

### Preparing for Kindergarten

Kindergarten Round-Up was held February 29 and March 2 at Sauk Centre Elementary School. If you have a child who will be five before September 1, 2012, he or she is eligible to attend kindergarten for the 2012-2013 school year.

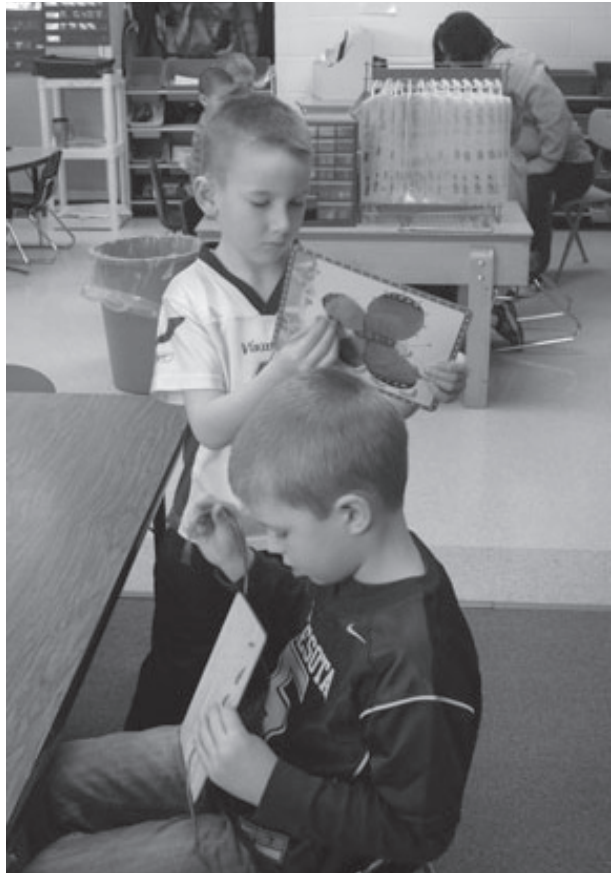
Teachers and principals are often asked, “What does my child need to know before he/she enters kindergarten?” There are no specific “qualifiers” to enter a public school kindergarten program outside of the age requirement. Students who have good language, self-help, fine and gross motor skills, as well as the ability to sit and listen to a story will have greater success in kindergarten.

The following lists include skills that are encouraged before a child enters kindergarten:

#### Language

A child entering kindergarten should be able to:

- speak understandably in complete sentences of five to six words most of the time.
- understand and follow directions (stop, go commands).
- understand vocabulary in relation to position, direction, size, and comparison.
- draw simple references or conclusions from a story being read to them.



#### Cognition/Thinking Skills

A child entering kindergarten should be able to:

- match two like pictures in a set of five pictures.
- classify objects by physical features (same/different, alike/different).
- identify shapes, colors, sizes.
- organize objects together in groups.
- recognize, copies, or repeats patterns.
- participate in repeating familiar songs and poems.
- retell a simple story after listening to a story with pictures.
- complete simple puzzles.
- pay attention (for short periods of time) to adult-directed tasks.



**Kindergarten** continued page 7



From the  
**Superintendent's Desk**  
Dan Brooks

## A Three Legged Stool of Balance

The balance of programming, staffing, and facility issues are always a constant of discussion as ways of promoting student opportunity and achievement are reviewed. The question of balance has always been of the highest priority with the many boards I have worked with. The serious consideration to such questions has allowed District 743 to provide quality programming year in and year out. Certainly the efforts of a very dedicated staff have been and are an integral component of our successes. While not an “end all” safe, functional, and current facilities certainly are a third leg of this stool.

As each component leg is looked at, not only must there be some thought to the future but a priority must also be given to the fiscal responsibility to our state and local property taxpayers. Our District is most fortunate that previous boards have demonstrated good judgment in both the foresight and fiscal accountability of such decisions.

The foresight with regards to our facility extends back into the early 1960's when the current school site was designated for the new high school. This futuristic outlook was extended in the early 1970's as the junior high school was built and the senior high school was added on to. During the late 80's and early 90's additional needs and opportunities

were determined. In respect of fiscal responsibility it was determined that, due to safety concerns, a new elementary school was the priority at the time.

With the support of the community and a lot of hard work by many people the existing state-of-the-art elementary was built in 1994. It was built on time and under budget. At the time it was known there would be the need for one or two additional major construction phases in the future. With the future in mind a large tract of land was also purchased in the mid-90's just North of the then senior high school. Again, with fiscal integrity and tax capacity in mind the boards of the late 90's determined to move forward with the auditorium/multi-purpose gymnasium/classroom addition. This effort led to what remains today as one of the premiere auditoriums in out-state Minnesota. This project too was built on time and under budget.

As I write these comments I've just learned that our One-Act Play team has won the MSHSL Section 5A contest! Certainly the talents of these students stand on their own. The long hours and hard work of Mrs. Kit-terman ought also to be recognized. However, almost 11 years after our grand opening we almost take the auditorium facility enhancement for granted.

As an aside, not only has this addition helped support thousands of budding actors, musicians, artists and athletes over the past 11 years; it has without question become a source of economic stimulus and pride for our community. Staff should be credited for their extensive efforts in promoting both student and revenue generating opportunities.

