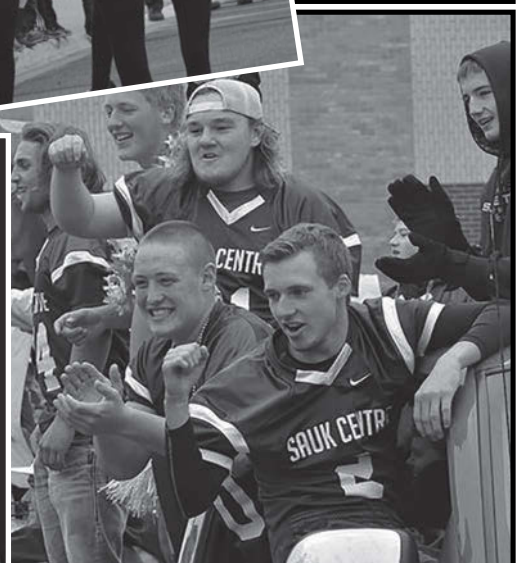


743 InTouch

Sauk Centre Public School Newsletter

November - December 2016 Vol. 27 No. 2



Dear Families and Community Members

by Patrick J. Westby
Superintendent



As hard as it is to believe, the finishing touches have been put on the 1st quarter and it's been a great first quarter! With that, the fall activities are wrapping up while the winter activities are gearing up!

As we look forward to November and December in our schools, there are a whole host of activities that I would like to invite you to come and check out. Our students are amazing and I believe you won't be disappointed in attending any of the events in which our students are participating. While this is certainly not an extensive list by any stretch, here are some events that I would like to highlight:

The Musical "Little Shop of Horrors" will be presented on Thursday through Saturday, November 17 -19 with all shows beginning at 7:00 p.m. in the Auditorium.

On Thursday, December 8, there will be an Elementary School Holiday Concert in the Auditorium at 1:00 and 7:00 p.m.

On Monday, December 12, there will be a Band Concert in the Auditorium beginning at 7:30 p.m.

On Monday, December 19, there will be a Choir Concert in the Auditorium beginning at 7:30 p.m.

In addition, there are many athletic events scheduled as well. For a complete listing of all events, you can go to our website at www.isd743.k12.mn.us and click on the Extracurricular Tab. Under this tab, scroll down to "Activity Schedules" which will take you to a West Central Conference page. On this page go to the right hand side and click on "Sauk Centre Mainstreeters". This will take you to a weekly Activity Schedule of all events scheduled for our school for that particular week. In addition to having all the schedules at your fingertips, it is also a great way to keep up-to-date with any schedule changes as well. Again, please come and check out some of our student's activities, we'd love to have you!!

As we enter into the winter months ahead, there may be times, as you well know, when it will be necessary for school to be closed, start late or be let out early due to winter weather and/or road conditions. Please know that these decisions are not made lightly and are made after consultation with many people and organizations. Please also know these decisions will always be made with student safety as the absolute top priority! When it becomes necessary to close school, a number of media

outlets will be notified and will be announcing our closings. These have been listed here for your reference:

- *WCCO TV
- *KARE 11 TV
- *KMSP/FOX 9 TV
- *KSAX/KSTP TV
- *KASM 1150 Radio
- *KIKV 100.7 Radio
- *KCLD 104.7 Radio
- *KEYL Radio
- *KBHL Radio

As always, I encourage everyone to become involved in our student's education and in the Sauk Centre School's learning community. The outcome of communities and schools working together can truly be phenomenal!



Homecoming Parade - October 2016

Elementary Happenings

by Amy Millard
Elementary School Principal

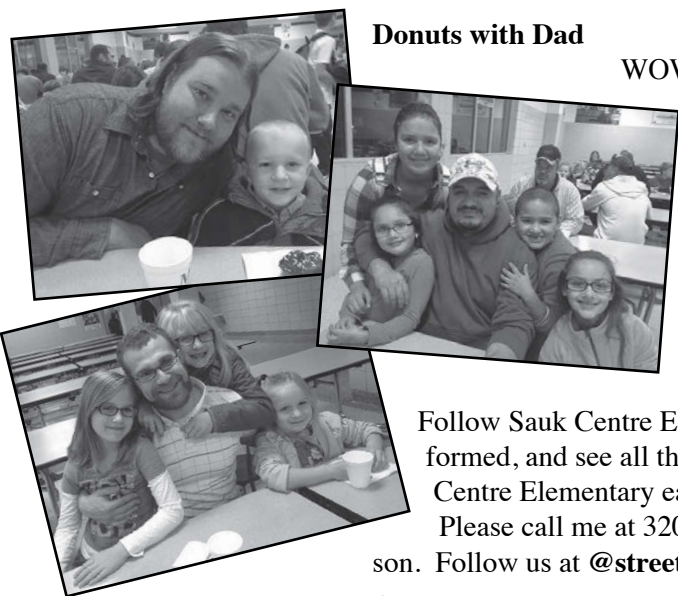


Fall Break is officially over and school is in full swing. Things never seem to slow down at the elementary and the students bring their energy and smiles with them each and every day. I continually feel blessed to work at a job I love... elementary principal – best gig around!

Donuts with Dad

WOWZA! Donuts with Dad was held on Wednesday, October 19.

We had over 500 in attendance at this event! I am continually amazed at the support of families in the Sauk Centre School District. Strong family-school partnerships and working together as a team will only increase the success of a child's educational experience. Thank you to those who attended this event – I enjoyed seeing so many smiling, proud students last Wednesday morning!



Sauk Centre Elementary is on Twitter!

Follow Sauk Centre Elementary on Twitter to get updates, stay informed, and see all the amazing learning that is happening inside Sauk Centre Elementary each and every day! Feeling unsure about how to use Twitter? Please call me at 320-352-6521 and I would be happy to give you a Twitter 101 lesson. Follow us at [@streeterpride](https://twitter.com/streeterpride)



Teachers Leading the Way

Sauk Centre School District is in the process of implementing QComp. Part of the QComp plan is assigning PLC (Professional Learning Community) leaders for each PLC group. Last week our PLC leaders had an opportunity to participate in a data retreat. Together we made observations, analyzed, and dissected MCA (Minnesota Comprehensive Assessment) data from the previous year. This is a CRITICAL step in determining our student achievement strengths as well as areas for improvement. In addition, this information will be used as a tool to help guide instruction inside the classroom. I am excited to continue to work with these teacher leaders as we plan and implement ways to improve Sauk Centre School District. Working side-by-side teachers is one of my favorite elements of being a principal and growing and/or learning as a team is essential in school improvement.



