

COMMUNITY NEWS

Serving Northern Minnesota Communities Hill City, Jacobson, and Swatara

Hill City School Health Fair

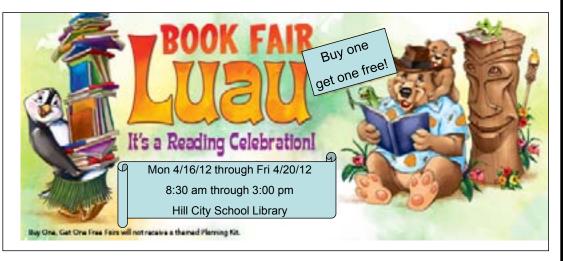
March 30, 2012

1:00 p.m. - 3:00 p.m.

Elementary Gym

- ► 7th, 8th & 10th Grade Health Projects
- Blood Pressure Checks
- Nutrition Information
- Healthy Snack Ideas & Samples
- Smoking Cessation Information
- Stress Management Information

Come see all the exhibits!!



Articles in this Newsletter:

School Board Minutes

School News

Ideas For Parents

School Staff Phone Extensions

Jacobson News

Hill City Community News

Kids Plus News/ Camps

Community Ed News/Classes

Lunch/Activity Calendars

Hill City School Board

Greg Bounds, Board Chairman PO Box 215 Hill City, MN 55748

Jodi Gulbraa, Vice-Chairman 63498 Osprey Ave Swatara, MN 55785 ⁶⁹⁷⁻²³³⁴ hdgirl55785@hotmail.com Sue Kaslow, Clerk PO Box 165 Hill City, MN 55748

Tom Fasteland 66641 345th Place Hill City, MN 55748 Martha Lentz, Treasurer 41188 650th St Swatara, MN 55785 ⁶⁹⁷⁻⁸²¹⁴ zzzahtram@northlc.com

Mike Murphy PO Box 204 Hill City, MN 55748

Committee Assignments for 2012

Committee

MSHSL Legislative Representative Negotiations Committee

System Accountability 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

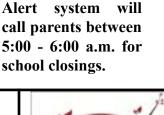
Greg Bounds Sue Kaslow (Tom Fasteland, Alt.) Sue Kaslow, Martha Lentz, and Greg Bounds (Tom Fasteland, Alt.) Martha Lentz (Mike Murphy, Alt.) Jodi Gulbraa (Greg Bounds, Alt.) Mike Murphy and Tom Fasteland (Greg Bounds, Alt.) Jodi Gulbraa (Martha Lentz, Alt.) Tom Fasteland and Martha Lentz Mike Murphy Sue Kaslow Tom Fasteland Jodi Gulbraa Tom Fasteland Greg Bounds, Tom Fasteland Sue Kaslow (Jodi Gulbraa, Alt.)

For School Closings and Emergency Information BroadcastsRADIO STATIONSINSTANT ALERTTV STATIONSKKINAitkin930 AMHoneywell's InstantWDIO/WIRTKKINAitkin94.3 FMAlertsystemwillKDLH

KKIN	Aitkin	94.3 FM
KOZY	Grand Rapids	1320 AM
KMFY	Grand Rapids	96.9 FM
WTBX	Grand Rapids	93.9 FM
KAXE	Grand Rapids	91.7 FM

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 27th of the month. If you have any questions regarding this, please feel free to contact Patty at (218) 697-2394, ext. 104



Violence Resource Center

Serving Aitkin and Itasca

Counties

Our Mission: to reduce the impact and harm of sexual violence for families and individuals in the communities we serve

> Free and Confidential 24-hour Assistance 1-866-747-5008 218-927-6226

KBJR

WCCO

- Medical and Legal Advocacy
 Basic Counseling
 Support Groups
 - Prevention Education

INDEPENDENT SCHOOL DISTRICT NO. 2 HILL CITY, MINNESOTA

Corrected minutes of the Special Board Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota. The meeting was called to order by Vice Chairman Jodi Gulbraa at 6:30 p.m. on Monday, February 6, 2012.

Roll Call showed the following members present: Martha Lentz, Jodi Gulbraa, Tom Fasteland, Mike Murphy, and Sue Kaslow. Board Members absent: Greg Bounds. Also present was Superintendent/Principal Dean Yocum and Business Manager Ellie Hill.

- 1. Approved the Agenda with additions.
- 2. Approved the transportation quotes/contract.
- 3. Approved the extended unpaid medical leave for Mendy Oukrop until medically cleared to return to work for up to six months.
- 4. Meeting adjourned at 7:04 p.m.

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 Greg Bounds at 6:30 p.m. on Monday, February 27, 2012.

Roll Call showed the following members present: Greg Bounds, Jodi Gulbraa, Sue Kaslow, Martha Lentz, Tom Fasteland, and Mike Murphy. Board Members absent: None. Also present was Superintendent/Principal Dean Yocum and Business Manager Ellie Hill.

