

November



2018

# COMMUNITY NEWS

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

Articles in this  
Newsletter:

School News

Ideas For  
Parents

Community Ed.  
News/Classes

Lunch Calendar

Activity  
Calendar

**You are Invited to attend -**



our annual Veteran's Day Program

**November 12, 2018**

at 10:00 a.m.

in our School's Gymnasium

HONORING ALL WHO SERVED



**WWI  
100  
YEARS**



**VETERANS DAY**

NOVEMBER 11, 2018



va.gov



## Hill City School Board

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

Dorie Barnes  
35990 678th Street  
Hill City, MN 55748

### Committee Assignments for 2018

**Committee**

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

**Representative**

Mark Meyer  
Jay Zapzalka, Dorie Barnes and  
Mark Meyer (Sue Kaslow, Alt.)  
Joell Miranda (Bambi Lange, Alt.)  
Mark Meyer (Joell Miranda, Alt.)  
Dorie Barnes and Joell Miranda  
(Bambi Lange, Alt.)  
Joell Miranda (Bambi Lange, Alt.)  
Joell Miranda and Dorie Barnes  
Bambi Lange  
Sue Kaslow  
Dorie Barnes  
Sue Kaslow  
Jay Zapzalka  
Jay Zapzalka and Mark Meyer  
(Dorie Barnes, Alt.)  
Bambi Lange (Mark Meyer, Alt.)



## For School Closings and Emergency Information Broadcasts

**RADIO STATIONS**  
RADIO USA 99.9 FM  
KOZY Grand Rapids 1320 AM  
KMFY Grand Rapids 96.9 FM  
WTBX Grand Rapids 93.9 FM  
KAXE Grand Rapids 91.7 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 prepared and presented by the 27th of the month. If you have any questions regarding this, please feel free to contact Jessica Lathrop at (218) 697-2394, ext. 101 or [jlathrop@isd002.org](mailto:jlathrop@isd002.org)



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

*Welcome  
Parents*



*to  
Hill City School*

*FALL  
CONFERENCES*

*Visit Teachers in their Classrooms  
Enjoy Cookies and Coffee*

*Tuesday and Thursday  
November 13 & 15, 2018*

# ideas for parents

Practical Suggestions for Building Assets in Your Child

**FAST FACTS**

**ASSET #11:  
Family  
Boundaries**

*Youth are more likely to grow up healthy when families have clear rules and consequences, and monitor young people's whereabouts.*

**43%**  
of youth surveyed by Search Institute have this asset in their lives.\*

**What Are Assets?**  
Assets are 40 key building blocks to help kids succeed. "Family boundaries" is one of six boundaries and expectations assets.

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

## Clear, Concise Boundaries

**A**uthor Stephen Covey knows about the importance of setting and talking about boundaries and expectations. At a family meeting to discuss who would do which chores, Covey's seven-year-old son volunteered to care for the lawn.

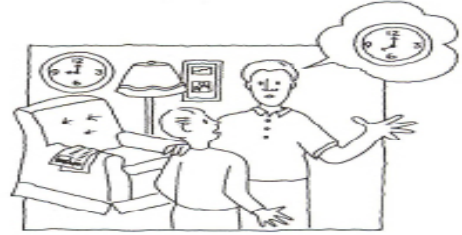
Dad gave the boy a tour of the yard and pointed out which neighbor's yard he wanted the lawn to most look like. He and his son then agreed on two concise, clear expectations: clean and green.

After two weeks, Dad asked his son about the lawn. "It's fine," the boy replied, even though his dad knew he had done nothing to take care of it.

"Let's walk around the yard together and you can show me how it's going," Dad replied.

So they walked around the yard. It was obviously in bad shape, and the boy became upset. "It's so hard, Dad," he said. Dad didn't respond but wondered, "How hard is it not to do something?"

Dad then reminded his son that he—not Dad—was in charge of the yard, but he had a



few minutes to help out if the boy wanted it. The two then cleaned up the yard. When they were done, the yard was clean and green.

Over the summer, the son only asked his dad to help him a few more times and did the rest himself. The boundaries were clear. The expectations were clear, and the seven-year-old succeeded at keeping the yard clean and green.

### time together

Three ways to set boundaries together with your child:

1. **Observe the boundaries of other families** (neighbors, television families, etc.). Discuss what's appropriate and what's not for your family and why.
2. **Post your family boundaries on the refrigerator.** Have only five or six. Make sure they are concise and clear, and apply to everyone—not just kids.
3. **Meet monthly to discuss boundaries.** Are they fair? Do they still fit? Do they reflect the values and principles you have? Adjust them if you need to.

