

October



2012

COMMUNITY NEWS

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

ARTICLES IN THIS
NEWSLETTER:

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MINUTES

SCHOOL NEWS

IDEAS FOR PARENTS

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Hill City
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COMMUNITY Ed
NEWS/CLASSES

LUNCH/ACTIVITY
CALENDARS

HOMECOMING 2012

Celebrating 100 Years of Hill City School

The Hill City High School class of 2013 invites Hill City community members, parents and especially ALUMNI to help us celebrate Hill City High School Homecoming 2012, October 8th-12th. There are many exciting activities planned-we hope you'll consider joining us!

Monday:



Coronation, 2:15 HCHS Assembly, including a special multimedia presentation celebrating 100 years of Homecoming at Hill City.

Tuesday:



Volleyball game vs. Bigfork-5:45 pm
* The volleyball team is sponsoring a Breast Cancer Awareness Pink Out night. Wear your pink, help us fight cancer, and cheer on our girls.

Thursday:

Volleyball vs. Crosby-Ironton (Away)

Friday:



Football game vs Isle, 2:00 pm
Post game BBQ and potluck sponsored by Kids Plus. Join us after the football game to share laughs and stories. Bring a dish to share.

Special Invitation: Former Homecoming Royalty, please join us on Monday for Coronation. If you are interested in helping us create a living timeline of Homecoming Royalty, please contact Laurie Holm at: lholm@hillcity.k12.mn.us or (218) 697-2394 ext. 118.

Hill City School Board

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hdgirl55785@hotmail.com

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PO Box 165
Hill City, MN 55748

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697-8214
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Tom Fasteland, Vice-Chairman
66641 345th Place
Hill City, MN 55748

Brent Welk
62612 Osprey Ave
Swatara, MN 55785

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 Broadcasts

RADIO STATIONS

KKIN	Aitkin	930 AM
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

INSTANT ALERT

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

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 Vice-Chairman Jodi Gulbraa at 7:00 p.m. on Monday, August 27, 2012.

Roll Call showed the following members present: Sue Kaslow, Martha Lentz, Jodi Gulbraa, and Tom Fastland. Board Members absent: None. Also present was Superintendent/Principal Dean Yocum and Brent Welk.

1. Approved the Agenda with additions.
2. Brent Welk took his Official Oath of Office.
3. Seated Jodi Gulbraa as chairman.
4. Approved the following:
 - *Minutes of the Regular Meeting of July 23, 2012;
 - *July 2012 bills presented for payment;
 - *Current bills through 08/10/12;
 - *Investments and wire transfers;
 - *Reviewed the Activity Fund Statement;
 - *Reviewed Cash Receipts including donations.
5. No comments or requests from visitors.
6. There was no report from the School Attorney.
7. Approved the proposed bus routes for the 2012-2013 school year.
8. Discussion was held on the parent pick-up/drop off location at the school
9. Student Council: none to report.
10. System Accountability Committee: none to report.
11. School and Community Health Committee: none to report.
12. Negotiations Committee: none to report.
13. Community Education Report: none to report.
14. The facility is ready for school and the sports bus building construction is to start on September 4, 2012.
15. No Technology Coordinator update.
16. Discussed employee request to have benefits paid by the district spread out over the whole school year.
17. The Board evaluated food service revenues and expenditures. Approved the elimination of the dishwasher position.
18. Industrial Technology teacher update: we are exploring options.
19. Set the salary for athletic supervisors for all athletic

events for the 2012-2013 school year at \$15.00 per hour.

20. Approved hiring the following for the 2012-2013 school year with a salary of \$25.00 per night: Tami Meyer and Patty Valley as ticket takers for fall athletic events, Jeanie Crandall as Volleyball Score Bookkeeper, Alan Olson as Volleyball Scoreboard Operator, Nikki Brant as Libero Tracker, Jim Lamke as Football Timekeeper/PA, Clark Bailey as Football Scorekeeper, Dave Olson, Alan Olson, and Dave Lange as Field Down/Yard Judges, Tiffany Hocking and Tara St. Martin as Volleyball linesmen.
21. Approved awarding the bids for the storage sheds: Shed #1 to Mark W. Holm in the amount of \$358.88, Shed #2 to Mark W. Holm in the amount of \$428.88, and Shed #3 to Robert Hill in the amount of \$100.00.
22. Set the rate of pay for substitute instructors for the 2012-2013 school year at \$90.00 per day for short term substitutes and \$100.00 per day for long-term substitutes.
23. Reviewed the preliminary substitute instructor list for the 2012-2013 school year.
24. Approved the request for unpaid medical leave for Mendy Oukrop.
25. Approved the Assurance of Compliance with State and Federal Law Prohibiting Discrimination.
26. Tom Fastland was nominated for Vice-Chairman.
27. Appointed Tom Fasetland as Vice-Chairman.
28. Approved hiring Adam Johnson as Assistant Football Coach for the 2012-2013 school year with a salary to be set according to the current HCUE Master Agreement.
29. Approved hiring Chuck Holm as Junior High Football Coach for the 2012-2013 school year with a salary to be set according to the current HCUE Master Agreement.
30. Superintendent/Principal Yocum attended the MSBA Summer Seminar.
31. Brent Welk attended the MSBA Phase I and II school board training.
32. Meeting adjourned at 8:04 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.