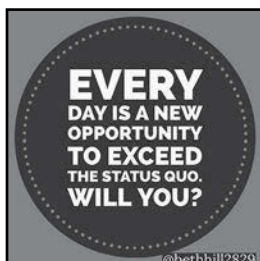
Upcoming Events:

November:

- 4 – End of Quarter 1
- 7 – No School (Teacher Work Day)
- 15, 17, 22 – Elementary Parent-Teacher Conferences (3:30-7 p.m.)
- 24 and 25 – No School
- 28 – 2 Hour Late Start

December:

- 8 – Holiday Concert (1 p.m. and 7 p.m.)
- 12 – 2 Hour Late Start
- 23 – Last Day Prior to Winter Break



Relentless Forward Progress

by Sheila Flatau
Secondary School Principal



As I reflect upon the first quarter of the 2016-17 school year, I keep finding examples of how we are moving forward as a school and district. It has been exhilarating to both observe the growth and to be part of it! New initiatives such as QComp, the integration of technology, and an exciting new class are keeping us focused on enhancing student learning experiences and fostering 21st century skills so they are competitive in our global economy.

As I mentioned in the previous newsletter, we are in our first year of implementing QComp. This state funded program provides our teachers with peer support and coaching. Five secondary teachers (nine total teachers throughout the district) have taken on leadership roles that include facilitating monthly professional learning communities and daily peer coaching in addition to their teaching duties. These nine teachers have had a lot of training this fall, and I am so proud of their leadership and commitment to improving teaching and learning.

Thanks to the generous support of our community in last fall's technology levy, Chromebooks have been distributed to our tenth grade students. These students have these devices with them as a learning tool for every class. Teachers and students continue to discover new ways to use this tool to enhance learning. The addition of our Technology Integrationist, Gordy Hagert, provides necessary support for teachers and

students as they learn how to best integrate this device into classrooms.

Finally, we are so excited about our new course, Careers in the Community, which partners with Felling Trailers. Students are given an amazing opportunity to learn on-site each day at Felling under the shared



leadership of our Industrial Technology teacher, Jake Fischer, and Felling Trailers employee, Ben Myhre. Mr. Fischer worked with Felling Trailers to design a curriculum that provides real-world work experiences and general 21st century career skills. Students are learning how to weld



on state of the art equipment and are exposed to many other facets of the company.

Overall, we are thrilled with the progress we are already making and eager to continue on the path of moving forward. In

this world of constant technological advancements, our students need to be prepared for careers that haven't even been invented yet. It is our mission to prepare our students for their futures and we believe all of these efforts are providing them with the necessary 21st century skills of collaboration, problem-solving, creativity, and communication.



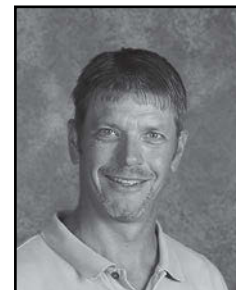
Upcoming Events:

November 17-19
November 11
November 4
November 7
November 24-25
November 28
December 12
December 23

Fall Musical performances at 7 p.m.
Veteran's Day program @ 9:30 a.m. in the Auditorium
End of 1st Quarter
NO SCHOOL – Teacher Duty Day
NO SCHOOL
2 Hour Late Start
2 Hr. Late Start & 7-12 Parent-Tchr Conferences 3:30-7 p.m.
Last day prior to winter break

Students Learn From Guest Speakers and Much More in October

by Don Peschel
Dean of Students



Alan Page Addresses 7 -12 Students:

On October 12, the Sauk Centre Secondary School was fortunate to have Alan Page talk with them for an hour in the Auditorium. Page is a member of the NFL Hall of Fame and a former Minnesota Supreme Court Justice. Page discussed his path to achieving his goals and shared his life story with the student body. One reoccurring theme that was echoed was that each person should strive to achieve the very best that they can with everything that they do. He talked about not just doing better than the person sitting next to you, but to identify what each individual's best is and to strive for that. Part of his presentation focused on respecting people's differences whether it regards race, religious preference, or interests. Page answered questions from the students regarding his years in the NFL as well as questions aimed at his time on

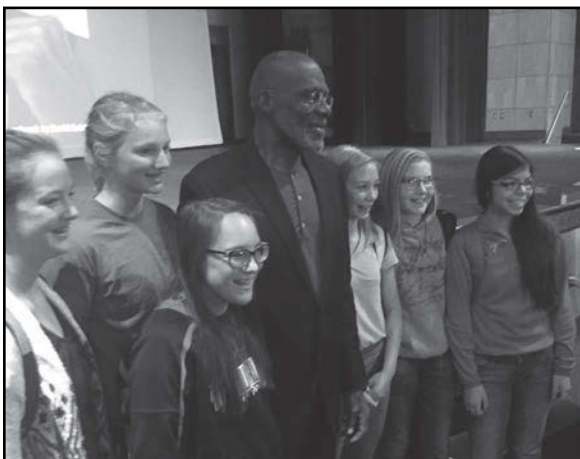
Business Step – Up for Renaissance Program:

A sincere, special, thank you to those businesses that showed support for our Renaissance Program by donating cash or other items. This program sponsors "The Wall of Fame," spring fling drawings, Streeter Pride drawings, as well as other activities associated with positive student achievement and behaviors. Below is the list of business that made contributions to this program. Once again, thank you for your support:

Businesses:

Greenwaldt Insurance Agency-
Jim Kamphenkel
Sauk Centre Lion's Club
Felling Trailers
Community Connection
Central Equipment Sales
Bueckers City Sanitation
Minnesota National Bank
Tim Kampsen Agency
Sauk Centre Family Dental
Blue Lake Plastics
Abel Chiropractic

Dan Borgmann Ltd.
Centre Pallet and Lumber
Sauk Centre Seniors
Sauk Centre Herald
Barb Bodeker's Day Care
Brenda Greenwaldt Day Care
Gas Mart of Sauk Centre
KIKV/ Cool 94.3
Flowers Collision Repair
F & W Exhaust
Jim's Wholesale
Central MN Credit Union
1st State Bank and Agency



the Supreme Court. A special thank you to the Friends of the Library for sponsoring Page's presentation and bringing him to our school.

