

From the Superintendent



PAUL GRAMS
Superintendent/
Principal

I hope you had a fun filled summer and that you are ready for the start of school. This is an exciting time of year for the staff. It is our opportunity to see all of our plans and preparations come together for the students at McGregor. This summer we have hired new staff, completed building projects, and planned an open house to kick off the school year. I look forward to getting reacquainted and working with everyone this year.

Some of our staff members have transitioned into new positions and we have also hired nine new staff members this year. Previously working as a custodian, Anthony Pierce, has accepted the Maintenance Director position. Kim Sather, formerly the Early Childhood Assistant, has moved to an Educational Assistant position. Kaylie Serfling is the new Secretary in the Alternative Learning Program and Beverly Tesch is our new Evening Lead Custodian. We are also welcoming the following new employees to our school and community:

- GAYLE ALQUIST.....Bus Driver
- LEIF EGGEN.....6th Grade Teacher
- LIVIA GOULETTE.....Band Teacher
- DANI HAWKINSON.....Educational Assistant
- RONDA VIERKANDT..... MN Reading Corps Tutor
- CHAD HIGGINS.....4 Hour Custodian
- CRYSTAL ORAZEM.....K-6 Special Education Teacher
- JAY PAGAN.....4 Hour Custodian
- CHRIS PASHINA.....Industrial Technology Teacher
- BRUCE RENGO.....Kindergarten Teacher

To provide the best educational environment possible there has been many facility improvements and purchases this year. We replaced two roofs. One was the 3rd floor roof and the other was the roof over the High School Office area. The story pit in the elementary library was removed to provide additional space in the library and the opportunity for us to expand the nurse's office. New windows were installed in the northwest side of the building from the high school office to the industrial technology area. We replaced all 242 lockers in the high school. The baseball field backstop was replaced. We paved the area behind the auditorium and new carpet was installed in the elementary library and the music room. Our new purchases include; new computers for the high school computer lab, two new vans, additional lighting for the auditorium, new tables for the elementary library and a new industrial lawn mower. These are huge improvements for our school.

The Open House is scheduled on Thursday, August 29th from 5:00 to 7:00 PM. A complementary meal will be provided for those who attend. Students can see their classrooms, meet their teachers, drop off school supplies and reconnect with friends. Parents please take this opportunity to prepay for your child's meals with Greta, our Food Service Bookkeeper. She is located in the commons area. All of these activities can help students to be prepared for their first day back to school. I encourage you can attend this great event.

Thank you and enjoy the rest of your summer.



WELCOME BACK TO SCHOOL!

OPEN HOUSE

Thurs., August 29 • 5:00 to 7:00 PM

Students can see their classrooms and meet their teachers.

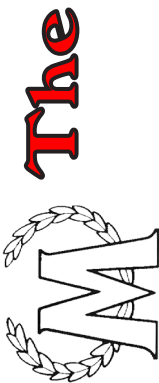


Check out our website!
Updated Weekly
www.mcgregor.k12.mn.us

In This Issue

- 2 From the Principal
- 3 Health Checkups
- 3 Elementary School Supplies
- 5 Lunch Program
- 6 School Closing Procedures
- 7 Counselor Corner
- 8 Telephone System
- 11 Meet the New Teachers
- CE 1- CE5 Community Education

The MERCURY



From the Principal

As of the writing of this article, fall sports for 9-12 grade students is underway, and students and staff are getting ready for the upcoming school year. This is always an exciting time of year.

This summer, the school has made many improvements in the appearance of our building. The new windows in part of the high school, the new baseball backstop on Iverson field, and the new lockers in the high school are a welcome addition.

The lockers have much more room than before. A change this year is that the lockers do not have locks installed on them. Students will be able to get a lock



BOB STASKA
Principal and
Activities Director

from the office if they wish to use one. There will be a \$5.00 deposit required for the lock, which will be returned when the student returns the lock to the office.

I encourage parents and students to attend the open house on August 29th. This is a great time to meet both the new and returning teachers. It is also a great opportunity for students to pick up schedules, make any changes to schedules, find their lockers, pay fees, etc. It is also the perfect time for parents to update contact information. With busy schedules during the day, some parents find that email is a good way to communicate with teachers. I encourage parents to include email addresses in their contact information so that teachers can send a quick note home when a teacher feels that there is something a parent might want to know whether it is good or not so good.

I am looking forward to making the upcoming school year a positive one for students, parents, and staff. As always, feel free to call my office at ext. 235 or email me (rstaska@mcmgregor.k12.mn.us) with any questions or concerns that you may have any time throughout the year.

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

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 of which the school activities contribute to a child's symptoms by contacting the school.

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

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.

Needing High School credits?

It's easy to get started at the Alternative Learning Program. If you 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.

WANTED

Wanted: Seniors and their families are needed to help raise scholarship money with **McGregor Area Dollars for Scholars.**

We have MANY fundraising ideas.