After considerable study, our current Board voted on January 30, 2012 to move forward on what many would argue is a continuation of the project phases started in the 90's. Their action to move to design and seek bids for a significant enhancement to our external facilities demonstrates a commitment to continued balance in supporting all three legs of this very complex stool.

To be sure there are many hurdles of permits and permissions and many hours of hard work for many individuals, before said project can come to fruition. I am hopeful that all these pieces can come together in a timely manner so as to maximize student opportunity. Once more, I am thankful for the foresight of the Board and for the involvement of our Sports Boosters and staff!

## Elementary News & Notes

Karen Maschler, Principal



February was an exciting month for Sauk Centre Elementary Students. I Love to Read month was celebrated with a competition of sorts. PTA provided each student with a new book to get the reading going. (Thank You PTA!) Students were encouraged to read and take AR (Accelerated Reader) tests with the school's new on-line version of AR. With this version, students can take their tests on the computer, I-pad or I-pod. At the end of the month, the two students who received the most points in each grade level earned themselves a gift card to Barnes and Noble. The classroom that earned the most points per student earned an exciting party that included special treats and lots of fun. Reading was certainly on the minds of the Elementary students throughout all of February.

February also included the 100th day of school. Many classrooms celebrated the 100th day with various learning activities centered around the number 100. First and second grade classrooms enjoyed dressing up as if they were 100 and were featured in the local newspaper.

On February 17, the students with zero or one Stop and Think Tickets (office discipline referrals) enjoyed an extra special reward. Those students had the opportunity to choose to play dodgeball, an active version of

kickball, or use the I-pads. Teachers joined in the fun by playing alongside their students. Congratulations to the students who have demonstrated Streeter Pride (Be Respectful! Be Responsible! Be Safe!) in the third quarter of school!

The month of February ended with Family Fun Day. This event is sponsored annually by the PTA and was held at the Senior High School from 1-5 p.m. on February 25. This is the biggest fundraiser of the year for PTA and was an afternoon of great fun and many prizes. Thanks to all of the volunteers that help to make Family Fun Day a success each year. All of the proceeds from this event go to the Sauk Centre Elementary PTA which in turn supports the school and students.

March, April, and May bring several months of testing. Students in grades 3 through 6 will participate in the Minnesota Comprehensive Assessments (MCA-IIs) in the areas of reading and math. Students in grade 5 will also complete an MCA in science. The reading test is a paper/pencil test and will be taken on April 24 and April 25. The science test is an on-line test and will be taken on May 15 and May 16. The math test is also an on-line test. This is the first year that students will be able to take the math test more than one time.

The student's best score will be used to determine the school's adequate yearly progress (AYP). At this time, administration is still planning on the exact dates of the test as well as the number of times the test will be taken. As we have more information about the dates of the test, they will be posted on the School District's web site ([www.isd743.k12.mn.us](http://www.isd743.k12.mn.us)). Students who are ill during testing will make up the tests when they return as the Minnesota Department of Education requires all students to take the tests. Our schools are rated on the percent of students who take the tests as well as the scores they receive on them.

As you read this article, there are about 11 weeks left of the school year. It is hard to believe how quickly each school year goes by. With those final weeks of school, it is easy for both parents and students alike to get lax about the school requirements of signing assignment notebooks, completing homework, and studying for tests. Please help your child stay on track by reminding him/her that it isn't time to slow down until the final day of school is here. Help your child to be a champion by completing the entire race to the finish line!





## A Message from the Secondary School Belinda Selfors, Principal

As we head into the final portion of the school year, students and faculty in the Secondary School continue to be busy with the daily routine and a few special events.

### Incentive Day Field Trip

The Secondary School Incentive Day was held Thursday, February 16. Students who met the school's academic and behavioral expectations had an opportunity to go on four different field trips to Andes Towers Hills or Arrowwood Resorts in Alexandria, Skatin' Place in St. Cloud, or Main Street Theater. With over 95% of our students eligible to participate, we were very pleased with the hard work and efforts demonstrated by our students.

### Snow Week Activities

Throughout the week of February 13-17, the Student Council sponsored several activities for our students and staff. Krista Primus and Silvio DeFant were crowned our Snow Week Queen and King on during Coronation on Monday, February 13. Prior to Coronation, Pete Mikkelsen, Todd County Sheriff, recognized Kali Arnzen and Mercedes Eke with a Life Saving Award. Kali and Mercedes were involved in saving Travis Ritter and his son Gabriel after their ATV went through the ice at Fairy Lake.

Snow Week activities also included dress-up days with various

themes including Pajama Day, Rocker Day, Senior Citizen Day, Twin Day, and Maxxed Out Streeter Day. We had many students showing their school spirit by participating in the dress-up days.

On Friday, the Student Council sponsored a Variety Show during the school day and the Snow Week Dance after the basketball game. The Variety Show included performances from several students. The semi-formal Snow Week Dance was very well-attended.

A special thank you to the members of the Student Council and their advisor, LaDonna Wessel, for all of their hard work and efforts to make Snow Week such a success!

### FFA Week Activities

During the week of February 21-24, Secondary School students and staff participated in events to recognize FFA Week. Each day, students answered trivia questions and were given an opportunity to guess the number of corn kernels in a jar. On Wednesday and Thursday, students participated in FFA Olympic activities. On Friday, the members of FFA hosted a Staff Appreciation breakfast. Thank you to the members of FFA and their advisor, Rich Larson, for their efforts in recognizing FFA in our school.

