

October



2017

COMMUNITY NEWS

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

Articles in this
Newsletter:

School News

School Board
Minutes

Ideas for
Parents

Community Ed.
News/Classes

Jacobson News

Hill City
Community
News

Lunch Menu

Activity
Calendar

Monday:
Random Pattern Day

October 9-13 2017

7:00 p.m. Powder Puff Football



Tuesday: Formal Day

Volleyball Home -vs- Pine River-Backus 7:00 p.m.

JH Football @ Bigfork 4:30



Wednesday: White Out the Building

8:40 a.m. Elementary Pep Fest

Coronation:

1:30p.m. **COLOR RUN** ~~10:30 a.m.~~

Boys Volleyball Game at 7:00 p.m.

Thursday: *Fake Injury Day*

JH Football @ LaPorte 5:00



FRIDAY:



Football Home -vs- Little Fork-Big Falls

9:00 p.m. DANCE

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 2017

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
 Sue Kaslow, Jay Zapzalka, and
 Mark Meyer (Dorie Barnes, 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
 Sue Kaslow
 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 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.

**Itasca Alliance Against Sexual Assault
 Now Serving Aitkin County**



OUR MISSION
 To educate the community about sexual violence and provide support for survivors

- Free and Confidential 24-hour Assistance**
 218-326-5008
 218-927-6226
 866-747-5008
- emotional support groups
 - medical/legal advocacy
 - short-term counseling
 - community referrals
 - public 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 7:00 p.m. on Monday, August 28, 2017.

Roll Call showed the following members present: Sue Kaslow, Joell Miranda, Bambi Lange, Mark Meyer, Dorie Barnes, and Jay Zapzalka. Board Members absent: None. Also present was Superintendent/Principal Pat Rendle, Assistant Principal Andy Dokken, Building & Grounds Director Eric Hill, Business Manager Ellie Hill, Brandon from FJJ, Mark Schjenken from NorTran and other visitors.

1. Approved the Agenda with an addition.
2. Approved the following:
 - *Approved the Minutes of the Special Board Meeting of July 17, 2017.
 - *Approved the Minutes of the Regular Board Meeting of July 24, 2017.
 - *Approved the Minutes of the Special Board Meeting of August 14, 2017.
 - *July 2017 bills presented for payment;
 - *Current bills through 08/09/17;
 - *Investments and wire transfers;
 - *Reviewed the Activity Fund Statement;
 - *Reviewed Cash Receipts including donations.
3. Kristen Panchyshyn gave an overview of what she will be working on with the paraprofessionals at her new position.
4. There was no report from the School Attorney.
5. Transportation Report: Mark Schjenken from NorTran updated the Board on new buses and drivers and the need to reconfigure some of the bus routes due to new pick-ups.
6. Swarm Student Leadership: None to report.
7. Curriculum Committee: None to report.
8. School and Community Health Committee: Joell Miranda gave an overview of the

- August 9, 2017 meeting. The next meeting will be on September 11, 2017.
9. Safety/Transportation Committee: The next meeting will be on September 21, 2017 at 3:15 p.m..
 10. Negotiation Committee: Negotiations have been delayed until the end of September or the beginning of October.
 11. Community Education Report: Tami Meyer gave an update on the upcoming Community Education schedules.
 12. Early Childhood Report: Early Childhood rooms are ready for classes this fall.
 13. Building & Grounds Director Report: Building & Grounds Director Eric Hill reported that the auction was completed today. It went well and will have numbers at the next meeting. The building is ready for the upcoming school year.
 14. Superintendent/Principal's Report: IASC Update: None to Report. Superintendent/Principal Rendle gave a presentation on Board Books. He reported he will pass out Board Books at the next meeting.
 15. Approved to set the salary for athletic supervisors for all athletic events for the 2017-2018 school year at \$15.00 per hour.
 16. Approved hiring Kay Koerber as full time Elementary Teacher starting the 2017-2018 school year with a salary to be set according to the current HCUE Master Agreement.
 17. Approved to adopt the Resolution Stating the Intention of the School Board to Issue Construction Documents for Public Bid. A copy of said Resolution is attached to the Minutes and made a part thereof.
 18. Reviewed the preliminary substitute instructor list for the 2018-2018 school year.
 19. Approved the one year leave of absence from Kristen Panchyshyn as full time Elementary EBD Special Education Teacher for the 2017-2018 school year.
 20. Approved hiring Christine Dorry as Full Time Elementary Special Education EBD