Please consider helping the Class of 2014 to raise money for scholarships by volunteering.

New & Improved: Our website for applying for your scholarship (starting THIS year),

www.McGregor.dollarsforscholars.org

Questions about McGregor Area Dollars for Scholars? Call Liz at 768-3339

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.

Elementary 2013-2014 School Supply List

KINDERGARTEN: 10+ pencils (and as needed throughout the year); colored pencils; 1 pkg. glue sticks; 1 box crayons; 1 box Kleenex; 1 pair round tips scissors; *watercolor paint set; 4-2 pocket folders labeled with name; 1 box washable crayola markers; 1 zippered back pack or bag labeled with name; 1 pair of tennis shoes labeled (to be left at school); 1 plastic resting mat (Walmart offers in the fall); 1 paint shirt labeled with name; 1 box sandwich or gallon size zip lock bags.

1ST GRADE: 1 box kleenex; 1 pair of scissors; large erasers; eraser tops; school boxes for supplies; 1 pkg. white board markers; 1 wide-lined notebook; 1 box of crayons; 24 #2 pencils; 4 folders; zip lock baggies; pair of tennis shoes for phy. ed. class; 1 backpack or bag to carry things home. Students should bring their own snack each day or for the week. Please be sure that all items are labeled with your child's name.

2ND GRADE: 24 #2 pencils; 1 box crayons; 1 box colored pencils; markers (optional); pencil box; 6 folders; 1 scissors labeled; 1 bottle Elmer's white glue; 1 box kleenex; 1 pkg. Expo dry erase markers; colored pencils; 1 pair of gym shoes to keep at school; 1 box ziploc bags (sandwich or gallon); backpack; daily healthy snacks.

3RD GRADE: 1 large box #2 pencils (please put name on box); 1 large eraser; erasers for the pencil top; 1 pair of scissors with name on it; 1 box of Kleenex to share; 4 folders; highlighter; 3 single subject notebooks-narrow width; crayons or colored pencils; 1 old clean sock for an eraser; 1 correcting pen; tennis shoes to leave at school for phy. ed. Please no trapper keepers or three ring binders- they do not fit in the desks.

4TH GRADE: 10+ #2 pencils (and as needed throughout the year); colored pencils; crayons; fine tip markers; large markers; pencil bag or case; correcting pens; highlighter; pencil top erasers or 1 large eraser; pencil sharpener; ruler with centimeters & inches; nice scissors- not rounded tip; 3- 2 pocket folders with prongs- 1 blue, 1 yellow, 1 red; 3 wide-lined notebooks- 1 blue, 1 yellow, 1 red; PE shoes with no-marking soles; 1 white 1" 3-ring binder for music; 1 Kleenex box; headphones for computer lab; backpack

5TH GRADE: 8 notebooks; 8 folders; 2 boxes pencils; scissors; jump drive; colored pencils or crayons; markers; highlighters; correcting pens; 2 boxes of tissues; 1 bottle of hand sanitizer; 1 pkg. erasers; headphones; tennis shoes will be needed on a daily basis for phy.ed.

6TH GRADE: 10+ pencils (and as needed throughout the year); colored pencils; fine tip markers; correcting pens; highlighter(s); nice scissors; 6+ notebooks & folders (and as needed); 1 inch 3 ring binder; 1 or 2 GB Jump Drive (Flash Drive)- may use the one from 5th grade; headphones for computer lab; backpack, band instrument (optional); 1 or 2 boxes of Kleenex; tennis shoes for PE.

MRS. DEMENGE'S ROOM: 1 or 2 boxes kleenex; 1 box cookies or crackers for snack to share; 1 pencil bag or box; 1 pkg. notebook paper.

Glue sticks will be provided this year by community support in the My Coke and Campbell's programs. Thank you and keep collecting!

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.

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:

1. The parents and doctor should inform the school nurse by letter/note as to the reason for the medication and how long the student will be taking it.
2. Medication must be in the original bottle and properly labeled as to the type, when it is to be given, and the 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.
4. The school will not provide any medicine to students. Parents be assured that medication in the proper dosage will be taken, that medication will not be lost or think a child will accidentally take the wrong medication.

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.

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)
Preschool (age 3-5)		✓✓✓✓	✓✓✓	✓	At least ****	✓
Kindergarten	✓✓✓	✓✓✓✓✓ 5 th shot not needed if 4 th was after age 4	✓✓✓✓✓ 4 th polio not needed if 3 rd was after age 4	✓✓		✓✓
Age 7 through 6 th grade		At least ✓✓✓	At least ✓✓✓	✓		
7 th through 12 th grade	✓✓✓ 7 th grade only***	At least ✓✓✓ Plus one more shot at age 11-12 years**	At least ✓✓✓	✓✓		✓✓ 7 th grade only

* Varicella shots not required if child already had chickenpox disease. A second shot will be required for kindergarten and 7th 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 Law:

- 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.