School Staff Phone Extensions

2012-2013

LastName	FirstName	Ext
ATHLETIC DIRECTOR		149
ATTENDANCE OFFICER		123
Bachmann	Christy	119
Baker	Larry	188
BAND		186
Bishop	Cindy	170
Burman	Brian	111
Cannella	Lisa	147
Carroll	Kathy	177
Causton	Linda	181
Caverly	Brandi	160
COMMUNITY ED		172
COUNSELOR		110
Eck	Carolyn	170
Ellis	Linda	179
Fairchild	Dawn	133
Fideldy	Shannon	145
Godfrey	Katie	141
Gray	Missy	177
Hall	Gwen	100
Halsey	Elizabeth	155
HEAD CUSTODIAN		108
Hedlund	Sheldon	116
Hidde	Bonnie	178
Hill	Eric	108
Hill	Ellie	103
Hirschey	Joshua	123
Holm	Laurie	118
Hronoski	Lynn	112
INDUSTRIAL TECH		131
James	Travis	109
Johnson	Adam	124
Johnson	Stacey	172
KIDS PLUS		171
Kingsley	Shawn	112

LastName	FirstName	Ext
KITCHEN		112
Kneeland	Philip	186
Koerber	Kay	110
Landrus	Arnold	109
Lange	Bambi	177
Lathrop	Chad	178
Lathrop	Jessica	171
LIBRARY		160
Lund	Raquel	170
Magner	Diana	150
Mattson	Tara	125
McDonald	Ann	154
Mikles	Stanley	126
Moren	Stacie	178
Murphy	Debra	143
Myhrer	Mary Jo	178
Nix-Vroman	Paula	173
NORTRAN BUS CO.		101
NURSE		102
Olig	Marc	122
Oukrop	Mendy	145
Owens	Julie	177
Rasmusson	Sandy	101
Richter	Karen	121
Rollins	Kristy	112
Sawdey	Patty	104
Showen	Sheina	102
Smith	Kirsten	145
Spangler	Langdon	120
Tulla	Greg	153
Ulseth	Angie	121
Vanderschaaf	Victoria	117
Waterworth	Shari	127
Yocum	Dean	100
Yotter	Cindy	179

Honor Flight Northland

*“We can't all be heroes. Some of us have to stand on the curb and clap as they go by.”
- Will Rogers -*

Last November the Senior Class of HCHS coordinated a penny drive to raise money for the Honor Flight program. Including a generous \$600 donation from the Lions Club, the students were able to raise \$1200! The hope was that we would be able to sponsor one or more local veterans for the September 25, 2012 Honor Flight. We are proud to announce that **not just one but three area WWII veterans** applied for and were selected to fly to Washington, DC to experience the memorials in honor of their service. Danny Ashton, Floyd Dropps and Adolph Carlson are the local veterans we are so proud to honor with this flight. Some information on the Honor Flight program:

“The goal of the Honor Flight program is helping every single veteran in America, willing and able of getting on a plane or a bus, visit THEIR memorial. Since America felt it was important to build a memorial to the service and the ultimate sacrifice of her veterans, the Honor Flight Network believes it's equally important that they actually get to visit and experience THEIR memorial. Top priority is given to America's most senior heroes — survivors of World War II and any veteran with a terminal illness. The program will naturally transition to Korean War, Vietnam War and all other veterans who served, on a chronological basis. Of all of the wars in recent memory, it was World War II that truly threatened our very existence as a nation and as a culturally diverse, free society. Now, with over one thousand World War II veterans dying each day, our time to express our thanks to these brave men and women is running out. Learn more about the Honor Flight Program at www.honorflight.org”.

Sadly, Mr. Ashton is an all too poignant reminder of the urgency of getting our veterans to Washington, DC to see their memorials. In August, Dan Ashton passed away. We are so very proud of his service to our country, as well as his dedication to our community throughout his whole life. Mr. Ashton served in the Army and was stationed in Germany during WWII. He was awarded a Good Conduct medal, as well as a medal for being involved in the final campaign. Mr. Ashton was a lifelong member of the VFW in Palisade. Dan will be missed, but the memory of his military service is marked in our hearts as well as in the stone of the Veteran's Memorial





Wall in Hill City.

Floyd Dropps is another local veteran who will be flying to DC on September 25th. Mr. Dropps served in the Marines, and was on the island of Iwo Jima when the famous photograph of the flag being raised was taken (although not one of the Marines raising the flag.) Floyd came in and shared some service memories with Mrs. Holm's classes on more than one occasion. He received the Purple Heart medal, and was kind enough to let the students pass that medal around (along with the bullet that was recovered from his injury!) Mr. Dropps is proud of his service and of the fact that his son enlisted in the Navy as well. When asked for final thoughts he shared, "I think

that the Atomic Bomb saved many lives on both sides. Even though it was bad for the people who were right there, many others on both sides would have died."

Finally, Adolph Carlson, who served 23 months in the Army during WWII will be on the flight. Mr. Carlson was gracious enough to sit for an interview with Hill City students, and gave them a chance to learn more about the war and his service. He was stationed in Okinawa, where he was among the troops preparing to invade Japan. From there, Adolph was sent to Korea, where he was promoted to Sergeant and in charge of his platoon. When asked the very personal and oftentimes controversial question about the decision to use the atomic bomb, Mr. Carlson replied, "Truman ok'ed atomic bombs and it was a good thing because otherwise the war would have been different." He also wanted students to understand, "If we hadn't won WWII, the world would be a different place."



So again, let's honor and thank our veterans for their sacrifice and devotion to our country. The freedoms we enjoy today, remember, were not free. And we can all be proud of the veterans and active service members in our community who make sacrifices to ensure our freedom and democracy. The Senior Class will again be sponsoring a fundraiser of some kind starting around Veterans Day in November, to raise money for the Honor Flight.



What: International Walk to School Day

When: Wednesday, October 3, 2012

Where: Hill City School

Why: Health and activity

On Wednesday, October 3, 2012, students at Hill City School will be offered the chance to walk to school with their classmates, staff, parents, and community members. Students will meet at 8:10 a.m. at either Sunny's or the DNR office parking lot. From there, they will all walk as a group to the school using safe routes.

Students wishing to walk to school that day who normally ride the bus need to return a signed permission slip to the office by October 1 (see permission slip below). Other students wishing to participate need to meet at one of the meeting places by 8:10 a.m. to walk with the group. Parents are encouraged to join us in walking to the school. Walking with your child will give you more time with your child and will show them that you know the importance of everyone getting daily physical activity.

When students arrive at the school, they will be met by a crowd of cheering staff and community members, music playing, and stickers. Any students that play sports are encouraged to wear their uniforms to add to the school spirit.

Students who are unable to walk to school that day will have the chance to walk in their physical education class that day. Both the elementary and high school students will be walking during their phy. ed. time on Wed., Oct. 3.

