



Serving the Southland School District

Rebel Talk

www.isd500.k12.mn.us

September 2011



The Time Has Come By Steve Pittelko, Editor

So here we are embarking on another school year. In fact, this will be my 9th year in Southland, and although each year has brought with it changes and new challenges, there is something about Southland I can't leave. Maybe it's the staff, maybe it's the students, maybe it's the families, maybe it's just the "feel" of the district, but there's a reason, however abstract it may be, that has kept me here longer than anyplace I've ever been before.

However; as usual, I'm thinking that the summer went by too fast, and I imagine I'm not alone in those thoughts. Even though I might grumble about going back to work, and those same grumbles may be heard from other teachers, staff, and students as well, we all have one thing in common. We all have this little urge inside of us to get back in school. Teachers may grumble, but at the same time they will outwardly express their excitement at "seeing the kids again", and although it may be phrased in this way, what they are really saying is that they can't wait to get back to "teaching their students again".

Students are no different, they are ready to get back to a routine, get back to seeing their friends, and unbeknownst to many, they are ready to get back to learning. That's not to say that learning, important learning, doesn't happen during the summer. The experiences that many many students are fortunate to have during their summer months shape and build them as individuals in ways that school cannot. How many drove a tractor or ATV for the first time? How many got their drivers license? How many of them learned to swim or caught their first fish? How many visited distant states and saw things that will stick with them forever, things that they will one day share with families of their own?

Obviously this list could go on forever and I'm sure many of you are thinking of the myriad instances of experiential opportunities for learning that took place over the last three months for your student. Many of us adults going back to school had similar opportunities. For example, ever been to Sturgis at the height of the rally? That's an experience

let me tell you. The thing is, for all this experience, the nuts and bolt learning of how to place it all in context happens at school and I think that's what teachers look forward too, and what students gain whether they realize it or not.

To be fair, school is hard for all of us at times; students, parents, staff, administration, and teachers alike all have to strike a balance between home and school, work and play, not to mention those little (and not so little) impositions that life tends to throw at us all. There are challenging students and there are challenging teachers, challenging homework, and challenging decisions to be made in regard to how best meet the needs of a diverse population of learners and educators. The thing to remember, is that it happens. Every single year the challenges are met and every single person in the school is changed in some positive way. Some may be resistant in their ability accept that these changes occurred, but that's an entirely different issue.

At the only other school I ever worked, we had announcements over the loudspeaker every day and at the end of the announcements whoever was doing the talking always said the same thing: "Make it a good day or not, the choice is yours." I've used that phrase with my own children ever since, and I've said it to myself at the beginning of every school year here in Southland, and I say it to you now:

Make it a good year or not, the choice is ours.



Upcoming Events

September 2-5
FFA Activity
State Fair FFA Livestock Show, St. Paul

September 6
First Day of School

September 6
School Readiness Open House from 5:00 - 7:00 p.m.

September 10
4th Annual Rebel Nation Golf Outing
The 2011 Rebel Nation golf outing will be held on Saturday, September 10th at the Cedar River Golf Course in Adams. Registration form is linked here. The 2011 event will feature a hot dog lunch, steak or chicken dinner, 18 holes of golf and some fun games and prizes. Please come and join the fun on the afternoon of Saturday, September 10th.

September 14
FFA Activity
Regional Fall Leadership Day, Rochester

September 15
Early Childhood Family Ed. (ECFE) Open House
Early Childhood Family Ed. (ECFE) Open House will be held on Thursday, September 15th from 5:00 - 7:00 p.m. and Friday, September 16th from 9:00 - 11:00 a.m.

September 16
Early Childhood Family Ed. (ECFE) Open House
Early Childhood Family Ed. (ECFE) Open House will be held on Friday, September 16th from 9:00 - 11:00 a.m.

September 20
FFA Activity
Miller Invite - General Livestock Judging, Mabel-Canton

September 22
Letter Jacket Orders
Mecca Sportswear will be here from 11:00 AM-12:30 PM on Thursday, September 22nd, to take letter jacket orders.

September 28
FFA Activity
General Livestock, Dairy Cattle & Horse Invite, Stewartville

Easing Separation Anxiety

(Tip from the Love and Logic® Experts)
By Ms. Bauserman, School Social Worker

I am often asked, "How do I help my child feel less anxious about going to daycare, school or the babysitter?" If you have kids, the odds are pretty high that you've pondered this question and wondered what to do. Listed below are some quick tips:

- Remember that kids take their emotional cues from the adults around them. The calmer and more business-like we act, the easier it'll be for our kids.
 - o Avoid doing too much reassuring.
 - o Strangely, the more we talk with our little ones about how much fun they are going to have, the more anxiety they seem to have. It's as if they reason, "If my parents have to tell me this is going to be okay, maybe it won't."
 - Make the transition short and sweet.
 - The quicker you move, the faster your child will calm down once you leave.
 - Don't look back.
 - Although it's hard to resist the urge to go back and comfort your child, he or she will calm down far quicker if you keep going and don't look back.

While all children are different, some separation anxiety is normal and healthy. Generally speaking, the children who feel the most secure when they are with their parents are the ones who feel the most secure when they are away from their parents. A large part of providing this security involves combining big doses of love with good, solid limits.

Southland Independent
School District 500
PO Box 351
Adams MN 55909

Postal Patron
Rural Route
Post Office Box Holder

Southland Independent School District
No. 500
OFFICE OF THE SUPERINTENDENT
Steve Sallee

Dear Parent/Guardian:

Our school provides healthy meals each day. Breakfast costs \$1.45; lunch costs \$2.20. Your children may qualify for free or reduced-price meals. Reduced price is \$.40 for lunch. "Reduced-price" breakfasts are served a la carte. To apply for free or reduced-price school meals, complete the enclosed Application for Educational Benefits following the instructions. A new application must be submitted each year. Your application also helps our school qualify for additional education funds and discounts.

Return your completed Application for Educational Benefits to:
Southland Elementary Randy Juhl PO Box 157 Rose Creek, MN 55970
OR
Southland Middle/High School Keith Fleming 203 2nd Street NW Adams, MN 55909

Who can get free or reduced-price meals? Children in households participating in Food Support (SNAP), Minnesota Family Investment Program (MFIP), or Food Distribution Program on Indian Reservations (FDPIR) and foster children can get free school meals without reporting household income. Also, children can get free or reduced-price meals if their household income is within the maximum income shown for the household size. An application must be submitted each school year.

Can foster children get free meals? Yes, foster children who are the legal responsibility of a foster care agency or court are eligible for free meals regardless of household income.

I get WIC. Can my children get free meals? Children in households participating in WIC may be eligible for free or reduced-price meals. Please fill out an application.

May I apply if someone in my household is not a U.S. citizen? Yes. You or your children do not have to be U.S. citizens for your children to qualify for free or reduced-price meals.

If I don't qualify how, may I apply later? Yes. You may apply at any time during the school year if your income goes down; household size goes up, or if you start getting Food Support (SNAP), MFIP, or FDPIR benefits.

Who should I include as members of my household? Include yourself and all other people living in the household, related or not (such as grandparents, other relatives or friends). Include a household member who is temporarily away, such as a college student., Do not include a person who is economically independent and pays their full pro-rated share of all expenses.

What if my income is not always the same? List the amount that you normally get. If you normally get overtime, include -it, but not if you get it only sometimes.

Are military housing and supplemental allowances counted as income? Do not include any housing allowance from the - Military Housing Privatization Initiative or a Family Subsistence Supplemental Allowance. Include the portion of a-dephyied service member's income that is made available to the household, except do not include combat pay or Deployment Extension Incentive Pay.

How will the information I provide be kept? Information you provide on the form, and your child's approval for school meal benefits, will be protected as private data. See the back page of the Application for Educational Benefits for more information.

Will the information I give be checked? Yes and we may also ask you to send written proof.

What if I disagree with the school's decision about my application? You should talk to school officials. You also may ask for a hearing,

Do I need to notify school officials if my income increases or my household size decreases after I have qualified for free or reduced-price meals? No. Approval for free or reduced-price meals is good for the school year unless the household has received a temporary approval for school meal benefits.

If you have other questions or need help, call Randy Juhl at 507-437-3214 or Keith Fleming at 507-582-3568.

