



Serving Northern Minnesota Communities Hill City, Jacobson, and Swatara

Articles in this Newsletter:

School Board Minutes

School News

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Hill City Community News





A NOTE FROM SUPERINTENDANT JOHNSON.

This has been a long, snowy winter/spring. Like everyone else, we are running out of places to put snow and looking forward to a green spring!

With that in mind, we have MCA testing coming up in April and in May. Students throughout the building will be testing and we hope each student does their absolute best!

We have put new phones in our building. Unfortunately, they have been hit and miss on their service. We have been trying to resolve this issue and I apologize for this.

Our counselor, Mrs. Erickson, and our principal, Ms. Huusko, have been working on some new classes and options for students K-12. We will have more updates on these next month.

Baseball and softball seasons are starting. There is still time to join, but snow will impact when we get to see some actual games.

We are looking to potentially expand some extra-curricular options for our students. We have had interest meetings and will continue working on these for next year.

We were lucky enough to be awarded a Lake Country Power grant. We will be awarded on April 20th, thank you to Lake Country Power for this opportunity!

We have also been awarded a grant to remove buckthorn from our school forest. This has been a school/ community effort between Troy Holcombe, Tom Fasteland, Matt Alleva, and Eric Hill. This will take place over the next three summers and Mr. Alleva already has plans of what to plant in our forest.

If you or someone you know is ever interested in taking a tour of our school, please feel free to reach out to set something up with myself or Ms. Huusko. We are glad to give tours and are also picking up students at the Pokegama Lake Store every morning!

Robotics competed at the DECC on the days of March 2nd through March 4th. This is an awesome collaborative between us and Northland and we hope to continue to grow the program.

Speech team continues to roll on. It is a small team that is very new, but they continue to do better every event.

We are also looking forward to seeing the Class of 2023 graduate on May 26th at 7:00. Before then, the seniors have plenty of fun things going on between a class trip on March 24th, Prom on April 29th, plus baseball and softball seasons. Congratulations Seniors!



Go Storm and Go Hornets!



We had our February Attendance challenge. Thanks to everyone for coming to school! Mr. Johnson loves playing Elimination with the kids.

Hopefully the weather gets nicer so the snow melts since spring sports will be just around the corner. However as long as it is still snowy and chilly please still dress kids appropriately for the weather. Read Across America week was a success and we will be having a reading challenge for grades 6-12

leading up to the MCA's. MCA's will start on April 5th. Please make sure your children get enough sleep during the testing dates.

Thanks to Swarm for all they do!

Thanks again to Hill City for making my first year as a leader amazing! Hopefully the snow melts soon and we get warmer weather!

Jay Zapzalka, Chairman	Joell Miranda, Clerk	Sarah Kingsley, Treasurer
jzapzalkaisd002.org	jmiranda@isd002.org	sakingsley@isd002.org
Mark Meyer, Vice Chair	Ron Saxton	Jeremy Nelson
mmeyer@isd002.org	rsaxton@isd002.org	jnelson@isd002.org

Committee Assignments for 2023

Committee

MSHSL Negotiations Committee

Curriculum Committee Community Education Advisory Council Meet and Confer

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

Itasca Area Schools Collaborative Policy Committee

Representative

Mark Meyer Jay Zapzalka and Mark Meyer, (Ron Saxton, Alt.) Ron Saxton (Joell Miranda, Alt.) Sarah Kingsley (Mark Meyer, Alt.) Joell Miranda and Jeremy Nelson (Ron Saxton, Alt.) Ron Saxton (Joell Miranda, Alt.) Sarah Kingsley and Ron Saxton Jeremy Nelson Jay Zapzalka, Mark Meyer and Ron Saxton Mark Meyer and Jay Zapzalka Jay Zapzalka and Sarah Kingsley (Mark Meyer, Alt.) Mark Meyer Sarah Kingsley and Ron Saxton

For School Closings and Emergency Information Broadcasts RADIO STATIONS

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

INSTANT ALERT

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

TV STATIONS

WDIO/WIRT KDLH **KBJR** WCCO

Community Newsletter Deadline

Just a reminder, if you would like an article put in the Community Newsletter, it must be turned in to the school office by the 15th of the month to be put in the following the communities we serve. Free and confidential 24 months' newsletter. Newsletters are usually uploaded to hour Crisis Line: the website around the 25th of the month. If you have any questions regarding this, please feel free to contact Jessica at (218) 697-2394, ext. 101.