- 1. Approved the Agenda as presented.
- Approved the following:
 *Minutes of the Regular Meeting of Jan. 23, 2012;
 *Minutes of the Special Meeting of Feb. 6, 2012 with correction;
 *January 2012 bills presented for payment;
 - *Current bills through 02/09/12;
 - *Investments and wire transfers:
 - *Reviewed the Activity Fund Statement;
 - *Reviewed Cash Receipts including donations.
- 3. No comments and requests from visitors.
- 4. There was no report from the School Attorney.
- 5. No transportation report.
- 6. Student Council approved the purchase of new tiaras for Homecoming and Winterfest, they also discussed fundraising and various methods to support active duty service people.
- 7. No System Accountability report.
- 8. Martha Lentz reported that the School and Community Health Committee met on February 17, 2012. They finalized plans for the Health Fair to be held on March

30, 2012. They also are wrapping up the health grant from NESC. Also discussed was the county possibly discontinuing the "which star is yours" program. Internet safety for parents is to be presented this Friday by Jeff Madsen and Superintendent/Principal Yocum.

- 9. Approved the 2009-2012 Amendment of the Transportation Contract with Rassier School Bus Services, Inc.
- 10. Community Education Report dated February 27, 2012 was presented.
- 11. No Maintenance Supervisor report.
- 12. No Technology Coordinator update.
- 13. Approved the Bell Schedule as presented for the 2012-2013 school year.
- 14. Postponed action on the request for unpaid days from April 20 through April 27, 2012.
- 15. No Old Business.
- 16. No action was taken on the Resolution Proposing to Place Instructional Staff on Unrequested Leave of Absence.
- 17. No action was taken on the Resolution Relating to the Termination and Nonrenewal of Teaching Contract for Probationary Teacher.
- 18. Approved hiring Marc Olig as After School Recovery Science tutor for two hours per night from 3:15 to 5:15 starting February 28, 2012 through the end of the 2011-2012 school year with a salary of \$11.73 per hour.
- 19. Meeting adjourned at 7:18 p.m.

INDEPENDENT SCHOOL DISTRICT NO. 2 HILL CITY, MINNESOTA

The Special Board Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chairman Greg Bounds at 6:30 p.m. on Wednesday, March 7, 2012.

Roll Call showed the following members present: Greg Bounds, Martha Lentz, Jodi Gulbraa, Tom Fasteland, Mike Murphy, and Sue Kaslow. Board Members absent: None. Also present was Superintendent/Principal Dean Yocum, Business Manager Ellie Hill, and two Nortran representatives, Roy Bain and Dale Juntunen.

- 1. Approved the Agenda.
- 2. The transportation quotes were reviewed. No action was taken at this time.
- 3. Meeting adjourned at 7:40 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.

Hill City Elementary GARDEN FRESH PROGRAM



Tips for Positive Mealtime Interactions

Encourage through words:

- Encourage children to taste a variety of foods
- Praise and reinforce children for trying and tasting f/v
- Understand consequences of bribing, forcing or rewarding children
 - Rewards can backfire devalue vegetable and increase value of the reward
 - Nagging or cajoling can increase resistance to new or desired food
- · Identify and emphasize fruit and vegetable choices at meals

Encourage through behavior:

- Model positive eating habits (eating f/v)
 - Actions speak louder than words children are aware of what adults do and say
 - · A positive role model can help a child overcome their hesitation to try foods
- Eat meals and snacks with children
- Serve/offer age appropriate portions to children
- Understand "normal" childhood eating behaviors
 - Expect food waste
 - Irregular eating habits
 - Expect spills and a mess
 - There will be squirming
- Involve children in meal preparation (age appropriate tasks)

Encourage through the environment:

- Offer f/v every day at breakfast, lunch and snack
- Substitute or reduce availability of foods that compete with f/v
- Offer repeated opportunities for children to try new f/v
- Create a calm and supportive meal time environment
 - Reduce distractions during meals
 - No T.V. or videos during meals
 - No distracting loud/active music
 - Create regular, structured mealtime routines
 - Promote positive conversation at meals
 - Encourage and allow children to eat at their own pace
 - Promote good table manners
- Encourage children to serve themselves and regulate their own food intake

Division of Responsibility for Feeding Children

Adults are responsible for:

- * What food is offered
- * When food is offered
- * Where food is offered
- Children are responsible for:
 - * How much food is eaten
 - "Whether they eat

C Minnesota Department of Health, 2005, 2010 1-888-455-7003 www.learningzonexpress.com

Section 3, Page 5



leas for na Practical Suggestions for Building Assets in Your Child

FASTFACTS

ASSET #35: Resistance Skills

Youth are more likely to grow up healthy when they can resist negative peer pressure and dangerous situations.

> 37% of gouth surveyed by Scarch Institute have this asset in their lives

What Are Assets?

Assets are 40 key building blocks to help kids succeed. "Resistance skills" is one of five social competencies assets.

* Bused on Bearch Australia unage of abroar 100,000 bit- to 12th-grade youth throughout the United Stores

The Double Bind of Resistance Skills

Cometimes parenting feels like a Struggle. At times, your child challenges the boundaries that you've set. Or your child starts to question your advice. What is going on?

Your child is practicing resistance skills. While we all want our children to resist negative peer pressure and dangerous situations, our children don't easily learn what's important to resist and what's not. So they practice-at times-on everything, By saying no they're figuring out what they don't want. And they're also discerning what they do want—what they want to say yes to.

