

OCTOBER

COMMUNITY NEWS



2020

*Serving Northern Minnesota Communities
Hill City, Jacobson, and Swatara*

Articles in this
Newsletter:

School News

School Board
Minutes

Ideas for
Parents

Hill City
Community
News
Lunch Menu

Community Ed.
News/Classes

Your Senior Class of
..... 20 - 21

**They are a very Small very
Close Knit Class with
BIG Hopes and Big Dreams
and Bright Futures!!!
Let's Meet them.....**



Tucker "Jesus Rodriguez" Holm
Future = Baseball Player
Seth St. Martin "Swan" is Undecided
about future plans....
Together their favorite Memory is:
The Last Dance

Maycee Lathrop
"Maycface"
Favorite Memory is "Story time with Connor"
Her plans for the Future:
To become a Teacher

"Gerb"
Hunter Gerber
Memory: Taking the RV for a Drive
What he's doing in the future -
Fluid Power

Shyan Yanez AKA "Shy"
will never forget Football Games |
Plans to be a Mortician



"Candy" Andy Major
Super Mud Jug 2019
Going to school to be A
Heavy Equipment Operator

Colton the "Cmac" McManigle
enjoys his memory of when the
table in Mrs. Benson's room fell on
Damion's feet.
Is going into HVAC

Jaxon O'Brien "Ese Pata"
Remembers when cuz he got ISS for staying
outside till lunch, fishing.

Hunter Ahonen AKA: "Lou"
When Tucker got stuck inside of a stool and the sub
couldn't get him out was her favorite memory
She wants to be a Nurse

Matt Clarke "Dark"
Wants to be a Heavy Equipment
Mechanic remembers when Mr. Tulla
held him upside down by his feet.

Avangeline Solie "Ava"
wants to join the NAVY!
Remembers when the light got broke
during the kickball game.



Sue Kaslow, Chairman PO Box 165 Hill City, MN 55748	Joell Miranda, Clerk PO Box 253 Hill City, MN 55748	Bambi Lange, Treasurer 505 Ione Ave Hill City, MN 55748
Jay Zapzalka, Vice Chair 67880 353rd Ave Hill City, MN 55748	Mark Meyer PO Box 42 Hill City, MN 55748	Sarah Kingsley 67767 Hwy 169 Hill City, MN 55748

Committee Assignments for 2020

Committee

Representative

MSHSL
Negotiations Committee

Curriculum Committee
Community Education Advisory Council
Meet and Confer

Staff Development
School and Community Health Team
Recertification Committee
ARCC
Comparable Worth
NESC Board
Safety/Transportation Committee
Athletic Advisory Committee

Itasca Area Schools Collaborative
Policy Committee

Mark Meyer
Sue Kaslow, Mark Meyer and
Jay Zapzalka (Sarah Kingsley, Alt.)
Joell Miranda (Bambi Lange, Alt.)
Mark Meyer (Bambi Lange, Alt.)
Bambi Lange and Joell Miranda
(Sarah Kingsley, Alt.)
Joell Miranda (Sarah Kingsley, Alt.)
Joell Miranda and Sarah Kingsley
Bambi Lange
Sue Kaslow
Sue Kalsow
Sue Kaslow
Mark Meyer
Jay Zapzalkz and Mark Meyer
(Sarah Kingsley, Alt.)
Bambi Lange (Mark Meyer, Alt.)
Sarah Kingsley and Bambi Lange

For School Closings and Emergency Information Broadcasts

RADIO STATIONS

RADIO USA	99.9 FM
KOZY Grand Rapids	1320 AM
	93.1 FM
KMFY Grand Rapids	96.9 FM
WTBX Grand Rapids	93.9 FM
KAXE Grand Rapids	91.7 FM
KBAJ	105.5 FM

INSTANT ALERT

**Infinite Campus' Voice
Messenger system will
call parents between
5:00 - 6:00 a.m. for
school closings.**

TV STATIONS

WDIO/WIRT
KDLH
KBJR
WCCO

Community Newsletter Deadline

Just a reminder, if you would like an article put in the Community Newsletter, it must be turned in to the school office by the 15th of the month to be put in the following months' newsletter. Newsletters are generally sent out by the 25th of the month. If you have any questions regarding this, please feel free to contact Jessica at (218) 697-2394, ext. 101.



