregor received the Action for Health Kids grant to pursue healthier food options in the competitive food areas. Taste testing events will be held throughout the year. Students and community members will get to taste test healthier options at the concessions stands for athletic events. Later in the year, students will taste test healthier options for the a la carte line and vending machine. Finding out which healthier options the students like is key to helping them to choose healthier options and a healthier lifestyle.

McGregor also received the Safe Routes to School grant and the District Wellness Team is working with the county SHIP Coordinator to encourage students and community members to join Fire Up Your Feet, a national movement through which participants can log their miles online and win prizes. SRTS and the McGregor Wellness Team will also be awarding local prizes. Work is also underway to plan McGregor's first ever Walk to School Day, October 3, 2012. Students, parents, and community members will be encouraged to walk to McGregor School that morning, in support of having safe routes for children to walk. The final event for the year will be a Bike Rodeo and Expo, featuring a professional BMX team. But that isn't all! Community members can join the team to plan safe routes to school that can be painted, to allow students a buffer from traffic. The team is also looking at ways to make the HWY 210 crossing safer for students who live in the neighborhood across the road.

Students aren't the only ones who need exercise. McGregor on the Move is about all of McGregor. The District Wellness Team members, headed up by Lisa Kruse, the Community Education Director and members of the City Council have been looking at what the community of McGregor needs to make pedestrian and bicycling transportation safer and friendlier. We are looking for individuals, agencies, organizations, and business owners to join this team to help guide what McGregor on the Move looks like.

Parents and students can learn more and be active at the McGregor School Open House, August 30th, from 5:00 to 7:00 PM. You can also catch us at the Wild Rice Days Parade. We won't be riding a float, we will be MOVING!

Join the movement! Contact Lisa Kruse at 768-2111 or Stacey Durgin, the Aitkin County SHIP Coordinator at 218-927-7224 or 800-328-3744. Get on the MOVE!





## McGregor Community Education

Phone: 218-768-2111 x233 • Fax: 218-768-3901 E-Mail: llkruse@mcgregor.k12.mn.us Office Hours: Monday, Tuesday, Thursday, Friday



Community Education and Early Childhood classes are posted on Facebook. "Like" us for updates weekly pertaining to new classes and reminders. Find us at McGregor Community Education on Facebook.

Community Education is a source of information about community needs focusing on lifelong learning opportunities, community involvement and raising the quality of life in our community. **Get Fit...Get Healthy...Get Organized** Community Education extends opportunities to residents of all ages and abilities. If you haven't taken the time to attend one of the many classes, fitness center, or volunteer; I encourage you to do so. It is time for continued learning, experiencing and socializing within your own community. Community education proves that learning never ends! If you have an idea or would like to share your talent as an instructor please contact me!

## A Splash Of A Summer For Students at BSWI

Student's had an enriching summer of hands-on, experiential learning at Big Sandy Water Institute. Despite the local flooding BSWI carried on as usual. Programs were altered along the way, but staff found creative ways to continue focusing on environmental education and recreation. The flooding was a big deal and created many learning opportunities for our youth. We cannot control Mother Nature, but we sure can make the best of it. Student's learned about our water shed as well as how the high water impacts fisheries, forestry and our environment as programming took place Monday - Thursday during June and July. The program wrapped up with two weeks of swimming lessons stretching

into August. It is sad to see the programming end as it provides youth



with an abundance of learning opportunities and social connections keeping them away from our electrified world in which we live in.

A great big thanks goes out to all of the partnerships that worked so cooperatively to ensure a successful summer for all of us!



Thank you to Army Corps of Engineers, Rice Lake National Wildlife Refuge, Savanna Portage State Park, Jay Cooke State Park, Savanna Ridge, Great Lakes Aquarium, Forest History Center, Mille Lacs Museum and Kathio State Park.

Sponsors helping sustain Big Sandy Water Institute through their generous donations include Big Sandy Lake Association, Big Sandy Lake Foundation, BSALWMP, Jack-a-Lope Hunters, Minnewawa Sportsmens Club, McGregor Lions Club, McGregor Firefighter Relief Association, Aitkin County Water Planning Task Force and Tamarack Sno-Flyers.

We accomplish our goal each and every year of teaching youth the importance of their surroundings to ensure future

sustainability and enjoyment of our natural resources. Many students become environmental stewards becoming more mindful of the earth and in touch with nature.