Juniors Attend College Fair:

The class of 2018 attended a college fair at Alexandria High School on October 10. Over 100 colleges from the five state area, had expos and booths set up for the students to visit. These schools consisted of 4-year colleges as well as 2-year Vo-Tech programs and specialized institutions. Students preregistered on-line and then were allowed to visit colleges of their choice accessing information about careers, registration, tuition and information about scholarships.

October – National Bullying Month – Mike Smith Rally:

October is always recognized as National Bullying Awareness Month. Sauk Centre Secondary's Unite Committee has been busy with activities such as t-shirt sales, ribbon hand-outs, classroom signs, and locker banners. Also, this group will be attending the Mike Smith Rally on November 2 at Wayzata High School. Mike is sponsored by Jostens and his program "The Harbor," is serving as our curriculum for this year's bullying platform. You can check out information by going to Mike's website at <https://www.jostensrenaissance.com/theharbortv/about-mike-smith/>. These materials for staff and students will continue to educate students about best practices regarding the treatment of their peers and others.

Information From the Activities Department

Sauk Centre hosted the West Central Conference Sportsmanship Day on September 29. Athletes totaling 150 from conference schools listened to Jody Redman of the Minnesota State High School League and Tom Cody talk about the Why We Play initiative and how conference schools can improve and emphasize sportsmanship.



The Sauk Centre Sports Boosters have, once again, come through with help for the Athletic Department. Each year the Sports Boosters help the athletic teams in many ways. One of the services this year will be a \$20 fee reduction for athletes on their second and third sports. Thank you Sports Boosters.

The Minnesota State High School League sponsors a "Triple A" award each year. Each high school may select one female and one male winner, to advance to District competition. Sauk Centre High School seniors who maintain a 3.0 grade point average, participate in an athletic activity, and a fine arts activity are encouraged to apply for this award. Application and information is available in the Activities Office or on the school's web site.

The Sauk Centre Athletics Hall of Fame Committee is starting to think about the Class of 2017. If you know of a deserving athlete, coach or community member fill out the form and get it to the Activities Office by May 1, 2017.

As the fall season is wrapping up and we are starting to prepare for the winter season, we wanted to take this opportunity to remind and encourage people to take advantage of our Online Payment System – RevTrak.

RevTrak offers the convenience of 24/7 access to make your payments for athletic fees, Community Education classes and lunch accounts. It is a secure credit card payment processing system that is simple to set up and use.

by Scott Bergman
Activities Director



To make a payment:

1. Visit our district website: www.isd743.k12.mn.us
2. Click Online Store
3. Click Athletics & Activities, Community Education, or Food Service and follow prompts.
4. Pay with credit or debit.

If you have questions you can contact the district via 320-352-2258.

Sample shown below. Pickup nomination forms in the Activities Office located in the Junior High Building or on the school's web site www.isd743.k12.mn.us

SAUK CENTRE HIGH SCHOOL ATHLETIC HALL OF FAME NOMINATION FORM

PLAYER: A graduated Sauk Centre High School athlete who has excelled in athletics and has been graduated for at least ten years.

COACH: A Sauk Centre coach who has made a positive impact on Mainstreeter Athletics and has been out of coaching for at least three years.

COMMUNITY MEMBER:
An at large member of the school or community who has made significant contributions to Sauk Centre Athletics.

Nominee _____ Graduation year _____
Address _____ Phone _____
City State _____ Zip _____
Person Nominating _____ E-mail _____
Address _____ Phone _____
City _____ State _____ Zip _____

Please use the back side or include an attached sheet to write a brief resume about the person you are nominating. Information must include at least the following information.

1. Nominees athletic achievements at Sauk Centre High School:
2. Post high school athletic achievements:
3. Career achievements:

Send nomination information to: Scott Bergman, 933 State Road, Sauk Centre, MN 56378

Staff Honored at Banquet and Awards Cermonies

by Patrick J. Westby
Superintendent

Educational Support Staff Award Winners

In September, four Sauk Centre Support Staff were recognized at an Educational Support Staff Recognition Event in St. Cloud. This event honors Support Staff from School Districts all around the region. What makes this award so special and unique is that the award winners are nominated by their peers and colleagues. Sauk Centre Schools is proud to recognize this year's Sauk Centre Support Staff award winners! Congratulations to **Patty Meyer, Joyce Sabrowsky, Geri Nienaber** and **Vicki Barten!**

These four individuals are fantastic representatives for all our Support Staff and all that they do to contribute to the success of Sauk Centre Schools! Please take the opportunity to congratulate our four award-winners and as well as to thank all our support staff for the tremendous work they do for our students each and every day!!



L to R: Sheila Flatau, Pat Westby, Joyce Sabrowsky, Patty Meyer, Scott Bergman, Geri Nienaber, and Mark Schmitz, Executive Director of Resource Training & Solutions

Leadership in Educational Excellence Award Winners

On October 26, three Sauk Centre Teachers were recognized at the Resource Training & Solutions Annual Leadership in Educational Excellence (LEEA) Awards Banquet in St. Cloud. As with the Support Staff awards, these award winners are also nominated by their peers and colleagues based on the following criteria:

- *Serve as examples to inspire fellow colleagues, students and their communities through positive leadership and attitude toward the educational field
- *Thorough knowledge of subject matter and leadership in curriculum development
- *Positive role model for students and staff
- *Exemplary instructor who recognizes students as individuals and motivates them to reach their maximum potential and who shows genuine respect and concern
- *Seeks to improve personal and instructional effectiveness through continuing education and staff development activities

Sauk Centre Schools is proud to recognize this year's LEEA award winners! Congratulations to **Shelly Engle, Jason McLellan** and **Lisa Mergen!** These three outstanding educators are truly representative of our entire teaching staff!