Support Within Reach serves Aitkin county residents. Our mission: To reduce the impact and harm of sexual violence in

Call 218-326-5008 or 1-866-747-5008 MEDICAL/LEGAL SUPPORT & FOLLOW-UP PEER COUNSELING COMMUNITY REFERRALS & EDUCATION

INDEPENDENT SCHOOL DISTRICT NO. 2 HILL CITY, MINNESOTA

The Organizational Meeting of the Board of Education of Independent School District No. 2, Hill City, Minnesota, was called to order by Chair at 6:00 p.m. on Monday, February 27, 2023.

The Pledge of Allegiance was recited.

Roll Call showed the following members present: Jeremy Nelson,Sarah Kingsley, Joell Miranda and Jay Zapzalka, Mark Meyer and Ron Saxton. Board Members absent: None.

- 1. Approved the Agenda as presented.
- 2. Approved the Minutes of the Regular Meeting of January 23, 2023.
- 3. Approved the January 2023 bills.
- 4. Presented the current bills through February 24, 2023.
- 5. Reviewed Investments and Wire Transfers.
- 6. Approved the January 2023 receipts.
- 7. Recognitions: School Counselor Appreciation Day was Feb. 7th. Thank you to our School Counselor, Lindsey Erickson for everything she has done for the students so far this year. School Board appreciation Month is in February. Thank you to our School Board members for all that they do for our students, school and community. Bus Driver's appreciation day was on February 22. We want to thank all of our bus drivers for all that they do. Thank you to: Mary Lou Dunham, Kim Arnold, John Clarke, Chuck Kurt, Wendy James, Kenny Hilton, Sarah Kingsley, Jessica Boatman and Mark Schjenken.
- 8. Open for Consent Items: None
- 9. Comments from Visitors: Senior Class will present the plan for the Seniors Class Trip. Senior class President Riley Holm and

Senior officer Ally Zapzalka presented the itinerary for the Senior Class trip.

- 10. Transportation Report: None
- 11.Curriculum Committee: None
- 12. Policy Committee: None
- 13.School and Community Health: None
- 14.Safety/Transportation Committee: None
- 15.Negotiations Committee: Received a Letter of Intent to enter into Negotiations with HCUE.
- 16.Community Education Report: None
- 17.Building & Grounds Director Report: None
- 18.Principal's Report: Report is attached to the Official Minutes and made a part thereof.
- 19. Superintendent's Report: Report is attached to the Official Minutes and made a part thereof.
- 20. Approved to hire Eric Hill as Facilities Director for the 2023-2024 School Year. Upon approval, give notice to Deer River Schools to terminate the shared services agreement for Building & Grounds, effective June 30, 2023.
- 21.Approved hiring Izabella Bishop as Assistant Softball Coach for the 22-23 School Year as per the HCUE contract.
- 22. Approved hiring Joel Richards as Junior High Softball Coach for the 22-23 School year as per the HCUE contract.
- 23.Approved posting for Junior High Volleyball Coach for the 2023-2024 School year per the HCUE contract.
- 24. Approved the Calendar for the 2023-2024 School year.
- 25.Discussed and Approved FY23 Revised Budget.
- 26.Discussed IASC Career Pathways
- 27. Approved the 2023 Pay Equity Compliance Report.
- 28. Approved Co-Op with Northland for Speech, One Act Play and Trap Shooting. Starting in the 23-24 School Year.

- 29.Board Members selected to present at Graduation: Jay Zapzalka, Joell Miranda and Sarah Kinglsey.
- 30.Meetings to be Attended and Meetings Attended: Policy Committee Meeting on March 15, 2023 at 9 am. School, Community Health Meeting on March 22. 2023 at 9 am, and Regular Board Meeting on March 27, 2023
- 31.Meeting adjourned @ 6:59 pm.

Respectfully submitted, Joell Miranda Clerk

These are Unofficial Minutes. 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.



City of Hill City Minutes Regular Council Meeting – 6:00 pm January 10, 2023 City Hall Community Room, 125 Lake Ave

Call to Order/Pledge of Allegiance

Council Member Lange called the meeting to order at 6:00 pm. Everyone joined in the Pledge of Allegiance.

Guest Speaker

Michael Kearney introduced himself as the new District 5 Aitkin County Commissioner and if we need anything to contact him. He will leave his contact information with Clerk Meyer.