Parents, please ensure your child wears comfortable shoes for walking and is dressed for the weather. In case of severe weather, we will cancel the walk and students will just walk in physical education class for the day.

Please join us in celebrating this international day.

I give permission for my child(ren) _____
to be dropped off by the bus at either Sunny's or the DNR office parking lot to
participate in the Walk To School event at Hill City School on October 3, 2012.

Parent signature

PPRA Notice and Opt-Out for Specific Activities

The Protection of Pupil Rights Amendment (PPRA), 20 U.S.C. § 1232h, requires Independent School Dist. No. 2 to notify you and allow you to opt your child out of participating in certain school activities. These activities include a student survey, analysis, or evaluation that concerns one or more of the following eight areas (“protected information surveys”):

- 1 Political affiliations or beliefs of the student or student’s parent;
- 2 Mental or psychological problems of the student or student’s family;
- 3 Sex behavior or attitudes;
- 4 Illegal, anti-social, self-incriminating, or demeaning behavior;
- 5 Critical appraisals of others with whom respondents have close family relationships;
- 6 Legally recognized privileged relationships, such as with lawyers, doctors, or ministers;
- 7 Religious practices, affiliations, or beliefs of the student or parents; or
- 8 Income, other than as required by law to determine program eligibility.

This requirement also applies to the collection, disclosure or use of student information for marketing purposes (“marketing surveys”), and certain physical exams and screenings.

Independent School Dist. No. 2 will provide parents, within a reasonable period of time prior to the administration of the surveys and activities, notification of the surveys and activities and be provided an opportunity to opt their child out, as well as an opportunity to review the surveys. (Please note that this notice and opt-out transfers from parents to any student who is 18 years old or an emancipated minor under State law.) To Opt-out: Contact **Kay Koerber, School Counselor at (218) 697-2394, ext. 110.**

October 2012

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

- | | |
|---|--|
| <ul style="list-style-type: none"><input type="checkbox"/> 1. Teach your child how to prepare nutritious after-school snacks.<input type="checkbox"/> 2. Plan a family talent show. Have everyone practice their acts this week.<input type="checkbox"/> 3. Role-play a sticky situation with your child. What would she do if her friend were teasing someone at school?<input type="checkbox"/> 4. A good breakfast helps kids learn. Start the day with a healthy breakfast.<input type="checkbox"/> 5. Do a crossword puzzle with your child.<input type="checkbox"/> 6. With your child, make awards for all your talent show participants.<input type="checkbox"/> 7. Start giving your child an allowance. Discuss what he can use it for, such as buying things, saving and giving to charity.<input type="checkbox"/> 8. Take a walk and see if your child can identify the trees you pass.<input type="checkbox"/> 9. Give your child some string and a button. See if she can thread the string through the button holes and make the button spin.<input type="checkbox"/> 10. Keep a notebook handy when watching TV. Have your child jot down five new words. Look them up later.<input type="checkbox"/> 11. Time different things you and your child do in a day.<input type="checkbox"/> 12. Give your child a whistle to blow if he is in danger. Warn your child that he should only blow it when there is danger.<input type="checkbox"/> 13. Look through the newspaper with your child. What headlines interest her? Read an article together and discuss it.<input type="checkbox"/> 14. Have a family dinner by candlelight. Ask each person to share the week's experiences.<input type="checkbox"/> 15. When your child brings home schoolwork, focus on what is right before noting what is wrong.<input type="checkbox"/> 16. Provide a regular place to display your child's best schoolwork. Change the display often.<input type="checkbox"/> 17. Make up a song featuring your child's name. | <ul style="list-style-type: none"><input type="checkbox"/> 18. Review math facts at the dinner table tonight.<input type="checkbox"/> 19. Tell your child that you love him.<input type="checkbox"/> 20. With your child, make a fall decoration for your table.<input type="checkbox"/> 21. Have your child glue craft sticks together to make a frame and decorate it with buttons and markers.<input type="checkbox"/> 22. Watch a nature-oriented show with your child.<input type="checkbox"/> 23. Take a walk and collect pretty leaves. Put them between clear self-stick paper to make placemats.<input type="checkbox"/> 24. Ask your child to come up with words with both a suffix and a prefix (such as replacement).<input type="checkbox"/> 25. How many types of punctuation can your child find today?<input type="checkbox"/> 26. Write down the ages of family members. Express them in math terms—Dad is 25 years older than Mike.<input type="checkbox"/> 27. Challenge your child to build an animal out of five pipe cleaners.<input type="checkbox"/> 28. At the library, use books and the Internet to learn more about careers in which your child is interested.<input type="checkbox"/> 29. Plan an exercise "date" with your child. Pick an activity you both enjoy, such as walking or tossing a ball.<input type="checkbox"/> 30. Every time you talk with your child on the phone, end by saying, "I love you."<input type="checkbox"/> 31. Make up a story with your child. |
|---|--|



Helping Children Learn
The Families Can Use to Help Children Do Better in School

Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



October 2012

Hill City Elementary School
Go Hornets!

Make the most of parent-teacher conferences by preparing ahead

Parent-teacher conferences are a great way to establish a relationship with your child's teacher. You are the one who knows your child best, and your insights help make the year a success. Make every effort to attend.

Before the conference:

- **Write down topics** you want to discuss. Note areas where your child may be struggling. Include positive notes to discuss as well.
- **Talk with your child.** What does he like or dislike about school? Ask, "Is there anything you'd like me to discuss with your teacher?"
- **Look over papers** your child has brought home, handouts and textbooks. Do you have questions about your child's progress or how you can help at home?



At the conference:

- **Be positive.** Offer to work with his teacher to make this a great year for your child.
- **Make plans for keeping in touch.** Ask when to call or email the teacher. If necessary, schedule a follow-up meeting.

After the conference:

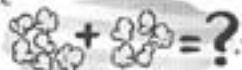
- **Talk with your child again.** Let him know, in upbeat terms, how the meeting went. Tell him how excited you are to work with his teacher.