### Student Success and Achievement

In reviewing the publica-

tion of the Honor Roll for grades 7 through 12, it is very evident that our students have been working hard to ensure their success. We had 67% of our total student body recognized for their achievement by earning GPAs qualifying them for the A and B Honor Roll! A breakdown of the percentage of the students in each grade level earning recognition on the A and B Honor Roll is listed below.

Grade 7: 76%	Grade 10: 65%
Grade 8: 64%	Grade 11: 60%
Grade 9: 70%	Grade 12: 66%

Additionally, we currently have 6 students in the Senior class who have a 4.0 cumulative GPA. These students have maintained an "A" in every course they have taken during their Sophomore, Junior, and Senior years. What an accomplishment this is for these students!

We are very proud of our students and their willingness to invest the time and effort necessary to achieve success. We would also like to recognize the staff of the Secondary School for their commitment to ensure student achievement is the focus of what they do in their classrooms every day.

### Looking Ahead

We will soon be turning our attention to the process of beginning preparations for the 2012-2013 school year. Students will begin registering

## Secondary School Wall of Fame

Sauk Centre Public Schools congratulates students who are recognized through the “Wall of Fame” which is a part of our Renaissance program. Students who have been recognized for their extraordinary efforts by the faculty for second quarter of the 2011-2012 school year are:

### Family and Consumer

Science: Lily Satterlee, grade 8, daughter of Shana and Tom Satterlee; Edson Salgado, grade 12, son of Arturo and Maria Salgado

Social Studies: Brandon Gamradt, grade 9, son of Boni and Michael Gamradt; Carissa Rodenbiker, grade 12, daughter of Brett and Jeanne Rodenbiker

Technology: Noah Lezer, grade 7, son of Pam and Todd Lezer; Robby Polipnick, grade 12, son of Rob and Sue Polipnick

English: Amanda Lahr, grade 8, daughter of Janet and Kevin Lahr; Ashlee Denny, grade 10, daughter of Mike and Carol Denny

Mathematics: Savanna Metzger, grade 9, daughter of Tara and Jason McLellan and Mark Metzger; Darin Middendorf, grade 11, son of Gary and Joanna Middendorf

Science: Aaron Hasbrook, grade 7, son of Nicole VanVickle; Keenan Pearson, grade 11, son of Scott and Teryl Pearson

Art: Hope Schwinghamer, grade 8, daughter of Patsy and Chad Schwinghamer; Ashley Kollman, grade 11, daughter of Mark and Sue Kollman

Phy Ed/Health: Jill Klaphake, grade 7, daughter of Carol and Jim Klaphake; Nate Mettenburg, grade 11, son of Rob and Corrine Mettenburg

Foreign Language: Lindsay Meyer, grade 9, daughter of Lois and Mark Meyer; Ben Middendorf, grade 10, son of Steve and Julie Middendorf

Music: Carter Kranz, grade 9, son of Gwen and Mark Kranz

### Secondary continued from page 4

for classes. During the registration process, students will be receiving information regarding course offerings and graduation requirements. Parents will also receive information regarding registration and will be encouraged to contact the school if there are questions.

In each of the classrooms and hallways of the Secondary School, there is evidence of continued enthusiasm and commitment. Dedication to excellence and commitment to quality have been demonstrated by so many people in so many ways. We will continue to focus our energies on ensuring that the students and staff of the Secondary School put forth their best efforts!

## Bus and Bus Stop Etiquette

I will be RESPECTFUL by

- ✓ Listening to and following the directions of the bus driver, adult, and/or substitute driver.
- ✓ Using an inside voice and talking with appropriate words.
- ✓ Keeping my hands and feet to myself.
- ✓ Keeping the bus clean.
- ✓ Keeping my belongings in my school bag and on my lap.

I will be RESPONSIBLE by

- ✓ Being on time for my bus.
- ✓ Sitting down in my assigned, preferred seating area.
- ✓ Bringing appropriate items for the school bus.
- ✓ Preparing myself to leave the school bus.
- ✓ Helping others when needed and reporting inappropriate behaviors.

I will be SAFE by

- ✓ Staying out of danger zones.
- ✓ Sitting appropriately in my seat.
- ✓ Staying seated until the bus gets to my destination.
- ✓ Keeping my entire body inside the bus at all times.



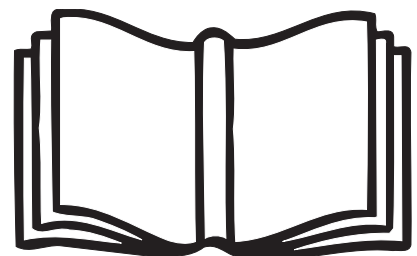
## Early Childhood Family Education News!

### Authentic Author Day at School Readiness

The School Readiness children celebrated "A" day with a visit from a local author. Kim Berndt, a Sauk Centre mother, read her book, "Mother Alligator" to the 55 children enrolled in School Readiness.

The children, who are spread into three classes, discovered many new things about the life of an alligator. Did you know that alligators eat a kind of fish called garpike?

The book had many words that began with 'A', counting baby alligators and American Eagles. Kim told the children all about writing a book. It was a delightful, interesting and educational experience.





## Kindergarten continued from page 1



### Listening and Identification

A child entering kindergarten should be able to:

- recognize own name when printed.
- attempt to write letters in own name.
- recognize familiar signs, words.
- recognize some letters in alphabet.
- listen to stories without interrupting.
- recognize rhyming sounds.
- use symbols or drawings to express ideas.