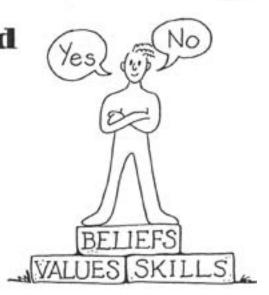
Teach your child resistance skills, but also teach your child the values that support why they would take a stand on an issue. A teenager who has had many conversations with her or his parents about drug use. premarital sex, safety, and personal boundaries will know what to do when asked to ride in a car with a person who has been drinking alcohol.

So as you build this asset in your child, focus not only on how to resist and assert, but also on what to value. What to say yes to. What is healthy. What is safe. Then when your child is confronted with a sticky situation, you can

Helpful Hints

Tips that help your child develop resistance skills:

- Encourage your children to express their feelings, beliefs, values, and opinions at home.
- Allow them to tell you when they disagree with you.
- Point out two or three things youth are saying yes to by saying no.

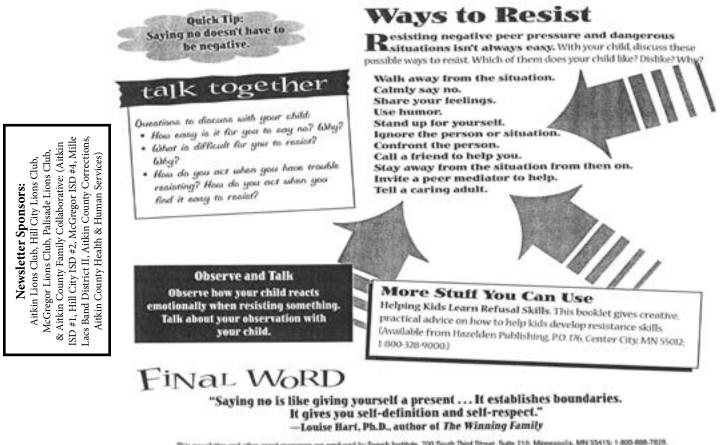


feel assured that he or she will make a good decision and stand firm in what he or she believes.

time together

Three ways to help your child build resistance skills;

- Model and role-play resistance . skills. Afterward, talk to your child about the experience and what was easy and difficult about it.
- Read stories and talk about
- people in the world (such as Rosa Parks and Gandhi) who resisted doing what everyone else was doing. What were keys to their doing so?
- As you observe others, point out U. the different ways people use resistance skills: some are subtle, some are obviously assertive, and some are aggressive. Talk about what's appropriate for different cituations.



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April 2012

- 1. Make a costume box for your child. Fill it with hats and old clothes.
- 2. Have your child choose a business and write a funny ad for it.
- 3. Test your child's knowledge. Who is the president of the United States? Who is the prime minister of Canada?
- 4. Ask your child what the most interesting thing he learned today was.
- 5. Help your child plan ahead. Talk about next weekend. What needs to be done to prepare for a family activity?
- 6. When you read aloud, choose an exciting place to stop. Ask, "What do you think will happen next?"
- 7. Watch an age-appropriate movie about another country with your child.
- 8. Start a family scrapbook. Collect photos, souvenins, certificates and other mementos. Look through it often.
- 9. Ask your child to look for examples of tolerance and intolerance in the newspaper or on TV today.
- 10. Talk with your child about perseverance.
- 11. How many times can your child jump rope? Hold a contest.
- 12. Have each family member make a list of personal strengths. Read them aloud. Add to each other's list.
- 13. Tell your child you love her today.
- 14. Think of "what if" questions: "What if we walked on our hands?" "What if cats could talk?"
- 15. Talk about how you use numbers in your daily life.
- 16. Can you and your child communicate without words? Try it and see.
- 17. Ask your child to put dry beans between damp paper towels. Keep moist. In a few days, check to see if they've sprouted.

Daily Learning Planner: Ideas Parents Can Use to Help Children Do Better in School—Try a New Idea Every Day!

- 18. Have your child listen to different types of music. Ask him to describe how it makes him feel.
- 19. Make a "family flag." Think of things that represent your family. Use fabric paints to draw these on a piece of cloth.
- 20. Make a bookmark. On a piece of thin cardboard, have your child draw a scene or write a quote from a book.
- 21. Have your child paint to music. Play different types of songs for each painting. Compare how each looks.
- 22. Watch a nature program on TV together.
- 23. Help your child create a joke collection. Fill a notebook with jokes you hear. Cut jokes out of magazines or newspapers.
- 24. It's TV-Turnoff Week. Can your family switch off the set for seven days?
- 25. Talk to your child about how recycling paper is one way to help save natural resources.
- 26. Make a fort with your child out of couch cushions or cardboard boxes.
- 27. Do a crossword puzzle with your child.
- 28. Choose a "Person of the Week." Read more about him or her.
- 29. Ask your child to guess how many times she blinks in a minute. Then try to count.
- 30. Head to a playground and swing on the swings with your child.



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Hill City Elementary School Go Hornets!

Showcase the appeal of reading

As their skills improve, students make the transition from learning to read to reading to learn. The better they read, the easier

it is to learn—and that learning is a huge asset on standardized tests.

One way to keep your child's nose in a book is to make reading interesting. Here's how:

 Choose carefully. What subjects and formats does he love? Perhaps he'd like a how-to book about making paper airplanes or a comic about superheroes. Or consider a subscription to a children's magazine that focuses on a fun subject.