Source: "Making Parent-Teacher Conferences Work for Your Child," PTA, www.pta.org/2532.htm.

Pop up some math fun!

October is National Popcorn Poppin' Month. Improve your child's addition and subtraction skills while enjoying popcorn.

Say, "If you have six pieces of popcorn and I give you five, how many will you have?"
"If you have 10 pieces of popcorn and I eat four, how many will you have left?"



Does your child arrive at school ready to learn?

Your child works hard to do well in school, but you can contribute to his success, too. Be sure he has:

- **Enough sleep.** Children between seven and 12 years of age need 10 to 12 hours each night. Proper rest will help your child concentrate in class.
- **A healthy breakfast.** Studies show that kids who eat breakfast do better in school, earn better grades and have fewer behavior problems.
- **High expectations.** When you believe your child can do his best, he'll believe it too. Tell him that you know he'll be working hard in school and you're excited about how much he is learning.

Questions help your young author with writer's block

The book report is due tomorrow, but your child stares at any empty sheet of paper. To get her started, ask:

- **Can you describe** the main character? What did she look like? What words describe her? Was she brave, curious or clever?
- **What problem** did the character overcome? How did she do it?
- **What would you say** if you were writing an advertisement for this book?



Success takes work and organization

Your child finished her homework, but she couldn't find it when she got to class. You missed the parent-teacher meeting because you never saw the flyer. What's the problem? It could be a bad case of the *messy backpack*! If your child's backpack looks like a tornado hit it:

- **Set up a system.** Designate one folder for homework and take-home papers. Label others with subject names.
- **Check it every day.** Look through the folders together. What assignments does your child have? What should you read, sign or return?
- **Clean out the junk.** Before bed, have your child repack her backpack. Include only items she will need for school the next day.
- **Have a "launch pad."** Once your child's backpack is ready to go, put it by the door where she won't forget it.

Helping Children Learn

Tips Families Can Use to Help Children Do Better in School



ELEMENTARY SCHOOL

October 2012

Q&A How can parents foster responsibility in children?

Q: My son frequently misses the bus. Then I'm late for work because I have to drive him to school. He also forgets things. I end up taking his book report or his math homework to school. How can I get him to be more responsible?

A: Right now, your son doesn't have to be responsible. He knows that Super Mom is ready to help.

It will never be easier for your son to make a few mistakes—and learn from them—than it is right now in elementary school. But first, he has to know that you're about to stop being his own personal rescue squad.

You should also:

- **Talk with his teacher.** Tell her what you plan to do. (She'll probably be glad.) Make sure she knows that if he forgets his things at home, he may not have a book or report in class. Tell her you want him to live with the consequences.
- **Begin bedtime and morning routines.** Set an alarm clock. Make bedtime earlier if he still can't get up in the morning.
- **Have a backpack plan.** Have your son put everything in his backpack before going to bed. Then have him put it by the door.

Once your son learns you won't be responsible for him, he'll start being responsible for himself.



Offer helpful advice when homework is 'too hard'

Your child is frustrated again. "This math homework is too hard!" he says. What should you say and do? Try these tips:

- **Remind** him of other "hard" things that are easy for him now, like subtraction.
- **Break** difficult tasks into smaller pieces. Have him do half of the problems. Take a break before completing the rest.
- **Review** examples in his textbook.
- **Talk** about the link between effort and success. Don't give up after his first try.
- **Tell** him you'll get help. If he truly is struggling, contact his teacher. Explain where your child had trouble. Ask what you can do to help at home.

Have some fall craft fun

With your child, gather some colorful leaves on your next walk. Place them between two pieces of wax paper and press them in a book. A week later, place the leaves between two pieces of contact paper to make place mats.



A story a day builds every child's literacy skills

Reading together daily reinforces your child's reading skills. To emphasize its importance:

- **Find stories** at your child's reading level. Don't push her to read stories that are too difficult.
- **Stop occasionally to ask**, "What do you think might come next?"
- **Have your child** retell the story in her own words.
- **Be enthusiastic.** Laugh together. Read aloud using funny voices.

Source: "Supporting Your Beginning Reader," International Reading Association. www.reading.org/Libraries/Parents/pb1071_support.sflb.ashx.

Parent Quiz

Are you helping your child stay active?

America's kids sit too much and move too little. As a result, childhood obesity is a growing health problem. Parents can encourage children to be more active and have fun at the same time. Are you doing what you can to encourage your child to be active? Answer yes or no to each question:

1. **Do you make** physical activity part of everyday activities?
2. **Do you make** time for family fitness? Do you block out some time when you can be active as a family?
3. **Are you a good role model?** Do your kids see you being active and exercising?
4. **Do you turn off** the TV and the computer at some times of the day?
5. **Have you planned** activities you can do regardless of the weather?

How did you score? Each yes means you're helping your child be more active—and healthier.

• More than 30 years of research shows that schools, families, and communities can make a difference in a student's learning experience—especially when they work together to raise student achievement. •

—Pennsylvania State Parent Advisory Council

Helping Children Learn®

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ideas for parents

Practical Suggestions for Building Assets in Your Child

FAST FACTS

**ASSET #37:
Personal Power**

Youth are more likely to grow up healthy when they feel they have control over things that happen to them.

45%
*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. "Personal power" is one of four positive identity assets.

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

Every Person Can Make a Difference

Aja Henderson of Baton Rouge, Louisiana, noticed a problem. A lot of her friends and the neighborhood children didn't have anyone to take them to the library. Many parents worked, and by the time the parents got home, the libraries were closed.

If Aja hadn't had personal power, she would have felt helpless, victimized, and passive. But Aja had a strong sense of personal power. At the age of 12, she opened her own library—in the den of her home.

Today, more than 3,000 titles make up Aja's library, and young children, teenagers, and adults all use it. The library, open seven days a week, doesn't have any set hours. "Sometimes people knock on our door early in the morning before I go to school, or someone stops by pretty late at night," Aja says. "I never turn anyone away. I'm proud that people like to read, and that they'd even give up a Saturday afternoon to spend time at my library."