Sincerely,

Steve Sallee Superintendent
Telephone (507) 582-8283 Fax (507) 582-7813

Privacy Act Statement / How Information Is Used

The National School Lunch Act requires that the household member signing the application must provide the last four digits of their Social Security Number unless an active Minnesota Family Investment Program (MFIP), Food Support (SNAP) or Food Distribution Program on Indian Reservations (FDPIR) assistance number is supplied for your child, or you are applying for a foster child, or you do not have a Social Security number. Provision of a Social Security number is not mandatory, but if a Social Security number is not given or an indication is not made that the signer does not have such a number, the application cannot be approved.

We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We may share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

At public school districts, each student's eligibility status is also recorded on a statewide computer system used to report student data to the Minnesota Department of Education as required by state law. The Minnesota Department of Education uses this information to: (1) administer state and federal programs; (2) calculate compensatory revenue for public schools; and, (3) judge the quality of the state's educational program.

Sharing Information with MinnesotaCare and General Assistance Medical Care Programs

Children who are eligible for free and reduced-price school meals may be eligible for Minnesota health insurance programs. Your child's eligibility status for school meals (qualified for free or reduced-price meals) may be shared with the MinnesotaCare and General Assistance Medical Care programs unless you tell us not to share your information by checking the boxes in section 5 of the application. You are not required to share information for this purpose and your decision will not affect approval for school meal benefits.

Nondiscrimination Statement

This explains what to do if you believe you have been treated unfairly: In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



Children's Ethnic and Racial Identities (Optional)

Please provide the following information, which is used to determine the institution's compliance with civil rights laws. If the information is left blank, a representative of the institution is required to identify the ethnic and racial categories of participants for civil rights reporting.

1. Choose one ethnicity:
 - Hispanic/Latino Not Hispanic/Latino
2. Choose one or more (regardless of ethnicity):
 - Asian American Indian or Alaskan Native
 - Black or African American
 - Native Hawaiian or other Pacific Islander White

Instructions for Completing the Application for Educational Benefits

Complete an application if one or more of the following apply to your household:

- Any member of the household currently participates in any of these three programs: Minnesota Family Investment Program (MFIP), Food Support (SNAP), or Food Distribution Program on Indian Reservations (FDPIR).

- One or more children in the household are foster children (a welfare agency or court has legal responsibility for the child).

- Total household income (gross earnings, not take-home pay) is within these guidelines:

Household Size

	\$/Year	\$/Month	\$/Twice Per Month	\$/2 Weeks	\$/Week
1	20,147	1,679	840	775	388
2	27,214	2,268	1,134	1,047	524
3	34,281	2,857	1,429	1,319	660
4	41,348	3,446	1,723	1,591	796
5	48,415	4,035	2,018	1,863	932
6	55,482	4,624	2,312	2,134	1,067
7	62,549	5,213	2,607	2,406	1,203
8	69,616	5,802	2,901	2,678	1,339

For each additional household member add:

7,067	589	295	272	136
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Section 1 Check the box if this is the first time that you have applied for meal benefits for any of your children at this school district or nonpublic school.

Section 2 List all children in the household, including foster children, and provide the requested information for each child. List any regular incomes to children such as SSI payments or regular earnings. Do not list occasional earnings like babysitting.

Foster children: check the "foster child" box for each child who is a foster child (a

welfare agency or court has legal responsibility for the child). If all children who need to be approved for school meal benefits are foster children, skip sections 3 and 4.

Section 3 If any member of the household receives public assistance from any of the following three programs, write in the person's name and case number: Minnesota Family Investment Program (MFIP), Food Support (SNAP), or Food Distribution Program on Indian Reservations (FDPIR). If section 3 is completed, skip section 4. A Medical Assistance number does not qualify for this purpose.

Section 4 Write in all adult household members and all incomes. Include all adult persons who live in the household whether related or not. Also include any persons who are temporarily away, such as a student away at college.

For earnings, list gross income before taxes and other deductions, not take home pay. You should be able to find your gross income on your pay stub. For farm/self-employment income only, list net income after business expenses. Write in how often each income is received: Weekly (W), Bi-Weekly (every other week) (BW), Twice per Month (TM), or Monthly (M). Do not write in an hourly wage.

Examples of "other income" to include in the last column are farm or self-employment income, Veterans (VA) benefits, and disability benefits.

Do not include as income: foster care payments, federal education benefits, or assistance provided by MFIP, Food Support (SNAP), WIC or FDPIR. Military: Do not include income from the Military Privatized Housing Initiative or combat pay.

Section 5 Leave these boxes blank if you want to share your school meal eligibility status with these health benefit/insurance programs. Check the boxes if you do not want to share your eligibility status with these programs.

Section 6 The form must be signed by an adult household member. If section 4 of the application has been completed, the signer must provide the last four digits of their Social Security number unless they indicate that they do not have a Social Security number. Provide address and phone number to assist in processing your application.

Also please provide voluntary racial/ethnic information requested on the back page of the form.



Department of Education

Application for Educational Benefits

Free and Reduced-Price School Meals • School Year 2011-12 • State and Federally Funded Programs

1. Check here if this is the first school meal application at this school district or nonpublic school for any child listed below.

2. Names of all Children in Household including Foster Children <i>Attach additional page if necessary</i>		Date of Birth Month/Day/Year	Grade	School	✓ if foster child *	Any Regular Income to Child (for example SSI)
Last Name	First Name					
					<input type="checkbox"/>	\$ per
					<input type="checkbox"/>	\$ per
					<input type="checkbox"/>	\$ per
					<input type="checkbox"/>	\$ per
					<input type="checkbox"/>	\$ per

* The child is the legal responsibility of a welfare agency or court. If all children applied for are foster children, skip Sections 3 and 4.

3. Benefits (if applicable)
If any household member receives benefits from a program listed below, check the applicable box and write in the name of the person receiving benefits and their case number. Skip section 4.

Name _____ Case Number _____

Minnesota Family Investment Program (MFIP)

Food Support (SNAP)

Food Distribution Program on Indian Reservations

- Medical Assistance number does not qualify.-

4. Names of all Adults in Household (all household members not listed in Section 2) <i>Include all adults living in your household, related or not. Attach additional page if necessary.</i>		Check if NO Income ✓	Household Incomes: Write in each gross income and how often it is received: weekly (W), bi-weekly (every other week) (BW), twice per month (TM), monthly (M). Do not write in hourly pay. If income fluctuates, write in the amount normally received. Attach additional page if necessary.				
Last Name	First Name		Gross Wages and Salaries - all jobs - before deductions -	Pension, SSI, Retirement, Social Security	Public Assistance, Child Support, Alimony	Unemployment, Worker's Comp, Strike Benefits	Any Other Income, including net Farm/ Self-Employment
			\$ per	\$ per	\$ per	\$ per	\$ per
			\$ per	\$ per	\$ per	\$ per	\$ per
			\$ per	\$ per	\$ per	\$ per	\$ per

5. If your children are approved for school meal benefits, this information may be shared with MinnesotaCare and General Assistance Medical Care programs to identify children eligible for Minnesota health insurance programs. See back page for more information. Leave the boxes blank to allow sharing of information.
 Do not share information with the MinnesotaCare health insurance program. Do not share information with the General Assistance Medical Care program.

6. I certify (promise) that all information on this application is true and that all income is reported. I understand that the school will get federal and state funds based on the information I give. I understand that if I purposely give false information, my children may lose meal benefits and I may be prosecuted.

Signature of Adult Household Member (required) _____ Print Name: _____ Date: _____
 Social Security number – last 4 digits (required if Section 4 is completed): _____ OR I don't have a Social Security number
 Address: _____ City: _____ Zip: _____ Home Phone: _____ Work Phone: _____

Total Household Size: _____ Total Incomes: \$ _____ per _____ <i>office use only</i> Approved (check all that apply): <input type="checkbox"/> Case Number - Free <input type="checkbox"/> Foster - Free <input type="checkbox"/> Income - Free <input type="checkbox"/> Income - Reduced Price <input type="checkbox"/> Temporary until _____ Denied: <input type="checkbox"/> Incomplete <input type="checkbox"/> Income Too High <input type="checkbox"/> Other: Signature - Determining Official: _____ Date: _____ Change Status To: _____ Reason: _____ Withdrawn: _____	Signature – Confirming Official: _____ Date: _____ Date Verification Sent: _____ Response Due: _____ 2 nd Notice: _____ Result: <input type="checkbox"/> No Change <input type="checkbox"/> Free to Reduced-Price <input type="checkbox"/> Free to Paid <i>office use only</i> <input type="checkbox"/> Reduced-Price to Free <input type="checkbox"/> Reduced-Price to Paid Reason for Change: <input type="checkbox"/> Income <input type="checkbox"/> Household Size <input type="checkbox"/> Refused Cooperation <input type="checkbox"/> Other: Signature – Verifying Official: _____ Date: _____
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Does your child have health insurance? If not, help may be available.