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.

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 APPLICATION FORMS: Please return this form prior to school beginning. This was mailed in July. If you need another, please call for one.

er, please call for one.

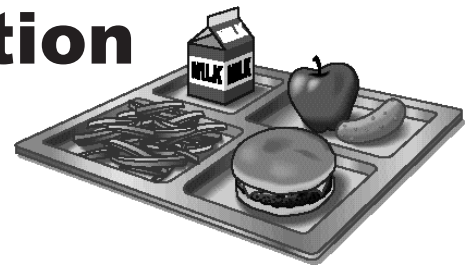
LUNCH PAYMENTS: Payments can be mailed to the attention of Greta Kulju or paid in the commons between 8:00 a.m. and 4:00 p.m. daily. You may include all of your children on one check, just be sure to indicate the amount you are paying for each child, including their account number.

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 cut-off 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.

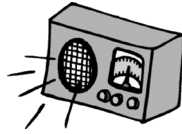
K-6 lunch is \$2.35 and High School is \$2.45. Adult lunch is \$4.25.

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

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 been canceled, radio stations KKIN/KEZZ, KDAL, WCCO, WEBC, WKKQ, WTBX and KBK, 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.

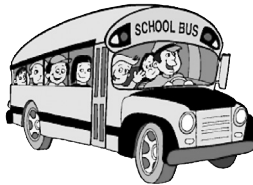
Sometimes parents may not be comfortable sending their child to school when the weather is questionable. The decision to send the student is the parents decision. If the parent feels it would be unsafe, they should keep their child at home even if school is open. The parents are in the best position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

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.

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.)

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 13/14 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 6:00-7:00 on September 18. Distracted driving is on the rise amongst teenage drivers.

WELCOME BACK! I hope everyone had a wonderful summer and you all are feeling refreshed, replenished, and ready for the school year to start! I know I am looking forward to seeing all of our students, and continuing to get to know everyone.

As the school counselor, my role at McGregor is to support all of our students, K-12 in their academic, career, and personal lives. When my door is open, I'm available to talk to any student and support them however I can. If my door is closed, you can sign up to see me on my office door. Students and parents, please don't hesitate to contact me with any concern you may have.

Counselor Corner



RACHEL DAYTON
School Counselor

Just a few notes as we get back into the start of a new school year:

- Fall 2013 is a new semester and can be a fresh start for all students! Just a reminder for students in grades 9-12, your grades and credits count toward graduation. Get the school year off on the right foot and stay caught up with assignments; it's much easier to succeed in school if you turn homework in on time rather than getting behind. Failed classes result in more work in the long run and retaking the class at the ALC. It's easier to do the work and pass classes the first time! Parents, please support your children in their academics and good study habits! You can check JMC online to track your student's academic progress. If you have any questions or concerns, *please* contact us sooner rather than later to intervene and get your student on the path to success.
- High schoolers! **Are you on track to graduate?!** Starting in 9th grade, students earn credits toward graduation by passing required courses. Over your four years of high school, students must earn 50 credits to earn their diploma as well as pass the required MCA tests (Writing, Reading, and Math). If you have questions about your credits, please see Ms. Dayton early in the school year.
- Please note **schedule changes** will only be made during the first 5 days of school (and only legitimate changes will be approved). Students wishing to change their schedule should come to Ms. Dayton's office either before school, or during the class hour they would like to change.
- **Seniors!** Your last year of school will go far more quickly than you can ever imagine. Do you know what your plans are for after high school yet? Now is the time to talk to your parents, teachers, and counselor and come up with a plan. If you're thinking college, fall is the time to visit colleges and apply. Students and parents should check the bulletin often for senior announcements and scholarship opportunities. If you are planning on a 4 year college and have yet to take the ACT, you should sign up for the September 21st date (registration deadline is August 23rd) or the October 26th date (registration deadline is September 27th). Registration is done at the ACT website, www.actstudent.org
- Juniors and Seniors are allowed to visit college and military representatives that visit McGregor during the school year. Visits with college name, date, and time will be posted in the bulletin the week prior. Students wishing to attend must sign up on Ms. Dayton's door. We will also be attending a College Fair this fall. More info coming soon!

Please check the bulletin for announcements throughout the school year and call, email, or stop by with questions. Looking forward to a wonderful year! :)

McGregor Season Pass Policy

WHO DOES A FAMILY PASS INCLUDE? Parents/guardians, students enrolled and attending McGregor elementary and/or high school only. No aunts, uncles, grandparents, etc. A family member (student) enrolled in college will be charged the student admission fee.

DO KINDERGARTEN/PRE-SCHOOL CHILDREN HAVE TO PAY FOR ADMISSION? No. Pre-school and kindergarten children are not charged. Students in grades 1 through 12 are defined as students.