Aja doesn't think what she has done is anything out of the ordinary. "I'm just a normal American kid," she says. "If I can do something like this, so can other kids. It just takes a little work and some creativity."



time together

Three ways to help your child develop personal power:

- 1.** Encourage family members to
 - point out "victim mentality comments" and "personal power comments" when family members talk about their day.
- 2.** Advocate that family members
 - develop healthy lifestyle habits. People with personal power are less likely to be tired, stressed, and abuse mood-altering substances than people who feel helpless and victimized.
- 3.** Build social competencies in your
 - child, such as planning, decision making, nonviolent conflict resolution skills, and interpersonal competence. Socially competent young people are more apt to feel a sense of personal power.

Traits of Children with Personal Power

- They believe that when good things happen to them, they somehow contributed or had some control in that event.
- They do not blame themselves for bad things happening to them; instead, they focus on positive steps they can take to remedy the situation.
- They are active, not passive.
- They feel empowered, not helpless or victimized.
- They believe they can make a difference.



PTO

Parent Teacher Organization

WHAT IS PTO AND WHY IS IT IMPORTANT TO ME?

Research shows the importance of having parents, teachers, and community involved in the lives of children and teens. When you are involved with your community and school, kids learn that what we do for each other matters, we all make a difference, and that adults really do care about them and their activities. PTO is one way you can work with the school to provide quality educational experiences for your community's kids

PTO is a group of parents with children (or grandkids) ages 0 to grade 12., teachers of preschool through high school, the school principal., board member, and new this year, high school students from class groups. PTO meets once a month, on the first Wednesday of each month from 4-5 in Room 205 at the Hill City Schhol. Days and times may be negotiable depending on the needs of the participants.

WHAT DOES THE PTO DO?

PTO helps plan and implement school activities with other school groups, such as the Walk To School day, Winter Carnival and other family events, and the EXPO. We gather volunteers to help teachers in the classrooms, make decisions about family events, and informational speakers for parents. We do some of the "behind the scenes" work that allows Hill City School provide opportunities for your children. We also help address issues that arise during the school year, as needed and appropriate . We even trim up the labels that are collected, and help get them ready to send in.

We have a President, Vice-President, and Secretary position. These positions are currently elected within the PTO Committee, once a year.

WAYS YOU CAN HELP OUT!

- Attend PTO meetings
- Fill out the PTO Volunteer Sheet
- Help with Special Events
- Collect and bring in box tops, labels for education, and Kemps Nickels for Education
- Attend Special Events at the school
- Tell kids everyday how important they are, and that they matter!

Organizations and Events**Carmel Lutheran Church Bazaar**

Sat. Oct. 6 from 10 am. until 2 pm.
 Items for sale will include gifts, crafts, fresh produce, baked goods, quilts, woven rugs, white elephant table as well as a holiday corner. You are welcome to come and browse. The ladies will be serving lunch of soup, croissant sandwiches, sloppy joes and desserts.

FREE HOMECOMING DANCE FOR SENIORS (55+)

Sat. Oct 6, from 7-10:00 p.m.
 Dancing to Vern Bishop and the Moose River Band
 Refreshments and photos
 At Jacobson Community Center
 Sponsored by Spang 4H and MN 4H Foundation
 Everyone Welcome-Call Michelle Nelson at 218-244-9719 for more information

**FLU SHOT CLINIC
AITKIN COUNTY PUBLIC HEALTH**

Thursday, October 11th
 11:00-11:30AM
 Jacobson Community Center
BRING YOUR INSURANCE CARDS!!!
 We bill: Medicare, Humana Gold, Ucare, Unicare MA, Blue Plus, IMCare, Blue Cross, Medica, and Health Partners
 otherwise the cost is: FLU SHOTS \$30.00

Jacobson Halloween Party

October 27, 2012
 Costume and Pumpkin contests
 registration at 4:30
 Costume parade at 5:15
 Free Hot dog meal 6:15
 Spook house, haunted hayride, hay maze, stories and treats
 Everyone welcome, free admission

Jacobson Seniors 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.

Jacobson Civic Club

Will meet on October 8. Hostesses are Charlotte Henningsgaard and Shirley Carlson at her home. Call Marsha 326-6865.

Ball Bluff Township Board Meeting

Tuesday, October 9, 2012, at the Jacobson Community Center for the Board meeting at 7:00 p.m. All residents are encouraged to come and participate.

Jacobson Fire & Rescue

Meetings are at the Fire Hall at 7:00
 1st Thursday monthly: Business Meeting
 3rd Thursday monthly: 1st Responder & Fire Training

Jacobson Food Shelf

Jacobson Food Shelf will be open on the first and third Thursday at Carmel Lutheran from 4:00 to 6:00 p.m. October 4 and 18. For information or emergency service, call 218-426-4799 or 218-426-4712.

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
 10:30 to 11:30 a.m. Worship
 Bible study on Wed. evenings at 7:00 to 8:00 PM.

Carmel Lutheran Church

Everyone welcome.
 Sunday mornings:
 10:00 children's Sunday School
 (1st & 3rd Sun)
 11:00-Worship, 12:00-Fellowship
 Quilters and crafters meet every Tuesday at 9:30 a.m. WELCA meets the second Tuesday of each month at 9:30 a.m.
 Council meets 3rd Thurs. of the month@ 7:00 p.m.
 Lay Minister Mark Wagner
 218-246-3179

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

Jacobson Halloween Party

Sat., Oct. 27th

Jacobson Community Center

- Haunted House
- Haunted Hayride
- Ghoulish Storytelling
- Scary Pictures and Treats
- Bonfire

For more info visit:
www.Jacobsonnews.com

Free Admission

Schedule of Events

- Costume & Pumpkin Contest Registration from 4:30 pm—5:00 pm
- Costume Parade 5:15 pm
- Hot Dog Meal at 6:15 (no potluck)

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

WHEN YOU WISH UPON A STAR

Saturday, October 6, 7-10 pm
 Dancing—Live Music—Refreshments—Photos—Memories

Senior Homecoming Dance (55+)

Alcohol free event—all ages welcome
 HOSTED BY SPANG 4-H CLUB

Live Music

Vern Bishop and the Moose River Band

Jacobson Community Center

3 miles south of Hwy 200 on the River Road

Free

Questions:

Contact Libby Berg at 398-0938
 Or Michelle Nelson at 244-9719
 Or Roxane Jenkins at 244-6789



Event sponsors: Minnesota 4-H Foundation,
 Spang 4-H, Jacobson Community Center



4-H Has Something for Everyone

JOIN THE CLUB
Spang 4-H Club

- Do you want to learn how to train your dog, but don't know how?
- Love Horses, but live in town?
- Want to participate in shooting sports?
- Curious how to design, build and program a robot?
- Want to garden, but everyone you know has a brown thumb?
- Do you enjoy singing, dancing, painting or just clowning around?