Oath of Office

Clerk Meyer gave the Oath of Office to Mayor Dave Lange, and Council Members Sean Lathrop, Tom Semler and Scott Brenny.

Consent Agenda

- Motion made by Lathrop to approve the following consent agenda items minutes of the Regular Council Meeting 12/27/2022, Claim's, EFT's, & Transfer from 12/22 – 1/5 \$18,433.11, Department Reports – Public Works, Fire, Police, Clerk, and Resolution 2023 – 2 accepting donations second by Benson. MPU Public Forum - 3 minute limit
- Public Forum 3-minute limit

Gary and Brenda Daudt were present to talk about the increase in the Waste Management garbage rates. They have a business out of town that they pay for garbage at and would like to take their garbage to the business instead of paying for garbage at two places. They would like the council to look at the ordinance for possible revisions. They think they should be able to decide who to have pick up the garbage not the city deciding for them. The council will look at the ordinance.

Gary also thinks that mail-in voting is against his right to vote. Council Member Lathrop informed him that at the last meeting the council went back to in-person voting.

Reports:

Mayor/Council

Mayor Lange would like any written reports to be under the consent agenda. If something needs to be discussed it can be pulled from the consent agenda. He also contacted the CPA to find out why the city audit won't be done until June. They replied that they do four municipal audits in January, then individual taxes until April 15th and then go back to city audits. Due to Hill City being one of their newer accounts, we are later in their schedule.

Personnel Committee – Has not met.

Facilities/Equipment Committee – has not met.

Land Use Committee - has not met.

Park Improvement Committee – has not met.

Events & Rec. Committee

The meeting is Wednesday, January 11, 2023. Mayor Lange said they are still waiting for the contract for the music for the 4th of July.

Old Business

- KLM Pay Estimate #3 (Final) Viking Painting and KLM
- The Viking Painting final amount is \$31,060 and KLM is \$1,997.95. Casper had talked with KLM about withholding money since there are still some punch list items that need to be completed. They are willing to withhold \$1,500 and not close out the project until the punch list is complete.

Motion made by Benson to approve paying Viking

Painting when we get the revised paperwork indicating the \$1,500 being withheld and to pay KLM in full second by Lathrop. MPU

Storage Container for Playground equipment Clerk Meyer informed the council that the delivery

of the playground equipment won't be until the 1st week in February and that it was coming in two delivery trucks. She wanted to know if the council still wanted the storage until this week as previously discussed and if they wanted to one or two units since it is being delivered by two trucks. The consensus was to get one storage container the 1st week of February.

DARE Training update

There is money available from the Northeast Minnesota Office of Job Training, Talent Development Program that will pay for the classroom part, \$1,250.00, of the DARE Training. Thank you, Mayor Lange, for finding this money.

New Business

Resolution 2023 - 1 – Setting Appointments

Motion made by Benson to approve Resolution 2023 – 1 setting the 2023 appointments second by Semler. Roll Call vote. Lathrop yes, Semler, yes, Benson yes, Brenny yes and Lange yes. MPU

Garbage pickup for weekenders

At this time, residents have to have garbage pickup. The council will be looking at the ordinance for possible revisions.

Road Hazards – Sean

Council Member Lathrop brought up parking on city streets, specifically on Gill St. by the Manor. Public Safety Director Saxton will talk with HRA about it. And the council will look at the parking ordinance. The other hazard that was brought up was a woodpile right next to the road also on Gill St. Saxton will look into this also.

Training Request for Dave Lange

- Mayor Lange and Council Member Lathrop would like to attend the League of MN Cities Training in Plymouth on February 24th & 25th.
 - Motion made by Benson to approve Lange and Lathrop to attend the training second by Semler.

MPU

Disconnect phone at Fire Hall – Jeremy

- Fire Chief Nelson would like to disconnect the landline at the fire hall. The phone hasn't been used in a few years. The council is ok with disconnecting the phone line.
- Saxton informed the council that both air compressors went out at the fire hall. The department approved up to \$3,500 from the equipment fund to get a new compressor and plumb it.

Speaker for Drive Through is broken

The speaker for the drive through quit working last week but Casper was able to get fix it.

Community Room Rental Overnight

A resident asked about renting the community room for an overnight birthday party. The council does not want overnight rentals.

Up Coming Meetings

January 24th – Work Session 5 pm – discussion on the garbage and parking ordinances.