### Social/Emotional

A child entering kindergarten should be able to:

- identify him/herself as a boy or a girl.
- share with others.
- know his/her first and last name.
- know his/her parent's first and last names.
- identify his/her age.
- follow rules most of the time.
- make his/her needs known.
- interact with other children.
- demonstrate independence in personal care (washes hands, dresses self, potty trained).
- separate from parents comfortably and with security.

### Physical Development

A child entering kindergarten should be able to:

- use crayons, other drawing tools as well as child-size scissors with control and intention.
- copy figures (straight line, circle, X, +).
- demonstrate gross motor skills (hop, jump, run, catch & bounce a ball).

If your child struggles with some of the items listed above, find time each day to work on them. A lot of growth can occur over the next six months. Spend time reading to and talking with your child every day. Ask your child questions and encourage them to ask you questions. Children need thousands of words in their listening and speaking vocabulary before they begin to read. Playing games (such as Chutes and Ladders and Candyland) is a great way for children to learn turn taking and sharing. Encourage drawing and coloring. Coloring in a coloring book is great but don't forget to get out the blank paper, color crayons and pencils. This will encourage creativity and build fine motor skills. Play outdoors with your child. Take him/her to the local playground/park and have him/her run, swing, use the slide and play catch with a ball. Building his/her gross motor skills will encourage coordination and balance. If your child has many of the skills listed above, his/her first year of school will likely be a successful one. If you have concerns that your child is not ready for kindergarten, please contact the staff at the Elementary School.

If you did not have a chance to attend kindergarten round-up on February 29 or March 2, please contact the Elementary School (352-6521) for more information.





# Music Notes

Every January the Sauk Centre Senior High band and choir students plan activities involving the elementary students at both the public school and Holy Family. This year's project was an interactive concert. Elementary students participated in dancing, singing action songs, playing rhythm games, learning about band instruments, and acting in a skit. Students of all ages love this annual tradition and look forward to it each year.





## One Act Play Advanced to State Festival

At once educational and entertaining, timely and timeless, *Occupy Spoon River* is an award-winning, original blend of modern prose with the early twentieth century poetry of Edgar Lee Masters. The script is a unique collaboration between two other writers with Mid-western roots: Margaret Kitterman, who witnessed the protests of the 60s and 70s, and Douglas Kampsen, who has studied the Occupy Wall Street Movement first hand. In the tradition of Masters' masterpiece, *Occupy Spoon River* successfully and fearlessly brings together a disparate cast of characters who are not only interesting as ordinary individuals, but who ultimately form a community connected by the pathos of their common condition in hard economic times. The haunting

characters carefully selected from Masters' *Anthology* combine with energetic characters representative of the Occupy protesters to produce a singular, unified perspective on the resilience and courage of ordinary human beings who have been pushed too far. The take-away for the audience is a cathartic affirmation of renewed hope for social and economic justice. The greatest payoff, however, is for the new generation of actors who get the opportunity to internalize the kind of empathy for "others" which is in short supply in "me first" America. In that respect, *Occupy Spoon River* has the potential to be a transformative work of art. *Written by Dale L. Neuschwander, Instructor of English and Speech Communications, St. Cloud State University*



## Speech Team is on the Move!



The Sauk Centre speech team is in midseason form as it prepares for the SubSection 20A Speech Meet held at Benson High School on Friday, March 30. The top six speakers in each category will then advance to the Section 5A Meet held in Milaca on Saturday, April 14.

## Athletic Department Information

by Rick Fischer, Activities Director

### Thank You Volunteers

The Sauk Centre Activities Department would like to thank the many people who help us run our winter activities. With so many events going on, it takes many people to help things run smoothly.

"We are very fortunate to have people who are giving of their time. We would be absolutely lost without community help," said Activities Director Rick Fischer.

The following people have helped in some capacity at our events this winter as volunteer clock operators, bookkeepers, announcers or ticket takers.

Deb Sillerud	Charlie Warring
LuAnn Rousslange	Jason McLellan
Tom Anderson	Karen Westbrook
Patty Odegard	Sue Griep
Lorraine Peschel	Lois Meyer
Jeff Quistorff	Joyce Frericks
Bonnie Nelson	Tom Kittleson
Loren Tank	Bonnie Donnay
Gregg Trisko	Rick Meyer
Salli Brown	Jerry Poepping
Hockey Association	Pat Super
Sally Vogt	Sue Winters

### Sports Banners

Sauk Centre High School recently installed maroon banners in the senior high gym, honoring all athletic teams that have participated in the Minnesota State High School League State Tournaments over the years.

"This is a great way for us to recognize our past history of State participation and hopefully motivate teams to get their names on the banners as well" said Activities Director Rick Fischer.

There are some sports that cannot qualify for the state tournaments as a team. Their sports have a Coaches Association "True Team" competition. Those teams were honored as well, with white banners.



### Stadium Chairs are Available for Sale

The Sauk Centre Public School's Swim team has maroon "SC" bleacher/stadium chairs available for sale. Cost is \$30 for one chair or \$50 for two chairs. Contact James Schreiner or the Athletic Department Office at 352-3819, ext. 4006 for information. A donation by Minnesota National Bank was given to the Swim team to help with this fundraiser.