Support Within Reach serves Aitkin county residents. Our mission: To reduce the impact and harm of sexual violence in the communities we serve. Free and confidential 24 hour Crisis Line:

Call 218-326-5008 or 1-866-747-5008

MEDICAL/LEGAL SUPPORT & FOLLOW-UP PEER
COUNSELING COMMUNITY REFERRALS & EDUCATION

INDEPENDENT SCHOOL DISTRICT NO. 2
HILL CITY, MINNESOTA

The Regular Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chairman Sue Kaslow at 6:00 p.m. on Monday, May 18, 2020.

The Pledge of Allegiance was recited.

Roll Call showed the following members present: Sue Kaslow, Joell Miranda, Bambi Lange, Mark Meyer, Sarah Kingsley, and Jay Zapzalka. Board Members absent: None. Also present was Superintendent Pat Rendle, Principal Adam Johnson, Building & Grounds Director Eric Hill, Business Manager Ellie Hill, Administrative Secretary/Payroll Jodi Gulbraa. Due to COVID-19, the meeting was recorded via WebEx and posted to the districts Facebook page.

1. Approved the Agenda as presented.
2. Approved the following:
 - *Approved the Minutes of the Regular Board Meeting of April 27, 2020.
 - *Approved the Minutes of the Special Board Meeting of May 4, 2020.
 - *April 2020 bills presented for payment;
 - *Current bills through 05/11/2020;
 - *Investments and wire transfers;
 - *Reviewed Cash Receipts including donations.
3. There was no recognitions to report.
4. There was no report from the School Attorney.
5. Transportation Report: None to Report
6. Policy Committee: None to Report.
7. Curriculum Committee: None to report.
8. School and Community Health Committee: No Report.
9. Safety/Transportation Committee: No Report.
10. Negotiation Committee: Approved to Update the wording for current Superintendent, Business Manager and Early Childhood Coordinator's Professional Services Agreement with Northland. Vote: 6-0 passed. Pat Rendle, Superintendent, will present dates to the committee for negotiations with Early Childhood Coordinator, Brandon Ottway, for the 2020-2021 School Year.
11. Community Education Report: There was no report.
12. Early Childhood Report: There was No Report.
13. Building & Grounds Director Report: Working on School Grounds, early start on Summer maintenance. June 8th will begin work on basketball baskets and bleachers in small gym. 2020 Graduation banners have started being hung up. Eric Hill would like to thank everyone involved.

Going to try and get a safety meeting scheduled before summer break.

14. Principal's Report: Last week of school work going out for the students. 26th - 29th will be equipment turn in. Continued discussion around graduation ceremony plans.
15. Superintendent Report: Updated on COVID-19. A lot of discussion in districts about graduation ceremony options. It was suggested by MSBA to check with our attorney in regards to our District's ceremony plans. Our attorney liked our plan for a traveling ceremony.
16. The Bus Transportation Quotes for the 20-21 and 21-22 School Years were evaluated and a Motion to Act thereon was tabled until the next Board Meeting.
17. Approved to Adopt the 20-21 Resolution for Membership in the MSHSL. Votes: 6-0 Passed.
18. Approved Quotes for the Farm2School Program for the 20-21 School Year. Votes: 6-0 Passed
19. Approved payout of up to five days of unused vacation time for the Business Manager, at the end of the 2019-2020 School Year on the June 30th Payroll. Votes: 6-0 Passed
20. Approved the 20-21 School Year Master Schedule. Votes: 6-0 Passed
21. Approved to hold a Workshop Meeting for BoardBook Premier 101. It will be held on July 13, 2020 at 6:00 p.m., via WebEx. Votes: 6-0 Passed
22. Approved to Adjourn the meeting. Votes: 6-0 Passed. Meeting Adjourned at 7:11 p.m.

Respectfully Submitted, Joell Miranda, Clerk

INDEPENDENT SCHOOL DISTRICT NO. 2
HILL CITY, MINNESOTA

The Regular Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chairman Sue Kaslow at 6:05 p.m. on Monday, June 22, 2020.