Teacher starting the 2017-2018 school year with a salary as per the current HCUE Master Agreement.

21. Approved hiring Kari Person as Full Time K-12 Counselor starting the 2017-2018 school year with a salary as per the current HCUE Master Agreement.
22. No action was taken on hiring a School Nurse.
23. Approved hiring Kari Weerts as .72 FTE Early Childhood Teacher starting the 2017-2018 school year with pay of \$33.37 per hour.
24. Approved hiring Marci Holm as .66 FTE (737.5 hours) Early Childhood Aide starting the 2017-2018 school year with pay of \$13.92 per hour.
25. Mark Meyer and Superintendent/Principal Rendle attended the IASC meeting Deer River.
27. Meeting adjourned at 8:07 p.m.

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.

Clark Bailey, retired teacher and baseball coach, will be inducted into the **Minnesota State High School Baseball Coaches Association Hall of Fame**

on October 28, 2017.

In receiving this honor, he feels that it represents the efforts and support of so many people in our community, especially all the Hill City Baseball Players, Parents, Coaches, and Friends.

Please feel free to gather together in a small Celebration/Open House at the Assembly of God Church in Hill City on **Sunday, Oct. 29, from 2-4 pm**



Fall is Flu Shot Season!

Fall is here and that means it is time to get your flu shot. The influenza virus circulates widely across the United States annually from fall to spring.

Although most people can recover from influenza without any complications, it can cause serious illness or even death, particularly in older adults, young

children, pregnant women, and those with certain chronic health conditions. In Minnesota for the 2016-2017 flu season; there were 3,790 hospitalizations and 2 pediatric deaths.

The best way to prevent the spread of influenza is through vaccination. It is recommended that everyone over the age of 6 months receive the flu shot every year. A child 6 months through 8 years that has not received the flu shot before will need two doses separated by at least 4 weeks. Children under 6 months of age are too young to get the flu vaccine. However, close-contacts and caregivers should be highly encouraged to be vaccinated. For best protection, the flu vaccine is usually given in early fall before the start of the flu season. But can be given any time during the flu season from October to April.

The Flu Mist, given nasally, is again not recommended for the 2017-2018 flu season and will not be available. This is due to inefficient protection against certain strains of influenza, specifically the H1N1 strain.

It takes about 2 weeks after vaccination to be considered protected, with peak protection about 6 weeks after vaccination. Fall is generally considered the recommended time to receive your flu shot to ensure that you are protected before the peak of flu season.

You cannot get the flu from the flu vaccine. The flu vaccine is made one of two ways: the vaccine is made either with 1) flu vaccine viruses that have been 'inactivated' and are therefore not infectious, or 2) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). While the flu shot cannot give you the flu; there are some minor side effects that you may experience shortly after vaccination. These include: redness, swelling or pain at the injection site, fever, and aches. These side effects are short-lived and minor compared to the symptoms of the flu.

Aitkin County Public Health will be offering flu shots to students and family members during fall conferences this year. Public Health will be at the Hill City School conference on November 14th from 4-6:30.

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.)

Carmel Lutheran Church
BAZAAR
10am-2pm
SATURDAY
October 7th

3 Miles South of Jacobson on Hwy 65
Chicken Salad
Croissants & Coffee
COME check us out!!

HUNGER'S SUPPER

Swatara Community Club

Saturday, November 4th
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.