Minnesota Health Care Programs have free and low-cost insurance for children and families who qualify. (Medical Assistance has no monthly cost. MinnesotaCare has a monthly premium based on household income.)

Your child may be eligible if your household income is below:

Family Size	Monthly income	Yearly Income
2	\$3,372	\$ 40,464
3	\$ 4,248	\$ 50,976
4	\$ 5,124	\$ 61,488
5	\$ 6,000	\$ 72,000

Income is one factor for qualifying. Other rules and limits apply. For more information, call your county office or visit www.dhs.state.mn.us/healthcare. The income limits above are valid until June 30, 2012.

To get a Minnesota Health Care Programs application:

Print one from the internet:
www.dhs.state.mn.us/healthcare

or

Call (877) KIDS-NOW toll free

or

Call mower County human Services at 507-437-9700

Indoor Air Quality

Southland Public Schools have developed an indoor air quality management plan for the district. The management plan addresses policies and procedures that will be used in the schools to address indoor air quality issues. The indoor quality committee had the health and safety committee review the management plan and the board approved the plan in the 2003-2004 fiscal school year.

If you have any questions concerning indoor air quality, or would like to use the EPA tools for schools checklists, please contact the district indoor air quality coordinator, Steve Sallee at (507) 582-3283.

SOUTHLAND INDEPENDENT SCHOOL DISTRICT NO. 500 Office of the Superintendent 2011-2012 BUS AND SCHOOL SCHEDULE

ADAMS

8:00 Adams route buses arrive
8:05 Rose Creek shuttle buses arrive, load K-5 students & return to Rose Creek
8:15 School Starts
3:00 School is Dismissed
3:05 Shuttle buses leave for Rose Creek with the respective 6-12 & Sacred Heart students
3:30 Shuttle buses arrive from Rose Creek
3:35 Route buses leave on routes

ROSE CREEK

7:45 Rose Creek route buses arrive
7:50 Shuttle buses load 6-12 & Sacred Heart students & leave for Adams
8:15 Shuttle buses return from Adams
8:20 School Starts
3:10 School is Dismissed
3:20 Adams shuttle buses arrive with 6-12 & Sacred Heart students, loads K-5 students & leaves for Adams
3:25 Rose Creek route buses leave on routes

ELKTON

7:45 Shuttle bus loads K-12 & Sacred Heart students & leaves for Adams
3:45 Bus arrives with students

DEXTER

7:24 Bus loads all students and leaves for Adams -Dexter Methodist Church (1 Bus Only)
4:05 Route bus returns students to Dexter

APPROXIMATE LATE SHUTTLE TIMES ARE AS FOLLOWS :

5:10 Depart Adams
5:20 Arrive/Depart Rose Creek
5:30 Arrive/Depart Adams
5:40* Arrive/Depart Taopi - *When Necessary
5:50 Arrive/Depart Elkton (community bldg)
6:00 Arrive/Depart Dexter (church & bank)

Track Bus

3:05 Track bus leaves Adams for Grand Meadow
5:30 Leave Grand Meadow
5:40 Dexter
5:50 Elkton
6:00 Adams
6:10 Rose Creek



Consent for Release of Student Information

There is certain information about students that is considered "public" under state and federal laws. Unless parents give specific instructions to the contrary, the following student information may be published in building newsletters, music and sports programs, district publications, district website, and the community newspaper. The public information includes: name; address; phone number; dates of attendance; and pictures for school-approved publications, website, newspapers, and videotapes.

IF YOU DO NOT WISH THIS INFORMATION TO BE GIVEN OUT ABOUT YOUR CHILD FOR THE 2011-2012 SCHOOL YEAR, PLEASE COMPLETE THE FORM BELOW.

Note: You do not need to return the form below if you consent to release of public information about your child for the 2011-2012 school year.

Please Return This Form to Your Child's School

Student's Last Name First Name Grade Level

I do NOT want "public" information about the above named student released by the Southland Independent School District during the 2011-2012 school year. I understand that my child will NOT be included in school publications, yearbooks, and student directories (no exceptions).

Parent/Guardian Signature Date

AHERA Annual Asbestos Notification

During the past school year, pursuant to the Environmental Protection Agency 40 CFR Part 763- "Asbestos containing Materials in Schools; Final Rule and Notice", Southland Public Schools conducted the following:

- Semi -Annual Periodic Surveillance Inspection
- Notification of Asbestos Locations for Short-Term Workers (Electricians, Plumbers, etc.)
- Training of District Personnel

During this past 2010-2011 school year, Southland Public Schools has not had any response issues dealing with asbestos.

For the 2011-2012 school year, Southland Public does not have any response actions planned.

Southland Public Schools has contracted through the Southeast Service Cooperative with the Institute for Environmental Assessment to provide environmental consulting services. The complete updated Asbestos Management Plan can be viewed, without cost or restriction, during normal working hours. Copies can be obtained for a fee of \$.10 per page.

Any questions concerning this notice or an explanation of our Asbestos Management Plan can be directed to Steve Sallee; or Colin Boysen at 507-261-2309.

Pesticide Notice

All Minnesota schools are required to inform parents/guardians and school employees that they may request to be notified prior to pesticide application on school property. Pesticides include chemicals which are used to control insects, weeds, rodents or other pests as defined by the law (M.S. 123B.575, Subd 9).

In order to provide the required information, schools must maintain a list of parents/guardians and school employees who request notification. Schools must also provide information about individual pesticide applications upon request, including the name of the pesticide product, and the time and location of the planned application.

Pesticides and non-chemical treatments may be used in combination in and around schools for a variety of reasons, including the control of pests which have the potential to bite, sting, spread disease, cause asthma, and/or trigger an allergic reaction. Pesticides may also be used to prevent or control damage to materials within the school building or to the school building itself, or to control pests or weeds that are seen as a nuisance.

The long-term health effects on children from the application of such pesticides or the class of chemicals to which they belong may not be fully understood. Children may be more susceptible to pesticides than adults due to their small size and rapid growth and development.

To limit the potential pesticide exposure, this school follows safety regulations to ensure pesticides are applied properly. All pesticide products, which are used in and around school buildings, are required to be registered with the Minnesota Department of Agriculture and the U.S. Environmental Protection Agency. In addition, school employees and certified and licensed applicators are required by state and federal law to comply with all requirements of the pesticide label, including building sites, application rates, re-entry intervals, posting, use of personal protective equipment, use restrictions, and disposal of the product label.

To be notified about pesticide applications, please contact:

Steve Sallee, Superintendent
Southland Public School
203 2nd St NW
Adams, MN 55909

From the Activities Director, Bill Feuchtenberger

Hi,

Welcome to another exciting year at Southland Schools. There have been many changes made over the course of the summer. The bus garage project is done. New lights have been added to the football field and a newly refinished gym floor, along with other improvements to the buildings and grounds. Be sure to keep up to date with schedules and bus times via our website. In the article below are some web sites for information regarding concussions. It would be worth your while if you have a young person out for sports for you to view it together.

Parents and Student Athletes: Online Training Course

Get prepared for the new season in less than 30 minutes: Heads Up: Concussion in Youth Sports is a free, online course available to parents to keep their child safe from concussion.

<http://www.cdc.gov/concussion/HeadsUp/Training/HeadsUpConcussion.html>

It features interviews with leading experts, dynamic graphics and interactive exercises, and compelling storytelling to help you recognize a concussion and know how to respond if you think that your athlete might have a concussion. This course will help you: Understand a concussion and the potential consequences of this injury; recognize concussion signs and symptoms and how to respond; learn about steps for returning to activity (play and school) after a concussion; and focus on prevention and preparedness to help keep athletes safe season-to-season.

View the fact sheet for parents.

http://www.cdc.gov/concussion/pdf/TBI_factsheets_PARENTS-508-a.pdf

Be sure to purchase your passes for the year at the main office of the Middle/High School and get ready for another exciting year in Southland Athletics. Pass prices are listed below.

If anyone is interested in taking tickets at either the football or volleyball games, please contact me at 507-582-3568.

Prices

Family pass - \$175.00
Adult pass - \$ 60.00
Student pass - \$ 30.00
Senior Citizen passes - **LIFETIME FREE!!**

Family Pass Includes husband and wife and all Southland students in family. Each person included in this will get their own pass.

