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# CALEDONIA AREA PUBLIC SCHOOLS NEWSLETTER

507-725-3389  
DISTRICT OFFICE



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## Staff Spotlight

This month we spotlight Karen Schiltz. Karen is in her 28<sup>th</sup> year serving as the Human Resources/Office Administrative Assistant position. Not only does she do a fantastic job onboarding new employees and answering any questions they may have. She also is quick to fill in helping out in the health office and in the day care area when needed. Karen is also a member of the Caledonia EMS team.

We are very thankful and blessed to have Karen on our school team!

## Happy Holidays!

As we approach the end of another year, I want to take a moment to extend my warmest holiday wishes to each and every member of our school community. This season is a time for reflection, gratitude, and togetherness. We celebrate the accomplishments we've achieved together and the strides we've made in making Caledonia Area Public Schools a place of excellence in both academics and athletics. Enjoy this festive season with your loved ones, and may it bring you joy and peace.



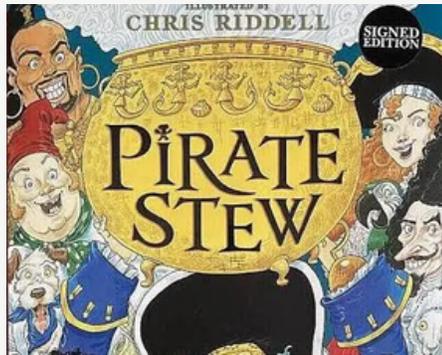
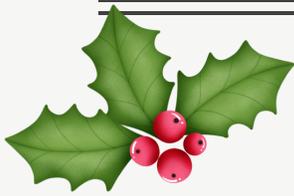
# 2026 Happy New Year! 2026

As we look ahead to 2026, I want to share my best wishes with our entire school community. This time of year gives us space to reflect, appreciate our progress, and look forward with hope. We continue to grow as a district and strengthen our work in the classroom and in our athletic programs. Thank you for the energy and commitment you bring to Caledonia Area Public Schools. I hope you enjoy the season with family and friends and step into the new year with joy and confidence.

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## Upcoming Events

- Winter Break Begins - 12/22/25
- School Resumes - 1/5/26
- To see other events, access the Calendar of events:

<https://3riversconference.org/public/genie/20/school/2/date/2025-11-20/view/week/>

Literature came alive in the Elementary Cafeteria on December 11<sup>th</sup> as Elementary Media Para Lisa Chellew, the Kitchen “crew” and teachers enjoyed a hearty “Pirate Stew” on a Pirate themed day. Pictured above at right are some swashbuckling pirates enjoying the stew.

# WINTER GEAR Needed

**GLOVES | BOOTS | COATS | SNOWPANTS**

Have your kids outgrown their snow gear? The Elementary School Warrior Closet is looking for new or gently used snow pants, mittens and boots! Most needed is larger sizes of boots and M-XL snow pants. Please drop donations off at the main office.

**Questions: Contact Grace Mikula, LSW at [grace\\_mikula@cps.k12.mn.us](mailto:grace_mikula@cps.k12.mn.us)**

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# ELEMENTARY

## Staff Spotlight



**How long have you been in education?**  
29 years.

**What do you enjoy most about your job?**

The thing I love most about my job is the moment when learning clicks and confidence grows - when a child suddenly realizes they can read. Seeing that pride and joy is why I enjoy my job so much!

**What is a favorite book, song, or hobby?**

I love being out on the Mississippi boating with friends and family, enjoying the beautiful bluffs and sunsets.

**What makes you proud to be a Warrior?**

Growing up in Caledonia, I was proud to be a Warrior - and I'm even prouder now as a teacher. Our students' hard work, kindness, and respect make this community truly special. I am grateful to spend my days with my wonderful first graders.

**Kelly Hansen**  
**1<sup>st</sup> Grade Teacher**



The elementary K-5 winter concert was held on Thursday, December 11th. Thank you to our students for their hard work and for a wonderful performance! Thank you to our music teacher, Heidi Myhre, for planning and preparing to make the concert a hit!



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# MIDDLE/HIGH SCHOOL



## Staff Spotlight



This month we spotlight Teri Larson. Teri has been with us for seven years and, though she has worked in education for 34 years at five different schools, Caledonia is her favorite place. She says the students are great, keep her young, and make her laugh every day. Last summer Teri went with students on the Trip to Europe and she loved how eager the students were to learn about the history and cultures of the countries they visited. When asked for her best advice/quote on education, Teri responded: "Curiosity fuels learning, learning sparks growth, and growth creates leaders who inspire others."

Thank you to Teri for being an inspiring part of our team!