The Pledge of Allegiance was recited.

Roll Call showed the following members present: Sue Kaslow, Joell Miranda, Bambi Lange, Mark Meyer, Sarah Kingsley, and Jay Zapzalka. Board Members absent: None. Also present was Superintendent Pat Rendle, Principal Adam Johnson, Building & Grounds Director Eric Hill, Business Manager Ellie Hill, Administrative Secretary/Payroll Jodi Gulbraa.

1. Approved the Agenda as presented.
2. Approved the following:
 - *Approved the Minutes of the Regular Board

Meeting of May 18, 2020.

*May 2020 bills presented for payment;

*Current bills through 05/11/2020;

*Investments and wire transfers;

*Reviewed Cash Receipts including donations.

3. Bart Johnson rescheduled to speak at the July 27, 2020 Regular Board Meeting. Recognition was given to Katie Godfrey on her Retirement after 28 years of service, Hill City Fire Dept. and George Casper, Hill City Police Dept. and Jeff Madsen, Aitkin Co. Sheriffs Dept. and Patty and Blaine Sawdey.
4. There was no report from the School Attorney.
5. Transportation Report: None to Report
6. Policy Committee: None to Report.
7. Curriculum Committee: None to report.
8. School and Community Health Committee: No Report.
9. Safety/Transportation Committee: No Report.
10. Negotiation Committee: Approval of the Business Manager contract has been tabled until the July 27, 2020 Regular Board Meeting. Also working with Nor-Tran on a new transportation and facilities use agreement.
11. Community Education Report: There was no report.
12. Early Childhood Report: A Report is attached to the Minutes and made a part thereof.
13. Building & Grounds Director Report: Locker Rooms are being painted.
14. Principal's Report: Graduation ceremonies went well.
15. Superintendent Report: Thanks to Mr. Johnson for his great job this year. Administration will come up with a plan for next school year.
16. Approved the Transportation Contract with Nor-Tran Inc. for the 20-21 and 21-22 School years. Votes: 6-0 Passed
17. Approved the Budget for the 20-21 School Year. Votes: 6-0 Passed
18. Approved to rescind to close Activity Checking and Savings account and transfer funds to the district as of August 30, 2019. Votes: 6-0 Passed
19. Approved to close Activity Checking and Savings account and transfer funds to the district as of June 2020. Votes: 6-0 Passed
20. Approved an additional ten (10) summer work days for the Early Childhood Coordinator. Votes: 6-0 Passed
21. Approved to designate the official district publication as the Grand Rapids Herald Review, with summary of minutes published in the District Newsletter each month. Votes: 6-0
22. Approved a carryover of two (2) unused days of

vacation to the School Secretary, Mendy Oukrop, from the 2019-2020 School Year to the 2020-2021 School Year. Votes 6-0 Passed

23. Approved BerganKDV as the official school auditors for the 19-20 ,20-21 and 21-22 School Years. Votes: 6-0 Passed
24. Approved the 20-21 Specific Services Contract with ARCC. Votes: 6-0 Passed
25. Approved the High Value Health Insurance Plan for the 20-21 School Year to replace the NorthEast MN Network. Votes: 6-0 Passed
26. Approved to set lunch and breakfast prices for the 20-21 School Year. Votes: 6-0 Passed
27. Approved the athletic rates for the 20-21 School Year. Votes: 6-0 Passed
28. Approved to Publish a Notice of Filling Period for the School Board Elections on November 3, 2020. Votes: 6-0 Passed
29. Approved to adopt Resolution to Establishing Dates for Filling Affidavits of Candidacy and Calling the School District General Election. Votes: 6-0 Passed
30. Approved the Minnesota Rural Education Association (MREA) Membership renewal for the 20-21 School Year. Votes: 6-0 Passed
31. Approved rates for substitute instructors for the 20-21 School Years. Votes: 6-0 Passed
32. Approved North Homes Inc. for Professional Services Contract for the 20-21 School Year. Votes: 6-0 Passed
33. Approved the Coaching/Advisor as listed for the 20-21 School year. Votes: 6-0 Passed
34. Approved the quoting from the garbage hauling , propane and snow plowing for the 20-21 School year. Votes: 6-0 Passed
35. Approved the Professional Services Contract with Greenway for the 20-21 School Year. Votes: 6-0 Passed
36. Approved a return to holding Public School Board Meetings. Votes: 6-0 Passed
37. Approved to Adjourn the Meeting at 7:21 p.m.