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 16, 18, 23, 25, 30 and November 1 From 6 - 7 pm in the Elementary Gym

Must be in 4th Grade and up.

Contact : Coach Mark Meyer 218-251-2738 or Tami Meyer, Community Ed Programmer 218-697-2394 ext 172

Parents are welcome to observe, but must remain on the bleachers at all times. We respectfully request that you make arrangements for younger siblings not to be in the gym during practice. If you are interested in training to be a NASP Volunteer Instructor, please contact Mark.



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 \$20 for
the year.**

September 17th – April 29th (this is 29 Sundays)
There will be NO open gym
on the following dates

Nov. 26th, Dec. 24th and 31st and April 1st

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

Benefit for Tim Washburn Sr.



Tim has been diagnosed with ALS



October 28th

1:00-6:00 @

Knuckleheads
Bar & Grill

Desserts



Prizes



Hill City Haunted House

KIDS HOUR
5PM -6PM



LOCATION:

3RD DRIVEWAY PASS

HILL CITY SCHOOL

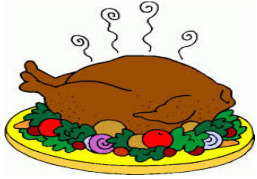
---FOLLOW THE SIGNS---

DATES

Oct. 19th - 22nd

And 27th - 31st

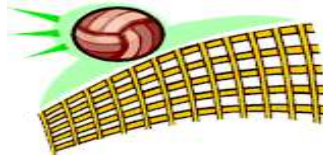
Hill City United
Methodist Church
Annual Turkey
Dinner



Saturday October 7
from 5-7 p.m.
Turkey, real mashed potatoes,
home made pie and all the
trimmings.



Adults-\$10, 12 and under-\$5
under 5-Free



Adult Volleyball
Open Gym

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

There will be NO OPEN GYM
on the following dates:
October 18, 2017
December 27, 2017

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 30, 2017 5-9 pm
Location: Hill City School, Room 250
Min. # Required: 8
Max. #: 20
Cost: \$15 for members
\$20 for non members

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.

Jacobson Halloween Party
Sat., Oct. 28th
Jacobson Community Center

Haunted House
Haunted Hayride
Ghoulish Storytelling
Scary Pictures and Treats
Bonfire

For more info visit:
www.Jacobsonnews.com

Free Admission
Donations Welcomed

Schedule of Events

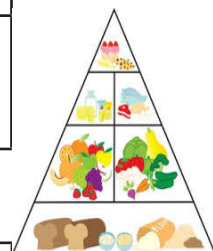
- Free hot dogs meals starting at 5:30
- Costume Parade 6:00 pm
(no contest this year)
- All other events to follow the costume parade
- To volunteer to help or to adopt a haunted hayride scene, contact Shelly 244-9719 or Ginny 820-5364

Event Sponsors: Jacobson Community Center and Jacobson Landing Recreation Area
Funding support provided by: Lake Country Power—Operation Round Up



ISD #2 Breakfast Menu October 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 Cereal, Graham Cracker, Trix Yogurt	3 Oatmeal,Cereal, Graham Cracker, Chese Stick	4 Maple Pancakes, Cereal, Trix Yogurt, Graham Cracker	5 Oatmeal,Cereal, Graham Cracker, Chese Stick	6 Cinnamon Roll, Cereal, Trix Yogurt, Graham Cracker	7
8	9 Cereal, Graham Cracker, Chese Stick	10 Oatmeal,Cereal, Graham Cracker, Chese Stick	11 Breakfast Pizza, Cereal, Graham Cracker	12 Oatmeal,Cereal, Graham Cracker, Chese Stick	13 Cinnamon Roll, Cereal, Chese Stick, Graham Cracker	Fruit, Juice and Milk served Daily
Menu subject to change at anytime	16 Cereal, Graham Cracker, Trix Yogurt	17 Oatmeal,Cereal, Graham Cracker, Chese Stick	18 Cinnamon Roll, Cereal, Trix Yogurt, Graham Cracker	19 NO SCHOOL	20 NO SCHOOL	21
22	23 Cereal, Graham Cracker, Chese Stick	24 Oatmeal,Cereal, Graham Cracker, Chese Stick	25 French Toast, Cereal, Graham Cracker	26 Oatmeal,Cereal, Graham Cracker, Chese Stick	27 Cinnamon Roll, Cereal, Chese Stick, Graham Cracker	28
29	30 Cereal, Graham Cracker, Trix Yogurt	31 Oatmeal,Cereal, Graham Cracker, Chese Stick				