Staff, partners and volunteers look forward to another exciting year next summer!



### THE MERCURY

A publication in cooperation with McGregor ISD#4 and McGregor Printing & Graphics, Inc.

#### **BOARD OF EDUCATION**

Larry Doten - Chair Mike Kruse - Clerk/Treasurer Julie Orbeck - Director Angela DeWitt - Director Nate Jackson - Director Eric Kulju - Director Heather Sorensen - Director Dated Material Please Deliver Promptly



Post Office or Rural Route Box Holder



#### YOUTH POWER HOURS

Students will have an enriching, fun and action-packed two hours as they spend time participating in recreational activities as well as an hour of enrichment projects. No session will ever be the same as the activities and theme of the class will change weekly. Let imaginations soar as kids explore with this new Community Education Youth Power Hours opportunity.

Every Monday starting October 1 from 3:30 - 5:30pm Ages: 4th-7th grades

Home Ec Room Fee: \$20/month Becky Hosna, Instructor

#### FAMILY NIGHT OUT - DINNER MAKES A DIFFERENCE

Monday, September 24th is Family Day! Join Community Education as we celebrate "family" by cooking together and eating together. A family meal is a great time to share the events of the day through conversation and shared time together. Students are more likely to eat their meal if they contribute to the preparation of it. You will participate in more literacy activities and family games after mealtime prior to the end of the session. Come on out and enjoy a meal with the family celebrating the day!

Monday, September 24 from 5:30 - 7:00pm McGregor Home Ec Room Melanie Guida, Early Childhood Educator Becky Hosna, Youth Power Hours Instructor Tammy Ford, MN Literacy Tutor You must pre-register

#### YOUTH POWER HOURS -LITERACY GAMES & ACTIVITIES

Join MN Reading Corps literacy tutor for games and activities that will offer support and enrichment during this afterschool and evening opportunity. While the emphasis will be on literacy; students will be learning through experiential exciting games and activities. Every 2nd and 4th Tuesday; Oct. 9, 23, Nov. 13, 27 & Dec. 11 Time: 3:30 - 5:30pm

Where: Home Ec Room Ages: Kindergarten - 3rd Grade Students Instructor: Tammy Ford, MN Literacy Tutor No charge for this class

#### EARLY CHILDHOOD "I LOVE TO READ"

Literacy is such a vital component for every child in order for them to be successful readers. McGregor Early Childhood want you to join us as we bring stories to life for you and your child. Every week we will discover the magic of literacy through storytime with your child allowing their imaginations to soar!

Every 3rd Tuesday; October 16, November 20, December 18 Time: 5:30 - 6:30pm

Where: McGregor Early Childhood Classroom Ages: Birth to Kindegarten & Families Instructor: Tammy Ford, MN Literacy Tutor No fee; pre-registration is required

#### **PIANO LESSONS**

Interested in a musical background? Contact Heather Goble about piano lessons beginning this fall. Lessons are a half-hour, once a week, and are open to anyone ages 7 and up; including adults. (If a child is under 7 and interested, ask for more details.) Lessons will



be located at McGregor Elementary in room E29 and scheduled in half-hour increments beginning at 3:30. Students will be scheduled on a first-come, first serve basis.

If interested, contact CE or Heather at 768-2111 x 233 or 278 Or email at: hgoble@mcgregor.k12.mn.us Fee: \$9.00 / lesson checks payable to Community Education

#### **MIGHTY MERC CHEERLEADING**

Stay active and moving with this Mighty Merc Cheerleading class. A great introduction to dance class that will start up in October. The cheerleaders will perfom at two football games.

Practices will take place Tuesdays, September 11 - October 9 from 3:30 - 5:30pm

Performances at halftime of football games Sept. 21 & Oct. 17 Ages: 4 - 6 grade Fee: \$35/includes sweatshirt

Instructors: Lacey Campbell & HS Cheerleaders



Education

#### HOW TO REGISTER

KEGIS	TKA	TION	FORM

NAME

	1.	CALLING: 218-768-2111	x233
--	----	-----------------------	------

- 2. FAX: registration form to 218-768-3901
- 3. MAIL: registration form to

ISD #4/Community Education PO Box 160, McGregor, MN 55760

- 4. DROP BOX: outside CE office
- 5. E-MAIL: Ilkruse@mcgregor.k12.mn.us

ADDRESS			
HOME PHONE			
	CASH		
YOUTH	ADULT	55+	

## ommunity

3

2

## Community Education DANCE PROGRAM

The community Education dance program is taught by Delaney Eld. Delaney has many years of dance experience as a dance student and instructor. She brings lots of energy, creative ideas and excitement to the program.