L to R: Lisa Mergen, Jason McLellan, Shelly Engle



Music Notes

Come see the fall musical! *LITTLE SHOP OF HORRORS*. Little Shop is about Seymour Krelborn, played by Noah Polipnick, who is a meek flower shop assistant. Seymour pines for co-worker Audrey, Abbey Olson. During a total eclipse, Seymour discovers an unusual plant he names Audrey II, which has a very peculiar and somewhat disturbing appetite. As the plant grows it attracts a great deal of business for the previously struggling store, Mushnik's Skid Row Floral. Seymour has to commit some awful crimes which his boss, Mr. Mushnik, played by Riley Akervik, soon discovers. The plot thickens, chaos ensues and the ending comes very unexpectedly! (It's different from the movie!)



The cast has been working very hard every morning and many afternoons to create the world of skid row and become lively and interesting characters. Come to support our young actors and to experience the sweet, sensitive, weird and somewhat ridiculous *Little Shop of Horrors*. Performances are November 17, 18, 19 at 7 p.m. in the Sauk Centre Public School Auditorium. Tickets are \$7 for adults and \$5 for students.



Students in grades 9-12 accompanied by instructors Melissa Vorderbruggen and Amanda Culver traveled, on their annual trip, to Chanhassen Dinner Theatre on October 15 to see Camelot! According to the Chanhassen Dinner Theatre web site this dinner show *revel in the rich, deeply romantic legend of King Arthur and his beloved Queen, Guenevere. Celebrate the dashing Sir Lancelot, the gallant Knights of the Round Table, the mystical wizard Merlin and the Lady of the Lake from the mists of Avalon.*

Beyond romance, noble quests and magic spells lie twisted plots, inner demons and betrayal – all threatening to snuff out Arthur's dreams to build the greatest kingdom ever known – one where true justice and compassion reign supreme. The ideals of Camelot are ones we long for in our own day, making Camelot a hopeful legend for all time.

Written by Alan Jay Lerner and Frederick Loewe (My Fair Lady, Brigadoon), Camelot is a multi-Tony Award-winner, including one for Best Musical Score. Camelot is based on the King Arthur legends found in T.H. White's novel The Once and Future King.

Mainstreeters Varsity Winter Sports 2016-2017

Boys Basketball (A/B/C)

T	12/6	Holdingford	H	6:00
TH	12/8	Benson	H	6:00
F	12/9	Upsala	A	6:00
T	12/13	St. Cloud Cathedral	H	6:00
F	12/16	Morris	A	6:00
T	12/20	Pierz Healy	A	6:00
TH	12/22	Osakis	A	6:00
T	12/27	Tournament @ Willmar	A	TBD
W	12/28	Tournament @ Willmar	A	TBD
TH	1/5	Melrose	A	6:00
T	1/10	ACGC	H	6:00
TH	1/12	Minnewaska	A	6:00
M	1/16	Browerville	H	5:00
TH	1/19	BOLD	A	6:00
F	1/20	Albany	A	6:00
T	1/24	Benson	A	6:00
F	1/27	Montevideo	H	6:00
F	2/3	Morris	H	7:30
T	2/7	BBE	H	6:00
F	2/10	Melrose	H	6:00
S	2/11	Winter Classic @ Alexandria		
F	2/17	Minnewaska	H	6:00
S	2/18	ACGC	A	6:00
TH	2/23	BOLD	H	6:00
M	2/27	Montevideo	A	6:00
S	3/4	Long Prairie-GE	H	12:00
TH	3/9	Subsections Qtr Finals @ High Seed		7:00
S	3/11	Subsections Semi Finals @ St. Johns U.		
T	3/14	Subsections Finals @ St. Johns U.		
F	3/17	Sections @ SCSU		

Girls Basketball (A/B/C)

T	11/29	Long Prairie	A	6:00
S	12/3	Tipoff Classic @ Hopkins	A	TBD
T	12/6	BBE	A	5:45
F	12/9	Minnewaska	H	6:00
S	12/10	Pierz Healy (C only)	A	9:00
F	12/16	Albany	H	6:00
T	12/20	New London-Spicer	A	6:00
TH	12/22	Braham	H	6:00
	12/27-28	Tournament @ St. Cloud Tech		TBD
T	1/3	Benson	H	6:00
F	1/6	Montevideo	H	6:00
TH	1/12	ACGC	A	6:00
F	1/13	Morris	A	6:00
T	1/17	BOLD	H	6:00
F	1/20	Melrose	H	6:00
T	1/24	Osakis	H	6:00
TH	1/26	Minnewaska	A	6:00
F	2/3	Morris	H	4:30
T	2/7	Benson	A	6:00
TH	2/9	Montevideo	A	6:00
S	2/11	Winter Classic @ Alexandria		TBD
T	2/14	Holdingford	H	6:00
TH	2/16	ACGC	H	6:00
F	2/17	St. Cloud Cathedral	A	6:00
T	2/21	BOLD	A	6:00
F	2/24	Melrose	A	6:00
T	3/2	Subsection Qtr. Finals @ High Seed		
S	3/4	Subsection Semi Finals @ St. Johns U.		
T	3/7	Subsection Finals @ St. Johns U.		
F	3/10	Section @ SCSU		



Wrestling (A/B)

F	12/2	Invitational @ Melrose	A	2:30
T	12/6	ACGC	A	6:00
TH	12/8	BOLD Tri.	A	5:00
F	12/9	Osakis	A	5:00
T	12/13	Benson @ Melrose	A	6:00
F	12/16	Cass Lake-Bena Invit.	A	TBD
S	12/17	Class Lake-Bena Invit.	A	TBD
TH	12/22	BBE @ Melrose	A	6:00
TH	1/5	Morris/OTC	H	5:00
F	1/13	Montevideo	A	6:00
S	1/14	Elk River	A	9:00
TH	1/19	Long Prairie-GE	H	6:00
T	1/24	Minnewaska @ Melrose	A	6:00
S	1/28	WCC Tourn. @ ACGC	A	10:00
F	2/3	Fergus Falls Quad	A	5:00
T	2/7	Albany	A	6:00
TH	2/9	Paynesville	H	5:00
F	2/10	Bemidji	A	5:00
S	2/18	Section Team @ Thief River Falls		
	2/24-25	Section Indiv.		