## 2012 Mainstreeter Varsity Spring Sports Schedule

### Softball Varsity/B

M	3/12	Practice Starts		
T	4/3	Melrose	A	5:00
T	4/10	Albany	A	5:00
Th	4/12	New London-Spicer	A	5:00
M	4/16	St. Cloud Cathedral	A	5:00
T	4/17	Paynesville	A	5:00
Th	4/19	Minnewaska	H	5:00
F	4/20	Swanville	A	4:30
M	4/23	Long Prairie-GE	A	4:30
T	4/24	BBE	H	4:15
Th	4/26	Melrose	H	5:00
F	4/27	Long Prairie-GE (C only)	A	4:30
S	4/28	Morris (A only)	A	10:00
M	4/30	Osakis	A	4:15
Th	5/3	Albany	H	5:00
F	5/4	Benson	H	5:00
M	5/7	Long Prairie-GE (C only)	H	4:45
T	5/8	New London-Spicer	H	5:00
Th	5/10	Paynesville	H	5:00
F	5/11	Little Falls	A	5:00
T	5/15	Minnewaska	A	5:00
F	5/18	Sub Section Qtr. Finals		
T	5/22	Sub Section Semi Finals		
Th	5/24	Sub Section Finals		
	5/29 & 5/31	Section @ Whitney		
	6/7-8	State @ Mankato		

### Baseball Varsity/B/C

M	3/19	Practice Starts		
Th	4/12	New London-Spicer	H	5:00
F	4/13	St. Cloud Cathedral	A	4:30
T	4/17	Paynesville	H	5:00
Th	4/19	Minnewaska	A	5:00
F	4/20	Long Prairie-GE	H	4:30
F	4/27	Osakis (A & B)	H	4:30
M	4/30	Browerville (A & B)	H	4:30
T	5/1	BBE @ Elrosa (A & B)	A	4:15
T	5/1	LP-GE @ Grey Eagle (C)	A	5:00
Th	5/3	Albany	A	5:00
F	5/4	Benson (A & B)	A	5:00
T	5/8	New London-Spicer	A	5:00
Th	5/10	Paynesville	A	5:00
F	5/11	Foley	H	5:00
T	5/15	Minnewaska	H	5:00
Th	5/17	Melrose	H	5:00
S	5/19	Sibley East Tourn.	A	11:00
T	5/22	Albany	H	5:00
Th	5/24	Wadena-DC (A & B)	H	5:00
T	5/29	Sub-Section Qtr. Finals		
W	5/30	Sub-Section Semi-Finals @ Faber Field		
Th	5/31	Sub-Section Finals @ Faber Field		
	6/4-5	Section @ Putz Field		
	6/7	Section Finals @ Putz Field		
	6/14-15	State @ Target Field		

### Track Varsity

M	3/12	Practice Starts		
Th	3/22	Foley	A	4:15
T	4/10	Holdingford	A	4:30
Th	4/12	Melrose	A	4:15
Th	4/19	Albany	A	4:15
T	4/24	Long Prairie/GE	A	4:00
Th	4/26	Big Lake	A	4:00
T	5/1	BBE	A	4:00
Th	5/3	New London-Spicer	A	3:30
M	5/7	Minnewaska	A	3:00
Th	5/10	Melrose	A	3:45
Th	5/17	WCC North @ New London	A	3:30
Th	5/24	Sub Section @ Morris		
Th	5/31	Section @ U of M, Moorhead		
	6/8-9	State @ Hamline Univ.		

### Girls Golf Varsity

M	3/19	Practice Starts		
F	4/13	Alexandria	H	4:15
T	4/17	Paynesville	A	5:00
Th	4/19	Long Prairie	A	4:00
F	4/20	New London-Spicer Invit.	A	10:00
T	4/24	Sauk Centre	H	5:00
M	4/30	Albany	A	5:00
M	5/7	@ Territory C.C.	A	9:30
W	5/9	Sauk Centre Invit.	H	1:00
F	5/11	Minnewaska	A	5:00
M	5/14	Melrose	A	5:00
Th	5/17	New London-Spicer	A	5:00
M	6/4	Section @ Blackberry Ridge	A	1:30
T	6/5	Section Finals @ Blackberry Ridge		8:30
	6/12-13	State		

### Boys Golf Varsity

M	3/19	Practice Starts		
T	4/17	Sauk Centre	H	5:00
Th	4/19	Long Prairie	A	4:00
F	4/20	Litchfield Invit.	A	1:00
S	4/21	Willmar Invit.	A	9:00
M	4/23	Sartell	A	10:30
T	4/24	Minnewaska	A	5:00
F	4/27	Long Prairie Invit.	A	9:30
Th	5/3	Melrose	A	5:00
M	5/7	Albany	A	5:00
F	5/11	New London-Spicer Invit.	A	10:00
M	5/14	Paynesville	A	5:00
Th	5/17	New London-Spicer	A	5:00
S	5/19	Alexandria @ Miltona	A	8:00
M	5/21	Sauk Centre Invit.	H	1:00
Th	5/24	Melrose @ Greystone	A	1:00
M	6/4	Section @ Blackberry Ridge		
T	6/5	Section Finals @ Blackberry Ridge		
	6/12-13	State		

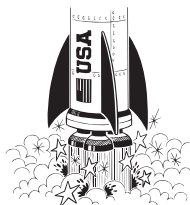


# Community Education Classes

## Grades 1 – 5

### Roaring Rockets

**March 10 Saturday**



We will dig deep into the world of rockets while studying Newton's Laws of Motion. Students will build and launch several different

types of rockets from the basic rocket to hitech chemical rocket. We will also see a demonstration about creating a roaring car rocket that is sure to impress. Students will be able to take home several of the rockets that they create in class along with simple instructions for more roaring, soaring rockets at home.