Classes are held each week in the high school auditorium and the year concludes with a recital in May.

All classes are \$25/month

Costume fee: Due prior to the recital Classes start the first week of November

**JAZZ AND BALLET** Ages: 1st - 3rd grade When: Tuesday's from 3:30 - 4:30pm

**BALLET AND TAP** Ages: 3 year old to 1 st grade When: Tuesday's from 5:00 - 5:45pm

**HIP HOP AND JAZZ** Ages: 7 - 12th grade When: Wednesday's from 3:30 - 4:30pm

**HIP HOP AND BALLET/LYRICAL** Ages: 4 - 6th grade When: Thursday's from 3:30 - 4:30pm

**BALLET AND TAP** Ages: 3 year old to 1st grade When: Thursday's from 5:00 - 5:45pm

#### ADULT LIFE-LONG LEARNING OPPORTUNITIES

Be healthy and stay independent. Get fit, have fun, make friends

#### Check the school website - Community Ed link for more classes to be coming this fall!

ZUMBA and HOW TO SPEAK SPANISH and COMPUTER CLASSES

#### SilverSneakers® Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tub-



ing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Starting September 7

Every Tuesday and Thursday from 9:00 - 9:45am

Every Monday from 3:45 - 4:30pm

Paula Jackson, Certified Fitness Instructor

\$3/class or nor charge to SilverSneakers eligible members Classes held in the H.S. auditorium stage (check in - fitness center)

#### Yoga Class for Adults

Yoga...creating balance in the body through developing both strength and flexibility. Bring a yoga mat if you have one or you may

purchase through Community Education. Wednesdays, September 19 - October 24 from 3:45 - 4:15pm McGregor High School Band Room \$30/fee for 6 week session Becky Hosna, Instructor



#### **Exercise and Movement Class for Older Adults**



Do you have a fear of falling? Have aches and pains? Use a cane or walker? Walk slower than normal? Walk bent over? Have a chronic disease? Why Join? Come work with Judy Hawley, PT who has been a Physical Therapist for over 20 years. She practices in McGregor area, focusing on movement issues of the older adult. You will focus on walking better, learn how to walk with confidence, have less fear of falling, have less joint pain, stand up straighter. You will gain con-

trol of movements, balance and control; and excerice sitting down or standing with support. Every Tuesday from 9:00 - 10:00am McGregor Community Fitness Center \$20/month Need a Ride? Call Angels at 218.768.2762 To register call Judy at 651.247.1331 or at class

#### Water Aerobics

Enjoy 75 minutes of refreshing and exhilarating water aerobics while you tone and improve your cardiovascular system. This class has so many social and health benefits including a great rehab exercise. You do not need to know how to swim to attend the class. Swim noodles are provided. Water shoes recommended. Class starts promptly at 10:30am so arrive early and prepared.

Every Monday, Wednesday & Friday starting September 17 from 10:30 - 11:45am at Big Sandy Lodge & Resort

Class Fee (payable to Community Education): \$20/half month September

\$40/month for October, November, December

Daily Pool Fee: \$2 payable to Big Sandy Lodge & Resort Paula Garrett, Instructor

#### **Open Swim At County Meadows**

A non formal water aerobics class with other adults takes place every Monday and Wednesday at Country Meadows Pool. Monday and Wednesday at 7:30am Country Meadows Pool No Instructor \$4 pool fee each session paid to Country Meadows

#### 2012 Wild Rice Days Family Fun Run/Walk

The Family Fun Run/Walk is open to all ages and abilities. This is a family friendly event encouraging lifelong fitness and FUN for all.