## Carrying the Light

Our Choir had a chance to shine on Monday, December 15 and the culmination of weeks of hard work and collaboration was a big success. Students did a great job bringing a diverse repertoire to life. Highlights included a rendition of Bill Withers' "Lovely Day," both choirs singing "Winter Lullaby," and the duet "Carry the Light." Huge thanks to all the students and everyone who attended and supported our music program!



## Spreading Good Cheer



Students continue to enjoy serving food and eating with the seniors in Eitzen. It's always great to see such bright smiles in the kitchen and around the tables!



# JANUARY COMMUNITY ED CLASSES

## **Jr. FIRST® LEGO® League**

Jr. FIRST® LEGO® League introduces science, technology, engineering, and math (STEM) to children through fun, exciting hands-on learning.

Participants gain real-world problem solving experience through a guided, global robotics program, helping today's students and teachers build a better future together.

Grades: K-3rd

Cost: \$25 per student

Time: 4pm-5pm

Location: CHS Room B134

Instructor: Sheri Allen and Caledonia Robotics Team

Dates: Jan 6, 13, 20, 27

Feb 3, 10, 17, 24

## **YOGA**

Enjoy the combined benefits of improved muscle tone and flexibility, strength of mind, and stress relief through this low-impact movement class, beneficial for all ages and fitness levels. Please wear comfortable clothing and bring a yoga/fitness mat.

Instructor: Angela Stigeler

Time: 5:00pm-6:00pm

Location: CES Cafeteria

Cost: \$95 for all classes

Jan 12, 14, 21, 26, 28

Feb 4, 9, 11, 18, 23, 25

March 2, 4, 9, 11, 23, 25, 30

April 1, 8, 13, 15, 20, 22, 27, 29

May 4, 6, 11, 13

## **Beginners Spanish for Adult Learners**

Focus on pronunciation, useful phrases and basic conversation to be able to understand, speak, read and write at a beginner level.

Dates: Jan 22, 29

Feb 12, 19, 26

March 6, 13, 27

April 9, 16, 23, 30

May- make up classes, if needed

Time: 5pm-6:30pm

Age: 18+

Location: MS/HS Spanish Room- A110

Cost: \$60

\*Fee includes the learning materials

Instructor: Tessa Larson

**Registration and fees due by Monday, January 12<sup>th</sup> at 3:30pm**

## **Basic Life Support- Healthcare**

Learn to save a life. The Basic Life Support course is designed to provide the student the ability to recognize several life-threatening emergencies, provide CPR using up-to-date science from the American Heart Association, use an Automatic External Defibrillator (AED), and relieve choking in a safe, timely, and effective manner. This course is intended for healthcare professionals.

Date: January 19th

Time: 6pm

Cost: \$90

Location: Caledonia Ambulance Station

# JANUARY COMMUNITY ED CLASSES

## **Calm Camp- A 6 week meditation course**

You're calm starts here. This 6-week course is designed to help you slow down, breath deeply, and calm the chaos. If you've ever wanted to try meditation but weren't sure where to begin, this is the perfect place to start. Some of the many benefits of meditation may include improving sleep, reducing stress, improving emotional and physical health, improving self-awareness, focus, attention, creativity, and productivity. Come learn, experience, and build a meditation practice you can carry into everyday life. Your calm is closer than you think.

Cost: \$50

Time: 6:00pm - 7:00pm (Tuesdays)

Who: High school students and adults

Instructor: Beth Klinski, certified meditation practitioner/teacher)

Jan 20, Jan 27

Feb 3, 10, 17, 24

Min. 3, Max 15

## **Life Rebalanced Workshop**

Are you feeling stuck or lost and wishing life came with a road map? What if you could become the hero in your own story? Are you tired of setting New Year's resolutions and not keeping them? In this 4- hour workshop you will learn a lifestyle framework to live with more growth, balance, and purpose.

We will discuss the 7 key areas of life - Fitness, Finance, Family, Field (career), Faith(your faith is your faith), Family, and Friends. You will learn how to overcome the 7 most common blockers - fear, self-sabotage, laziness, guilt, anger, lack of focus, and envy. You will learn how to lean into and use more love, gratitude, integrity, passion, discipline, wisdom, and humility. Why settle for ordinary when extraordinary is within you? By the end you will have a real understanding of where you are, where you want to go and how to get there. Your own roadmap to the life you want to live. Workbook and snack included.

Cost: \$50

Date: Saturday Jan. 31

Time: 8:00 am -12:00 pm

Who: High school students and adults

Location: MS/HS Media Center

Instructor: Beth Klinski, certified life coach

Min. 3, Max 12