MUST PARENTS/GUARDIANS PAY ADMISSION IF THEIR SMALL CHILD IS PERFORMING DURING AN EVENT? Yes

CAN YOU PURCHASE A FAMILY PASS AND MAKE PAYMENTS? No. All passes must be paid in full for admission.

DO BAND MEMBERS PAY ADMISSION WHEN THEY ARE NOT PERFORMING AT AN EVENT? Yes



TELEPHONE SYSTEM

DISTRICT OFFICE

Superintendent/ Elem Principal Paul Grams	226
Business Manager Shauna Dalchow	223
Administration Sec/Payroll Michelle Gauthier	221
Facilities Supervisor Pierce, Anthony	262
Maintenance Boiler Room	262 293
Bus Garage Bob Merritt	248
Food Service Gary Foix	230
Community Education Lisa Kruse	233
Culture/Language Elem Classroom	272
Grant Coordinator Cheryl Meld Room 109	239 259
Nurse Heather Nistler	232
Bookkeeper/Food Service Greta Kulju	240
Technology Supervisor John Brula	287
OT/PT Colleen Fasnacht	257
MN Reading Corps Tutor Rhonda Vierkandt	263
Speech Language Pathologist Janice Sornberger	246

HIGH SCHOOL

High School Principal Robert Staska	235
Secretary - Deb Swedberg	236
Counselor - Rachel Dayton	237
Activities Director - R. Staska	235
HS Media Center /Comp. Lab	238
Conference Room	298
Business Computer Lab	224
Fitness Center	305
Lounge by Commons	244
Home Ec Room	254
Art Room	286
Staff	
Baumgardt, Lon	260
Bodway, Alecia	308
Dayton, Rachel	237
Fischer, Jerod	284
Frauenschuh, Steve	253
Giese, Nicholas	280
Goulette, Livia	251
Henry, Sandra	285
Hosna, Rebecca (office)	288
Health Room	279
Hugill, Linda	282
Jacobs, Jon	258
Jacobsma, Julie	229
Pashina, Chris	228
Ryan, Lisa	289
Special Ed Classroom	249
Thompson, Jennifer	301
Wahlin, Joshua	234
Wisotzke, Joe	256
Alternative Learning Program	768-3505 768-3357 - fax
Charter School	768- 3477 768-3357 - fax
High School Fax	768-3802
District Office Fax	768-3901

ELEMENTARY

Secretary - Paulette Passer	225
Conference Room	302
Elem. Library - Kris Sylvester	294
Computer Lab	295
Computer Lab II	306
School Psychologist - Lisa Hietala	241
Staff	
Kindergarten	
Marissa Mackedanz	261
Bruce Rengo	243
Grade 1	
Barb Marquardsen	273
Kathy Serfling	274
Grade 2	
Kris Madsen	275
Sara Moser	276
Grade 3	
Jennie Maine	277
Heather Goble	278
Grade 4	
Peggy Baumgardt	265
Jennie Rose	266
Grade 5	
Jennifer Wahlin	267
Jordan Pierce	268
Grade 6	
Robin Hawkinson	269
Leif Eggen	270
Title I	
Patty Fisher	263
Carrie White	
Elementary Special Education	
Terri DeMenge	297
Crystal Orazem	264
ECSE: Melanie Guida	300
Early Childhood Room	227
Sarah Pylvanen	

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 McGregor 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!

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.

13-14 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).....	\$55
Per Sport (Junior High).....	\$30
Maximum Fee For Families	\$175

Lakes and Pines Head Start



We are a FREE early childhood program that serves families and children, birth through age 5, and expectant mothers.

We offer a Home Based Option and a Child Care Center Option. For more information **Call 1-800-832-6082**. Applications taken year round.

1700 Maple Avenue East * Mora, MN 55051-1227
Office and TDD 320/679-1800 * Fax 320/679-413

Special accommodations for people with disabilities upon request

Serving the counties of Aitkin, Carlton, Chisago,
Isanti, Kanabec, Mille Lacs and Pine

An Equal Opportunity Employer/Contractor



Back to School Bash

The Kids Plus Back to School Bash will be held Tuesday, September 17th, 5:00- 6:30 p.m. in the north parking lot. This free Kids Plus event invites all students, parents and community members to celebrate the start of a new school year with food, games, door prizes and fun!

Afterschool for YOU

Kids' Club for grades 1-4 will begin October 22nd. Activities offered will revolve around a monthly theme. The October registration will go out to all students in grades 1-4 the second week of October. Registration is limited to 20, per session in order to provide adequate student to staff ratios. Kids' Club is designed to include key elements of high quality programming:

- Safe and Healthy Environment
- Qualified and Prepared Staff
- Intentional Programming
- Connections to the School day
- Community Partnerships
- Ongoing Assessment and Improvement

What this means is that activities will relate to, or support, school day learning through hands on experience. How? By increasing social skills, improving reading and/or understanding of math and science concepts in a less formal setting. Monthly themes you will see this year: MN Wildlife, Food and Nutrition, Art, Music, Fitness, Cultures Around the World, more.