Adult Pass Individual pass for an adult

Student Pass Individual pass for Southland student

Thank You,
Bill Feuchtenberger
Activities Director
Southland Public Schools

Things to think about

Shake It Off And Step Up

A parable is told of a farmer who owned an old mule. The mule fell into the farmer's well. The farmer heard the mule 'braying' - or - whatever mules do when they fall into wells. After carefully assessing the situation, the farmer sympathized with the mule, but decided that neither the mule nor the well was worth the trouble of saving. Instead, he called his neighbors together and told them what had happened...and enlisted them to help haul dirt to bury the old mule in the well and put him out of his misery.

Initially, the old mule was hysterical! But as the farmer and his neighbors continued shoveling and the dirt hit his back...a thought struck him. It suddenly dawned on him that every time a shovel load of dirt landed on his back...HE SHOULD SHAKE IT OFF AND STEP UP! This he did, blow after blow.

"Shake it off and step up...shake it off and step up...shake it off and step up!" he repeated to encourage himself. No matter how painful the blows, or distressing the situation seemed the old mule fought "panic" and just kept right on SHAKING IT OFF AND STEPPING UP!

You're right! It wasn't long before the old mule, battered and exhausted, STEPPED TRIUMPHANTLY OVER THE WALL OF THAT WELL! What seemed like it would bury him, actually blessed him...all because of the manner in which he handled his adversity.

THAT'S LIFE!

If we face our problems and respond to them positively, and refuse to give in to panic, bitterness, or self-pity...THE ADVERSITIES THAT COME ALONG TO BURY US USUALLY HAVE WITHIN THEM THE POTENTIAL TO BENEFIT AND BLESS US! Remember that FORGIVENESS--PRAISE and HOPE...all are excellent ways to "SHAKE IT OFF AND STEP UP" out of the wells in which we find ourselves!

From the Head Cook, LeaAnn Gilbert

Southland Foodservice is excited to be entering into the Farm-to-School program for 2011-2012 school year with local produce from two local vendors. The Swenson's



who operate the Rose Creek Honey Company will be supplying all the honey for our school use. And 3 Sister's Garlic, operated by Southland students Ashley, Morgan and Autumn Brown, will be supplying garlic, and perhaps some onions and potatoes.

Foodservice is still very happy to accept produce from local gardeners in the district who are trying to find someone to give away their excess products to. If there are any other farms or producers in the area who would like to enter into Southland School District's Farm-to-

School program please contact Foodservice Manager Lea Ann Gilbert at 507-582-3568 or e-mail kitchen@isd500.k12.mn.us

Grain for Graduates

With the cost of college and 2 year training programs growing, Southland Public Education Foundation wants to increase the scholarship fund to help more students. We are asking our farmers to help by donating bushels of beans or corn to go into the scholarship fund for both a scholarship to a vocational training program and college. Every penny goes for scholarships and it is all tax deductible as the Foundation has 501 (3) C status.

The Adams, Dexter, Elkton, and Rose Creek elevators are working with the Foundation to collect Soybeans from farmers wishing to donate beans to the scholarship fund. All the farmer has to do is tell the elevator how many bushels of beans or corn they wish to donate to the Foundation from a truck/wagon load and the elevator will issue a check on behalf of the farmer for the price of those beans designated to the Foundation. The Foundation will send each donor a thank you that can be used for tax records.



Also, cash donations can be made at our Adams, Dexter, Elkton, and Rose Creek Banks.

This is the second year of this scholarship fund raiser. Last year \$1100 was raised and two scholarships were given out at graduation to a student attending vocational school in an Ag related program and to one attending college. Last year the focus was on soybeans so it was called Soybeans for Scholarship but this year corn is also an option.

Agriculture is the largest industry in the Southland School District. Our farmers have always been very supportive of the education of our youth. They know the knowledge it requires to be a successful farmer. The quality of our farmers is very evident in the year-in and year-out success of their operations whether it is good times or tough times.

A Special Teacher

Years ago a John Hopkin's professor gave a group of graduate students this assignment: Go to the slums. Take 200 boys, between the ages of 12 and 16, and investigate their background and environment. Then predict their chances for the future.

The students, after consulting social statistics, talking to the boys, and compiling much data, concluded that 90 percent of the boys would spend some time in jail.

Twenty-five years later another group of graduate students was given the job of testing the prediction. They went back to the same area. Some of the boys - by then men - were still there, a few had died, some had moved away, but they got in touch with 180 of the original 200. They found that only four of the group had ever been sent to jail.

Why was it that these men, who had lived in a breeding place of crime,

had such a surprisingly good record? The researchers were continually told: "Well, there was a teacher..."

They pressed further, and found that in 75 percent of the cases it was the same woman. The researchers went to this teacher, now living in a home for retired teachers. How had she exerted this remarkable influence over that group of children? Could she give them any reason why these boys should have remembered her?

"No," she said, "no I really couldn't." And then, thinking back over the years, she said amusingly, more to herself than to her questioners: "I loved those boys...."



Bits & Pieces - June 1995 Economics Press

Rebel Nation --- Rebel Nation --- Rebel Nation

Donate 2 Cans of Food and you could win the Crow's Nest Suite at an upcoming Rebel Football Game.

Bring at least 2 cans of food or \$2 to the Rebel Volleyball game on Sept 6th and you could win a spot in the Crow's Nest for the game on September 9th against Kingsland. Donations will be accepted across from the ticket booth at the game between 6:00 PM and 7:30

Bring at least 2 cans of food or \$2 to the Rebel Football game on Sept 9th and you could win a spot in the Crow's Nest for the game on September 16th against St. James. Donations will be accepted by the concession stand between 6:00 and 7:00 PM

REBEL RALLY RAFFLE!

The Rebel Nation will have tickets on sale through September 16th! Raffle Tickets are \$10 with the following prizes: An IPAD 2, \$200 cash prize, two \$100 cash prizes, five \$50 cash prizes, 1 crows nest suite for each of the final three home football games. Be on the lookout for students selling tickets at upcoming FB and VB games and elsewhere! Help support the Rebel Nation, which has given over \$93,000 in donations to the Southland Schools Academic, Arts and Athletic programs over the past 3 years! GO REBELS!!!



4th ANNUAL REBEL NATION GOLF OPEN

SATURDAY, SEPTEMBER 10, 2011
CEDAR RIVER GOLF COURSE, ADAMS, MN

4-PERSON BEST SHOT

Entry Fee: \$280/foursome or \$70 for an individual

Fee includes: Green Fees for 18 holes, Steak or Chicken Dinner, Door Prizes, Hole-in-One Prizes, other events and prizes. Cut and Run scoring will be used, prizes will be awarded for each flight

Carts: \$30 for 2 golfers. You can also use your own cart or walk.

Dinner Only: \$20/person.

Schedule: 12:00 - 1:00 PM Registration
1:00 PM Shotgun Start
6:00 PM (est) Dinner/Awards/Raffle

REGISTRATION FORM

4th Annual Rebel Nation Golf Open - September 10, 2011

	<u>Name</u>	<u>Phone Number</u>	<u>Dinner Choice</u>
Golfer 1	_____	_____	Chicken Steak
Golfer 2	_____	_____	Chicken Steak
Golfer 3	_____	_____	Chicken Steak
Golfer 4	_____	_____	Chicken Steak

Carts: 0 1 2

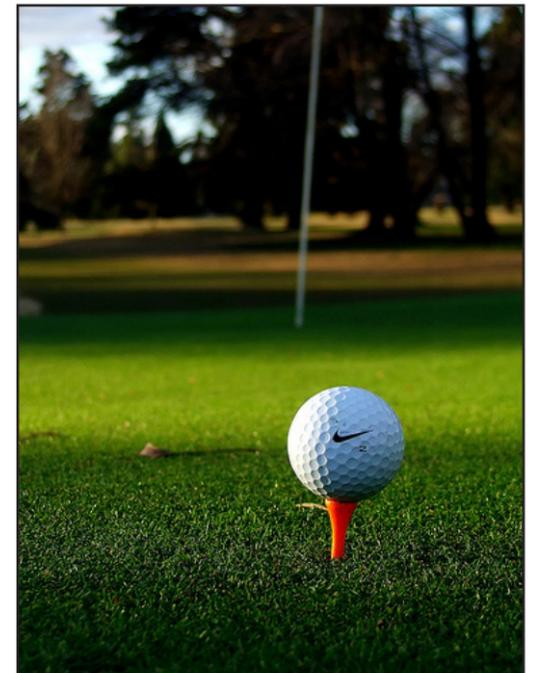
Dinner Only: Chicken # _____ Steak # _____

Registration Deadline is September 6, 2011. Please drop off Registration Form at the Cedar River Golf Course or mail registration form to Rebel Nation, PO BOX 43, Rose Creek MN 55970. Make Checks payable to "Rebel Nation". Payment is due at the time of registration. No rain checks. Dinner/Awards will be held rain or shine. Questions: e-mail rebelnation08@gmail.com or call Paul Kuehneman 434-4883 or Dean Tipton 582-3595.