Location: 7 – 9 Bldg. Room 110

Time: 9 – 11 a.m. Fee: \$18

Minimum: 12 Maximum: 30

Instructor: Alicia Green

Deadline: March 5



## Grades 1 – 5 Spectacular Sounds of Science

**April 21**

Imagine a world where no sound existed. We will create different sounds while learning about the science behind sounds and why we have different sounds. Students will create thunder tubes, use boom whackers and create singing rods using various materials. Students will be able to take home the experiments that they create in class to create amazing sounds at home.

Location: 7 – 9 Bldg. Room 110

Time: 9 – 11 a.m.

Fee: \$18

Minimum: 15 Maximum: 30

Instructor: Alicia Green

Deadline: April 13



## Grades 3-6

### Competitive Swimming Starts March 13

This program teaches boys and girls in grades 3-6 the events and skills related to competitive swimming. Swimmers will work on developing the four competitive strokes, turns and competitive starts. This is a great opportunity for kids to have fun and learn the basics of the sport. A small swim meet will be held to demonstrate the skills the swimmers have learned during the class. This class is not swimming lessons. Basic swimming skills, such as being able to swim the length of the pool, are recommended.

Dates: March 13, 15, 20, 22, 27, 29 (March 30 will be a swim meet at 3:45 p.m. until approximately 5:30 p.m. Family members are encouraged to attend.)

Time: 3:15 - 4:30 Tue & Thurs.

Location: JH Pool

Fee: \$20 (includes a t-shirt, indicate size when registering YS, YM, YL, AS, AM, AL)

Coach: James Schreiner



## CPR

**April 26, Thursday**

This course covers CPR for all ages, infant, children and adult. The American Heart Association offers this course to first time and people who need refresher credit. Learn the new order for CPR, spells C-A-B (Compressions-Airway-Breathing,) Choking and AED (Automatic External Defibrillator) will also be covered. Certificates are provided with successful completion of the course. This will be the last class until Sept./Oct. 2012.

Time: 6-10 p.m. Fee: \$30

Location: SC Ambulance Garage (321 4th St. N.)

Instructor: Ambulance Personnel

Deadline: April 19



## First Aid

**April 30 Monday**

Everyone encounters

situations where knowledge of basic first aid would be beneficial. This course teaches you how to handle day-to-day injuries, Diabetic reaction, seizures, broken bones, burns, poisons, breathing problems, sudden illness, and many emergencies. This will be the last class until Sept./Oct. 2012.

Time: 6-10 p.m. Fee: \$15

Sessions: 1

Location: SC Ambulance Garage

Instructor: Ambulance Personnel

Deadline: April 23

# Community Education Classes

## Introduction to Feng Shui

### March 12 Monday

With just a few quick and easy changes to your home or workplace, you can experience an immediate transformation in your life! Learn why Feng Shui is important. The three kinds of luck and how Feng Shui can influence them. Quick and easy steps to improve your Feng Shui and energy flow. Your personal energy number and four best directions. How to accomplish current goals by using Feng Shui.

Location: 7 - 9 Bldg. Room 124

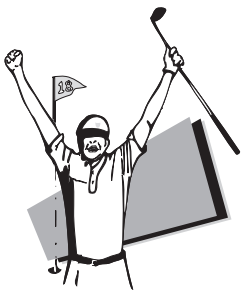
Time: 6:30 - 8:30 p.m.

Fee: \$8

Minimum: 5

Instructor: Lisa Lee

Deadline: March 5



## Beginning Golf Ages 16 & Above

### Starts April 11

The basics of golf will be covered on the driving range and on the course.

Topics will include stance, grip, swing, putting, club selection and strategy. This is a great way to learn or improve your game.

Dates: April 11 - May 2 Wednesdays

Time: 6:30 - 8 p.m.

Location: SC Country Club

Fee: \$28 Minimum: 4

Instructor: Dan Dickinson &  
Kirby Schimke

Deadline: April 4



## Bachman's & Macy's Flower Show

### March 28, Wednesday

First there will be an enjoyable guided tours of Bachman's. From there you will attend the Macy's Flower Show.

Macy's State Street is transformed into a wonderland of spectacular gardens where magic reaches new heights

and floral fantasies take flight! This year's show features garden environments overflowing with exotic trees, flowering plants and brilliant color as far as the eye can see. Lunch on your own at Patrick's French Cafe. This trip fills up fast so register as soon as possible.

Time: Motorcoach will leave the Chamber of Commerce parking lot at 8:45 a.m. and return approx. 4:45 p.m. Fee: \$40

Deadline: March 9



## Beer Tasting

### April 20 Friday

A fun evening to try many styles of beer, domestic and foreign. There will be something for every taste. Products include, Merchant Du Vin, Mad River, Lucky Bucket, and much more. Appetizers provided. This is for ages 21 and older.

Time: 7 - 9 p.m.

Location: SC Country Club

Fee: \$5

Instructor: Westside Liquor

Deadline: April 10



## "Law of Attraction"

### March 26 Monday

Discover the amazing power of *The Law of Attraction* and how it impacts your personal growth, spirituality, prosperity and success.

-Master *The Law of Attraction* and apply it to your life right now...