Get out and enjoy the spirit and excitement of the McGregor Community as we kick off the festivities with the Family Fun Run/Walk. Saturday, September 1



7:45 - 8:15am Registration/Check In

8:15am Exciting Instroduction and Group Stretches

8:30am 5k Run/Walk 8:32am 1 mile Run/Walk

3:32am T mile Run/Walk

\$10 T-Shirt Pre-Registration Fee (deadline August 17) Register with McGregor Community Education

Sponsored by Riverwood Healthcare Center and McGregor Community Education



### McGregor Community Fitness Center

148 South Second Street • McGregor, MN 55760 • 218.768.2121 x305 (located in the high school - north entrance)

- Open year round for public use
- Casual workout environment for all ages
- Precor and Cybex commercial equipment for strenght and cardiovascular training
- Attached workout room equipped with free weights Community locker rooms
- Affordable month to month membership rates (no initiation fees)
- Supervisors on duty for your equipment assistance
- Fitness classes offered through Community Education
- Dehumidification system for a much more comfortable workout environment
- BluePrint for Health® fitness discounts from Blue Cross and Blue Shield of Minnesota (must workout 12 times per month)
- Healthways SilverSneakers® Fitness Program; including a complimentary membership to fitness center and SilverSneakers classes to qualifying members (Blue Cross Blue Shield, Humana and Medica)
- UCare for Seniors fitness incentive discount plan

FITNESS CENTER HOURS Monday - Friday • 6:00 - 10:00am and 3:30 - 7:30pm

#### **MEMBERSHIP FEES**

#### ADULT (18+ and out of high school)

Single membership: \$30/month Single membership one year contract: \$288 (incl. 20% discount)

Couple membership: \$50/month Couple membership one year contract: \$480 (incl. 20% discount) (definition of couple is married adults living in the same household)

\$7.00 for single use \$35.00 for purchase of punchcard (6 punches)

#### STUDENT:

\$10 month for youth grades 9-12 (non-athletes) Students 7th grade and up may use the fitness center, but 7th & 8th graders must be accompanied by an adult. (supervisor does not count) Children under 7th grade are not allowed in the fitness center.

#### ATHLETE:

No fee for those participating in at least one sport during the school year and have paid the athletic fee.

#### **Heartsavers CPR Class**

Adult, Children and Infant Certification. All new updates will be taught. Bring a self addressed stamped envelope. Your CPR card will be mailed to you after completion of class.

September 19 from 6:00 - 9:00pm Health Classroom \$40 fee Trudy Bunge, Instructor

#### **Rustic Furniture Class**

The rustic furniture class is back by popular demand! Whether you have taken this class before or if you are new to it...you should not miss out! Previous attendees have constructed patio furniture, trellis, bed frames, end tables and more from willow found in our local woods. You do not have to be an expert with hand tools. Find yourself a partner and join us for a great project building class.

You will design and build your project with the assistance of John Bajda local craftsman.

Apprehensive? After you leave the informational session you will be well informed. The instructor will inform you of gathering of materials, talk about a material list, and a short demonstration



on collecting and bending willow, project construction; as well as helping you decide what you would like to build for your project. You will return with your willow a week following the instructional class ready to begin construction of your project.

Instructional class: September 20 from 6:00 - 8:00pm Contruction Classes: October 2 & 9 from 6:00 - 10:00pm McGregor Shop Classroom \$50 fee for one project John Bajda, Instructor

32nd Annual Arts And Craft Fair

Applications are being accepted for vendor/artisan booths for the 32nd annual Arts & Craft Fair.

* 10 x 12 space \$25

* 12 x 15 space \$30

* Breakfast and lunch will be available for purchase
* Childcare services will be available the day of the event Saturday, November 3, 2012
9:00am - 3:00pm

McGregor High School



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### Teen Drivers: The Parent's Role

Parent-Teen Driving Class, Thursday, August 30 from 5:30 – 7:00 pm



THIS CLASS IS OPEN TO ALL DRIVER'S AND PARENTS (mandatory for all students in Driver's Education in 2012-2013) Do you know what the REAL risks are for teen drivers? Do you know what restrictions are in place for new teen drivers? Do you have a contract in place with your teen, outlining your expectations when they get behind the wheel?

Learn about all this and more in our parent-teen class, an essential part of our driver's ed classroom training.

Why? Experts on young driver behavior agree that effective parent involvement makes a difference in reducing young driver crashes. This class will help you understand the big influence you can have in helping your teen become a safer driver and will give you the tools to do so.