Boys Swimming

TH	12/8	Sartell @ Melrose	A	6:00
T	12/13	Alexandria	A	6:00
T	12/20	Morris	A	6:00
T	12/27	Brainerd Invit.	A	1:00
T	1/3	Fergus Falls	H	6:00
S	1/7	Invit @ Univ of MN Aquatic Ctr		TBD
T	1/10	Park Rapids	A	6:00
TH	1/12	Montevideo	H	6:00
F	1/20	Alexandria Invit. (JH only)	A	5:00
S	1/21	Section True Team		TBD
T	1/24	Willmar	H	6:00
S	1/28	State True Team @ Univ of MN Aquatic Ctr		
T	1/31	Sauk Rapids-Rice @ Melrose		6:00
T	2/7	Rocori	A	6:00
TH	2/9	Morris Invit.	A	5:00
	2/24-25	Section		

Continued on page 10

2016-17 Mainstreeters Winter Varsity Sports

Cont. from page 9

Dance Team

S	11/19	Sartell	A	TBD
S	12/10	Albany Invit.	A	TBD
F	12/16	ACGC Invit.	A	TBD
M	1/9	BBE Invit. @ Brooten	A	7:00
M	1/16	Melrose Invit.	A	7:00
S	1/21	Yellow Medicine East	A	TBD
TH	1/26	WCC @ BOLD	A	7:00
S	2/4	Section @ Wadena	A	TBD

Half-time Performances 12/9, 1/6, 1/24, 3/3

Boys Hockey (A/B)

S	11/26	Monticello	A	1:15
T	11/29	Northern Lks @ Pequot Lks		5:15
TH	12/1	River Lakes @ Rocori	A	5:15
T	12/6	Park Rapids @ LP	A	5:15
T	12/13	Little Falls @ LP	A	5:15
S	12/17	Bagley @ LP	A	3:00
T	12/20	Wadena-DC	A	5:15
TH	12/22	MBA Storm @ Morris (A Only)		7:00
	12/29-30	Tournament @ Benson	A	TBD
T	1/3	Alexandria	A	5:15
TH	1/5	Willmar	A	5:15
F	1/6	Breckenridge	H	5:15
T	1/10	St. Cloud Cathdral	H	5:15
TH	1/12	Litchfield	A	5:15
T	1/17	Detroit Lakes @ LP	A	5:15
TH	1/19	Wadena-DC @ LP	A	5:15
T	1/24	Northern Lks @ LP	A	5:15
TH	1/26	Detroit Lakes	A	5:15
T	1/31	Park Rapids	A	5:15
TH	2/2	Breckenridge @ Wapeton	A	7:00
S	2/4	Willmar	H	5:15
TH	2/9	MBA Storm (A only)	H	7:00
F	2/10	Mora	H	5:15
M	2/13	Redwood Valley	H	5:15
S	2/18	Section @ High Seed		7:00
T	2/21	Section Qtr. Finals @ High Seed		7:00
S	2/25	Section Semi Finals @ MAC		
TH	3/2	Section Finals @ MAC		7:00



Girls Hockey (A/B)

T	11/15	St. Cloud Cathedral	A	5:25
T	11/22	Litchfield	A	5:15
F	11/25	Tournament @ Willmar	A	6:00
S	11/26	Tournament @ Willmar	A	2:00
T	11/29	Mound Westonka (A only)	A	7:00
TH	12/1	River Lakes	H	5:15
F	12/2	Marshall Senior	H	5:15
T	12/6	Fergus Falls	H	5:15
TH	12/8	Detroit Lakes @ Wadena	A	5:15
S	12/10	Crookston @ LP	A	12:00
T	12/13	Northern Lks Light.	A	5:15
TH	12/15	MBA @ Benson (A only)	A	7:00
T	12/20	Park Rapids @ LP	A	5:15
	12/26-28	Tournament @ Blaine	A	TBD
T	1/3	Willmar	A	5:30
S	1/7	Luverne	H	12:00
TH	1/12	Detroit Lakes	A	5:15
F	1/13	Alexandria	A	5:15
TH	1/19	MBA Storm (A only)	H	7:00
S	1/21	Cambridge	A	1:15
T	1/24	Park Rapids	A	5:15
F	2/3	Northern Lks Light @ WDC		5:15
S	1/28	Luverne	A	12:00
TH	2/9	Section Qtr. Finals @ High Seed		7:00
T	2/14	Section Semi Finals @ High Seed		7:00
TH	2/16	Section Finals @ MAC		7:00

Super Senior Passport for School District Residents



A reminder to all Sauk Centre Mainstreeters fans, who are over the age of 60, to get your free Super Senior Passport. This is a small way to thank you for supporting public education. We are also hopeful that the Super Senior Passport will encourage you to become more engaged with the wonderful youth of our community.

These cards provide.

Free admission to regular season home athletic events.

Free general admission to home music and theatre productions.

Discount of \$2 on all Community Education classes.

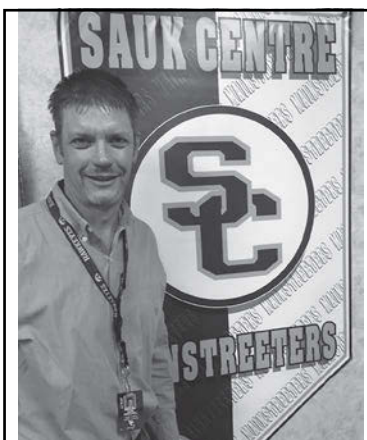
The passport is free to residents of our city who are 60 years and older. You need to show your Super Senior Passport card for admission to events and for discounts on Community Education registrations. Please stop in the Sauk Centre School's District Office to fill out the application and receive your passport.

Activity schedules change for a variety of reasons. For updates check the school's website at www.isd743.k12.mn.us and click on the Mainstreeter Scheduler.

Community Education Has New Leadership

I would like to take this opportunity to introduce myself as the new Assistant Community Education Director. Serving as the Community Education Director is Dan Brooks. I will be working under Dan Brook and I am excited to serve the community and district in our continued partnership in bringing programming and classes to our area.

Sauk Centre Community Education is now on Twitter®. Check out daily updates and news at our twitter site. “street-ercommmed” is our handle and you can check out our news feed and updates daily. Like us at our Twitter® page and get regular updates regarding class times, open swimming, community education events, and general news. Also, there will be a link on the Sauk Centre School Website to download the news letter and connect you with our Twitter® page.



by Don Peschel
Assistant Community Ed. Director

September Advisory Council Board Meeting held on September 21. Our fall advisory council meeting was held at the Truck Stop. Council members include: Tim Kampsen, Tom Trutna, Jeanne Bushard, Jeff Schuster, Geri Nienaber, Cheryl Lawinger, Tyler Sogge, Mary Rasmussen, Amy Millard, Dan Brooks, and Don Peschel. These meetings are held to discuss the Community Education process and look for input to better our programs.