Respectfully Submitted, Joell Miranda, Clerk



INDEPENDENT SCHOOL DISTRICT NO. 2
HILL CITY, MINNESOTA

The Regular Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chairman Sue Kaslow at 6:00 p.m. on Monday, July 27, 2020.

The Pledge of Allegiance was recited.

Roll Call showed the following members present: Sue Kaslow, Joell Miranda, Bambi Lange, Mark Meyer and Sarah Kingsley. Board Members absent: Jay Zapzalka.

1. Approved the Agenda with as presented.
2. Approved the following:
 - *Consider Consent Agenda and remove as needed.
 - *Corrected and Approved the Minutes of the Regular Board Meeting of June 22, 2020.
 - *June 2020 bills presented for payment;
 - *Current bills through July 23, 2020;
 - *Investments and wire transfers;
 - *Reviewed Cash Receipts including donations.
3. Bart Johnson Provost of Itasca Community College - College Entrance & Structure of MnSCU (Minnesota State College and Universities)
4. Board Recognition given to the entire staff for all of the hard work during this time.
5. Report from School Attorney: None to Report
6. Transportation Report: None to Report.
7. Curriculum Committee: None to report.
8. Policy Committee: No Report.
9. School and Community health Committee: No Report.
10. Safety/Transportation Committee: No Report
11. Negotiations Committee: No Report
12. Community Education Report: There was No Report.
13. Early Education Report: None to Report
14. Building & Grounds Director Report: July lockers installed in locker rooms, gym floor finish last week, fire alarm inspection took place, summer cleaning and floor finishing continues.
15. Principal's & Superintendent's Report: Reports are combined. Eric is working on sensitization. Adam is COVID coordinator, nurse, Superintendent to begin contract tracing.
16. Approved the Business Manager's two year agreement beginning July 1, 2020 through June 2022. Votes: 5-0 -1 Passed
17. Approved the hiring of Cassandra DeLung as .33 FTE Medical Careers Teacher for the 2020-2021 School Year. Votes: 5-0-1 Passed
18. Accepted the Letter of Resignation from Angela Klennert as Assistant Volleyball Coach. Votes: 5-0-1 Passed and Approved to Post for that Position.
19. Approved the Quotes for Garbage Hauling, Propane

and Snow plowing. A summary of all the quotes are attached and made a part thereof. Votes: 5-0-1 Passed.

20. Approved the Delta Dental Insurance contract renewal for the 2020-2021 School year. Votes: 5-0-1 Passed
21. Approved to Adopt the Resolution of the Fiscal Year 2022 Long Term Facilities Maintenance Plan. Votes: 5-0-1 Passed.
22. Approved the Professional Service Agreement for Special Education with IASC for the 20-21 School year. Votes: 5-0-1 Passed
23. Approved the Professional Service Agreement for Technology Support with IASC for the 20-21 School year. Votes: 5-0-1 Passed.
24. Approved the Foster Care Transportation Agreement for September 1, 2020 through August 31, 2021. Votes 5-0-1 Passed
25. Discussed/Reviewed the Girls Basketball Coaches list: Head Coach, Stacy Johnson; JV Coach, Angela Lewandowski; JH Coach, Mandy McNeil. Votes: 5-0-1 Passed
26. Approved the sale and/or disposal of District technology equipment according to MN State Statue. Votes: 5-0-1 Passed Chrome Books, Desktops, Lap tops, Network Switches, etc. Statues need to be followed by District.
27. Approved the Auctioning of District Equipment. Votes: 5-0-1 Passed
28. Meeting to Attended and Meetings Attended: Next Regular Board Meeting is August 24, 2020 @ 6:00 p.m. Discussed setting Special Meeting for the hiring of Middle School Technology Teacher, Visual Arts Teacher and Science Teacher for the 20-21 School Year. Will not be able to hire employees until 60 days has expired, currently August 25, 2020. August 10th, Special Meeting to discuss Fall Opening @ 6:00 p.m.
29. Meeting adjourned at 7:38 Votes: 5-0-1 Passed

Respectfully Submitted, Joell Miranda, Clerk

INDEPENDENT SCHOOL DISTRICT NO. 2
HILL CITY, MINNESOTA

The Special Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chairman Sue Kaslow at 6:03 p.m. on Monday, August 10, 2020.