### Helpful Hints

Tips that make setting boundaries easier:

- **Make them positive. Say what you expect along with what you don't want.**
- **Strive for concise standards. Have each boundary be five words or less.**
- **Adjust boundaries as your child becomes older, but know that even 18-year-olds need guidelines.**
- **Set and follow boundaries for yourself. Be a role model. Admit when you fail.**

## Dos and Don'ts of Discipline

### Do

- Notice and comment when your child does something well. Be specific.
- Give your child your full attention, be affectionate, and calmly state how your child violated a boundary.
- Respond as quickly as you notice a violation.
- Respond consistently.
- Be firm about discipline and suggest better behavior.
- Be consistent by setting the same standards for boys as for girls.

### Don't

- Only notice your child when he or she violates a standard.
- Use threats.
- Use physical punishment.
- Attack or ridicule your child.
- Manipulate your child with shame, humiliation, or guilt.
- Use labels, such as "You're lazy" or "You're such a slob."
- Notice the violated rule sometimes and not others.

**Quick Tip:**  
Tell your children why you chose the boundaries you have.

### 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)

### More Stuff You Can Use

Parenting Toward Solutions gives practical ways to create and enforce family boundaries to bring out the best in your child. (Available from Prentice Hall, Order Processing Center, P.O. Box 11071, Des Moines, IA 50336-1071; 1-800-947-7700.)

### talk together

- Questions to discuss with your child:
- Is our family too lenient, too harsh, or just right in enforcing boundaries? Why?
  - What important lesson have you learned after violating a boundary?
  - When has discipline felt more like punishment than teaching?

## FINAL WORD

**"The external structure parents provide for their children . . . helps children develop their own internal structure of self-discipline for taking care of themselves and other people."**

—Jean Hilsley Clarke and Connie Dawson, authors of *Growing Up Again*



## Elementary Basketball

Practice for Boys and Girls in Grades 3 - 6 has started but it is not too late to still join.

*Fee: \$10.00*

*For any questions or if you need assistance with fees please contact Tami Meyer at :  
tmeyer@isd002.org or 218-697-2394 Ext. 172*



**Event: Scholastic Book Fair**  
**Place: Hill City School Library**  
**Date: November 6th - 9th 2018**  
**Time: 9:00am to 3:00pm Daily**



# November Read & Feed!

**Come have lunch with your child & then come to the Hill City School Library to shop at the Scholastic Book Fair!**



## Free Monthly Movies

will be on the 2nd Friday of each month. The 1st movie will be a PG movie starting at 6:30 pm. The 2nd movie will be PG13 and will start at 8:30 pm. Movie titles will be posted in the school each month.

Popcorn, water and snacks are available for purchase for \$1.00 or less.

*Children under the age of 10 must be accompanied by a chaperon.*

*For any questions please contact Tami Meyer at  
tmeyer@isd002.org or 218-697-2394 Ext. 172*



## Basketball Open Gym

**Join us every  
Sunday evening from  
6:00 pm - 8:00 pm in  
the  
Hill City School Gym**

**\$1 per night or \$25 for  
the year.**

September 16, 2018 – April 28, 2019  
There will be NO open gym  
on the following dates

Nov. 25th, Dec. 23th and 30th, Feb 17th and April 21st

For more information please contact Tami at  
697-2394 ext. 172 or tmeyer@isdoo2.org

## Hill City Area

# COMMUNITY THANKSGIVING



## Praise Service

Thursday, November 22nd  
11:00 - 11:30 a.m.

Trinity Lutheran Church

*Everyone is welcome!*

## Turkey Dinner

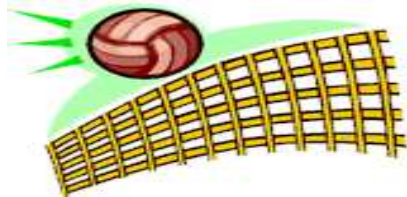
Thursday, November 22nd  
11:30 a.m. - 1:00 p.m.

Trinity Lutheran Fellowship Hall

**Free** - "All you can eat!"

*Meal delivery is available upon request*

*For more information or to volunteer, contact Dave Walen at 697-8374*



## Adult Volleyball Open Gym

Join us every  
Wednesday evening from  
7:00 pm 9:00 pm in  
the  
Hill City School Gym

There will be NO open gym on the following dates:

*December 26 & February 20*

For more information please contact Tami at:  
697-2394 ext. 172 or tmeyer@isd002.org



AARP MN Driver Safety Program

## 4 Hour Refresher Class

Taking this class is an easy and sure 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.

4 hr Refresher Class: November 29, 2018 5-9pm

Location: Community Education Room

Min. # Required: 8

Max. #: 20

Cost: \$15 for members

\$20 for non members

For this class VETERANS are FREE  
need an ID Card or DD214

Register by calling the Community Ed. office, but you should bring your payment to the class.

For questions concerning this class, please contact

Tami Meyer Hill City Community Ed. at 697-2394 X172.