There will be a “New Look” to the *743In-Touch* district newsletter which includes the Community Education information. This newsletter will be printed on enhanced paper and you may notice the quality change as you are reading this month’s articles. We feel that this minor change in will enhance our photo’s and make our newsletter easier to read for our district population.

FACS Gingerbread House Winners

Family and Consumer Science - Creative Cooking Class held a Gingerbread House contest as part of the curriculum. There is a lot of learning, work and problem solving skills that go into the designing and building. Congratulations to first quarters gingerbread house winners. There was a tie for first place with: Wonders of the World (Miranda Middendorf and Kate Neubert) and Northstars Hockey (Isaac Imdieke and Faith Panick.) Second place - Beach House (Maesyn Thiesen and Hannah Dammann.) Third Place – Derby (Austin Carlson, Georgia Nathe, Theresa Farlow, and Alina Engelke.) Instructor for the class is Amy Goodwin.



2nd PLACE



3rd PLACE



1st PLACE



1st PLACE

Community Education Classes

Gentle Yoga for Adults **Starts December 7**

Heather will lead you through a gentle yoga practice that focuses on relaxing, finding calm, improving your flexibility and bringing balance to your life. She has the training to modify the poses according to fitness level, any injuries or whatever your situation might be. Also great for athletes, runners or anyone looking to de-stress and improve their flexibility. Students need a yoga mat, water and a small, light blanket (used for relaxation pose at the end, optional).

Dates: Dec. 7, 14, 21,
January 4, 11, 18

Time: 4 - 5 p.m.

Fee: \$50

Minimum: 10

Sessions: 6

Location: Elementary Cafeteria

Instructor: Heather Zollman, registered yoga teacher through Yoga Alliance

Deadline: December 1



Yogakidz **Starts December 7**

This class is for boys and girls ages 5 years old and up. You will practice breathing techniques (made super fun), silly and calm yoga poses, animal poses, super hero poses, partner poses and play yoga games. Throughout the session, Heather will give the kids tips on how to use breathing and different yoga techniques to help them with working through different feeling, stress, and being a good friend. And the best part is your child will have a total blast!!!

Dates: December 7, 14, 21, January 4, 11, 18 Time: 3:15 - 3:45 p.m.

Fee: \$30 Minimum: 10 Sessions: 6

Location: Elementary Cafeteria

Instructor: Heather Zollman, registered yoga teacher through Yoga Alliance

Deadline: December 1

Lifeguard Training **Starts December 2**

Upon successful completion of this course, you will be a certified lifeguard. This includes a 2-year certification in Basic Life Guarding, CPR for Professional Rescuer w/AED and First Aid. Swimming and diving prerequisites are required. Participants must be 15 years old by completion of the class and must attend all sessions.

Dates/Times:

December 2 5 - 9 p.m.

December 3 8 a.m. - 4 p.m.

December 4 8 a.m. - 4 p.m.

Location: Pool & room 124

Fee: \$250 Sessions: 3

Minimum: 6 Maximum: 12

Instructor: Curt Hoffman, Splash Sch.

Deadline: November 23



Gr. 7/8 Boys Frontcourt **Starts November 9**

This is open to boys in grades 7 & 8 who want to get a jump start on the basketball season. A full schedule of the dates and times will be available in the Activities Office. Frontcourt will start on November 9. Cost is \$25.



Water Safety Instructor **Starts December 10**

Upon successful completion of this American Red Cross course, participants will be a certified lifeguard. This creates employment possibilities in the future. Participants must be 16 years old

by completion of the class and must attend all sessions.

Dates: December 10, 11, 17, 18

Times: 8 a.m. - 4 p.m.

Location: Pool & Room 124

Fee: \$232 Sessions: 4

Minimum: 5 Maximum: 12

Instructor: Curt Hoffman, Splash Sch.

Deadline: December 2

Basketball Gr. K-2 **Starts January 9 Saturday**

A fun introduction program for all boys and girls interested in playing basketball. A variety of drills and games are used to introduce the fundamentals. Each participant will receive a basketball.

Dates: January 7*, 14, 21, 28

Time: 11 a.m. - 12 p.m.

Fee: \$20 (includes basketball)

Location: Elementary Gym

*January 7 meet in SH Gym

Sessions: 4

Instructor: Todd Broich

Open Soccer

This is open to adults and students in grades 7-12. A great way to have fun and keep in shape.

Dates: December 16, 23, January 6, 13, 20, 27, February 17, 24

Time: 7-8:30 p.m.

Fee: \$1 per time

Sessions: 8

Location: Multi-Purpose Room



Community Education Classes

Saturday Girls Basketball Gr. 3-4 Starts December 2



This program will teach girls the fundamentals of basketball. A fun way to work on skills through a variety of drills, contests, and games.

Dates: December 2*, 10, 17*, January 7, 14, 21, 28, February 4, 11, 18

*Dec. 2, 6-7:15 p.m. Multi-Purpose Rm.

*Dec. 17, 3-4:15 p.m. Multi-Purpose Rm.

Time: 8:30 - 9:45 a.m.

Location: Elementary Gym/Cafeteria

Fee: \$25 (includes t-shirt)

Sessions: 10

Instructor: Scott Bergman & GBB Staff

Girls Basketball Gr. 5-6 Traveling League Starts November 28

This program is a more competitive league and requires a bigger commitment as games will be played with area schools. Skills will be stressed and coaches will require teamwork. If school is canceled there is no practice.

Dates/Time:

Monday & Thursday in Elem. Cafe

5th Grade 4:30 - 5:45 p.m.

6th Grade 3:15 - 4:30 p.m.

November 28

December 1, 2*, 5, 8, 12, 15, 19, 22

January 5, 9, 12, 23, 26, 30

February 2, 6, 9, 13, 16

*Dec. 2, 7:15-8:30 p.m. Multi-Purpose Rm.

AND

Saturdays in Elementary Gym

Time: 9:45 - 11:00 a.m.

Dates: December 10, 17*, January 14, 21, 28, February 2, 11, 18

*Dec. 17, 3-4:15 p.m. Multi-Purpose Rm.