The Pledge of Allegiance was recited.

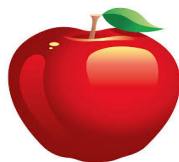
Roll Call showed the following members present: Sue Kaslow, Joell Miranda, Bambi Lange, Mark Meyer, Sarah Kingsley, and Jay Zapzalka. Board Members absent: None.

1. Did Not Approved the Leave of Absence Request from Marci Holm from Early Childhood Paraprofessional.
2. Approved the Corrected Business Manager Agreement. Votes: 6-0 Passed
3. Approved the Job Description for the Early Childhood Coordinator. Needs to be added to the proper format.
4. Discussed and Approved adding Fall Boys/Girls Cross Country Running for the 20-21 School Year.
5. Approved posting for a Boys/Girls Cross Country Running Coach for the 20-21 School Year. Votes: 6-0 Passed.
6. Approved hiring Frankie Dunham as Assistant Volleyball Coach for the 20-21 School Year as per the current HCUE contract. Votes: 6-0 Passed
7. Approved to increase one 4 hour, 10 month Janitor to one 8 hour, 10 month position for the 20-21 School year. Votes: 6-0 Passed
8. Approved to increase Assistant Cook by one hour per day for the 20-21 School Year. Votes: 6-0 Passed
9. Approved increasing Dishwasher/Cook's Helper two hours per day for the 20-21 School Year. Votes: 6-0 Passed
10. Approved adding a 4 Hour Dishwasher/Cook's Helper for the 20-21 School Year. Votes: 6-0 Passed
11. Discussed/Approved the Back to School Plan for the 20-21 School Year as it stands currently. Votes: 6-0 Passed
12. Intent to Negotiate with HCUE. Cannot reopen Negotiations. What can be done to come up with a MOU. Sue would rather do an in-person that telephone. Pat set date to meet on Tuesday the 18th with Union. Table MOU to the next Meeting.
13. Approved to Adjourn Meeting at 7:30 p.m. Passed 6-0 Passed.

Respectfully Submitted, Joell Miranda, Clerk
 Complete Minutes of the above Board Meetings and all Board Meetings are on file in the administration office and may be viewed at any time during regular business hours.

MR.

JOHNSON'S MINUTE...



Welcome back everyone! Everyone knew at the beginning of the school year that this year might be a little different. But, like always, Hill City School staff, students, and the Hill City Community have done an awesome job of pulling together to make this a great start. We are excited about what is happening around the building, but here are a few highlights:

-With this school year, our technology has made a drastic step forward. All teachers are using Google Classrooms or Seesaw to communicate with all students. This has been a huge change, but teachers and students are working to make this a successful tool. The teachers have been working incredibly hard at this new system and have it in place for all students.

-The students have been amazing! I can't say this enough, but we are so proud of all of our students for the work they are doing this year and the attitudes they have in school.

-With food service, breakfast and lunch is now free through December. The system is evolving to find the best way of distributing lunches to all students.

--Football and volleyball are back for varsity sports as of 9/21. Arlan Jensen, the Hill City athletic director, and Max Torgerson, the Northland athletic director, are both working hard to rebuild the schedule for this fall.

-The brand new Hill City Hornets cross country team participated in their first event on September 22nd. We are proud of these athletes and our new coach for all their great work in starting this new sport for Hill City.

-We have redesigned and updated our boys and girls locker room. It looks amazing in there, so thank you to Eric Hill, Bill Clarke, Markie Meyer, and the entire team that helped freshen up the look of our locker rooms.

-Students have access to some hotspots for Wednesday Distance Learning Days. If needed, please talk to Mr. Johnson. We are also working on getting these on the busses for student use.

-Please make sure to check in on campus for any days we have distance learning. Use the student portal to do so. This has been really good and we want to continue to work toward the goal of everyone doing this.