- Use resources. It can be a struggle to find interesting books if your child is a reluctant reader. Talk with librarians and bookstore salespeople—and of course, your child's teacher. Read reviews online and in print. Do your best to find appealing materials.
- Read together. Find a chapter book—an adventure or a mystery—that captures your interest. Read a chapter a night to build suspense. You'll know you've succeeded when your child begs you not to stop reading.
- Be creative. Read aloud to your child—enthusiastically! You might feel silly "getting into character" at first, but it will capture his attention and help him understand the story. When you put the book down for the night, your child may even pick it back up.

Source: E.P. Vuko, Teacher Says, The Berkley Publishing Group.

Parents' awareness can block bullying

Bullying is a serious problem that deserves your attention-even if your child is not bullied or a bully. To prevent bullying:

- Recognize bullying. Bullying comes in many forms. It can be physical, verbal or written, such as in emails or text messages. It can also be silent, when a child is left out on purpose.
- Supervise your child's activities. Bullying often occurs when adults aren't around. You may be able to prevent bullying just by being nearby.
- React to bullying. If your child knows someone who is being bullied, she should inform you or another responsible adult about the situation. If you suspect that your child is being bullied—or bullying others—seek help quickly before the problem gets worse.

Source: "What Family Members Can Do," StopBullyingNow! www.stopbullying.gov/parents/ index.html.

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Stick to bedtime routines

As the days get longer, it may be tempting to move your child's bedtime back. But children in elementary school need 10 to 11 hours of sleep.

Kids who lack sleep may:

- Struggle to pay attention in class.
- Fall asleep during the school day.
- Have more discipline problems.
- · Be more prone to depression.

Source. "Children and Sleep," National Sleep Foundation, www. sleepfoundation.org/anicle/sleep topics/children-and-sleep.

Support the dress code

With the arrival of spring, you may be changing your child's wardrobe. Before you select what she'll wear:

 Review the school dress code. Are flip flops, halter tops, low-hanging pants and spaghetti straps allowed?



 Discuss why there is a dress code. Which clothes or shoes might be distracting? Offensive? Inappropriate? This is a good time to discuss respect for self and others.

Writing connects families

The written word is a valuable way to communicate with your child. You can:

- Keep a journal about special things your child does and says. Reminisce together.
- Send letters to your child in the mail.
- Write captions in photo albums and scrapbooks for your child to read.



 Put amusing messages or jokes in your child's lunch box.



A How can parents decide if a child should repeat a grade?

Q: My child has had a difficult time in school this year. I'm thinking about having her repeat this grade rather than moving on with her classmates. What do you suggest?

A: Make an appointment to talk with your child's teacher about your concerns. He will want to work with you to make the best decision to get your child back on track.

Research says you shouldn't retain your child if you can avoid it. Children who are held back unnecessarily can feel like failures. They often develop social and emotional problems. And their chances for dropping out of school later on are greater.

Students who are held back rarely achieve as well as peers who were

performing at the same level, but were not

held back. Merely repeating a grade may not solve the problems causing a child's poor performance.

With your child's teacher, look for alternatives to retention. Ask about tutoring or partial retention. That's when a child moves on with the rest of her class, but returns to the lower grade for instruction in a specific skill.

Source: J.L. David. "What Research Says About Grade Retention." Educational Leadership.

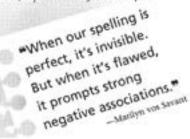
Parent Are you helping with spelling words?

By this time in the year, both students and parents may be getting bored with the same old spelling list routine. Answer the following questions yes or no to see if you're helping your child stay on track with studying spelling words:

- _1. Do you and your child set aside some time each day to review the week's spelling words?
- __2. Do you look for interesting ways to study spelling words? Your child might write each word in a different color. Or you could turn out the lights and use a flashlight to "write" the words.
- __3. Do you encourage your child to keep a small notebook as his private dictionary? In it, he can write words he finds while reading.

_4. Do you and your child break up the list and learn a few words each day?

How did you do? Each yes answer means you are finding ways to help your child learn spelling words. For each no answer, try that idea from the quiz.



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Manners make socializing at school easier for kids

Good manners aren't just nice. They help students feel confident and comfortable around others. In addition to using please and thank you, children should learn to:

- · Greet others with a friendly hello.
- Say, "Excuse me," if they bump into someone or need to interrupt.
- Start requests politely with, "May I?"
- · Share and take turns.
- Apologize for mistakes.
- Clean up after themselves.

Phrase compliments wisely

Kids need praise to develop self-esteem. But too much praise can sound meaningless. Make sure your compliments are genuine and specific. Instead of "Good job," you might say, "You room looks great. I like the way you organized your sports stuff."

Seurce: A. Davidson and R. Davidson, How Good Parents Raise Grant Kids, Time Warner Books.

Set up a scavenger hunt

On rainy April days, boost your child's interest in learning with a simple game. Make a list of questions whose answers can be found in your home (in reference books or online). Then assign family members to teams. Which team can find the answers first? Here are some examples:

- What breed of cat has no tail?
- What colors are in Italy's flag?
- How many bones does a person have?

What is Mark Twain's real name?

Source: M. Cheney, How to Develop Your Child's Gifts and Talence in Realing, Contemporary Books.