September 10 - 4th Annual Rebel Nation Golf Outing

The 2011 Rebel Nation golf outing will be held on Saturday, September 10th at the Cedar River Golf Course in Adams.

The 2011 event will feature a hot dog lunch, steak or chicken dinner, 18 holes of golf and some fun games and prizes. Please come and join the fun on the afternoon of Saturday, September 10th.



Rebel Nation is everyone, together, with one common cause-enriching our school system, strengthening its programs, and enhancing the overall experience for all of our students. Rebel Nation is a community of pride, membership, active participation, and support. Rebel Nation is dedicated to boost academic and extracurricular opportunities available to Southland students.

Over \$41,000 has been donated to the school.

Proud Rebel Parent T-Shirts

For any parents who would like to order a "Proud Rebel Parent" t-shirt (these are t-shirts that we have had available for the last 6 years that parents can order and wear for any rebel sporting events). They are white with "Proud Rebel Parent" on the front and then your last name on the back. They are \$12.00 and \$14.00 for XXL or larger. To order, please contact LeAnn Emanuel at home (507) 582-3202, cell 438-1984 or e-mail emanuel.leann@mayo.edu.

We would like the order in by September 19th to ensure that we have them in time for parents' night. We really encourage all parents to wear these t-shirts for all sporting events, ESPECIALLY PARENTS' NIGHT. Please make checks payable to Robert's Specialty. When the t-shirts come in, you will be contacted to make arrangements to get the t-shirts to you. Go Rebels!!

Summer FFA activities

The Southland FFA does well at Mower County Fair

The Southland FFA had another great year at the Mower County fair that ran August 9th-14th. The chapter had numerous exhibits in the Mechanics area along with numerous Swine, Beef, Sheep and Dairy exhibits. Students also competed in the tractor driving contest, FFA barnyard and judging competitions.



Exhibits arrived on Monday with the Southland chapter having 16 exhibitors in the Ag. Mechanics area. The following students received champions for their projects. Matt Fasbender-shop light, Brandon Vogt- Engine hoist, Marcus Johnson-oak night stand, Blake Johnson- mantle clock. Most other exhibitors received blues with several reserve champions.

In the area of tractor driving Trent Reinartz placed 4th, Jacob Reinartz 5th, and Aaron Marx 6th.

In this contest participants were asked to pull out and back a hay wagon in a roped off area, back and drive a manure spreader, perform a safety check on a tractor and also take a safety test. This contest also open to adults with Gene Anderson of Hayfield winning the adult division.



In dairy area there were 27 entries of Holstein, Brown Swiss, Milking Shorthorn and Jersey cattle. In the Junior division Paul Schaefer was named the overall junior champion. Paul also was named junior

Brown Swiss champion, Dani Jax of Hayfield the Jersey Champion, Lucas Schaefer - Shorthorn champion, and Alex Ruechel the Holstein junior champion. In the senior division Lucas Schaefer was named the overall Senior champion.

In the Beef were 57 classes. 17 dairy steers awarded to



division there exhibits in The overall champion was Paul Schaefer.

exceptional over 83 entries. opened up this FFA member in this created quality swine Colten Rueter's Southland the Champion

market gilt out of 30 animals. Ben Markegard of Rushford exhibited the champion breeding gilt and Levi Anderson exhibited the champion pen of three and the champion market barrow was exhibited by Molly Bergstrom of Southland.

In the sheep show Southland was well represented by Jenny Subra who exhibited with her sister over 20 head of sheep.



Southland also had 2 general livestock teams and one dairy judging teams on Saturday of the fair. The dairy team placed 6th/ 14 teams. Members were Molly Smith, Aaron Marx and Trent Reinartz. Team #1 for general livestock placed 2nd / 17 teams members were: Sam Ivers, Paul Schaefer, Zack Canterbury, and Jeremy Johnson.

Team # 2 members were: Colten Allen, Chris Mandt and Ashley Brown. Chris Mandt went onto take 1st place in the contest as a individual and received a plaque for his efforts.

Southland Public Schools

2011-2012 Calendar

Monday, August 29, 2011	Staff Workshop MS/HS Open House Night
Tuesday, August 30, 2011	Staff Workshop Elementary Open House Night
Tuesday, September 6, 2011	First Day of School
Tuesday, October 11, 2011	MS/HS Evening Conferences
Thursday, October 20, 2011	No School - EdMN Conference
Friday, October 21, 2011	No School - EdMN Conference
Monday, October 24, 2011	No School - Staff Development
Friday, November 11, 2011	End of 1st Quarter - 46 days School dismissed at 12:00 p.m.
Thursday, November 17, 2011	Elementary Evening Conferences
Monday, November 21, 2011	Elementary Evening Conferences
Tuesday, November 22, 2011	Elementary Evening Conferences
Wednesday, November 23, 2011	No School - Thanksgiving Break
Thursday, November 24, 2011	No School - Thanksgiving Break
Friday, November 25, 2011	No School - Thanksgiving Break
Monday, December 12, 2011	MS/HS Evening Conferences
Friday, Dec. 23 - Monday Jan. 2, 2012	No School - Winter Break
Tuesday, January 3, 2012	School Resumes
Monday, January 16, 2012	No School - Staff Development
Friday, January 27, 2012	End of 2nd Quarter/1st Semester - 44/90 days School dismissed at 12:00 p.m.
Monday, February 6, 2012 8th -	11th grade Evening Conferences (Registration)
Monday, February 20, 2012	No School - President's Day
Wednesday, February 29, 2012	School Dismissed at noon - Staff Development
Monday, March 12, 2012	MS/HS Evening Conferences
Friday, March 30, 2012	End of 3rd Quarter - 44 days School dismissed at 12:00 p.m.
Friday, April 6, 2012	No School - Spring Break
Monday, April 9, 2012	No School - Spring Break
Thursday, April 12, 2012	Elementary Evening Conferences
Sunday, May 27, 2012	Commencement
Monday, May 28, 2012	No School - Memorial Day
Friday, June 1, 2012	End of 4th Quarter/2nd Semester - 42/86 days School dismissed at 12:00 p.m.

Early Childhood/Family Education
312 West Main Street, Adams MN 55909
Email address: eccenter@isd500.k12.mn.us
507-582-3405

Got Kids?

then you absolutely, positively need to check out the Southland Early Childhood Center! A variety of helpful, fun, meaningful, and affordable opportunities await, no matter what your needs may be. The Center offers education and support through quality classes, programs, and services for children birth to kindergarten and their parents. It's a great way to learn about parenting, child development, and how to help your child be successful when they start kindergarten as well as getting to meet other young families in the community.

For more information, check out our website at www.isd500.k12.mn.us

What is ECFE?

Early Childhood Family Education is a program that celebrates the importance of families in the development of children from birth to kindergarten enrollment. Parenting is a challenging and delightful experience. Come discuss positive and practical ways to help you and your children move through the all-important first five years of developmental milestones. We will look at our values, understanding children at various ages, and dealing with difficult behaviors. We will explore ways to grow as parents and develop strong family relationships. While parents are in discussion, children learn with an early childhood teacher. Classes also include a parent-child time to explore a variety of fun learning activities together.

ECFE is a special place where parents and children can enjoy the magic of childhood together.

The Goals of Early Childhood Family Education Are:

- To support parents in their child raising efforts
 - To offer information about child development and alternative parenting techniques.
 - To help parents and their children communicate better
 - To promote positive parental attitudes
 - To provide information on community resources available to parents and children.
1. You can spend time with the most awesome child in the universe-your very own pride and joy.
 2. It's convenient and the price is right.
 3. What better way could you spend your time than building a relationship and memories with your child that will last forever!

ECFE/PLAY & LEARN REGISTRATION OPEN HOUSES

THURSDAY SEPTEMBER 15TH COME & GO ANYTIME BETWEEN 5 - 7 P.M.

OR

FRIDAY SEPTEMBER 16TH COME & GO ANYTIME BETWEEN 9 - 11 A.M.