Below is a sampling of projects. Visit www.mn4h.org for a full list:

- | | |
|-----------------------|-----------------------|
| Arts & Crafts | Photography |
| Clothing & Textiles | Plant Science |
| Dog Care and Training | Rabbits |
| Electricity | Robotics/Rocketry/GPS |
| Foods & Nutrition | Shooting Sports |
| Geology | Shop (wood/metal) |
| Horse | Small Engines |
| Leadership | Video |
| Pets | Wildlife |
| Performing Arts | |

Itasca County 4-H Open House & Fall Enrollment
 For all youth grades K - 12

Monday, October 1
 6:00 pm - 8:00 pm
 Itasca County Courthouse

Spang 4-H Club meets the 3rd Monday of each month 6:00 pm, Spang Community Town Hall
 For more information contact:
 Roxane Jenkins: 697-2430 or Michelle: 244-9719

Enroll Online at:
www.4honline.com

UNIVERSITY OF MINNESOTA | EXTENSION
 Driven to Discover™
 Itasca County 4-H 218-327-7486 www.mn4h.org or radai002@umn.edu



Harvest Bazaar

Carmel Lutheran Church

3 Miles South of Jacobson on Hwy 65

Saturday Oct. 6

10 A.M. - 2 P.M.

2012

Lunch

Service

- Many Gift Items
- Crafts
- Fresh Produce
- Quilts
- Bake Sale
- Rugs
- White Elephant Table
- Holiday Corner

• Croissant Sandwiches

• Soup

• Sloppy Joes

• Desserts

HILL CITY MINNESOTA

Hunted House

Oct. 17 thru 20
and
26th thru 31

Kids Hour 5 - 6

6pm Till 9pm

Location: **\$3.00**

Pass the School on
left Look for signs

over 6,000 Sq. Ft
of terror

For information call 218-259-6074

Day group time available call for day and time

KIDS HALLOWEEN PARTY!!!!

Come join us @ the volleyball court
alongside of Buckshot Bar & Grill

from

12:00 pm until 4:00 pm

on Saturday Oct 27th



We love to see the kids and parents dressed up in a costume.

Free Pumpkin carving
Free Hot Chocolate
Get a Hot Dog and Chips for
just \$1.50
Get a Sloppy Joe sandwich
and chips for \$3.00
Last Call Entertainment will
be here for some music and
games for your enjoyment!!!!
Hope to see you here !!



GOLDEN AGE ORGANIZATIONAL MEETING

A meeting will be held in the
Community Room
at Hill Lake Manor

**Wednesday, October 10, 2012
at 2:00 P.M.**

to elect officers and
set an annual schedule of activities.

All people age 55 and over are welcome!!

Coffee and cookies will be served
and Bingo played.

Invite your friends and neighbors!

TRUNK OR TREAT!

COME JOIN US FOR THE
2ND ANNUAL TRUNK OR TREAT!
OCTOBER 31 FROM 5:00-6:30 PM.
THE STREET WILL BE BLOCKED OFF
IN FRONT OF THE CHURCH AND
YOU AND YOUR CHILD CAN MOVE
FROM CAR TO CAR GETTING
CANDY! OPEN TO ALL KIDS!
ALSO OPEN TO ANY ADULT THAT
CONTACTS PASTOR GERARD
VALLEY AT HILL CITY ASSEMBLY
OF GOD AT 697-2662 IF YOU
WOULD LIKE TO ADD YOUR
"TRUNK" TO THIS NIGHT OF FUN.
THERE WILL BE HOT COCOA
AVAILABLE ALSO!



Day at the Farm

Come and Enjoy Lunch with

RICK NOLAN

Candidate for Minnesota Congressional District 8

Saturday, October 6th
11:00 am to 3:00 pm

Main dish and drinks provided by Hosts
Please bring a dish to pass.

Place: Jake Niesen Family Farm
39133 650th st., Swatara, MN

Directions: From Hill City. Take hwy 200 west to County road 29 (aka Swatara Road). Turn south on Co. Rd. 29. Go south for 2¹/₂ miles, turn west on 650th st. Second home on the south side.

Donations for Nolan campaign welcomed

Posting paid for by Jake Niesen



It's time for Kidmo to start!
Kidmo is Hill City Assembly of God's afterschool program for kids in kindergarten through 5th grade. We meet at the brick wall outside of the school office, every Monday (there is school) until 5:00pm. We have snacks, lots of fun, learn about different countries, and do our homework and of course learn how to be better kids!
All kids are welcome, and it is a free program! You must send in a note to the school to give us permission to take your child.
Please call Pastor Patty @ 218-340-3001 with any questions.



BLOOD DRIVE A SUCCESS!

Thank you to all who helped make the blood drive a success. Thank you to the people that donated, Margie Gillson for recruiting all the donors, the "cookie" ladies, and all the other volunteers.

All of the help is greatly appreciated and I couldn't do it without YOU!!

Anne Bjerkness



**American
Red Cross**

Come do your Winter/Holiday Shopping for kids, grandkids, great-grandkids, nieces, nephews and YOU!!

Hill City Thrift Shop "Shop and Compare"

Located on Highway 169

Open Th, F, S from 9:00 to 5:00

"Where prices are in tune to our customer's needs"

We have a mixture of thrift and new items. The new items come from a high-end department store for which we can offer at a fraction of the price.