Helping Children Learn®

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LastName	FirstName	Ext	LastName	FirstName	Ext
ATHLETIC DIRECTOR		107	KITCHEN		112
ATTENDANCE OFFICER		123	Kneeland Philip		186
Bachmann	Christy	119	Koerber	Kay	110
Baker	Larry	188	Landrus	Arnold	109
BAND		186	Lange	Bambi	177
Bishop	Cindy	170	Lathrop	Chad	178
Brainard	Paul	181	LIBRARY		160
Cannella	Lisa	147	Lund	Raquel	170
Carroll	Kathy	177	Magner	Diana	150
Caverly	Brandi	160	Mattson	Tara	125
COMMUNITY E	D	172	McDonald	Ann	154
COUNSELOR		110	Mikles	Stanley	126
Eck	Carolyn	170	Moe-Yotter	Cindy	112
Ellis	Linda	179	Moren	Stacie	178
Fairchild	Dawn	133	Murphy	Debra	143
Fideldy	Shannon	145	Myhrer	Mary Jo	145
Godfrey	Katie	141	Nix-Vroman	Paula	173
Gray	Missy	177	NURSE		102
Hall	Gwen	100	Olig Marc		122
Halsey	Elizabeth	155	Oukrop	Mendy	145
HEAD CUSTOR	DIAN	108	Owens Julie		177
Hedlund	Sheldon	116	Rasmusson	Sandy	101
Hidde	Bonnie	178	Richter	Karen	121
Hill	Eric	108	Rollins	Kristy	112
Hill	Ellie	103	Sawdey	Patty	104
Hirschey	Joshua	123	Showen	Sheina	102
Holm	Laurie	118	Smith	Kirsten	145
Hronoski	Lynn	112	Spangler	Langdon	120
Hulteen	Shari	127	Tulla	Greg	153
Isaacs	Justin	131	Ulseth	Angie	121
James	Travis	109	J Valley Gera		107
Johnson	Adam	124	Vanderschaaf	Victoria	117
Johnson	Stacey	172	Yocum	Dean	100
Kingsley	Shawn	112	Yotter	Cindy	179

JACOBSON COMMUNITY NEWS APRIL 2012

EASTER PARTY at Jacobson Community Center March 31, 2012 3:00 games and prizes 4:00 potluck

SEE US ON FACEBOOK

Meetings

Jacobson Civic Club

Will meet on April 9 at 1:00 P.M.Marsha Loscheider and Helen Key will hostess. Want to join us? Call Marsha 326-6865

Ball Bluff Township Board Annual Meeting

7:00 p.m. Tuesday, April 10, 2012 at the Jacobson Community Center. All Ball Bluff residents are welcome.

Jacobson Seniors We meet every

Thursday from 10:00 a.m. to 2:00 p.m. with a potluck at noon. Come for the cards, coffee and conversation. Call Arlene Ryan for more information 752-1515

Jacobson Seniors Spring Luncheon

Thursday, April 5, 2012

Ham dinner and potluck at noon

at the Jacobson Community Center

from 10:00 a.m. to 2:00 p.m.

Come for lunch or the whole time.

Jacobson Book Club

meets April 18 at the Jacobson Community Center at 6:30 p.m. Interested? Call Joan Remus 218-752-1008

East Central Regional Library

stops at the Community Center every other Tuesday morning from 10:00 – 10:30 a.m. Coffee has been provided by the Community Center following the library time. If anyone would like to stop by to check out a book or chat, join us. April 10th and 24th. If you don't have a library card, we help you with that.

CHECK US OUT ON jacobsonnews.com

Jacobson Community Center Hall and Kitchen is available for rental. Call Vickie Herman 752-1151.

Jacobson Fire & Rescue

Meetings are at the Fire Hall at 7:00 1st Thursday monthly: Business Meeting with Relief Association to follow on even months. 3rd Thursday monthly: Fire and First Responder Training

Jacobson Food Shelf

During April, the Feinstein Foundation Million Dollar Challenge. We will be collecting money and food during these months and reporting the total dollars and pounds to both of these organizations. We will get a proportional match from both organizations, based on the amounts we collect during the time the programs cover.

Monetary donations can be sent to Jacobson Food Shelf, P. O. Box 616, Jacobson, MN 55752. Food donations can be dropped off at Carmel Lutheran Church on Sundays from 12 to 1 p.m. or by appointment—call 218-426-4799 to set up a time. All donations are welcome and greatly appreciated.

Jacobson Food Shelf will be open on the first and third Thursday at Carmel Lutheran from 4:00 to 6:00 p.m. April 5th and 19th. For information or emergency service, call 218-426-4799 or 218-752-6634.

Jacobson Churches

Jacobson Community Church The public is invited to the "little white church in downtown Jacobson." Sunday mornings: 9:30 a.m. to 10:20 Sunday School for all ages 10:30 to 11:30 a.m. Worship

Bible study on Wed. evenings at 7:00 to 8:00 PM. Easter Breakfast at 9:00 AM on Easter Morning April 8th. No Sunday school and Worship service 10:30 AM, everyone welcome

Carmel Lutheran Church

Easter Service April 8 at 11:00 a.m. Sunday mornings: 10:00- Sunday School 1st & 3rd Sundays 11:00-Worship, 12:00-Fellowship Quilters and crafters meet each week at 9:30 a.m. WELCA meets the second Tuesday of each month at 9:30 a.m. Vicar Mark Wagner & Brenda

PHONE 218-246-3179 Cell 218 341-1832



At 3:00 p.m. Jacobson Community Center Pot Luck at 4:00 p.m.