This will be a time to select an ECFE class you wish to attend, pay for fees, fill out registration, and turn in immunization records. There will also be time to explore the center and see the changes and new things that arrived over the summer.

Come Join Us For Fall Classes!

ECFE Parent/Child Classes

Come and enjoy classes for mixed ages (Birth-5 yrs). Class meets one and one half hours. The first 45 minutes parents and children play together and have a group circle activity. Toys and a variety of activities are set out from which the family can select learning experiences. The last 45 minutes, parents and children divide. The children will spend time with their peers and Early Childhood teacher in activities that encourage cognitive development, sociability, sharing and developing independence. The parents will meet together for informal discussion and presentations on relevant topics for their needs.

*Monday evening 6:15 - 7:45 p.m. (10 weeks)

Mixed Ages Birth-5 yrs. Sept. 19, 26, Oct. 3, 10, 24, Nov. 7, 14, 28, Dec. 5, 12.

*Thursday evening 6:15 - 7:45 p.m.

Mixed Ages Birth-5 yrs. Sept. 22, 29, Oct. 6, 13, Nov. 3, 10, 17, Dec. 1, 8, 15.

*Friday morning 10:00 - 11:30 a.m.

Mixed ages Birth-5 yrs. Sept. 23, 30, Oct. 7, 14, Nov. 4, 11, 18, Dec. 2, 9, 16.

FEES FOR CLASSES

\$50.00 - 10 classes one child

\$25.00 for each additional child - Lap babies no fee

Fees for any ECFE class may be waived upon request.

To register for any Early Childhood Event or Class call 582-3405 or email us at eccenter@isd500.k12.mn.us. We need child's name & age, parents name and phone number and the class you wish to sign up for Or come to OPEN HOUSE REGISTRATION ON THURSDAY September 15th Anytime between 5 - 7 p.m. OR FRIDAY SEPTEMBER 16th Anytime between 9 - 11 a.m. at the center.

Immunization Records Minnesota law requires that all children attending Early Childhood Family Education programs have their immunization records or a notarized statement for exemption from immunization on file. We will keep a file copy and you may update it as necessary. Please bring your immunization records to first class.

Play and Learn (3-4 year old) Preschool (SEPTEMBER - OCTOBER -NOVEMBER - DECEMBER)

The Southland School Dist. offers a preschool opportunity for children 3 - 4 years old (turns 3 by Sept. 1st) This child only class meets once a week on Wednesday from 8:30 - 11:00 a.m. or 12:30 - 3:00 p.m. The class focuses on encouraging sociability, sharing and developing independence. An additional component of the class is that families parent(s) and child attend ECFE classes.

Wednesday 8:30 - 11:00 a.m. or 12:30 - 3:00 p.m.

Sept. 21, 28, Oct. 5, 12, Nov. 2, 9, 16, Dec. 7, 14th.

Fee: \$112.50 per child, which includes 10 weeks for Play & Learn and 10 weeks off ECFE family classes.

Fees due the first day of class. In selecting an ECFE Parent/child class you have flexibility in deciding which day and time works best for your family.

ECFE - Class day & time options

Monday 6:15 - 7:45 p.m. or

Thursday 6:15 - 7:45 p.m. or

Friday 10:00 - 11:30 a.m.

REGISTER BY CALLING 582-3405 or come to the ECFE/Play & Learn Registration Open House Thursday Sept. 15th ANYTIME between 5 - 7 p.m. Or Friday Sept. 16th ANYTIME between 9 - 11 a.m.

OPEN PLAY

The Early Childhood Center has open play on Friday Sept. 9th, 9:30 - 11:00 a.m., and Wednesday 14th, 1:30-3:00 p.m. and This is for FAMILIES & DAYCARES WITH YOUNG CHILDREN. There is no fee. Parents or an adult MUST supervise the children in the playrooms. We ask that you pick up before you leave. Families may use any of the toys & games along with a variety of art supplies.

SCHOOL READINESS PRESCHOOL OPEN HOUSE

TUESDAY SEPTEMBER 6TH

WITH COME & GO HOURS FROM 5 - 7 p.m.

Are you looking for a preschool experience that will help your child get ready for Kindergarten? Southland School Readiness is a preschool that helps children develop the skills needed for school. There is a wide range of activities including fine motor skills, handwriting, phonics, socialization, stories, gym activities, songs and pre-academic skills. We hope you will be able to join us!

The children's program includes weekly themes focusing on language development, gross and fine motor physical development, social/emotional development and school pre-academic readiness skills such as colors, counting and letters. Parents will receive a weekly newsletter telling them about what is happening at school. There are also book bags that will be sent home weekly for reading.

Please find a convenient time to stop during this time to take a look at the center, pick up parent permission forms, calendars, pay fees, and get any questions you may have answered. This is a great time for everyone to meet a few new faces! Classes begin Mon. Sept. 19th. If you have not yet registered for School Readiness Classes (4 - 5 yr olds) and need information please call 507 582-3405.

Southland Early Childhood Center September 2011

312 W Main St. Adams 507-582-3405

Monday	Tuesday	Wednesday	Thursday	Friday
SR = School Readiness 4-5 years ECFE = Early Childhood Family Education	Play & Learn 3 – 4 years ECSE = Early Childhood Special Ed.		1	2
5 LABOR DAY NO SCHOOL	6 School Readiness Open House 5:00 - 7:00 p.m. Come & Go!	7	8	9 ECFE Open Play 9:30-11:00 a.m.
12 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15	13 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15	14 ECSE 8:30-11:15 12:30-3:15 ECFE Open Play 1:30-3:00 p.m.	15 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15 ECFE Open House 5-7p.m Come & Go!	16 ECFE Open House 9-11a.m Come & Go!
19 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15 ECFE 6:15-7:45	20 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15	21 ECSE 8:30-11:15 12:30-3:15 PLAY & LEARN 8:30-11 12:30-3:00	22 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15 ECFE 6:15-7:45	23 ECFE 10:00 - 11:30
27 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15 ECFE 6:15-7:45	28 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15	29 ECSE 8:30-11:15 12:30-3:15 PLAY & LEARN 8:30-11 12:30-3:00	30 SR 8:15 - 11:00 12:15 - 3:00 ECSE 8:30-11:15 12:30-3:15 ECFE 6:15-7:45	ECFE 10:00 - 11:30

School Readiness is a preschool program for all children ages 4 -5 years by Sept. 1, 2011. The Southland Dist. Provides a 2 hour 45 min. preschool experience three times a week for 32 weeks. Classes are held in the Early Childhood Center in downtown Adams. The children's program focus is on helping to develop independence, sharing sociability and cognitive readiness skills in preparation for kindergarten. Fees: \$100.00 per month or \$900.00 per year. Registration fee \$25. Families needing financial assistance may apply for 25%, 50% or 75% of the tuition paid in scholarship funding. The remaining % would be the responsibility of the family to pay. Please call to request a scholarship form.

There are still openings for preschool classes. Call today to register 582-3405 or 582-1328.

SCHOOL CENSUS

The viability of the Early Childhood Family Education program and other programs in the Southland School District relates to the school census. It is crucial that we know about all residents that have preschool children. If you are new to the district or know of someone new to the district with children 0- 5 years old, please contact Vicki at the elementary office. The number is 507-437-3214.

Early Childhood Screening October 28

Each year the Southland School District provides children ages three and older the opportunity to participate in an Early Childhood Developmental and Physical Screening. A well trained staff will examine your child's vision, hearing, speech and language, dental status, nutritional status, immunization statuses, developmental status and family information. The school uses the screening results to plan educational and health programs and link children who have specific needs to those programs. The sooner a potential problem can be identified the better the chances are for successful intervention which is why the state requires children 3 years old be screened. The District will be contacting you with an appointment if your child is age 3- 4 yrs. If you have any questions, please call the Early Childhood center at 582-3405.

Let Children Be Children

Let children be children
while they are young

For in a blink of an eye, they're grown.

Give them time to think and ponder

Time to feel and look and wonder.

Time to question, why and when

Time to try...and try again.

Time without the stress and worry
Of premature demands and hurry.

Take time to encourage and in love, lead;
and they will create, explore and succeed.

Equipment & Toy Lending Library for Grandparents

We have a variety of toys and equipment needed when the grandkids come to visit. We have a booster chair, portable cribs, plus toys and games. Stop in and check it out or give us a call. There is no fee for this service. We are located in the Early Childhood Center 312 W. Main St. Adams. 582-3405

Check the Web!