The class will:

1. Increase your awareness of the most common risks for teen drivers (it may not be what you think) and Minnesota's teen driver laws.

2. Increase your understanding of the strong influence you have on your teen's driving behavior.

3. Provide information and tools you can use to help support your teen in driving safely.

The bottom line: the more you know about teen driving risks and laws and helpful ways to talk about them with your teen the more you can help your child become a safer driver. For example, a study by The Children's Hospital of Philadelphia shows that teens who said their parents set clear rules, paid attention to where they were going and whom they were with, and did so in a supportive way were:

- half as likely to crash,
- twice as likely to wear seat belts,
- 71 percent less likely to drive while intoxicated,
- 30 percent less likely to use a cell phone while driving, when compared to teens who said their parents were less involved.

We look forward to seeing you and your teen at the class, and working together to make him or her as well-trained and safe as possible behind the wheel.

The Teen Drivers: The Parent's Role class will be held: Thursday, August 30, 2012, 5:30 – 7:00pm McGregor High School Auditorium (North Entrance)

Presenter: Gordy Pehrson, Youth Traffic Safety & Alcohol Coordinator, Office of Traffic Safety & Trooper Kevin Skalsky, MN State Patrol

Registration is preferred, but not required. Email: llkruse@mcgregor.k12.mn.us or call 218.768.2111 x233

> Together we will drive Northeastern Minnesota Toward Zero Deaths!

#### AARP MINNESOTA DRIVERS SAFETY PROGRAM

Taking this class is an easy and sure way to reduce your motor vehicle insurance premiums. State law requires all auto insurance providers reduce premiums by 10% for policyholders who are 55 or older, when a certificate of class completion is provided to them. If you have never taken the class before, you need to take the initial 8-hour class first, and then every three years the four-hour refresher class is taken. No tests are given. All participants will be issued a certificate at the end of the class. These are valid for a 10% reduction for each of the next 3 years. You must have a valid driver's license with you at the beginning of the class so that a certificate can be issued.

Cost is \$12.00 for AARP members and \$14.00 for non-members, for either the initial class or

refresher. Persons registering for a class will need to provide their AARP membership number when registering, AND bring their card to class. Non-AARP members may call 1-888-687-2277 to become a member and non-members will NOT be allowed to join AARP the day of the class. The Aitkin County Senior Office, Clear Lake Grange #692 and AARP will sponsor these classes and PRE-REGISTRATION IS A MUST!

To register send a check made payable to AARP. Send registration to: R. Wigton, 33514 Dove St., Aitkin, MN 56431

There will be NO PHONE REGISTRATIONS, but payment must be made one week before the class begins. THE CLASSES CLOSE ONE WEEK PRIOR TO THE DATE OF THE CLASS AND AT THAT TIME YOU WILL RECEIVE A REMINDER PHONE CALL. IF THE CLASS IS FULL, YOU WILL ALSO RECEIVE A PHONE CALL TO RESCHEDULE. Don't assume you are in a class just because you sent in a check. Remember that classes are limited to 25-30 people, so get your registrations in early. Please include the date of your class on your check as well as your phone number. Your check will NOT be cashed until after the class is done. Call the Senior Office at (218) 927-3811 in case of cancellations only.

#### FIRST TIME

October 13, 2012 • 8:00am - 4:00pm McGregor Public Library • Olson, Instructor

REFRESHER COURSE September 6, 2012 • 5:45 - 9:45pm McGregor Public Library • Olson, Instructor

October 25, 2012 • 12:00 -4:00pm Sno-Flyers Building • Holten, Instructor

#### 2012-2013 ADULT BASIC EDUCATION - GED PROGRAM

Educate your mind...Your future will follow! AEOA Adult Basic Education * offers FREE one-on-one help with:

- * Basic reading, writing & math
- * GED prep in class or online
- * College prep
- * Basic computer skills
- * Career assessment
- * English as a Second Language

*Must be 16 years old and not enrolled in school SESSION 1

September 11, 12, 13, 18, 19, 20, October 9, 10, 16 & 17 SESSION 2

January 29, 30, 31, February 4, 5, 6, 7, 12, 13 & 14 SESSION 3

April 2, 3, 8, 9, 10, 15, 16, 17, 22, & 23

MORE Building (across from high school) • Classes start at 4:00pm Larry Doten, Instructor 218-768-2111 x233



## Early Childhood Corner

MELANIE GUIDA, Early Childhood Educator 218-768-2111 ext. 227 Room or ext. 300 Office E-Mail: mguida@mcgregor.k12.mn.us OUR MISSION... is to support and strengthen parents; the first and most important teachers in a young child's life.