Parent and student volunteers are welcome and may sign up by contacting Cheryl Meld. 768-2111 x239 or cmeld@mcgregor.k12.mn.us

Reader' Club

Readers' Club is for students on grades K-12 who like to read. Club members receive free books during the school year and are invited to participate in a book club, book swaps and other reading events including Family Reading Night and discounts at two books fairs. Readers' Club membership is free. New activities are planned for this year, watch for details. Adult volunteers are invited to participate in a variety of ways.

Literacy research shows that kids with books to read in their homes have greater vocabularies and better communication skills than kids without books. Better communication means greater opportunities in school and community! Let's grow a community of readers. Last year Readers' Club had 123 members. Our goal for this year is 150!

Students may sign up for Readers' Club at the School Open House, September 29th, the Kids Plus Back to School Bash, September 17th. New students during the school year may sign up the first week they attend classes. Contact Cheryl Meld for more information.

MN Reading Corps Returns to McGregor

Carrie White and Lisa Kruse are excited to announce that McGregor is a recipient of the MN Reading Corps Literacy program for



2013/2014 school year. 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!

Ronda Vierkandt has been hired as a trained literacy tutor at McGregor. She, along with Carrie White (Title 1 teacher) have both attended a MN Reading Corps training course this summer. White and Kruse will fill the role of Internal Coaches for the district while Vierkandt 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.

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

Teen Drivers: The Parent's Role

Parent-Teen Driving Class

Wed., Sept. 18 • 6:00 - 7:00 pm

THIS CLASS IS OPEN TO ALL DRIVER'S AND PARENTS (mandatory for all students in Driver's Education in 2013-2014)

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.

Class will be held:

Wednesday, September 18 from 6:00 - 7:00pm

McGregor High School Health Classroom

Presenter: Jon Jacobs and Becky Hosna,

McGregor Driver's Education Instructors

Registration is preferred, but not required.

Email: llkruse@mcgregor.k12.mn.us or

call 218.768.2111 x233

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 Mr. Rengo. Ms. Melanie, McGregor preschool teacher and Ms. Dani, 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.



Meet the New Teachers

Leif Eggen

I live in Barnum with my wife, dog (Mickey-a Chihuahua), cat (Marble), and sometimes my two adult sons Lewis (sophomore at St. Cloud State) and Dylan (graduated from UWS). I've taught 6th grade in the past and also Title I.

I enjoy spending time in the woods cutting firewood, writing stewardship plans with my dad (a forester), and taking photos. I'm also a concert buff (with my son Lewis) and have seen many great musicians over the years. I love listening to music. I've spent time this summer fishing on Lake Superior, taking some on-line classes, and working in the woods.

I look forward to meeting each 6th grade student and learning new things together!



Chris Pashina

Hello...my name is Chris Pashina. I am the new industrial technology teacher.

I grew up in Minnetonka. I am a graduate of Hopkins Schools. I graduated from St Cloud State University with a degree in Technology Education. I have spent the last two summers in Cannon Falls at Phillipso Scout Reservation as the Craft and Skills Director. Some interesting facts about me is that both of my parents are teachers, I enjoy down hill skiing, camping and outdoors, I am a Eagle Scout, and I worked in a coal mine for a Summer.

I look forward to the school year and meeting all the new students, staff, parents, and community.



Crystal Orazem

My name is Crystal Orazem and I am the new Elementary EBD Special Education Teacher. I grew up in the Calumet/Marble area of Minnesota. I attended Greenway and graduated in 2006. From there I went to Itasca Community College and then on to Bemidji State University to finish my degree in Elementary Education specializing in Mathematics. I enjoy photography, reading, music, and most of all teaching. I will provide a fun, safe, engaging, stable learning environment for students. I wish to bring to life their passion and creativity and show them just how exciting and enjoyable learning can be. I have a passion for math, a love for learning, and I am so very excited to teach in the McGregor School District.



Bruce Rengo

Graduated from Barnum HS in 1985, attended college at Hibbing CC and received a degree in Law Enforcement. Moved to Aitkin in 1992 and worked as a machinist until 2007. Then went back to college at Bemidji SU for elementary education and graduated in 2011. Since then I worked as a substitute teacher at various schools in the area. I live in Aitkin and have a 15 year old son.



Livia Goulette

My name is Livia Goulette and I am the new Band Teacher this year. I grew up in New Brighton, MN and attended Bethel University in St. Paul, graduating from there in 2011 with a degree in Music Education. While at Bethel I was a member of the Wind Symphony and Orchestra, playing bassoon for both groups and was also a member of Bethel's women's lacrosse team. After graduating college, I was a substitute teacher for a few school districts in the Twin Cities area before moving to McGregor in May of 2012. For the past year and a half I have been working at Covenant Pines Bible Camp just west of town. I am very excited for the school year and can't wait to get started!