*Our clothes/accessories such as tops, coats, shoes, headbands, hats, gloves, mittens are all current styles. We have a huge assortment of holiday items including Christmas trees.



Come check us out or make a commitment to your community by volunteering! Call 218 697 2424.

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). Please drop information off at the school office or mail to:

Hill City School
Att: 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



Adult Volleyball Open Gym

Starting Sept. 12th

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

Fee:\$1.00 per time

For more information please contact Stacey at 697-2394, ext. 172 or sjohnson@hillcity.k12.mn.us

AARP MN Driver Safety Program (formerly 55 Alive)

Register by: November 12th

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. (Contact Stacey for a full schedule of local classes if needed)

Veterans and Spouses FREE

4 Hour Refresher: Nov., 15th 5-9pm

Location: Hill City School, Room 227

Min. # Required: 8

Max. #: 30

Cost: \$12 for members

\$14 for non members

(payable at the door to AARP)



For questions concerning this class, please contact Stacey @ Hill City Comm. Education at 697-2394 X172.

AARP Driver's Safety Class

Register by: November 12

Veterans and Spouses Free!

\$12 for members

\$14 for non members

(payable at the door to AARP)

Name: _____

DOB: _____

Contact info:

Home Phone _____

Work Phone _____

Cell Phone _____

Email _____

Signature _____

Date _____



Send Registration forms to:
Hill City School Comm. Ed.,
500 Ione Ave, Hill City, MN 55748

For questions concerning this class, please contact Stacey @ Hill City Community Education at 697-2394 X172.

After School Art!

After School Art is being offered
twice a month!

The schedule for after school art
is as follows:



Nov. 8 & Nov. 29
Dec. 6 & Dec. 20
Jan. 10 & Jan. 24
Feb. 14 & Feb. 28
Mar. 14 & Mar 28
Apr. 11 & Apr. 25
May 9 & May 23

Who: All students are invited!

Time: 3:15-4:30pm

Cost: \$10 per month or \$50 per year

This program does not require registration but it is helpful to determine the amount of supplies needed.

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

After School Art!

3:15-4:30pm

\$10 per month or \$50 per year

Name: _____

Grade: _____

Contact Info: Home Ph: _____

Cell Ph: _____

Email: _____

____ All Year

____ month by month

_____ has my permission to
participate in the after school art program.

Parent/Guardian Signature Date

If you have any questions or concerns please contact Stacey
at 697-2394 x. 172 or at sjohnson@hillcity.k12.mn.us



Guitar Lessons

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



Instructor: Phil Kneeland

Where: Hill City School

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

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

WALKING IN THE SCHOOL

Did you know Walking can...

- * Burn Body fat
 - * Control your appetite
 - * Increase your energy
 - * Help relieve stress
 - * Lower high blood pressure
 - * Slows aging
 - * Improves efficiency of your heart and lungs
 - * Relieves most cases of chronic backache
 - * Helps promote restful sleep
 - * Helps control and prevent diabetes
- AND MUCH MORE!



**The school will be open on all school days for
anyone interested in walking the halls from
7:00-7:45am.**

All walkers must sign in at the office the morning
of your walk

For assistance with class fees or questions, please call Stacey
@ Comm. Ed. at 697-2394 X172.



ARCHERY

NASP Intro to Archery
For first time shooters

Dates: Oct. 25, Nov. 1, Nov. 8, Nov. 15

Time: 6 pm – 7:30 pm

Fee: \$5 – payable to Hill City Comm. Education
Grades: 4th grade or older (with no previous experience)
Contact: Michelle Nelson 218-244-9719

This class is for first time shooters, with no previous National Archery in the Schools (NASP) training or instruction. Want to learn how to shoot a bow in a safe, supervised setting by certified NASP instructors? Here's your chance! No experience or equipment is needed. First class will be safety and technique with string bows. The remaining sessions will be practicing the same principals with the Genesis Bow.

Parents are welcome to observe, but must remain in the bleachers at all times. We respectfully request that you make arrangements for younger siblings not to be in the gym during practice.



Archery and Beyond

Develop your hidden talent. Participants will learn archery basics from NASP, National Archery in the Schools certified instructors. Learn range safety and proper shooting techniques. No equipment needed. Come join the team or come try out the six session course and decide whether or not you would like to join the Hill City Archery Team and compete, locally, regionally, state and possibly beyond! There is an additional fee to join the team of \$50 with a family cap of \$80 (payable to Hill City Archery Club), which includes team t-shirt and competition fees. Team forms and schedules will be available at the first night of practice. The season ends with the State Competition on March 23.

Dates: Nov 27, Nov 29, Dec 4, Dec 6, Dec 13, Dec 18

Times: Session 1 (4th & 5th graders) 6:00 pm – 7:00 pm
Session 2 (6th grade and up) 7:00 pm – 8:00 pm

Fee: \$5 – payable to Hill City Comm. Education

Grades: 4th – 12th grade

Contact: Michelle Nelson 218-244-9719

Parents are welcome to observe, but must remain in the bleachers at all times. We respectfully request that you make arrangements for younger siblings not to be in the gym during practice.



ARCHERY

Intro to Archery
\$5

Students Name: _____

Age: _____ Grade: _____ DOB: _____

Contact info: Home Ph: _____

Work Ph: _____

Cell Ph: _____

Email: _____

_____ has my permission
to participate in the After School Archery Program.

Parent/Guardian Signature _____ Date _____

For questions concerning this class, please contact Stacey @ Hill City Community Education at 697-2394 x172 or at sjohnson2hillcity.k12.mn.us



ARCHERY

Archery and Beyond
\$5

Students Name: _____

Age: _____ Grade: _____ DOB: _____

Contact info: Home Ph: _____

Work Ph: _____

Cell Ph: _____

Email: _____

_____ has my permission
to participate in the After School Archery Program.

Parent/Guardian Signature _____ Date _____

For questions concerning this class, please contact Stacey @ Hill City Community Education at 697-2394 x172 or at sjohnson2hillcity.k12.mn.us

BASKETBALL OPEN GYM



Every Sunday Night
6-8pm

Hill City School
Gymnasium

Cost is \$1.00 per night



Open Cardio Room

Every **Wednesday** evening from
7-9pm and **Sunday** Evening
from **6-8pm**

Hill City School

Cardio room includes:

Treadmills, Ellipticals, stationary
bicycles and a flat screen tv so you
won't miss your shows!