January 24th – Regular Meeting 6 pm

Adjourn

Motion made by Lathrop to adjourn the meeting at 7:28 pm second by Benson. MPU

City of Hill City Minutes Regular Council Meeting – 6:00 pm February 14, 2023 City Hall Community Room, 125 Lake Ave

Call to Order/Pledge of Allegiance Mayor Lange called the meeting to order at 6:00 pm. Everyone joined in the Pledge of Allegiance. Council Present, Mayor Dave Lange, Council Members Sean Lathrop, Tom Semler, and Scott Brenny. Council Member Lin Benson was absent with notice.

Additions or Corrections to the Agenda

Motion made by Lathrop to accept the agenda as presented second by Semler. MPU Guest Speaker

Billy Becker with the American Legion Post 340 was present to talk to the council about suicide prevention and Veteran's. One of the Legion's

Missions is Suicide Prevention among Veteran's. Events & Planning Committee Starting Jan. 17, veterans in suicidal crisis are able The following are items discussed: to go to any VA or non-VA health care facility for A budget for the 4th of July. • emergency care at no cost. This includes inpatient Someone to step up and take leadership or crisis residential care for up to 30 days and of the Events and Planning Committee. outpatient care for up to 90 days. Veterans do not Some of the events don't benefit the need to be enrolled in the VA system to use this businesses. Winter at the Beach, Spring in the benefit. Help is also available 24 hours a day by Park etc. calling 988 suicide and crisis lifeline. • Get CEDA involved. Softball Tournament is June 23-25. Steve There is American Legion suicide prevention training available for organizations and individuals Martin is the contact person. to learn how to recognize suicidal behaviors and Dave is the alternate council person for save lives by providing innovative and proven the committee. suicide prevention. Becker said that if the council Sean is the alternate council person for would be interested to contact him, he can get the the Park Committee. training set up. Old Business Meal Reimbursement Consent Agenda Motion made by Brenny to approve the following Clerk Meyer informed the consent agenda items, Minutes of the Regular council what some other cities give for meal Council Meeting and the Work Session on reimbursements. 1/24/2023, Claim's, EFT's, & Transfer from 1/19 Motion made by Lathrop to increase the meal - 2/9 in the amount of \$169,739.23, Public reimbursement to \$60 for a half day and \$90 for Works Report, Fire Report, Police Report, Clerk's a full day second by Lange. MPU Report, Mayor's Report, and the Events & Planning **New Business** Committee minutes of 1/11 & 2/8 second by Council Monthly Meeting Pay & Training Semler. MPU **Reimbursement Request Approval** There were a couple of questions on the KLM bill Approved all council monthly pay and that Clerk Meyer and Head of Maintenance Casper reimbursements. They will get paid with the answered. next regular payroll. Training Request for Tami & Brandi Motion made by Lathrop approving Clerk Meyer Public Forum and Deputy Clerk Caverly to attend the MCFOA No one from the public spoke. Reports: conference in St Cloud March 22 – 24, 2023 Council second by Semler. MPU Council Member Semler ask Public Safety Director Training Request for Lin Saxton when the Relief Association Meets so that Motion made by Lathrop approving Council he can attend the meetings since he is an Ex Member Benson to attend the City Day on the Officio Member. Saxton informed him they are the Hill March 9, 2023 second by Semler. MPU 1st Monday of the month at 7:00 pm Clarification on Staff involvement for committees Personnel Committee – has not met. Staff will continue to help as they have in Facilities/Equipment Committee – has not met. the past for Events. Land Use Committee Temporary Help Pay Mayor Lange spent an hour with the Foreman With Casper on light duty temporary help was/ doing the remodeling at the lodge at Ouadna. He maybe needed. There was discussion on what did a walkthrough of the lodge. They are hoping wage to pay the temporary help. to be able to have an open house in May. Motion made by Lathrop to pay temporary There is a property on the lake for sale and they help \$23.00 per hour second by Brenny. MPU asked about remodeling vs rebuilding. Mayor Renting/Using Ben's Park for a wedding (July Lange did some research for them. 28th) Park Improvement Committee – has not met. Motion made by Lathrop to allow Ben's Park to

be used for the wedding second by Semler. MPU Aitkin County Search & Rescue donation request – in the past we have donated \$500 Motion made by Semler to donate \$750.00 to Aitkin County Search & Rescue second by Brenny. MPU

Hill City School Yearbook Ad – last year ½ page ad Motion made by Lathrop to do a full-page ad in the School Year book for \$200 second by Brenny. MPU

Include the council names, city staff, and the new police number.