ISD #2 Lunch Menu October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Offer-vs-Serve Build a healthy Meal. Select a full or 1/2 serving of	2 Chicken Nuggets Rice pilaf, Veggies, Sliced Oranges	3 Turkey Gravy, Mashed Potatoes, Green Beans, WG Roll	4 Burrito w/ Fgings, Carrots	5 Chicken Ala' King, WG Buscuit, Peas	6 Cheese Quesadilla, Salsa, Corn, Salad Bar	7
fruit or veggie & a minimum of 2 other full meal components.	9 Sub Sandwich w/ Fixings Pickles, Veggie Sticks,Mixed Fruit	10 Chicken Veggie Soup, Crackers, Grilled Cheese Sandwich	11 Stuffed Crust Pizza, Salad Bar, Peas	12 Chicken Taco W/ Fixings, Corn	13 Hornet Burger, L,T,O, Pickles, Tater Tots, Baked Beans	Fruit & Milk Served Daily with Lunch
5 meal compo- nents are offered daily. Students must select a	16 Sweet & Sassy Chicken, Rice, Broccoli	17 Wild Rice Soup, Salad Bar, Breadstick	18 Sausage Pizza, Salad Bar, Corn	19 NO SCHOOL	20 NO SCHOOL	21
One of the components must be a fruit or veggie.	23 Shrimp Poppers, Mashed Potatoes, Roll, Corn	24 Chili, Grilled Cheese Sandwich, Veggie Sticks	25 Hot Dog on a WG Bun, Coleslaw, Baked Beans	26 FARM 2 SCHOOL	27 BREAKFAST 4 LUNCH	Menu subject to change at anytime
29	30 Breaded Chicken Patty, WG Bun, L,T, Sweet Potato Tots	31 Pepperoni Pizza, Salad Bar, Sugar Cookie				

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 October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OPEN GYM 6-8	2 JVFB vs Cherry 5:00 Away	3 VB vs Bigfork ABJH Away 5:45	4 OPEN GYM 7-9	5 JHFB vs Cromwell 5:15 Away VB ABJH vs NE Range Away	6 FB vs Silver Bay 7:00 Home (Northland)	7 Pony League Football Home 10:00a.m.
8 OPEN GYM 6-8	9 HOME COMING 	10 <u>HOME COMING</u> JHFB vs Bigfork 4:30 Away VB ABJH vs PR-B Home 5:45	11 <u>HOME COMING</u> OPEN GYM 7-9	12 <u>HOME COMING</u> JHFB vs LaPorte 5:00 Away VB ABJH vs Nevis Away 5:45	13 <u>HOME COMING</u> FB vs Littlefork Big Falls Home (Hill City)	14
15 OPEN GYM 6-8	16	17 JHFB vs Floodwood 5:00 Home (Northland)	18 FB vs Northome 7:00 Away NO OPEN GYM	19 JVVB Tourney 9:00 Grand Rapids NO SCHOOL	20 NO SCHOOL	21 Schedule is Subject to Change at any time.
22 OPEN GYM 6-8	23 VB Section Tourney TBD (High Seed Home)	24	25 OPEN GYM 7-9	26	27	28
29 OPEN GYM 6-8	30	31 HALLOWEEN		Review Activity Calendar daily on our Website : isd002.org Activities Calendar OR...	There is an option for you to be notified of any changes and have reminders sent to your phone!	