Remember you can find us on the Southland School Web site (www.isd500.k12.mn.us) which has our monthly calendar and events going on at the E.C Center.

Who decides what courses will be offered?

You do. From phone calls, evaluation forms, and surveys, you tell us what courses you want, and we listen. Then we do the work to find the appropriate personnel to bring you the information you want.

We are always looking for individuals who would like to share

their hobbies, talents, and skills by teaching a Community Education Class. Most instructors are not professional teachers. They are community people like you, who enjoy being with people and sharing their talents. Instructors are paid.

Who takes Community Ed Classes?

People just like you. - People who are in search of life enrichment

and want to meet interesting people. People who are striving for personal and professional growth take Community Ed Classes. The classes are designed with the idea that learning is life-long and doesn't necessarily happen within four walls of a school. They are also a fun and a great way to meet new people.

Why are classes often in the schools?

The Community Ed program is

the part of the school district designed to link the schools and community. Because the school buildings belong to you - the public - we like to give you every opportunity to get into the classrooms and do some learning yourself. With that in mind, we invite you to attend any of the Community Ed Classes that interest you. Sit back and read the schedule and call today for a class that interests you.

AARP Driver Safety Program - Initial 8-hour Class - Age 50 and Over

This 8-hour class allows a driver to qualify for driver insurance discounts at 50 or older depending on your insurance company. You must take the initial class before being eligible for the refresher class. Please bring a pen to class. If you have an AARP membership, you save \$2! Please bring your card with you and mark your membership number on your registration form.

When: Tuesday & Thursday, Sept 20 & 22 from 6 - 10 pm - must attend both evenings

Where: Southland High School FACS Room- Enter east doors

Fee: Check to Com. Ed. for AARP members--\$14 or \$16 for non-AARP members

Instructor: Linda Baumann

Limited Enrollment - Register early but no later than Sept 16th!

8-Hour AARP Driving Class:

Name: _____ Phone: _____

AARP#: _____

One check made out to Community Ed. for \$14 with AARP membership or \$16 without AARP membership. Include payment with registration form sent to 203 2nd Street NW, Adams, MN 55909 or drop off at either school office.

AARP Driver Safety Program Refresher

This 4-hour class is a legal refresher course and must be repeated every three years to maintain 10% auto insurance discounts for those 50 and over depending on your insurance company. You must have taken the initial 8-hour class to be eligible for the refresher class. Please bring a pen to class. Save \$2 with your AARP membership!

When: Monday, Sept 26 from 6:00-10:00 pm

Where: Southland High School FACS Room- Enter east doors

Fee: Check to Com. Ed. for AARP members-\$14 or \$16 non-AARP members

Instructor: Linda Baumann

Limited Enrollment - Register Early but no later than Sept 21st!

Refresher AARP Driving Class:

Name: _____ Phone: _____

AARP#: _____

One check made out to Community Ed. for \$14 with AARP membership or \$16 without AARP membership. Include payment with registration form sent to 203 2nd Street NW, Adams, MN 55909 or drop off at either school office.

Attention 500 Card Players!

Bring your friends for a fun afternoon of playing cards together. There are usually 4 to 6 tables of players and you are welcome to join us whenever you are available. Coffee and dessert are served to winners and losers!

When: 2nd Monday Afternoons - 1:30 to 4:30

Where: Adams Fire Hall

Fee: None

Coordinator: Cathy Sumner

Register: Not necessary - Just come and join in the fun!

Early Childhood Screening

Each year the Southland School District provides children ages three and older the opportunity to participate in an Early Childhood Developmental and Physical Screening. A well-trained staff will examine your child's vision, hearing, speech and language, dental status, nutritional status, immunization status, developmental status and family information. The school uses the screening results to plan educational and health programs and link children who have specific needs to those programs. The sooner a potential problem can be identified, the better the chances are for successful intervention which is why the state requires children 3 years old to be screened. The District will be contacting you with an appointment if your child is age 3-4 years old. If you have any questions, please call the Early Childhood center at 582-3405.

When: October 28, 2011

Where: Little Cedar Lutheran Church

Fee: None

Coordinators: Nancy Dvergsten and Cathy Sumner

Register: If you have a child 3-4 yrs old & don't receive a letter, please call 582-3405

Nation of Trees

In order to promote the Southland Education Foundation, it is sponsoring a Gala event on Friday, November 11 (11.11.11) at Cedar River Golf Course from 7-10pm and another public viewing event on Saturday afternoon November 12. If you or your organization would like to decorate a tree for the event, call Kari Kuehneman. More details in the October Rebel Talk!

When: November 11 & 12, 2011

Where: Cedar River Golf Course

Fees: \$25 for Friday Night Gala and \$5 adults, \$3 students for Saturday viewing

Coordinator: Kari Kuehneman (438-3734)

Rippin' Stitches

We will begin the year by having a pot luck dinner and a showing of the UFO's that were completed during the summer. We will also be discussing our projects for the coming year and any classes one may be interested in learning. Please bring a dish to pass, dinnerware and beverage will be provided.

When: September 13th - 5:30-8:30pm

Where: Southland High School FACS Room

Fee: None

Coordinator: Marj Bartholmey (582-3614)

Register: Not necessary - Just come whenever you can join in!

SAC - Southland School Age Child Care

Child Care before and after school and most non-school days for 2011-2012 school year for Pre-K through 6th Grade students attending Southland or Sacred Heart schools. Choose from two convenient sites, Southland Elementary in Rose Creek or United Methodist Church in Dexter available 6:00-7:30 am and after school until 6:00 pm. Early Enrollment rates available at Elementary Kick-Off Night August 30 from 6:00-7:45 and until school starts.

When: August 30 - June

Where: Southland Elementary and Dexter Methodist

Coordinator: Cathy Sumner 440-5068

Register: Early Enrollment rates August 30-September 6

Full Enrollment fee any time thereafter throughout the school year

Triple Espresso

Triple Espresso tells the irresistible story of a comedy trio going for their big break, only to have their hopes dashed over and over on the rocks of one magnificently funny failure after another. Hugh, Buzz and Bobby reunite for a hilarious evening of music, magic and mega-laughs in this audience favorite that appeals to everyone from age 6 to 106! Clean, wholesome, theater fun for the whole family!

When: December 7, 2011 - 1:00 pm performance

Where: The Southern Theater, Minneapolis

Fee: \$30 adults, \$20 17 and under plus transportation determined by participants

Coordinator: Cathy Sumner 440-5068

Register: Please call Cathy if you are interested so we can arrange transportation by October 20. We need final numbers by November 2nd.

Community Education Advisory Committee

Dawn Gilles	Rose Creek	437-6451
Don Larson	Adams	582-3610
Georgia Jech	Elkton	584-6753
Julie Hendrikson	Rose Creek	433-3604
Barb Kloeckner	Adams	582-7818
Lea Ann Gilbert	Dexter	584-6463

Early Childhood/Family Education

Nancy Dvergsten	Adams	582-1328
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School Board Representative

Mike Smith	Adams	582-7826
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Community Education Coordinator

Cathy Sumner	Adams	440-5068
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Southland Breakfast Menu September 2011

Fruit or fruit juice, skim, 1% or skim chocolate Milk served with all breakfasts

Monday	Tuesday	Wednesday	Thursday	Friday
5 NO SCHOOL LABOR DAY	6 Breakfast bites yogurt	7 Waffle Cheese stick	8 Breakfast bar yogurt	9 Egg Sausage toast
12 Breakfast bagel Cheese stick	13 Pancakes bacon	14 Breakfast pizza yogurt	15 French toast sticks sausage	16 Bagel / cream cheese yogurt
19 Cereal muffin	20 Breakfast bites yogurt	21 Waffle Cheese stick	22 Breakfast bar yogurt	23 Egg Sausage toast
26 Breakfast bagel Cheese stick	27 Pancakes bacon	28 Breakfast pizza yogurt	29 French toast sticks sausage	30 Bagel / cream cheese yogurt
Oct.3 Cereal muffin	4 Breakfast bites yogurt	5 Waffle Cheese stick	6 Breakfast bar yogurt	7 Egg Sausage toast