Police Radios

Saxton's radio is over 10 years old and is not working properly. He would like to order two radios at a cost of \$11,456.50. One radio would be \$5,678.00. There was discussion on how many radios to get.

Motion made by Lathrop to purchase two radios for the police department second by Semler. MPU Up Coming Meetings

February 28th – 4:00 pm CIP Meeting February 28th – 5:00 pm Work Session February 28th – 6:00 pm Regular Meeting Adjourn

Motion made by Lathrop to adjourn at 7:48 pm second by Semler. MPU

The Hill City Events & Planning Committee would like state their appreciation to everyone who helped or donated to concessions at the Lion's Club Fishing Contest, including but not limited to:



Attention

The Hill City Events & Planning Committee wants YOU!

We are currently in need of volunteers to help with our annual Fourth of July celebration. If you would like to attend a meeting, they are held the second Wednesday of each month at 5:00 p.m. in the city hall community room.

We would love to see our numbers grow and get some fresh faces and perspectives. It takes a lot of manpower to pull off the big events, the 4th of July being our biggest. We could use all the help we can get! Planning will start at our next meeting on Wednesday March 8th. We hope to see you there!



Jane Bristow, Caitlyn Jordahl, Tom & Marlys Mastemacher, Dave Lange, Bill Klennert, Amanda Goodrich, Angie Klennert, Cheryl Foix, Jeanne Fasteland, Lisa Jordan, Donna Doege, and Pat Efrom. We'd like to give a shout out to the Hill Lake Café, Roadside, Harry's, and the Haypoint Jackpine Snowmobile Club who each contributed in some way with ordering/delivery of food, cooking, and the use of equipment.

What a fantastic group effort! Finally, we would like to thank the customers that donated money to our Fourth of July celebration bucket, every bit helps!!



City of Hill City Minutes Regular Council Meeting -	MnDOT TH 169 & TH 200 Roundabout
6:00 pm February 28, 2023	Project
City Hall Community Room, 125 Lake Ave	o Made contact with Michall Rush, Project
	manager with MnDOT
Call to Order/Pledge of Allegiance	 Received original RAB concept layout (see attached)
Mayor Lange called the meeting to order at	o MnDOT just began their design process
6:05pm. Council present Mayor Dave Lange	with their consulting engineer in February
Council Members Scott Brenny, Lin Benson, Tom	o I asked the following questions:
Semler, and Sean Lathrop. Everyone joined in the	• The city has a force main that runs along
Pledge of Allegiance.	the south side of TH 200 and crosses TH 169 to
Additions or Corrections to the Agenda	get to their wastewater treatment ponds. What
Move CEDA up on the agenda to Public Forum.	is being required of utilities that are within the
Under Old Business add container/conex update.	project area?
Guest Speaker There were no guest speakers.	• The city has a bituminous trail that parallels TH 169 on the east side of the road
Consent Agenda	through the project area. How will this trail be
Motion made by Lathrop to approve the	rerouted around the roundabout?
following consent agenda items minutes of the	• There is a snowmobile trail crossing 200
Regular Council Meeting 2114/2023, Claim's,	feet west of the TH 169 & TH 200 intersection.
EFT's, & Transfer from 2/9-2/23 in the amount	How will this be affected and incorporated into
of\$22,850.81, CD's - 60-month in the amount of	MnDOT's design?
\$1,010,541.40, and the 9-month CD in the amount of \$504,360.55 second by Benson. MPU	• MnDOT's project website states that the construction will be completed in stages to avoid
Public Forum	a detour. Does MnDOT have any layouts or
CEDA update	concepts on how this will be done?
Sarah Carling, Regional Director and Lisa Randall	Are there any other questions or
Community and Business Development Specialist	information that the city would like me to ask? Is
from CEDA, Community and Economic	there a
Development Associates, were present to talk	Old Business
about the contract between the city and CEDA. Ms. Randall would be the city's Representative.	GIS Mapping Proposal MN Rural Water collected the majority ofthe
Motion made by Lathrop to approve the contract	watermain and sanitary sewer systems. The
effective March 8, 2023, second by Lange. MPU	city staff is working with Rural Water to make
Engineer's Report	adjustments to the map for overall accuracy.
Andrew Beadell, Bolton & Menk, was present and	Bolton & Menk's GIS Specialist would take
discussed the below items.	this information that Rural Water collected and
• Transition Services • Waiting on information from SEH that was requested in the	import it into a GIS database. This database is through ArcGIS. We propose to use an intern
data request letter.	in the summer to collect the cities storm sewer
• Existing sewer televising received and	system and add this to the GIS map as well. The
created a map of all the areas that we received.	base cost for getting the city's GIS Map setup
 Engineer and staff are working to get the 	with the city utilities would be \$17,778.00. There
remaining areas if televising is available.	are a couple of additional options that can be
Airport CIP Worked with city staff to finalize questions	added at anytime for a cost of \$4,920.00. These
o Worked with city staff to finalize questions about CIP.	are to upload and create a link for the sewer line televising videos and the other is a 360-degree
o CIP uploaded to MnDOT Aeronautics the	photo of each sanitary sewer manhole and lift
week of February 22th. The deadline for submittal	station using GeoCP Viewer. ArcGIS has an
was pushed back to March 1st .	annual subscription of \$900.