-Hill City Schools is taking every precaution we can to keep everyone in the building as safe and healthy as possible. We are working closely with Aitkin County Public Health and the MDH Decision Tree when situations occur.

-In our EC-8, we have three new people helping out our students. In working with Americorp, we have new tutors working in our early childhood classroom and as reading and math tutors. This is a huge addition to our schools.

These are some of the great things happening around Hill City Schools and we are glad of the strong partnership we have with the community. If you have any questions, please contact the office or Mr. Johnson and we will be glad to help continue to get better.

ideas for parents

Practical Suggestions for Building Assets in Your Child

FAST FACTS

**ASSET TYPE #3:
Boundaries and Expectations**

The more your child has clear, consistent boundaries and high expectations, the more likely he or she will grow up healthy.

51%
of youth surveyed by Search Institute experience at least three of the six boundaries and expectations assets.*

What Are Assets?

Assets are 40 key building blocks to help kids succeed.

* Based on Search Institute survey of almost 100,000 6th- to 12th-grade youth throughout the United States.



The Importance of Boundaries and Expectations

Search Institute researchers found that young people have fewer boundaries as they get older. While it's normal and healthy for teenagers to take more responsibility for themselves as

they grow, the problem is that not enough young people have clear boundaries in the first place. Positive peer influence is one boundary asset (see 6 Key Areas of Boundaries and Expectations below) that can help youth make good decisions for themselves. But while 82% of 6th graders report that their best friends model responsible behavior, only 49%

of 12th graders do.

But why are boundaries important? Sometimes a life without limits—eating, sleeping, playing, and working whenever we want—sounds appealing. Most of us realize, however, that this type of life would be chaotic. No one would know what to expect, no one would seem to care (except about themselves), and we would probably end up feeling frustrated most of the time.

Boundaries are important to our children because they give clear messages about what's expected. Every day young people face many options and choices. Without boundaries to guide them, they may feel unsure and confused—and make unhealthy decisions. With boundaries, they have the supports that help them choose wisely and grow up healthy.

Watch the next six newsletters for more ideas on building boundaries and expectations assets!

Helpful Hints

Tips that make boundaries easier:

- **Discuss boundaries with teachers, coaches, employers, clergy, and adults in other places where your child goes so that all boundaries are consistent.**
- **When you're unsure about setting and enforcing boundaries, seek advice from another parent or a teacher.**
- **Involve your children in family meetings to discuss boundaries and what happens when boundaries are violated.**
- **Think of boundaries as something positive rather than something negative!**

6 Key Areas of Boundaries and Expectations

Search Institute researchers have identified six assets in the area of boundaries and expectations that are crucial for helping young people grow up healthy. Check your family's areas of strength:

- Family boundaries**—Family has clear rules and consequences, and monitors the young person's whereabouts.
- School boundaries**—School provides clear rules and consequences.
- Neighborhood boundaries**—Neighbors take responsibility for monitoring young people's behavior.
- Adult role models**—Parent(a) and other adults model responsible behavior.
- Positive peer influence**—Young person's best friends model responsible behavior.
- High expectations**—Both parent(a) and teachers encourage the young person to do well.

Newsletter Sponsors:

Aitkin Lions Club, Hill City Lions Club,
McGregor Lions Club, Palisade Lions Club,
& Aitkin County Family Collaborative: (Aitkin
ISD #1, Hill City ISD #2, McGregor ISD #4, Mille
Lacs Band District II, Aitkin County Corrections,
Aitkin County Health & Human Services)

Boundaries Through the Years

Age Ways to Set and Uphold Boundaries for Your Child

- 0-1 Know that children at this age don't intentionally violate standards.
Distract your child from inappropriate behaviors and draw attention to appropriate ones.
- 2-3 Enforce boundaries consistently so children learn them more easily.
Give simple, understandable boundaries, such as "Don't bite" or "Be quiet."
- 4-5 Don't just tell your child what and what not to do. Demonstrate appropriate ways of behaving.
Be calm when your child acts out in highly emotional ways.
- 6-10 Be firm about safety boundaries.
Be consistent with the consequences for violating boundaries.
- 11-15 Negotiate new boundaries as your child grows older.
Be patient, calm, and consistent as young adolescents test the boundaries you set.
- 16-18 Respect growing privacy needs while still showing interest in your teenager's activities and friends.
Help your teenager think about future goals, and the discipline and boundaries required to reach them.