McGregor Community Education

LISA KRUSE, Director

Phone: 218-768-2111 x233 ▪ Fax: 218-768-3901

E-Mail: lkruse@mcgregor.k12.mn.us



Find us on
Facebook

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!

ADULT LIFE-LONG LEARNING OPPORTUNITIES

WILD RICE DAYS FAMILY FUN FUN/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 5K or 1 mile walk.

Saturday, August 31

McGregor Dairy Queen Parking Lot

FREE

7:30 - 8:00am - Registration/Check-In

8:00am - Guest Riverwood Speaker

8:10am - Exciting Introduction and Group Activity

8:15am - 5K run/walk begins

8:16am - 1 mile walk begins

This is a non-sanctioned event.

Fun t-shirts, tanks and shoes laces will be available for purchase.

All participants will be in the drawing for exciting door prizes.

Sponsored by Riverwood Healthcare Center

33RD ANNUAL ARTS AND CRAFT FAIR

Applications are being accepted for vendor/artisan booths for the 33rd Annual Arts and Craft Fair.

* 10 x 12 space \$25

* 12 x 15 space \$30

* Breakfast and lunch will be available for purchase

When: Saturday November 9, 2013

Time: 9:00am - 3:00pm

McGregor High School

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. Bring your own towel. Class starts promptly at 10:30am so arrive early and prepared.

Every Monday, Wednesday & Friday starting September 30

10:30 - 11:45am at Big Sandy Lodge & Resort

Class Fee (payable to Community Education)

Sept 30 - October - \$40

November - \$40

December - January 3 - \$40

Daily Pool Fee: \$2 payable to Big Sandy Lodge & Resort

SilverSneakers qualifying members - Class is FREE

Bring your card to the first day of class Paula Garrett, Instructor

YOGA by Cindi D.

Vigorous, fun, moving yoga class for all levels. Sun salutations, core work, hip openers. The series of posture improve flexibility, strength, posture, balance and mind-body awareness, while enjoying a deep sense of calm. Bring a mat, towel and water.

Every Saturday at 9am starting September 7

McGregor High School Band Room

\$4/session

Certified Yoga Instructor - Cindi D.



THE MERCURY

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

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ZUMBA-THON - "Party in Pink"

Join us for this energizing "Party in Pink" Zumba-thon as you Groove for a Cure! This two-hour Zumba-thon will raise awareness and funds for Breast Cancer Research. Don't miss out on this fabulous event! There will be guest speakers, cool Zumba wear and the most talented Zumba instructors to energize the room!

When: Saturday, October 26

Time: 1:00 - 3:00pm

McGregor High School

Certified Zumba Instructor's

Must pre-register if you want your "Party in Pink" Zumba wear.

Pre-registration: \$25; includes clothing.

At the door: \$10 donation to Breast Cancer Research

Register with McGregor Community Education

BLACKSMITHING CLASS

A beginner/intermediate course for those wishing to learn or further develop the basic skills of forging iron using a coal forge and striking tools. The focus of the class will be on forging ornamental hooks and handles.



When: Saturday, September 14 and October 19

Time: 9:00am - 4:30pm

Instructor: Gary Hill - 218-851-6085

Fee: \$60/2 class sessions

Max: 5 participants

Age: 16 and up

What to bring: Bag lunch, eye and ear protection and cotton or natural fiber clothing.

Note: The shop is called Sandy Lake Forge and is located at the home on an island in Big Sandy Lake (Raspberry Island). We will transport all participants to the island by pontoon from our landing located at 50569 218th place. As a courtesy to other participants, please be on time, as we will make only one crossing at 9:00am and a return trip to the mainland at 4:30pm.

Directions to landing and mail box: From McGregor go north on Hwy. 65 to Bridge Road (also called Long Point Place). Turn right, east on Bridge Road and go 0.5 miles to 218th Place. Turn left onto 218th Place and go about 0.3 miles to mailbox 50569 218th Place. Park on the lake side of the road west of mailbox.

Beginners Wheel Throwing Clay Class - coming this winter

SILVERSNEAKERS® CLASSIC (formerly MSROM)

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

Class will resume in September

\$3/class or nor charge to SilverSneakers eligible members

Classes held in the high school auditorium stage (check in - fitness center)

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 control of movements, balance and control; and exercise sitting down or standing with support.