Firearm Safety Class Cost FREE

<u>Students will NOT bring guns to class.</u> Where: Hill City School Community Room When: April 6, 11, 13, 18, 20, 25 and 27. 3:30pm - 5:30pm

Range Day will be the 27th Go to range around

4:45pm & class will end at the Moose Willow Range.

Parent or Guardian must fill out

paperwork by start of second class

Registration is REQUIRED

Use the QR Code to sign up or type the link in

Sign up Genius

https://www.signupgenius.com/go/60B084FA5AA2DA3FD0-hill2



Bring your baton and a smile. Parents are welcome to attend the first class for a short informational session.

> Grades: K-12 Cost: \$30 Start Date: Apríl 5th Tíme: 3:15 pm - 4:15 pm

Instructor: Erín Boleman

FOR ASSISTANCE WITH CLASS FEES OR QUESTIONS CONCERNING THIS CLASS, CALL TAMI AT COMM ED 697-2394 X10172 OR EMAIL AT tmeyer@isd002.org



SATURDAY, APRIL 29/30, 2023

4-5PM PICTURES BY 3 MONTHS SUN PHOTOGRAPHY AT HILL CITY SCHOOL (ORDER FORMS ARE AVAILABLE IN THE OFFICE) 5PM GRAND MARCH AT HILL CITY SCHOOL 5:30PM LOAD BUS 7PM DINNER AT ARROWWOOD LODGE BRAINERD 8-11PM DANCE AT ARROWWOOD LODGE BRAINERD 11-3AM POST PROM WATERPARK AT ARROWWOOD LODGE BRAINERD 3AM LOAD BUS 4:30AM ARRIVE AT SCHOOL

COST IS \$50

Newsletter #19

HEALTHY YOUTH

Practical Suggestions for Building Assets in Your Child

ASSET #15: Positive Peer Influence

Youth are more likely to grow up healthy when their best friends model responsible behavior.

> 60% 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. "Positive peer influence" is one of six boundaries and expectations assets.

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

Photos of Friends: Snapshots of Responsibility

leas for v

The best way to encourage children to choose positive, healthy relationships is to model them ourselves. Take out an old yearbook or photo album. Look at pictures of the friends you had as a teenager.

Think about the friends who acted in ways you admired. Most people can remember at least one person who always sensed when things weren't going well and called, sent a note, or showed up to find out what was wrong. Often, these are the people who turned out to be lifelong friends.

How about people who weren't such true friends? Was there someone who spread rumors about you, or talked behind your back? Did you ever have a friend who tried to get you to do things you didn't want to do? The pain of these kinds of experiences often teaches young people a lot about how they want to be treated by others.

No one forced you to like people who were

Helpful Hints

Tips that encourage your child to choose responsible friendships:

- Get to know your child's friends and their families. Point out what you like about them.
- Get to know the parents of your children's friends. Share your values and rules with them and ask them about theirs.
- Don't jump to conclusions based on what friends look like.
- Be honest with your child when you're concerned about a relationship.



good to you, or feel angry at people who hurt you. You had to make your own choices about who your friends were. In the same way, we can't control who our children choose as friends. They are exploring their world, themselves, and the people around them. Sometimes they're attracted to people we don't approve of (and that, deep inside, they probably don't approve of either). Other times they say the 'good' kids are boring. However, if we model responsible relationships, talk to our children about how others act, and are involved in their lives, gradually they'll see that friends who act, talk, and think in positive ways will bring out the best in them.