Quick Tip:
Set clear boundaries and expect the best.

FINAL WORD

"Children need a consistent, positive approach to become emotionally mature. Be clear about what behaviors are acceptable and what behaviors are unacceptable."—Alice S. Honig, author of *Love & Learn*, a parenting book

This newsletter and other asset resources are produced by Search Institute, 700 South Third Street, Suite 210, Minneapolis, MN 55415; 1-800-888-7828. Copyright © 1997 by Search Institute. Major support for Search Institute's Healthy Communities • Healthy Youth initiative is provided by Lutheran Brotherhood, a fraternal benefit society that specializes in insurance, annuities, and investment products.

The 4 Cs of Boundaries and Expectations



Clear—Everyone should know what to expect.

Concise—The shorter the explanation, the better.

Creative—Kids respond better when boundaries are clever and creative.

Consistent—Standards are more likely to be honored when you consistently uphold them.

More Stuff You Can Use

Discipline That Works. This book helps adults help children and youth become self-reliant, make positive decisions, and control their own behavior. (Available from Penguin Books, 375 Hudson Street, New York, NY 10014; 1-800-331-4624.)

Kids' Club

has started back up on Mondays! Children (Preschool through 5th grade) are welcome to join us for interactive biblical teachings, Scripture memory, games, science experiments, and hands-on craft activities all done in a nurturing, fun, learning environment. We will also be providing snacks and outside activities (weather permitting). Due to COVID restrictions the school bus is no longer able to drop students off after school. Parents are welcome to drop their children off at Hill City Assembly of God anytime from 3:00-3:30 and pick up will be at 5:00 p.m. We welcome all children - those who are attending school, those who are distant learning and homeschooling as well. Come join us for a year of growth, learning and fun!

For more information -
contact Dawn Molaison 218-301-4613

FREE EVENT

JACOBSON COMMUNITY CENTER HALLOWEEN PARTY HAS BEEN CANCELLED - DUE TO COVID-19

JACOBSON

TRUNK or TREAT

SATURDAY, OCTOBER 31
FROM 4:30PM TO 6:00PM
THE JACOBSON RECREATION AREA
CORNER OF HWY 65 AND 200

BRING YOUR CANDY PRE-PACKAGED IN TREAT SIZE BAGS AND MASKS ARE A MUST
FOR MORE INFO CONTACT MICHELLE AT 218-244-9719

COVID FRIENDLY EVENT FOR ALL AGES


PRIZES FOR BEST TRUNK, BEST COSTUMES AND BEST COVID MASK

ISD #2 Lunch Menu October 20-20



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Turkey w/ Gravy Mashed Potatoes, Gr. Beans, Corn, Roll, Peaches	2 Chicken Taco w/ Fixings, Rice, Pineapple	3
Fruit, Juice and Milk served Daily	5 Beef and Bean Burrito w/ Fixings, Corn Salsa, S.Cream, Oranges	6 Chicken Chili, Cheese Cup, Corn Bread, Baby Carrots, Pears	7 Sub Sandwich, Veggies w/ Dip, Applesauce	8 Spaghetti, Garlic Breadstick Cali Veggie Mix Cheese Cup Mixed Fruit	9 Sausage Pizza, Tossed Salad, Banana	<u>Offer-vs-Serve</u> Build a healthy Meal. Select a full or 1/2 serving of
	12 Pork Egg Roll, Rice, Boiled Egg, Mandarin Oranges	13 Grilled Ham & Cheese, Potato Salad, Gr. Beans, Cinnamon Apple	14 Uncrustable, Veggies and Dip Apple	15 NO SCHOOL	16 NO SCHOOL	Fruit or veggie & a minimum of 2 other full meal components
Menu subject to change at anytime	19 NO SCHOOL	20 Corn Dog, Tater Tots, Veggie & Ranch Orange	21 Deli Turkey & Cheese Baby Carrots, Pear Cup	22 Chicken Strips Rice, Roll, Pears, Pineapple	23 Stuffed Crust, Tossed Salad, Mandarin Oranges	3 meal compo- nents are offered daily. Students must select a
	26 Cheese Burger Bun, L.T.O Baked Beans, Tater Tots, Mixed Fruit	27 Quesadilla w/ Fixings, Veggie Sticks, Pineapple	28 Ham & Cheese Sandwich, Veggie Sticks, Fruit	29 FARM2SCHOOL Hot Potato AuGrain, Canned Carrots, Sweet Tango Apples, Roll	30 Breaded Chicken on a Bun, L.T.O Green Beans, Mixed Fruit	One of the components must be a fruit or veggie.