Sessions: 29

Fee: \$50

Instructor: Girls Basketball Staff

Saturday Girls Basketball Gr. 5-6 Starts December 2

This program will teach girls the fundamentals of basketball. A fun way to work on skills through a variety of drills, contests, and games.

Dates: December 2*, 10, 17*, January 7, 14, 21, 28, February 4, 11, 18

*Dec. 2, 7:15-8:30 p.m. Multi-Purpose Rm.

*Dec. 17, 3-4:15 p.m. Multi-Purpose Rm.

Time: 9:45 - 11 a.m.

Location: Elementary Gym/Cafeteria

Fee: \$25 (includes t-shirt)

Sessions: 10

Instructor: Scott Bergman & GBB Staff



Boys Basketball Gr. 5-6 Traveling League Starts November 29

This program will be more of a competitive basketball league. Coaches will use a variety of drills, contests and games. A fun way to get out and enjoy time with your friends and teammates. If school is canceled there is no practice.

Tuesday & Friday in Elem. Cafeteria

Dates/Time: 3:15 - 5 p.m.

November 29

December 2, 6, 9, 13, 16, 20

January 3, 6, 10, 13, 17, 24, 27, 31

February 3, 7, 10, 14, 17, 21, 24

AND

Saturdays in Senior High Gym

Time: 9:45 - 11 a.m.

Dates: December 3, 10, January 7, 14*, 21, 28, February 4, 11, 18

*Tournaments

Sessions: 31

Fee: \$50 (includes t-shirt)

Instructor: Mike Ellens & BBB Staff

Boys Basketball Gr. 3-4 Starts November 29

A fun program to work on fundamental skills through a variety of drills, contests, and games. This league will meet on Tuesdays and Saturdays. A great way to learn the basics of basketball. If school is canceled there is no practice.

Tuesday in Elementary Cafeteria

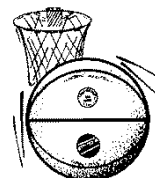
Dates/Time: 5 - 6:30 p.m.

November 29

December 6, 13, 20

January 3, 10, 17, 24, 31

February 7, 14, 21



AND

Saturdays in Senior High Gym

Dates/Time: 8:30 - 9:45 a.m.

December 3, 10, January 7, 14, 21, 28, February 4, 11, 18

Fee: \$40 (includes t-shirt)

Sessions: 21

Instructor: Mike Ellens & BBB Staff



Wrestling Gr. K-6 Starts January 2

Learn the fundamentals of competitive wrestling. This will be a great way to prepare young athletes for the elementary competitions, through out the winter months, at area tournaments.

Dates: January 2*, 9, 12, 16*, 23,

26, 30, February 2, 6, 13, 20*, 27,

March 2, 6, 9, 13, 16, 20*, 23*

Time: Grades K-2 @ 5:30-6:30 p.m.

Grades 3-6 @ 6:30-7:45 p.m.

Location: Senior High Gym Stage or

*Sauk Centre Armory, 628

Sinclair Lewis Ave

Fee: \$25 Sessions: 19

Instructor: Brian Friedrichs

Community Education Classes



Zumba®

Session 1 - Starts November 30

Session 2 - Starts January 11

Are you ready to dance yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy to follow, and calorie burning work out! Can you imagine burning up to 1,000 calories in one hour! You won't even realize you're working out because it's so easy to follow. This class is for ALL levels of exercise. Modification can be made for anyone. Warm up and cool down included in the workout. Bring a water bottle with to class. Sign up for one session or both sessions.

Dates: Session 1 November 30, December 7, 14, 21, 28 Fee: \$25

Session 2 January 11, 18, 25, February 1, 8, 15, 22 Fee: \$35

Location: Elementary Cafeteria Time: 6:15 - 7:15 p.m. Min: 6

Instructor: Mary Jo McCormick, certified Zumba®/Zumba Core® instructor

Early Morning Lap Swim

November 2 - December 23

Get your exercise done before you start your work day. The pool is open to lap swimming only. A certified lifeguard is on duty.

Days: Monday, Wednesday, & Friday

Time: 6-7 a.m.

*Fee: Adults \$12/month

Students \$6/month

Location: Pool - JH Bldg.

*No daily fee

General Education

Diploma (GED®)

Adult Basic Education (ABE) and General Education Diploma (GED) programs are offered to adults in the area. They are designed to give assistance in the preparation of GED tests. Studies are in the areas of language arts, social studies, math, and science. Anyone 17 or over, who has some basic educational needs and is not currently enrolled in the K-12 system is eligible to enter. Classes are held on Wednesdays and will end November 16. Instructor is Joyce Hunstiger. Classes will be held in the Senior High Media Center from 3:30-6:30 p.m.

Beekeeping 101

November 15 Tuesday

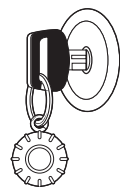
This is a beekeeping course for those who want to try beekeeping, for those who have had trouble beekeeping, and those who just think that bees are neat and want to learn more. Harmony will go over the subjects of how to get into bees, how to manage bees, how to determine if you have problems, and how to treat those problems. Instructor: Harmony Schlueter

Location: SH Media Center Time: 6 - 8 p.m. Fee: \$36

Minimum: 4 Sessions: 1 Deadline: November 10

Drivers Training Classroom Instruction

Starts November 7



This is a 30 hour course in classroom drivers training. You must attend all the days to meet the requirements. The student must be 15 years of age by March 1, 2017 or 14 is seeking a farm permit. No exceptions. State law mandated any student wishing to take a road test must be 16, have 30 hours of classroom and have their permit for six months. **Beginning January 1, 2016, MN Graduated*

Driver Licensing Law requires that the supervised hours for drivers under 18 increase from 30 to 50. If a parent attends the "supplemental parental curriculum" class, the requirement drops to 40 hours. Also under this law, teen drivers will need to present a detailed log documenting these supervised driving hours to apply for a provisional license. Please submit date of birth when registering. Instructor: Scott Pearson

*Parent Meeting on November 10 at 7-8:30 p.m.

Location: JH Room 103 Sessions: 14

Class Dates: November 7-11, 14-18, 21 & 22 @ 3:05 - 5:15 p.m.

November 12 & 19 @ 8:30 a.m. - 12 p.m.