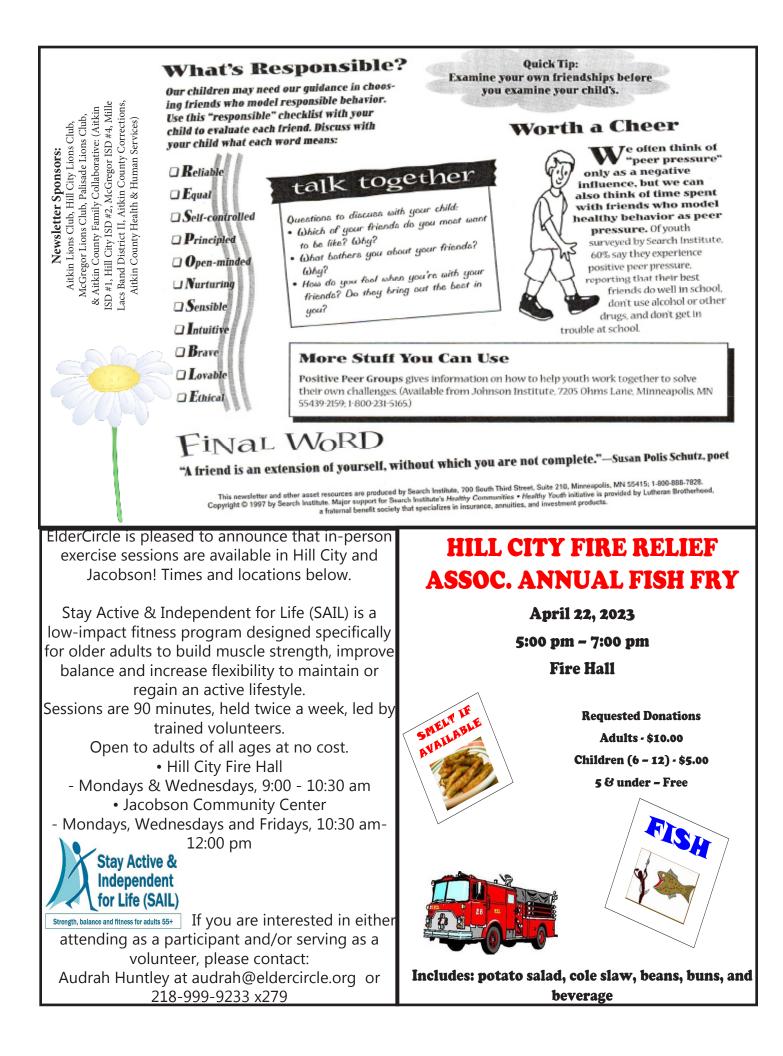
time together

Three ways to help your child choose responsible friends:

- Make sure your kids get to know your friends. The best way to
- teach is to be a role model. Include your child's friends in
- some family activities. Get to
 know them.