Fee:\$1.00 per time

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

AFTER SCHOOL TUTORING GRADES 7 - 12 FREE

Monday Afternoons
3:30-5:00pm
Mr. Olig's Room

Tuesday Afternoons:
3:30 pm - 5:00 pm
Ms. Waterworth's Room

(dates are subject to change)

**Students are highly encouraged to take
advantage of this opportunity!**

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



Elementary Basketball

**Grades: 3rd-6th
Grade**

Starting in November

Practice is every Wednesday after school
until 4:30 pm.

**Coaches Needed for boys and
girls all levels!**

If you are interested in coaching contact
Stacey Johnson at 697-2394 ext. 172 or
sjohnson@hillcity.k12.mn.us





ISD #2 Lunch Menu October 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Brk: Brk Bagel Chicken Nuggets Rice/Green Beans Pear or Apple/Milk	2 Brk: Cereal Lasagna Rolls with Sauce/Salad Fruit/Milk	3 Brk: Lumberjack Vegie Beef Soup Ham Sand/Carrots Fruit/Milk	4 Brk: Cereal Goulach/Bread Mixed Vegies Peach or Apple/Milk	5 Brk: Cinn Roll Shrimp Poppers Tater Rounds/Peas & Carrot/Fruit/Milk	6
7 Breakfast - <u>OFFERED DAILY:</u> Cereal Assortment Orange Juice or Fruit Cheese Slice or CheeseStick	8 Brk: Brk Bagel Chicken Strips Brown Rice/Orange Broc/Carrots/Milk	9 Brk: Cereal SC Pizza/Corn Spinach Salad Bar Pear or Apple/Milk	10 Brk: French Toast Tomato Soup Grill Cheese/Pear or Mixed Fruit/Milk	11 Brk: Cereal Sub Sand w/fixings Carrot/Celery Sticks Pineapple/Milk	12 Brk: Cinn Roll Hamburger/Bun Baked Beans Mix Fruit/Milk	13
14 Lunch- <u>OFFERED DAILY:</u> Bread Offer-vs-serve for Grades 4-12	15 Brk: Brk Bagel Chicken Patty Sweet Potato Tots Kiwi/Milk	16 Brk: Cereal Italian Dunkers Rice w/Broccoli Oranges/Milk	17 Brk: Cinn Roll Pork Patty Mixed Vegies/Apple or Peaches/Milk	18 NO SCHOOL	19 NO SCHOOL	20
21	22 Brk: Brk Bagel Hot Dog/Potato Salad/Baked Beans Peach or Apple/Milk	23 Brk: Cereal Rotini Pasta/Carrots Romaine Salad Applesauce/Milk	24 Brk: Fr Toast Santa Fe Wrap Refried Beans Pineapple/Milk	25 Brk: Cereal Burrito w/fixings Mandarine Orange or Kiwi/Milk	26 Brk: Cinn Roll Fish Patty/Bun Br Rice/Broccoli & Coleslaw/Fruit/Milk	27
28	29 Brk: Brk Bagel Turkey Corndog Gr Beans/Salad Fresh Fruit/Milk	30 Brk: Cereal Chick Noodle Soup Grill Cheese/Vegie Stick/Mix Fruit/Milk	31 Brk: Lumberjack Pepperoni Pizza Spinach Salad/Corn Bread/Fruit/Milk			Menu subject to change at anytime



ISD #2 Activities October 2012



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 VB vs McGregor ABC Home 5:45 FB vs Carlton JV Home 5:30	2 VB vs LFBF ABC Home 5:45	3 Cardio Room 7-9 VB Open Gym 7:00 - 9:00	4 VB vs Laporte ABC Away 5:45 FB vs Cromwell JH Home 5:00	5 FB vs Nevis A Away 7:00	6
7 Cardio 6:00 - 8:00	8 Homecoming Coronation 2:15 Powder Puff VB 6:00-7:30	9 VB vs Bigfork ABC Home 5:45 FB vs Floodwood JH Away 5:30	10 Cardio Room 7-9 VB Open Gym 7:00 - 9:00	11 VB vs Crosby-Iron ABC Away 5:00	12 FB vs Isle A Home 2:00 Powder Puff FB 5:00-7:15	13
14 Cardio 6:00 - 8:00	15 FB vs Bigfork JH Home 5:00	16 VB vs Isle ABC Home 5:45	17 Cardio Rm 7-9 VB Open Gym 7:00 - 9:00 FB vs Northland A Away 7:00	18 NO SCHOOL	19 NO SCHOOL	20
21 Cardio 6:00 - 8:00	22 School Bd Mtg 7:00	23	24 Cardio Room 7-9 VB Open Gym 7:00 - 9:00	25 Photo Retakes 8-10:30	26	27
28 Cardio 6:00 - 8:00	29	30	31 Cardio Room 7-9 VB Open Gym 7:00 - 9:00			

I wish Hill City had

_____!

Please cut this out and drop off
your answer at

Sunny's or Roadside Market.



Hill City Growing Forward

..... it's coming!

THE MORE THEY BURN THE BETTER THEY LEARN



YOUR
CHILD

AMOUNT OF
ACTIVITY

VARIOUS
ACTIVITIES

ACADEMIC
ACHIEVEMENT

**Did you know that
kids who are
physically active
get better grades?**

Research shows that students who earn mostly **A**s are almost twice as likely to get regular physical activity than students who receive mostly **D**s and **F**s.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/MoreToLearn

11/10/11/11

CDC, Physical activity and academic achievement
and students & educators

CDC. The materials contained herein contain educational materials, including graphics, illustrations, and graphics,
performance. Atlanta, GA 30333-3000