Saturday, March 31, 2012 Everyone Welcome Free Admission

Easter Egg Hunt, Pictures with the Easter Bunny, Drawing for Girls bike and Boys bike Prizes and more!

Donations accepted



includes; Potato Salad, Coleslaw, Buns and Beverages

Elementary Art Camp Grades K-6 Saturday, April 14th 1-4 pm

Hill City School Commons and Art Room

\$5 per student \$1 for t-shirt for tye-dying (or bring your own white shirt)



Hosted by Hill City High School Art Club

Registration

> Registration due by Wednesday, April 11 Thank you for supporting the Hill City Art Club

Rock Meadow Farm and Gardens Green House

Opening Saturday May 7th, 2012

Location: 61951 Winding Rd Swatara MN

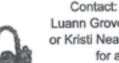
Hours: Mon - Sun: 9 a.m. - 6 p.m.



Mothers Day Baskets, Planters and a Memorial Baskets available

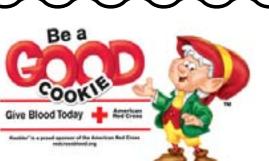
Flowers, Vegetables and other fun plants for all gardening enthusiasts.

We also are in Grand Rapids at the Farmers Market located across from the M & H gas station (old Kremers parking Lot) on Wed 's & Sat 's from 8am to 1pm thru Oct.



Luann Grover 697-2808 \ 244-7186 or Kristi Neary 697-2772 \ 259-4250 for any questions.

lockto' For Rylle T-shir



16 Year olds can donate with parent permission. Forms can be picked up in the school office.

Rockin' For Rylie Benefit

Saturday, May 19th at the Hill City Fire Hall

Pulled Pork Dinner from 5:00-7:00pm

Dance from 7:00-11:00pm

Raffle drawing to be held at 7:00 pm, 10 - \$500 Gift Certificates are the prizes!!

Businesses included are: Hilltop Sports, L&M Supply, Red Willow, Salmela Jewelers, Acheson Tire, Timberlake Lodge, Floor to Ceiling, Mississippi Diamond Jewelers, Cole Hardware, & Rivertown Furniture

Hill City Fire Relief Association Gambling License # B-01157

Raffle tickets are available at Roadside, Harry's Bar, Buckshot Bar, Hilltop Sports and Jessica's Salon. Tickets will also be sold at Hill City Fire Dept. Fish Fry on April 14th from 5:00-7:00pm.

Rylie Jo Pederson is a happy 1 ½ year old little girl from Hill City. She is the daughter of Nic and Teresa Pederson and younger sister to Natalie and Samantha. On May 25, 2011 she was diagnosed with Pre-B Acute Lymphoblastic Leukemia and has been going through extensive treatment since. She had a bone marrow transplant on Feb. 3, 2012 with her brave older sister as the donor.

Rockin' For Rylie T-shirts (\$10) and bracelets (\$2) are also available.





AMERICAN RED CROSS

BLOODMOBILE

HILL CITY SCHOOL

WEDNESDAY

APRIL 4, 2012

12:00 - 6:00 p.m.



Kids Plus Summer Camp

Starts the week of June 5 and ends the week of August 14

Grades K-6

Cost: \$25 for the year or \$1/day (includes a craft each day and snack)

Hill City Tuesday, Wednesday, Thursday 9 am-12 pm



For more information, contact Stacey at 697-2394 X172 or sjohnson@hillcity.k12.mn.us



Attention: Students Ages 7-16

How would you like to attend summer camp? FREE?

Hill City Kids Plus has received a grant from the Carl Pohlad Foundation and is able to send Hill City Students to an accredited camp of their choice. Priority is given to students who have not previously been to camp and by need basis. To find an accredited camp go to: <u>http://find.acacamps.org</u>. Campers are also allowed to attend the Long Lake Conservation Center's Camping Programs.

Application Deadline is: May 25th

Applications can be picked up in the school office.

For more information, contact Stacey at 218-697-2394 x172 or sjohnson@hillcity.k12.mn.us Grant funding provided by: Carl & Eloise Pohlad Family Foundation

For more information please contact Stacey Johnson at 218-697-2394 x.172 or sjohnson@hillcity.k12.mn.us

Honor Wall at Hill City School



Hill City School is looking to honor our community members that are currently serving in the military.

If you or a family member is currently serving in the military we would like you to give us some information so we may honor them by placing that information in our school.

Please give us a brief summary of what branch they are serving, rank, location and a picture. (All pictures will be returned if you put your name and address on the back of the picture). Please drop information off at the school office or mail to:

Hill City School Attn: Stacey Johnson 500 Ione Ave Hill City, MN 55748



If you have any questions or suggestions please contact Stacey Johnson at 218-697-2394 ext. 172 or sjohnson@hillcity.k12.mn.us

COACHES NEEDED!



Coaches are needed for the following teams for the summer season.