Fee: \$90 Min: 16 Max: 25

Community Education Classes

Defensive Driving 4 Hour MN Safety Council **December 13 Tuesday**

This four hour course allows drivers aged 55 and older who have taken the Defensive Driving Eight Hour Course, to take a refresher course at least every three years and obtain the 10 percent auto insurance discount. You must bring your Certificate of Completion of the initial training to the instructor to be eligible for the four hour course. Time will be allowed for a lunch break. Please note that if you register for a class and can not make it you need to call before the registration date to get a full refund.

Location: S.C. Senior Center (321 4th St. N.) Time: 1 - 5 p.m.
Fee: \$15 Sessions: 1 Deadline: December 6

CPR



January 8 Thursday

This course covers CPR for all ages, infant, children and adult. The American Heart Association offers this course to first time and people who need refresher credit. Learn the new order for CPR, spells C-A-B (Compressions-Airway-Breathing), Choking and AED (Automatic External Defibrillator) will also be covered. Certificates are provided with successful completion of the course.

Time: 6-10 p.m. Fee: \$40
Minimum: 4 Sessions: 1
Location: SC Ambulance Garage
(1300 Timberlane Dr.)
Instructor: Ambulance Personnel
Deadline: January 5

First Aid

January 12 Monday



Everyone encounters situations where knowledge of basic first aid would be beneficial. This course teaches you how to

handle day-to-day injuries, Diabetic reaction, seizures, broken bones, burns, poisons, breathing problems, sudden illness, and many emergencies.

Time: 6-10 p.m. Fee: \$20
Location: SC Ambulance Garage
(1300 Timberlane Dr.)
Minimum: 4 Sessions: 1
Instructor: Ambulance Personnel
Deadline: January 8

Vision Boarding

February 8 Wednesday

In this class, for adults, you will move a little, meditate a little and find your focus to set goals for the present and future! After the group and individual activities, you will set up to create a board using magazines pictures of colors, specific images, words....anything. This is a fun adventure that will explore what you are dreaming of and want to bring into your life. Wear something comfortable, bring a yoga mat, water, and anything you'd like to add to your board. Instructor: Heather Zollman

Time: 6-9 p.m. Fee: \$35 Location: Senior High Media Center
Minimum: 10 Sessions: 1 Deadline: February 1



Internet Safety and Security

December 7 Wednesday

Phishing and Pharming are the most the most common Internet scams. This class will alert you to the warning signs of these cons and show you how to avoid being tricked. Examples of fakes will be shown, and the class will also cover related phone scams. You will learn basic steps to protect you and your computer.

Time: 6-8 p.m. Fee: \$15
Minimum: 8 Sessions: 1
Location: Room 2 Senior High
Instructor: Dana Boschee
Deadline: November 30

Meditation for Quieting the Mind

Starts January 9

What is this Mindfulness everyone keeps talking about? Join Heather on this journey of quieting the mind.



You will learn to bring attention to different breathing techniques, practice some very light yoga to get stretched out, centered and comfortable, and then continue with guided meditation. The purpose is simply to give your busy mind a break it deserves, and send you on your way to feeling refreshed, centered and focused. Wear stretchy clothing, socks and a layer to keep warm while meditating. Bring a mat, small light blanket, water and a journal if you feel inspired to record anything that may come up. This class is for preteens and older.

Dates: January 9, 16, 23, 30
Time: 5:15 - 6:15 p.m. 4 sessions
Fee: \$40 Minimum: 10
Location: Senior High Media Center
Instructor: Heather Zollman
Deadline: December 23

Community Education Classes

Winter Walking

Come in out of the cold and walk in a safe and warm environment. Get your free exercise by walking in the school halls. Walking is allowed before school and after school on days school is in session.

Time: 6:15-7:30 a.m. or 3:15-5:30 p.m. Evening walking 3:15-8:30 p.m.

Walking dates available after 5:30 p.m. on the following evenings: November 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23, 28, 29, 30, December 1, 2, 5, 7, 14, 15, 19, 20, 21 and January 4. Please use the Senior High School entrance only.

English as a Second Language (ESL)

English as a Second Language (ESL) is offered in a class setting Monday nights from 5:30 to 8:30 p.m. in the Sauk Centre Elementary Media Center. This class is offered at no cost to the student.

There needs to be a minimum of six people to offer this class.

Classes will run throughout the year. ESL instructor is Jill Roberg-Abahsain. Call Don at 320-352-2258, Ext. 3247 or Jill at 844-265-4480 ¿Le gusta lecciones en inglés? Llama Don @ 320-352-2258 o Jill @ 844-265-4480.

Registration Information

Community Education registrations will be taken by mail, online at www.isd743.k12.mn.us, or by stopping at the Activities Office located in the Junior High School. You are considered registered when we receive your payment and form.

There will be no confirmation on mail-in registrations. In case of class cancellation, you will be contacted and full payment will be returned.

Telephone registration will not be given priority in event the class is filled. You may call for the status of a class but you are not registered until your fee is received.

Trips and tour refunds will not be given after the registration deadline. You must find a substitute to take your place. Call the Activities Office/Comm. Ed. Office at 352-2258, Ext. 4006, for a possible waiting list.

All request for refunds must be received before the class deadline starts. No refunds after the first class starting date.



Class Ideas Wanted

Sauk Centre Community Education is looking for new ideas for classes and/or instructors. If you would like to teach a class, earn some money, and spend an evening with people interested in your knowledge this is for you. We are always interested in hearing your suggestions and ideas. **Please contact Don Peschel, Assistant Community Education Director at 320-352-2258, Ext. 3247 or e-mail don_peschel@isd743.k12.mn.us**

DISTRICT 743 COMMUNITY EDUCATION - Registration Form

NAME _____

Phone _____

Address _____

Grade (K-12 student) _____

T-Shirt size (if applicable) _____

City & Zip _____

E-mail address _____

List

Course Title, Date, Class Fee

Identify special assistance needed. . . .

STATEMENT OF RELEASE

I agree to release District 743 Community Schools, Community Education and its employees of all liability related to accidents or injuries which myself or a member of my family might incur while participating in the above mentioned activity.

Signature of participant (or parent of student under 18 years of age.) _____

Make check payable to ISD #743. Mail to: Community Education Office, S.C. Public School, 933 State Road, Sauk Centre, MN 56378-1698.