-Focus your mind with laser-beam intensity so you can achieve any goal...

-Turn any adversity into an even great success...

-Understand what self-sabotage is & how to stop it instantly...

-Tap the hidden reservoir of positive energy that surrounds us all... Explore the history of the Goddess. Learn about the cultures and traditions that honor her today. Meet her many forms, and by many names. Practice healing rituals and exercises that can support you in all areas of life.

Location: 7 - 9 Bldg. Room 124

Time: 6:30 - 8:30 p.m.

Fee: \$8 Minimum: 5

Instructor: Lisa Lee

Deadline: March 19

# Community Education Classes

## Registration Information

Class and trip registrations will be taken by mail or office stop only. Registration will be completed only upon payment of fee. No exceptions.

There will be no confirmation on mail-in registrations. In case of class cancellation, you will be contacted and payment will be returned.

Telephone registration will not be given priority in event the class is filled. You may call for the status of a class but you are not registered until your fee is received.

Trips and tour refunds will not be given after the registration deadline. You must find a substitute to take your place. Call the C.E. Office at 352-3819 for a possible waiting list.

All request for refunds must be received before the class starts. No refunds after the first class starting date.

## Infant/Preschool Swimming

### Starts April 16 Mondays

The purpose of the infant/preschool swim lessons is to develop comfort for young children and parents in and around water. Children will learn skills they can use to help them learn to swim, the course is not specifically designed to have children swimming independently. This course allows parents the opportunity to take part in the lessons with their child. This course promotes water safety knowledge and practices, aquatic adjustment, swimming readiness skills, and fun and enjoyment in the water. Parents must enter the water with their child. One parent per child. Times may change based on sign up numbers. Doors open at 5:45 p.m.

Location: JH Pool

Dates: April 16 - May 14 Mondays Sessions: 5

Times: Ages 2 and under 6:00-6:20 p.m.

Ages 3-6 6:30-7:00 p.m.

Minimum: 4 in each class Maximum: 8 in each class

Fee: \$25

Deadline: April 10

Instructor: Jenna Tullis, Jacob Gerhartz

## Winter Walking

Come in out of the cold and walk in a safe and warm environment. Get your free exercise by walking in the school halls. Walking is allowed before school and after school on day school is in session. No walking after 5:30 p.m. on evenings we have home events. Evening walking after 5:30 - 9 p.m. is available on March 5, 6, 7, 9, 13, 14, 15, 20, 21, 22, 27, 28, 29; April 2, 3, 4, 5. Please use the Senior High School entrance only. Time: 6:15 - 7:15 a.m. or 3:15 - 9:00 p.m.

## Early Morning Lap Swim

### Mondays, Wednesdays & Fridays

Get your exercise done before you start your work day. This is a great work out for anyone who likes to start their day. The pool is open to lap swimming only. A certified lifeguard is on duty at all times. Not open when school is not in session.

Time: 6-7 a.m.

Fee: Adults - \$12/month\*

Students - \$6/month\*

Location: Pool - Junior High Bldg.

\*No daily fee



## Open Swimming

Bring your family and enjoy the pool!

Open swim has two lifeguards on duty at all times. This is a great way to relax and have fun. (Please note that these dates may change due to the pool and lifeguard availability.) If there is a change of schedule, it will be announced in school.

No preregistration is necessary.

Location: Pool - Junior High Bldg.

Date: March 15, 22, 29; April 16, 23

Sessions: 1

Time: 7-8:45 p.m.

Fee: \$1.50 students \$2.50 adults

\$5.00 family (one parent must be in the water.)

## Ideas Wanted



Sauk Centre Community Education is looking for new ideas for classes and/or instructors. If you would like to teach a class, earn some money, and spend an evening with people interested in your knowledge this is for you. You would have the opportunity to pass along your abilities and earn money as you do. Please contact the Community Education Office at 320-352-3819.

## Bird Feeding Seminar April 10 Tuesday

Spring is the perfect time to attract birds to your yard. Bill is an expert in bird feeding and will bring samples of feed, bird houses, and materials to class.

Location: 7 - 9 Bldg. Room 124

Time: 7 - 8:30 p.m.

Fee: \$5

Sessions: 1

Minimum: 12

Instructor: Bill Meierhofer, Wild About

Birds Store

Deadline: April 2





# Community Education Classes

## Composting 101

**March 22 Thursday**

Whether you live in a country cottage with a strawberry patch the size of an Olympic pool or a high-rise city apartment with flowerpots for a garden, the time to start composting is now. Yes, it'll make your garden happy, but it also has a double environmental payoff: Composting keeps waste out of landfills, and it fertilizes without chemicals. In other words, it isn't just for you—it's for all of us.

Time: 6:30 – 7:30 p.m.

Location: 7-9 Building, Rm. 124

Fee: Free—must register

Minimum: 6

Instructor: Sauk River Watershed

Deadline: March 15

## WSI Class

**Starts April 20**

Participants must be 16 years old by completion of class and able to swim at a Red Cross Level 4. Successful completion of the course enables you to teach swimming lessons.

Location: JH Room 115 & Pool

Dates: April 20, 21, 27, 28

Sessions: 4

Fridays: 3:30 – 9:30 p.m.

Saturdays: 8:00 a.m. – 3:00 p.m.