T-Ball

If you are interested in coaching or would like more information on the program please contact Stacey at 218-697-2394 ext. 172 or at sjohnson@hillcity.k12.mn.us

FIREARM SAFETY CLASS Sponsored by: Moose-Willow Sportsman's Club Lions Club and MN DNR

We're thinking ahead – let's get ready for the fall hunting season now! Mandatory MN State Firearm Safety Training is required of all 12-15 year old students who wish to purchase a



Minnesota Archery or Firearms Deer License. Students must attend the full training in order to receive their safety certificate. Students must be 12 years old or older by September 1, 2012. Adults

may take the course for certification as well. If you have any questions, you may contact Mark at 697-8296. Students will **NOT** bring guns to class.

Where:	Hill City School room 206
When:	7 sessions, Mon. & Wed.
	Starting April 16
Time:	6:00 pm - 8:00 pm
Ages:	MUST be 11 yrs. old or older
	Adults welcome
Cost:	\$7.50
	(fee is paid at the end of class sessions)



G.P.S. CLASS

At

LONG LAKE CONSERVATION CENTER



May 5th, 2012 9:00 a.m. - Noon

Class will be held at the School House

LLCC will provide GPS units for class participants. Bring your own if you want to use it.

Fee: \$5.00/person includes use of equipment and refreshment Locator signs will be posted. Locator maps are available at

http://www.llcc.org/VisitorInfo.html

Pre-registration is required. Please email <u>(info@llcc.org</u>) or call to register. LLCC is located at 28952 - 438th Lane, Palisade, MN. Phone 800-450-5522 or 218-768-4653.





Fire Arm Safety Registration is REQUIRED

Register at the door or drop off at school office, attn: Comm Ed.

Students Name:

Age: _____ Grade: ____ DOB: _____

Contact info: Home Ph: _____

Work Ph: _____

Cell Ph:	
----------	--

Email:

__has my permission

to participate in the Firearm Safety Class.

Parent or Guardian Signature Date

For questions concerning this class, please contact Stacey @ Hill City Community Education at 697-2394 x172 sjohnson@hillcity.k12.mn.us or Mark at 697-8296.

Registration: Registration is REQUIRED (see attached)

After School Art!	After School Art! 3:15-4:30pm	
Attention!! We are offering after school art twice a month! The schedule for after school art is as follows:	\$5 per month or \$35 per year Name: Grade: Contact Info: Home Ph:	
April 12, April 26 May 10, May 24	Cell Ph: Email: All Year	
Who: All students are invited!	month by month	
Time: 3:15-4:30pm	has my permission to participate in the after school art program.	
Cost: \$5 per month or \$35 per year	Parent/Guardian Signature Date	
This program does not require registration but it is helpful to determine the amount of supplies needed. If you have any questions or concerns, please contact Stacey at 697-2394 x. 172 or at sjohnson@hillcity.k12.mn.us	If you have any questions or concerns please contact Stacey at 697-2394 x172 or at sjohnson@hillcity.k12.mn.us.	
Adult Volleyball Open Gym	AFTER SCHOOL TUTORING GRADES 7 - 12 FREE Tuesday Afternoons:	
Join us every	3:30 pm - 4:30 pm Mr. Johnson's Room	
Wednesday evening from 7:00 pm 9:00 pm in the	Thursday Afternoons 3:30-4:30 Mr. Olig's Room	
Hill City School Gym	(Dates are subject to change)	
Fee:\$1.00 per time		

BASKETBALL OPEN GYM

Every Sunday Night 6-8pm Hill City School Gymnasium Cost is \$1.00 per night



YOGA

Yoga is now being offered in Hill City! All ages are welcome to participate. Participating in Yoga has many benefits for your mind body and soul. Some of the benefits of yoga are, but not limited to:

> Increase in Strength Increase in Flexibility Better Posture Helps with Fatigue, Tension and Stiffness Help lower Boold Pressure Increase range of joint motion

Yoga will be taught by certified instructor Elizabeth Ulseth

Where: Hill City School Gym Who?: Everyone! When: Monday nights 6:15-7:15 pm Cost: \$5 per class

Any questions/comments or concerns please contact Stacey Johnson at Hill City Community Education at 697-2394 ext. 172 or sjohnson@hillcity.k12.mn.us



Guitar Lessons

Have you ever wanted to learn how to play the guitar? Nows your chance! Lessons will be provided throughout the year.



Instructor: Phil Kneeland

Where: Hill City School

Cost: Private session \$15/ half hour Semi-private session \$10/half hour (fees made payable to Phil Kneeland)

Please contact Phil Kneeland at (218) 697-2394 ext. 186 to set up lesson dates and times.

If you need assistance with fees or have any questions please contact Stacey at Comm. Ed. at 697-2394 x.172 or at sjohnson@hillcity.k12.mn.us

Right-Way Driving



will be having classroom driver's education at the Hill City School beginning:

July 23rd

Classes will be held Mon-Fri from 9 am - 12 pm for 2 weeks Pick up registration forms in the school office.

Classroom fee: \$100 Behind the wheel fee: \$44/hr Car rental for test: \$25 (prices subject to change)

Questions Contact: Right-Way Driving at 327-4880 or Stacey at Hill City Comm Ed at 697-2394 X172 or sjohnson@hillcity.k12.mn.us

> **REMEMBER:** You **MUST** have your permit for 6 months and be 16 yrs old before you can get your license!