McGregor Early Childhood programs are for many the first connection to our school district. We offer a wide range of opportunities for families with children from birth through age five, who are not yet enrolled in kindergarten. Our curriculum meets state learning standards and our classroom is full of enriching experiences with guided opportunities for young learners.

#### **Open House**

Join us for an evening of exploration and activities in the classroom and outdoors. Bring your firends and family to celebrate the end of summer and the beginning of an exciting school year in the Early Childhood classroom. Meet the Early Childhood staff and explore the space where children will learn through play!

Thursday, August 30 from 5:30 - 7:00pm Early Childhood Classroom

#### **Dinner Makes a Difference**

Monday, September 24th is Family Day! Join McGregor Early Childhood as we celebrate "family" by cooking together and eating together. A family meal is a great time to share the events of the day through conversation. Students are more likely to eat their meal if they contribute to the preparation of the it. Language is big component even in the kitchen as young ones learn how to measure, stir and pour. You will participate in more literacy activities and family games after mealtime prior to the end of the session. Come on out and enjoy a meal with the family celebrating the day! Monday, September 24 from 5:30 - 7:00pm McGregor Home Ec Room Melanie Guida, Early Childhood Educator You must pre-register

#### Early Childhood "I Love to Read"

Literacy is such a vital component for every child in order for them to be successful readers. McGregor Early Childhood want you to join us as we bring stories to life for you and your child. Each and every month we will discover the magic of literacy through storytime with your child allowing their imaginations to soar! Every third Tuesday; October 16, November 20, December 18 Time: 5:30 - 6:30 pm

McGregor Early Childhood Classroom Tammy Ford, MN Reading Corps Tutor No Fee; must pre-register

#### **Cooking With Your Kids**

Kids learn real lessons in science, language, math and creativy while spending time in the kitchen. Wrap, pour, mix, shake and spread working all the small and medium muscles/fingers as children learn about nutrition and healthy eating. Boost their self confidence while they learn life skills. Enjoy family time and bonding as you share kitchen space together while working as a family team. We will be sampling those yummy food items. Tuesday, October 23, 2012 from 5:30 - 7:00pm Home Ec Room \$5/session; must pre-register Melanie Guida, Early Childhood Educator

You must pre-register for this class

#### Explore, Imagine, Play and Learn

You have in important role in the life of your child or grandchild. Play, learn and imagine as we take you and your child/grandchild on a journey of discovery in the early childhood classroom. There will be parent discussion time as well as plenty of time for exploration, experimentation and inquiry with your child.

Tuesday, November 27 from 5:30 - 7:00pm Early Childhood Classroom \$5/session; must pre-register



#### **Kinder Kamp**

McGregor Community Education just wrapped up an exciting few days of Kinder Kamp. Kinder Kamp is held each year for all incoming Kindergarten students. It is a unique and wonderful opportunity for parent and child as it gently eases the transition into kindergarten.

Kinder Kamp is taught by the kindergarten teachers Ms. Mackedanz and Ms. McEachern. Ms. Melanie, McGregor preschool teacher and Ms. Kim, preschool assistant were there the first day helping with the transition. Most students are leaving preschool and entering kindergarten so their presence adds comfort to students that attended McGregor preschool program.

As well as students meeting their new teachers it is a time for them to get acquainted with their classmates and classroom; and get a sneak peak at what their kindergarten day will look like. They visit the lunchroom, get a tour of the school, ride the school bus (some for the first time), visit the playground and get to explore and learn for a few days.

"Not only is this beneficial to parents and students it is a great opportunity for our kindergarten teachers to get to know their students prior to the first day of school." explains Lisa Kruse, Director of Community Education.

For more information contact Lisa Kruse at 218.768.2111 x233 or visit the Early Childhood link at www.mcgregor.k12.mn.us. McGregor Community Education is on Facebook. "Like" to ensure updates and highlights of the program.



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www.mcgregor.k12.mn.us

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