Fee: \$195 includes all books & materials

Minimum: 6 Maximum: 12

Instructor: Curt Hoffman

Deadline: April 12



## Landscaping Your Septic System

**April 12 Thursday**

Landscaping near and around septic systems is a concern of many homeowners. Whether you already have an existing septic system or will be installing new one to your residence, there are many aesthetic options.

Participants will learn some tips and techniques that not only will help the looks of the system; they will also help the functioning of the system.

Time: 6:30 – 7:30 p.m.

Location: 7-9 Building, Rm. 124

Fee: Free—must register

Minimum: 6

Instructor: Sauk River Watershed

Deadline: April 7

## Garden with Trees & Shrubs

**April 25 Wednesday**

Trees, shrubs, and vines form the background of your home's landscape.

Without them, beds and borders

would seem to float on a sea of grass.

Trees, shrubs, and vines define the landscape, indicating its limits and breaking it up into separate parts. Every yard needs more than just pretty flowers to make it complete. You'll want the grandeur of trees arching over overhead; shrubs provide privacy and protection; vines can fill in bare walls or fences.

Time: 6:30 – 7:30 p.m.

Location: 7-9 Building, Rm. 124

Fee: Free—must register

Minimum: 6

Instructor: Sauk River Watershed

Deadline: April 18



## Gardening with Grasses and Sedges

**May 10 Thursday**

Many home landscapes contain partially, if not predominantly, shaded areas. In the past, gardeners have used Hostas and other non-native plants to fill these areas; or, they have actually removed all of the existing vegetation to create an environment more conducive to either sun-loving bedding plants or exotic perennials from local garden centers. Native grasses, sedges and rushes offer an entirely different approach to utilizing these naturally shaded areas.

Time: 6:30 – 7:30 p.m.

Location: 7-9 Building, Rm. 124

Fee: Free—must register

Minimum: 6

Instructor: Sauk River Watershed

Deadline: May 3

## Wetland Gardens

**May 24 Thursday**

The wetland garden can be a place of beauty with a wide variety of unique and rare plants. There exists many long discussions about draining areas for gardens and flower beds, when in reality a wetland offers the opportunity to have a variety of flowering plants that other gardeners can only wish they could grow.

Time: 6:30 – 7:30 p.m.

Location: 7-9 Building, Rm. 124

Fee: Free—must register

Minimum: 6

Instructor: Sauk River Watershed

Deadline: May 17

# Community Education Classes

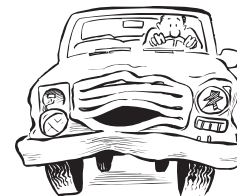
## Defensive Driving 8 Hour - Minnesota Safety Council

### **April 24 & 26 Tue. & Thur.**

This class is for beginners or refreshers for those who wish to have the total eight hour course. A Certificate of Completion is awarded to the individual at the end of the course. Minnesota law dictates anyone over 55 completing this course must receive a 10% discount on their auto insurance. Nonseniors check with your insurance company. Please note that if you register for a class and can not make it you need to call before the registration date to get a full refund.

Location: SH Media Center Time: 5:30 - 9:30 p.m.

Fee: \$15 Sessions: 2 Deadline: April 17



## Soo Bahk Do Martial Arts Class

Are you prepared to protect yourself in today's crazy world? We have been teaching a tradition martial art called Soo Bahk Do in Sauk Centre since 1979. Students learn techniques such as kicks, punches, grabs, and releases. Students also develop endurance, discipline and respect for others. Soo Bahk Do can be learned by anyone. All are encouraged to participate - no experience necessary.

Ages: 12 years of age and older 70+

Location: Elementary Cafeteria

Dates: Sundays and Thursdays

Time: 6:30 - 9 p.m. on Sundays and  
7-9 p.m. on Thursdays

Fee: The first two weeks are free after that the cost is \$60 for uniform through the first test.

Master Instructor: Bruce Westbrook, 4th Degree Black Belt

Certified Instructor: Rich Lauer (For more information call Mr. Lauer at 320-352-3961 or 320-250-2645)



## Taekwondo

Taekwondo is a Korean martial art that emphasizes focus and respect. Taekwondo blends kicking, striking, and blocking with courtesy, discipline, confidence, and other life skills in order to enhance a student's attitude, demeanor, and well being. All students will learn to respect themselves for who they are and valuable self-defense skills that can assist them in avoiding dangerous situations. Adult classes focus on providing well rounded martial arts training that includes standing skills as well as simple joint locks, basic ground fighting skills, and some throwing and take downs.

Location: Elementary Cafeteria

Dates: Starts the first Monday of every month.

Time: Ages 4-8 5:30 p.m.

Ages 9-12 6:30 p.m.

Ages 13+ 7:30 p.m.

Fee: \$25 payable to instructor at class

Instructor: Josh Waltzing

## DISTRICT 743 COMMUNITY EDUCATION REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

Phone (Home) \_\_\_\_\_ Phone (Work) \_\_\_\_\_

Course Title	Date/Time of Course	Course Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____

E-mail address \_\_\_\_\_

Identify special assistance needed \_\_\_\_\_

### STATEMENT OF RELEASE

I agree to release District 743 Community Schools, Community Education and its employees of all liability related to accidents or injuries which myself or a member of my family might incur while participating in the above mentioned activity.

Signature of participants or parent of student under 18 years of age. \_\_\_\_\_

Make check payable to ISD. #743. Mail to: Community Education Office, S.C. Jr. High School, 933 State Road, Sauk Centre, MN 56378-1698.