ISD #2 Lunch Menu April 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	Brk: Brk Pizza	Brk: Cereal/Toast		NO SCHOOL	NO SCHOOL	
	Chicken Nuggets	Minestrone Soup	Sub Sandwich			
	Potato Coins	Cheese Sandwich	Salad Bar			
	Peas/Fruit/Milk	Saltines/Fruit/Milk	Fruit/Milk			
8 Breakfast -	9	10	11	12	13	14
OFFERED DAILY: Cereal Assortment	NO SCHOOL		Brk: Lumberjack	Brk: Cereal/Toast		
Orange Juice or Fruit		Stuff Crust Pizza	Goulach/Bread	Taco	Tomato Soup/Grill	
Cheese Slice or		Corn	Green Beans	Salad Bar	Cheese Sand/Vegie	
CheeseStick		Fruit/Milk	Applesauce/Milk	Fruit/Milk	Sticks/Pears/Milk	
15 Lunch-	16	17	18	19	- *	21
OFFERED DAILY: Bread	Brk: Brk Bagel	Brk: Cereal/Toast		Brk: Cereal/Toast	Brk: Cinn Roll	
Offer-vs-serve for	Chicken Patty/Bun	Ham Augratins	Chicken Fajita	Chili/Saltines	Hot Dog or Brat	
Grades 4-12	Green Beans	Peas & Carrots	Salad Bar	Grill Cheese Sand	Baked Beans	
	Applesauce/Milk	Fruit/Milk	Fruit/Milk	Fruit/Milk	Coleslaw/Fruit/Milk	
22	23	24	25	26	27	28
	Brk: Brk Round	Brk: Cereal/Toast	Brk: Fr Toast	Brk: Cereal/Toast	Brk: Cinn Roll	
	Corn Dog/Fries	Italian Dunkers	Hamburger Gravy	Fish Patty/Bun	Quesadillas	
	Mixed Vegies	w/sauce/Green	Mashed Potatoes	Coleslaw/Carrots	Salad Bar	
	Bread/Fruit/Milk	Beans/Fruit/Milk	Corn/Fruit/Milk	Orange Slices/Milk	Fruit/Milk	
29	30					
	Brk: Brk Pizza					Menu subject to
	Chicken Strips					change at
	Carrots/Cookie					anytime
	Bread/Fruit/Milk					ř



ISD #2 Activities April 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Open Gym BB 6:00 - 8:00	2 Family Bd Game Night 3:10-6:00	3	4 Bloodmobile 12-6 p.m.	5 NO SCHOOL	6 NO SCHOOL	7 Community Easter Egg Hunt 10 am
8 Open Gym BB 6:00 - 8:00	9 NO SCHOOL	10	11 Basketball Awards Night 5:30-7 VB Open Gym 7:00 - 9:00 pm	12 Family Bd Game Night 3:10-6:00 Base vs Cr-Iron A Away 4:30	13 SB vs Carlton A Away 4:00 Base vs Carlton A Away 4:00	14 Elementary Art Camp 1-4
15 Archery 3:45 - 6 Open Gym BB 6:00 - 8:00	16 BOOK FAIR SB vs McGregor AC Home 4:30 Base vs McGregor A Home 4:30	17 BOOK FAIR Sys Acct Mtg 2:30 p.m. SB vs Northland A Away 4:30	18 BOOK FAIR VB Open Gym 7:00 - 9:00 pm	19 BOOK FAIR SB vs Isle AC Home 4:30 Base vs Isle A Home 4:30	20 BOOK FAIR Base vs Northland AC Away 4:30	21
22 Archery 3:45 - 6 Open Gym BB 6:00 - 8:00	23 Fam Bd Game SB vs Nashwauk AC Home 4:30 School Bd Mtg 6:30 p.m.	24 Base vs Cherry AC Away 4:30	25 VB Open Gym 7:00 - 9:00 pm	26 Family Bd Game Night 3:10-6:00 Base vs Littlefork AC Home 4:30		28 SB vs DR Tny A Away TBD Base vs DR Tny A Away 9:00 Base vs Nash Tny C Away TBD
29 Archery 3:45 - 6 Open Gym BB 6:00 - 8:00	30 Family Bd Game Night 3:10-6:00 SB vs Cromwell A Home 4:30					

	HIill City Baton Twirlers	Baton Preregistration by: March 21 FEE: \$25
	<i>Bring your baton</i> and a smile. Parents are welcome to attend the first class for a short informational session.	Students Name: Age: Grade: Contact info: Home Ph: Work Ph: Cell Ph:
5		Email:
		has my permission
Grades: Cost:	K-12 \$25	to participate in the Baton Class.
Time:	Wednesdays, March 28 - May 30 3:15 pm - 4:30 pm	Parent or Guardian Signature Date
Where: Register by: Instructors: Contact #:	Gym B March 21 Jessie Ahonen & Erin Boleman 244-4259	Return this form with fee, made payble to Hill City Community Education, to the school office - no later than March 21 -
	with class fees or questions concerning this class, Stacey at Comm Ed @ 697-2394 X172, siohnson@hillcitv.k12.mn.us	For asistance with class fees or questions concerning this class please contact Stacey @ Hill City Community Education at 697-2394 X172.