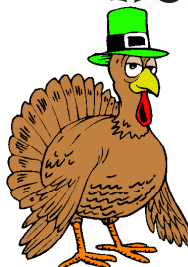
## HUNTER'S SUPPER

### Swatara Community Club

Saturday, November 3rd  
5:00 pm - 8:00 pm

Turkey plus All the Trimmings  
with

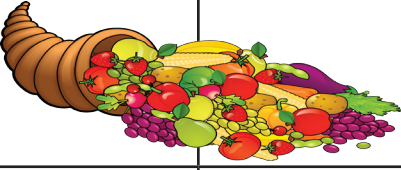
## Homemade Pie



Adults \$10.00  
Kids 6-10 \$5.00  
Under 6 FREE

Proceeds go for Community Club upkeep.

# ISD #2 Breakfast Menu November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Oatmeal, Cereal, Graham Cracker	2 Cinnamon Roll, Hard boiled Egg, Cereal, Graham Cracker	3
4	5 NO SCHOOL	6 Oatmeal, Cereal, Graham Cracker	7 Breakfast Pizza, Cereal, Graham Cracker	8 Yogurt, Cereal, Graham Cracker	9 Cinnamon Roll, Cheese Stick, Cereal, Graham Cracker	10 Fruit, Juice and Milk served Daily
11 Menu subject to change at anytime	12 Cereal, Yogurt, Graham Cracker	13 Maple Pancakes, Cereal, Graham Cracker	14 CC Muffins, Blueberries, Cereal, Graham Cracker	15 Oatmeal, Cereal, Graham Cracker	16 NO SCHOOL	17
18	19 Cereal, Yogurt, Graham Cracker	20 Oatmeal, Cereal, Graham Cracker	21 Cinnamon Roll, Cheese Stick, Cereal, Graham Cracker	22 NO SCHOOL	23 NO SCHOOL	24
25	26 Cereal, Graham Cracker, Yogurt	27 Strawberry Pancakes, Cereal, Graham Cracker	28 Muffin, Yogurt, Cereal, Graham Cracker	29 Oatmeal, Cereal, Graham Cracker	30 Cinnamon Roll, Yogurt, Cereal, Graham Cracker	

# ISD #2 Lunch Menu November 2018

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 Chicken Fajitas w/ Fixings, Black beans	2 BBQ Chicken on a Bun, Tater Tots, Corn	3
fruit or veggie & a minimum of 2 other full meal components.	5 NO SCHOOL	6 Chicken Filet on a Bun, LT, Broccoli, Rice Pilaf	7 Spaghetti w/ Meat Sauce, Green Beans, Cheese Cup, Breadstick	8 Turkey Noodle Soup, Ham Sandwich, Salad Bar	9 Chicken ala King Peas, Carrots, Biscuits	10 Fruit & Milk Served Daily with Lunch
5 meal compo- nents are offered daily. Students must select a	12 Breaded Chicken patty, WG Bun, Lettuce, Peas or Carrots	13 French Bread Pizza w/Marinara Green Beans, Salad Bar	14 Creamy Chicken Rice Soup, Ham Turkey Sandwich, Salad Bar	15 Beef Taco w/ Fixings, Black Bean Corn Salsa	16 NO SCHOOL	17 Menu subject to change at anytime
One of the components must be a fruit or veggie.	19 Burrito w/ Fixings, Corn	20 Beef Gravy, Mashed Potatoes, Corn, Dinner Roll	21 Breakfast for Lunch	22 NO SCHOOL	23 NO SCHOOL	
25	26 Chicken Nuggets Broccoli Normandy Rice Pilaf, Dinner Roll	27 Pizza, Salad Bar, Corn	28 Tomato Soup, Grilled Cheese Pretzel, Salad	29 Farm 2 School Turkey, Mashed Potatoes, Squash, Corn Roll	30 Cheese Burger on a WG Bun, LT, Tater Coins	

**This institution is an equal opportunity provider.**

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

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

Hill City, MN 55748  
 U.S. Postage Paid  
 Permit No. 3

## Local Boxholder Hill City MN, 55748



### ISD #2 Activities November 2018

		Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 
4 Open Gym Basketball 6-8	5 <i>NO SCHOOL</i>	6 <b>Scholastic Book Fair</b>	7 <b>Scholastic Book Fair</b> Open Gym Volleyball 7-9	8 <b>Scholastic Book Fair</b>	9 Movie Night 5:45 <b>Scholastic Book Fair</b>	10
11 Open Gym Basketball 6-8	12 <b>Veteran's Day Program</b>  Girls Basketball Practice Begins in Remer	13	14 Open Gym Volleyball 7-9	15	16 <i>NO SCHOOL</i>	17
18 Open Gym Basketball 6-8	19 <b>Boys Basketball Practice Begins</b>	20	21 BBB Alumni Game 7:00 p.m.		23 <i>NO SCHOOL</i>	24 
25 Open Gym Basketball 6-8	26 School Board Meeting 7:00 p.m.	27	28 Open Gym Volleyball 7-9	29 AARP 4 - 9:30	30	