ISD #2 Breakfast Menu October 20-20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Offer-vs-Serve</u> Build a healthy Meal. Select a full or 1/2 serving of				1 Apple Muffin, String Cheese, Orange Juice	2 Yogurt, Banana, Apple Juice	
Fruit or veggie & a minimum of 2 other full meal components.	5 Cereal, Graham Cracker, Milk, Apple Juice	6 Maple Pancakes, Strawberry Applesauce, Orange Juice	7 Cereal Bar, Apple, Orange Juice	8 Strawberry Cream Cheese Bagel, Banana, Apple Juice	9 Cinnamon Mini Buns, Orange, Apple Juice	Fruit & Milk Served Daily with Lunch
4 meal compo- nents are offered daily. Students must select a	12 French Toast Leaf Blueberries, Orange Juice	13 CC Muffin, String Cheese, Oranges, Apple Juice	14 Cereal, Grahams, Peach Cup, Orange Juice	15 NO SCHOOL	16 NO SCHOOL	17
One of the components must be a fruit or veggie.	19 NO SCHOOL	20 Strawberry Pancakes, Apple, Orange Juice	21 Blueberry Muffin, String Cheese, Orange, Apple Juice	22 Yogurt, Cinnamon Graham Pineapple Orange Juice	23 Nutrigrain Bar, Apple, Orange Juice,	Menu subject to change at anytime
25	26 Cereal, Grahams, Apple, Orange Juice	27 Maple Pancakes, Banana, Apple Juice	28 Cereal, Grahams, Orange, Apple Juice	29 Yogurt, Grahams, Apple, Orange Juice	30 Breakfast Pizza, Orange Juice	31

This institution is an equal opportunity provider.

For the Full Non-Discrimination statement see: <http://education.state.mn.us/MDE/SchSup/ENS/CivilRight/048413>

Independent School District No. 2
500 Ione Avenue
Hill City, MN 55748

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Permit No. 3

Local Boxholder Hill City, MN 55748

2020 Intro To Archery



National Archery in School Program (NASP)
Introduction to Archery- first time shooters

Want to learn how to shoot a bow in a safe, supervised setting? Here's Your chance! No experience is needed. First class will be safety and technique with string bows. The remaining sessions will be practicing the same principals with Genesis Bow.

Try out the Intro to Archery session and decide whether or not you would like to join the HC Archery Team and compete locally, regionally, state and possibly beyond starting in January.

Session dates will be October 5, 7, 13, 14, 19 and 21
From 6 pm - 8 pm in the Elementary Gym

Must be in 4th Grade and up.

Due to COVID19 you MUST pre-register. Tami Meyer,
Community Ed Programmer 218-697-2394 ext 172

If you are interested in being a NASP Volunteer Instructor, please contact Mark 218.251-2738

Helping seniors and disabled adults in Aitkin County to live independently, and to provide support those who care for them.



- ◆ Respite Services for the Caregiver
- ◆ Caregiver counseling
- ◆ Homemaking services & Needs Assessments
- ◆ Meals on Wheels—Frozen
- ◆ Virtual exercise classes SAIL & Tai Ji Quan Workshops
- ◆ Caregiver Support Groups
- ◆ 1:1 Consultation—Family Meetings
- ◆ Transportation Services
- ◆ Senior Companion Program with Friendly visits and Assistance
- ◆ Chore Services
- ◆ Nutrition Assistance Program for Seniors (NAPS)

218-927-1383 or 1-877-810-7776
www.aitkincountycare.org