Every Tuesday from 9:00 - 10:00am

McGregor Community Fitness Center

\$20/month; payable to Judy Hawley, PT

Need a Ride? Call Angels at 218.768.2762

To register call Judy at 651.247.1331 or at class

SILVERSNEAKERS® YOGASTRETCH

YogaS stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Class will resume in September

\$3/class or nor charge to SilverSneakers eligible members

Classes held in the high school auditorium stage (check in - fitness center)



HOW TO REGISTER

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: llkruse@mcgregor.k12.mn.us

REGISTRATION FORM

NAME _____

ADDRESS _____

PHONE _____

EMAIL _____

FEE _____ CASH _____ CHECK _____

CLASS _____

YOUTH _____ ADULT _____ 55+ _____

Community Education

AARP MINNESOTA DRIVERS SAFETY PROGRAM

AARP Minnesota Drivers Safety Program is sponsored by AARP and Clear Lake Grange #692 and by the instructors listed below. Taking an AARP class is an easy way to reduce your motor vehicle insurance premiums. State law requires all auto insurance providers to 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 4-hour refresher is taken. No tests are given. All participants will be issued a certificate at the end of the class. You must have a valid driver's license with you at the beginning of the class so that a certificate can be issued.

Register early – classes fill quickly. No phone calls please – mail your registration request with payment (payable to AARP) : mail to R. Wigton, 33514 Dove St., Aitkin, MN 56431. Cost is \$12 AARP members (provide your AARP # with check), \$14 nonmembers.

PRE-REGISTRATION IS A MUST. A reminder call will be given a week before the class, if the class is full you will be called to re-schedule. Please include date of class and a phone number on your check; indicate your second choice in case class is full. In case of cancellation call 218-927-4558 and leave a message. Make checks payable to AARP. Your check will not be cashed until after the class is held. NOTE: You can take on-line the initial (8 hours) or the refresher (4 hours) class – check out www.aarpdriversafety.org Cost is \$15.95 for AARP members & \$19.95 for non-members. The website has more details and information on payments (credit card, check, money order, or cashier checks)

REFRESHER COURSE

Thursday, October 17 from 12:00 - 4:00pm

Grace Lutheran Church ▪ Carole Holten, Instructor

GED ONLINE PROGRAM

AEOA ABE is excited to offer our new distance learning initiative, GED-i. Study GED online, anywhere, anytime. The FREE program is available to ABE eligible learners - 16 years or older and not enrolled in public school - who meet the criteria for online learning. A trained, licensed online teacher will guide students through the curriculum, score their assignments and give feedback to help them strengthen the skills they need to pass the GED test. Interested students must register at a local ABE classroom and take a test to determine their eligibility. Student must be able to read at a 9th grade level, since this is a prep class, not a basic skills program.

COMMUNITY EDUCATION HAS A NEW BIKE FLEET!

McGregor Community Education is proud to announce that 30 bikes ranging from youth to adult are now available for community and student use! This is exciting as we continue to support "McGregor On the Move" and a healthier community for all.

The bike fleet is part of the SHIP Initiative in the McGregor area!

- **How will I be able to access the bikes and helmets?** Contact Community Education for usage and check out.
- **Who will have access to the NEW bikes?** Community, businesses, McGregor students through Physical Education and Community Education
- **Do I pay a fee to use the bikes?** No, they are free for community use.

Watch for more information coming soon!



YOUTH DEVELOPMENT & ENRICHMENT OPPORTUNITIES

MIGHTY MERC FOOTBALL CHEERLEADING

Keep active and moving with this Mighty Merc Cheerleading class while you interact with the high school cheerleaders and have fun with your friends. A great introduction to dance class that will start up in November. The Mighty Merc cheerleaders will perform at half time of two football games (Parent's Night and Homecoming)

When: Wednesday, September 4 - October 16

Time: 3:30 - 5:30pm

Ages: 4th - 6th Grade

Coach: Lacie Campbell

Fee: \$40; includes sweatshirt (participants must provide their own black pants and white tennis shoes)



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

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.

The dance program will run from November through April and will end with an informal parent/child dance that will be held in the auditorium. Dance shoes are not required. Dancer's will need to provide tennis shoes and black pants. All students must be picked up following dance class.

When: Starting November 12, 2013 - April 24, 2014

Fee: \$125/year; includes dance t-shirt

Where: High School Auditorium

Who: 1st grade - 12th grade

JAZZ AND BALLET

Ages: 1st - 3rd grade

When: Tuesday's from 3:30 - 4:30pm

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





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.

Ditch the workout, join the party! Try Zumba!

Are you in a bit of a workout rut? Are you dreading another half hour on the treadmill? Looking to shed a few pounds, or maybe get an energy boost? Well, then have I got the "workout" for you! Zumba is a latin-dance inspired cardio workout, that makes you feel like you're at a party, while burning 500-1000 calories per hour! And you're in luck, because come Fall, 3 Zumba classes will be available each week! I know many of you may have questions about Zumba.

FIRST, CAN ANYONE DO IT?

The answer is a resounding "YES!" Zumba is for anyone 12 and over, of any fitness level. You can make it as high or low impact as you like, and adjust any of the moves to make it the right intensity for you! As always, consult a doctor before starting any workout plan.

DO I HAVE TO BE A GOOD DANCER?