3. Talk about your childhood friends and why some friendships ended.





	Monday	Tuesday	Wednesday	Thursday	Friday	
S						
Offer-vs-Serve Build a healthy Meal. Select a full or 1/2 serving of	3 Bagel, Cream Cheese	4 Oatmeal, Cereal, Grahams	5 French Toast, Sausage Links	⁶ Cinnamon Roll	7 NO SCHOOL	8 Fruit & Milk Served Daily with Lunch
9	10 NO SCHOOL	11 Muffins, Cheese Stick	12 Bacon Egg Scrambler Pizza	13 Oatmeal, Cereal, Grahams	14 Cinnamon Roll, Yogurt	15
16	¹⁷ Strawberry Mini Bagel	18 Oatmeal, Cereal, Grahams	19 Breakfast Burrito	20 Cereal Bar, Nutrigrain	21 Cinnamon Roll, Cheese Stick	22
23	24 NO SCHOOL	25 Muffins, Cheese Stick	26 Breakfast Pizza	27 Oatmeal, Cereal, Grahams	²⁸ Cinnamon Roll, Yogurt	29 Menu subject to change at anytime
Com a	A cinat	M				
			1	ch Men	•	r
Offer-vs-Serve Build a healthy Meal. Select a full or 1/2 serving of	3 Chicken Nuggets, Potato Coins, Mixed Veggies, Roll	4 Tomato Soup, Grilled Cheese, Salad Bar, Crackers	#2 Lun Wednesday 5 Beef Taco w/ Fixings, Refried beans, Rice	Ch Men Thursday 6 Sloppy Joe on a Bun, Baked Beans, Jo Jo Potatoes	Friday 7 NO SCHOOL	2023 Saturday 8
Build a healthy Meal. Select a full	Chicken Nuggets, Potato Coins, Mixed Veggies,	Tuesday 4 Tomato Soup, Grilled Cheese, Salad Bar,	Wednesday 5 Beef Taco w/ Fixings, Refried beans,	Thursday 6 Sloppy Joe on a Bun, Baked Beans,	Friday 7	Saturday
Build a healthy Meal. Select a full or 1/2 serving of fruit or veggie & a minimum of 2 other full meal	Chicken Nuggets, Potato Coins, Mixed Veggies, Roll	Tuesday4Tomato Soup,Grilled Cheese,Salad Bar,Crackers11French BreadPizza,Marinara Sauce,	Wednesday 5 Beef Taco w/ Fixings, Refried beans, Rice 12 Beef & Bean Burrito w/ Fixings, Rice,	Thursday 6 Sloppy Joe on a Bun, Baked Beans, Jo Jo Potatoes 13 Chicken w/ Gravy Mashed Potaoes, Corn, Roll,	Friday 7 NO SCHOOL 14 BBQ Pork, Potato Coins, Baked Beans,	Saturday 8
Build a healthy Meal. Select a full or 1/2 serving of fruit or veggie & a minimum of 2 other full meal components. 5 meal compo- nents are offered daily. Students	Chicken Nuggets, Potato Coins, Mixed Veggies, Roll 10 NO SCHOOL 17 Mini Corn Dogs, Potato Salad,	Tuesday4Tomato Soup, Grilled Cheese, Salad Bar, Crackers11French Bread Pizza, Marinara Sauce, California Veggie18 Chicken Alfredo, Broccoli, Garlic	Wednesday 5 Beef Taco w/ Fixings, Refried beans, Rice 12 Beef & Bean Burrito w/ Fixings, Rice, Black Bean Salsa 19 Chicken Fajita w/ Fixings, Rice, Beans,	Thursday 6 Sloppy Joe on a Bun, Baked Beans, Jo Jo Potatoes 13 Chicken w/ Gravy Mashed Potaoes, Corn, Roll, Green Beans 20 Spaghetti w/ Meat Sauce, Green Beans,	Friday 7 NO SCHOOL 14 BBQ Pork, Potato Coins, Baked Beans, Broccoli 21 Beef Gravy, Mashed Potatoes,	Saturday 8 15 22 Fruit, Juice and Milk

This institution is an equal opportunity provider. For the Full Non-Discrimination statement see: http://education.state.mn.us/MDE/SchSup/FNS/CivilRight/048413

Independent School District No. 2 500 Ione Avenue Hill City, MN 55748 Hill City, MN 55748 U.S. Postage Paid Permit No. 3 ECRWSS

Local Boxholder Hill City, MN 55748

APRIL 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	OPEN GYM 6-8	3 SB vs Cromwell-Wright V JH HOME 4:30	4 SB vs Floodwood V JH HOME 4:30	5 OPEN GYM 7-9	6 BB vs McGregor V JH HOME 4:30 SB vs Nevis V JH AWAY 4:30	7 NO SCHOOL	8
9	OPEN GYM 6-8	10 NO SCHOOL	11 BB vs Nevis V, JV, JH HOME 4:30 SB vs Hink-Fin V JH HOME 4:30	12 OPEN GYM 7-9	13 BB vs Deer River V, JV, JH AWAY 4:30	²⁴ SB vs Carlton v, JV, JH HOME 4:30	15
16	OPEN GYM 6-8	17	18 BB vs Mesabi East V, JV, JH HOME 4:30 SB vs LaPorte V JH AWAY 4:30	19 OPEN GYM 7-9	20	21 BB vs W -H - A V JH AWAY 4:30	22 BB Deer River Tourney Varsity Only AWAY 9:00 am
23	OPEN GYM 6-8	24 NO SCHOOL SB vs Deer River V JH AWAY 4:30	25	26 OPEN GYM 7-9	27 BB vs Chisholm V JH AWAY 4:30 SB vs LFBF V JH HOME 4:30	28 BB vs Mille Lacs V, JV, JH HOME 4:30 SB vs McGregor HOME 4:30	29
30	OPEN GYM 6-8		Construction of the second sec	Check ACTIVITY CALENDAR for "HOME GAMES"		Schedule is Subject to CHANGE at ANY TIME	This information and more is also available on our Website : isd002.org