Southland Lunch Menu September 2011

Wheat bread, 1%, skim, and skim chocolate Milk offered with all lunches

Monday	Tuesday	Wednesday	Thursday	Friday
5 No School Labor Day	6 Pepperoni*or cheese pizza Lettuce salad Carrot sticks Fresh fruit blend	7 Chicken patty / bun Broccoli or corn Orange slices parfait	8 Meatball sub / marinara & Mozzarella Italian blend veggies Apple salad	9 Hot dog * / bun Baked * or green beans Applesauce Sun chips cookie
12 Beef & bean burrito Lettuce salad Spanish rice pears	13 Pork patty* / bun Green beans Carrot & celery sticks Peaches cookie	14 Hot ham* & cheese Sandwich Cole slaw Roasted potatoes (G) applesauce	15 Chicken or cheese Quesadilla Lettuce salad Pineapple Cottage cheese	16 Fish patty / bun Cal. Veggies / cheese Peaches Orange slices Cookies & cream dessert
19 Chicken fajitas Fajita veggies Lettuce salad Tropical fruit jello	20 Cheeseburger / bun Confetti fries Watermelon brownie	21 Corn dog Green bean casserole or Green beans Fruit salad Juice bar	22 Beef nachos Lettuce salad Carrots / dip Peaches & pears	23 Rib patty* / bun Peas or corn Apple slices cake
26 Southwest pizza Lettuce salad Peaches Cottage cheese	27 Popcorn chicken wrap Cal. Veggies or corn Fresh fruit Goldfish graham	28 Ham* or tuna sandwich Fresh veggies Green beans Cinnamon applesauce Sun chips	29 Chicken leg Garlic pasta (G) Peas or corn Apple slices	30 Turkey sub Green beans Lettuce salad Fruit salad
Oct 3 Sloppy Joe / bun Potato wedge Fresh veggies applesauce	4 Chicken strips Cole slaw or corn Peaches& pears Corn muffin square / honey	5 Soft shell taco Lettuce salad Mixed fruit Graham cookie	6 Sweet & sour chicken Rice Oriental veggies Oranges / pineapple Fortune cookie	7 Chicken Alfredo (G) Noodles Broccoli or corn pears

Activity/Facility Schedule

This schedule is current through August 26 2011. For an up-to-date schedule, please log-on to the district website at www.isd500.k12.mn.us and click on the link "Activity and Facility Schedule"

Saturday, Sep 3, 2011			Saturday, Sep 17, 2011		
MN State Fair		St. Paul, MN	Volleyball: Varsity Tournament	8:00AM	Southland High School
MN State Fair		St. Paul, MN	Monday, Sep 19, 2011		
Volleyball: Varsity Tournament	8:00AM	Away vs. TBD,Roch.Century	Volleyball: 7 Match	4:30PM	Away vs. Glenville-
Volleyball: B Tournament	8:00AM	Away vs. Rochester Century	Volleyball: 9 Match	5:00PM	Away vs. Glenville-
Sunday, Sep 4, 2011			Football: B Game	6:00PM	Away vs. Lewiston-Altura
MN State Fair		St. Paul, MN	Volleyball: B Match	6:00PM	Away vs. Glenville-
MN State Fair		St. Paul, MN	Volleyball: Varsity Meet	7:15PM	Away vs. Glenville-
Monday, Sep 5, 2011			Tuesday, Sep 20, 2011		
MN State Fair		St. Paul, MN	FFA Miller Invite		Mabel-Canton
MN State Fair		St. Paul, MN	MREA Regional Conference	1:00PM	Media Center
Tuesday, Sep 6, 2011			Volleyball: 9 Game	4:45PM	Away vs. PEM
Football: 8 Game	4:30PM	Southland High School	Volleyball: B Game	6:00PM	Away vs. PEM
Volleyball: 8 Game	4:30PM	Southland High School	Volleyball: Varsity Game	7:30PM	Away vs. P.E.M
Volleyball: 9 Game	4:45PM	Southland High School	Thursday, Sep 22, 2011		
Football: B Game	5:00PM	Away vs. Kingsland	Volleyball: 9 Game	4:45PM	Southland High School
Volleyball: 7 Game	5:30PM	Southland High School	Volleyball: B Game	6:00PM	Southland High School
Volleyball: B Game	6:00PM	Southland High School	Volleyball: Varsity Game	7:30PM	Southland High School
Volleyball: Varsity Game	7:30PM	Southland High School	Friday, Sep 23, 2011		
Thursday, Sep 8, 2011			Football: Varsity Game	7:00PM	Southland High School
Volleyball: 8 Game	4:30PM	Away vs. Dover-Eyota	Saturday, Sep 24, 2011		
Volleyball: 9 Game	4:45PM	Away vs. Dover-Eyota	Volleyball: 8 Tournament	8:30AM	Away vs. Hayfield, TBD
Volleyball: 7 Game	5:30PM	Away vs. Dover-Eyota	Volleyball: 7 Tournament	8:30AM	Away vs. Hayfield, TBD
Volleyball: B Game	6:00PM	Away vs. Dover-Eyota	Monday, Sep 26, 2011		
Volleyball: Varsity Game	7:30PM	Away vs. Dover-Eyota	Football: 8 Game	4:30PM	Away vs. Chatfield
Friday, Sep 9, 2011			Football: 7 Game	4:30PM	Away vs. Chatfield
Football: Varsity Game	7:00PM	Southland High School	Volleyball: 8 Match	4:30PM	Southland High School
Saturday, Sep 10, 2011			Volleyball: 7 Match	5:30PM	Southland High School
Volleyball: Varsity Tournament	8:30AM	Away vs. Hayfield	Football: B Game	6:00PM	Southland High School
Tuesday, Sep 13, 2011			Tuesday, Sep 27, 2011		
Football: 8 Game	4:30PM	Away vs. Austin	Volleyball: 8 Game	4:30PM	Away vs. Saint Charles
Football: 7 Game	4:30PM	Away vs. Austin	Volleyball: 9 Game	4:45PM	Away vs. Saint Charles
Volleyball: B Match	6:15PM	Away vs. Blooming Prairie	Volleyball: 7 Game	5:30PM	Away vs. Saint Charles
Volleyball: 9 Match	6:15PM	Away vs. Blooming Prairie	Volleyball: B Game	6:00PM	Away vs. Saint Charles
Volleyball: Varsity Match	7:15PM	Away vs. Blooming Prairie	Volleyball: Varsity Game	7:30PM	Away vs. Saint Charles
Wednesday, Sep 14, 2011			Wednesday, Sep 28, 2011		
FFA Region 8 Fall Leadership Day		Rochester	FFA General Livestock, Horse judging		Stewartville
Thursday, Sep 15, 2011			Thursday, Sep 29, 2011		
Football: 7 Game	4:30PM	Southland High School	Football: 8 Game	4:30PM	Away vs. Hayfield
Volleyball: 8 Game	4:30PM	Southland High School	Football: 7 Game	4:30PM	Away vs. Hayfield
Volleyball: 7 Game	5:30PM	Southland High School	Volleyball: 9 Game	4:45PM	Southland High School
Volleyball: B Game	6:00PM	Southland High School	Volleyball: B Game	6:00PM	Southland High School
Volleyball: Varsity Game	7:30PM	Southland High School	Volleyball: Varsity Game	7:30PM	Southland High School
Friday, Sep 16, 2011			Friday, Sep 30, 2011		
Football: Varsity Game	7:00PM	Adams Athletic Complex	Football: Varsity Game	7:00PM	Away vs. Chatfield
Football: Varsity Game	7:00PM	Adams Athletic Complex			

DID YOU KNOW???

The Mower County Safe Communities Coalition in conjunction with the Mower County District Court have compiled the following statistics from court cases throughout Mower County during the period of January 1, 2011 through June 30, 2011:



DWI	Seat Belts	Speeding
Conviction Rate: 98%	Conviction Rate: 99%	Conviction Rate: 96%
Avg. Fine: \$470.28	Avg. Fine: \$116.34	Avg. Fine: \$133.42
Age:Age: 36	Avg. Age: 37	Avg. Age: 36
% Male 78%	% Male 72%	% Male 67%
% Female 22%	% Female 28%	% Female 33%



The message is clear...with conviction rates at 96% to 98%, if you choose to drink and drive, not use seat belts, or speed, when you get pulled over, you will be convicted and you will pay a hefty fine. Can you afford it? Remember...Don't Drink and Drive, Click It or Ticket, and Obey the Sign, or Pay the Fine!



The Rebel Talk

The Rebel Talk is a monthly publication of the Southland School District. All comments or suggestions should be directed to Steve Pittelko, Editor, at spittelko@isd500.k12.mn.us or 507-437-3214. You may also view the Rebel Talk online by logging onto the Southland School District Website at www.isd500.k12.mn.us and clicking on the [Rebel Talk](#) link.