Zumba workouts are designed to be easy to follow, so that anyone can do it, regardless of previous dance or aerobics experience. You may feel a bit overwhelmed by your first class, but the routines stay the same for a few weeks, so you have the chance to catch on. Also, once you learn the basic rhythms (Salsa, Merengue, Reggaeton, and Cumbia) you will find that the basic steps come back again and again, even in new routines.

DO I NEED TO HAVE SPECIAL SHOES OR APPAREL?

Absolutely not. You need a pair of tennis shoes (preferably with not too much traction), comfortable clothing, and always, I repeat ALWAYS bring a water bottle.

I'M CONVINCED! HOW DO I JOIN?

Just show up. Classes are Monday at 3:40, Wednesday at 4:30, and Thursday at 5:00 in the McGregor auditorium. A 6-time punch card is available for \$18.00. If you want to try just one session, the cost is \$5.00. If you're nervous about your first Zumba class, think about bringing a friend.

SCHEDULE STARTING AUG 26TH

Monday at 3:40 Zumba with Julie J

Wednesday at 4:30 Zumba with Julie J

Thursday at 5:00 Zumba with Andrelis

(All classes are 1 hour long.)





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.

2013/2014 Preschool Schedule

McGregor Preschool program is a wonderful opportunity for your child. McGregor ISD #4 strives to provide the best possible start for all children ensuring every young child is fully prepared for learning success.

We strongly support your role as a parent believing that the home is the child's first learning environment and that parent's are the child's most important teacher.

We provide programs for you as the parent to invest early in the life of your child. If you are interested in registering your child for preschool contact Lisa Kruse at 218.768.2111 x233 or Melanie Guida at 218.768.2111 x300.

TUESDAY/THURSDAY AM CLASS 8:30 - 11:30am from October 1, 2013 - May 17, 2014

TUESDAY/THURSDAY PM CLASS 12:15 - 3:15pm from October 1, 2013 - May 17, 2014

Class Dates: October 1, 3, 10, 15, 22, 24, 29, 31* November 5, 7, 12, 14, 19, 21, 26 * December 3, 5, 10, 12, 17, 19 * January 7, 9, 14, 16, 21, 23, 28, 30 * February 4, 6, 11, 13, 18, 20, 25, 27 * March 4, 6, 11, 13, 18, 20, 25, 27* April 1, 3, 8, 10, 15, 22, 24, 29 * May 1, 6, 8, 13, 15

FRIDAY AM CLASS 8:30 - 11:30am from October 4, 2013 - May 16, 2014

Class Dates: October 4, 11, 25 * November 1, 8, 15, 22 * December 6, 13, 20 * January 10, 17, 24, 31 * February 7, 14, 21, 28 * March 7, 14, 21, 28 * April 4, 11, 18, 25 * May 2, 9, 16

PROGRAM FEES FOR RESIDENTS

Tue & Thurs \$320/year
 Friday \$160/year

Class fees are based on gross family income.

Sliding fees to families who qualify based on Educational Benefits-Free and Reduced School Meals Application.

SLIDING FEE - 2 DAY PROGRAM

\$50,000 & Above \$320/year
 \$30,000 - \$50,000 \$240/year
 Under \$30,000 \$160/year

SLIDING FEE - 1 DAY PROGRAM

\$50,000 & Above \$160/year
 \$30,000 - \$50,000 \$120/year
 Under \$30,000 \$80/year

Early Childhood Classes for Fall

Where can I find a listing of fall Early Childhood classes, field trips and open houses?

1. At the Open House on Thursday, August 29th. Stop by the Early Childhood classroom for a listing of upcoming classes.
2. On-line at the school district website under the Early Childhood link: www.mcgregor.k12.mn.us
3. Send your email address to: llkruse@mcgregor.k12.mn.us to get on the Early Childhood listserv and receive notices of upcoming classes.
4. Community Education Facebook page. "Like" McGregor Community Education for posts of upcoming events and pictures.
5. Listed outside the Community Education office or Early Childhood Classroom.

Early Childhood Screening

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. Early Childhood Screening is a quick and simple check of how children are doing between the ages of 3 to 4 years. It identifies, at an early stage, possible learning or health concerns so that children can get needed help before starting school. Early Childhood Screening is not a kindergarten entrance test.

Early Childhood Screening or evidence of a comparable screening by a non-school provider (e.g., Head Start, Child & Teen Checkups/EPSDT or a health care provider) is required for entrance in Minnesota's public schools (including preschool) or within 30 days of enrollment into kindergarten.

If you have a child who has not gone through the screening process please call the elementary office at 218-768-2111 x225 to make arrangements. Early Childhood Screening is for ages 3 - 5 years of age.

Screening Schedule: Monday, October 7 & Tuesday, October 8

ARE YOU NEW TO THE DISTRICT??? WE NEED YOUR INFORMATION...parent/guardian name, child name, address and birthdate. llkruse@mcgregor.k12.mn.us