

# Holdingsford District & Community Education Newsletter



*Winter*  
*2017-2018*

## Administration

Chris Swenson, Superintendent  
Brian Silbernick, HS Principal  
Jim Stang, Elementary Principal

## School Board

Ben Christensen  
Mike Higgins  
Alisha Kruger  
Pat Meier  
Todd Smith  
Dale Streit  
Russ Wolter



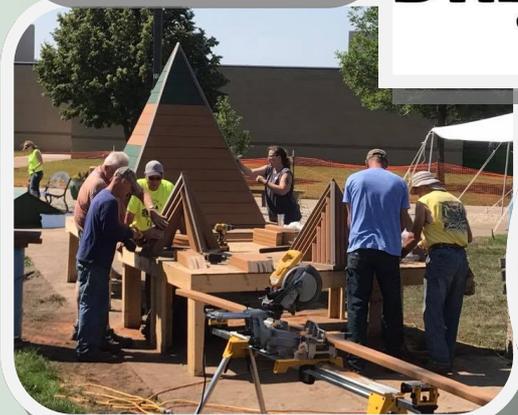
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## Dreamcatcher II Building Project

Please visit the Holdingford Elementary Dreamcatcher II playground! It is a wonderful place to have a family picnic and burn off youthful energy! A very special Husker thank you to all that helped create our beautiful new playground. Thanks to Tina Gross for creating this great video showcasing the building of the Dreamcatcher II.

Go to Link for Video: <https://goo.gl/DK7mm2>



## From the Superintendent's Office:

Greetings from Holdingford Public School! As I look out my window today, I am elated that we are seeing such beautiful weather this fall. In my opinion, the great weather leads to positive attitudes in students and staff. The result of all of this has been a fantastic start to the school year.

Our fall activities are as busy as ever. The volleyball, football, swimming/diving, and cross country teams have been hard at work and are gearing up for postseason play. Good luck to all! The fall play cast/crew are putting the final touches on their production of "Not So Great Expectations!" I am looking forward to this and encourage you all to take in one of the performances. The curtain will go up on Friday, November 3<sup>rd</sup> at 7:00 PM, Saturday, November 4<sup>th</sup> at 2:00 PM, and Sunday, November 5<sup>th</sup> at 2:00 PM.

We are now weeks away from the November 7<sup>th</sup> election day. This is a simple reminder that there are three issues on the ballot. First, we have three school board seats up for election. Secondly, we have the technology operating levy (Question #1). Finally, Question #2, the bond referendum is the last item on the ballot. For those who haven't heard, Question #2 is contingent on Question #1, meaning the technology levy has to pass for the bond referendum to even be looked at. Absentee ballots are still available at the District office until November 6<sup>th</sup> and the polls will be open from 7:00 AM to 8:00 PM on November 7<sup>th</sup>. The polling site for the district is the Holdingford District Office (Door #3).

In the past month I have had the pleasure of speaking at many different events. My job has been to inform and answer questions. I can tell you that it has been a great experience as I have gotten to meet so many new community members. The questions have been tough at times, but always fair. Regardless of people's opinions on the referendum questions, I have felt a genuine appreciation and pride in the school. Regardless of what happens on November 7<sup>th</sup>, it will continue to be our job to warrant that appreciation. Thank you to all who have attended listening sessions or community organization meetings.

As we near the end of Fall, I hate to remind you that winter is just around the corner. Minnesota weather is sometimes difficult to predict; it is essential that parents/guardians anticipate and prepare for school closings, delayed openings, and early dismissals. The area public school districts follow a coordinated plan to better ensure the safety of our children. The National Weather Service and other forecasting agencies issue various winter weather statements, watches, and warnings. We use these statements to determine if weather conditions may cause a late start, full day cancellation or an early dismissal from school. As always the safety of our students and staff is our prime concern. If cancellations/dismissals are needed, please pay attention to our SkyAlert announcements, local TV and Radio for the latest news.

Chris Swenson, Superintendent

### Sealed Bid Items

Holdingford Public Schools will be accepting sealed bids on the following items. All bids should be placed in a sealed envelope and mailed to the following address.

Bids will be accepted until 3:00 on November 17, 2017.

Chris Swenson-Sealed Auction Bid  
PO Box 250  
Holdingford MN 56340

#### **1987 GMC 1500 (Minimum bid \$2,000)**

80584 miles, new tires, 350 V8, 4-wheel drive with 7 1/2 straight snowplow and topper.

(Pictured below)



#### **345 Toro Grounds Master (Minimum Bid \$700)**

3050 hours with 72" deck and 4 ft snow blower (Pictured below)



#### **Farm King 960 Snow Blower, 8 ft (Minimum bid \$1,500)**

(Pictured Right)



# Elementary News

## Greetings from your Elementary Principal,

With the excitement of a new playground, our 2017-2018 school year is off to an AMAZING start! I would like to thank the countless volunteers, businesses, and organizations that gave freely of time, talents, and financial support. Your dedication to our school helped take our Dreamcatcher II playground from dream, to reality!

This year, our K-6<sup>th</sup> grade hallways and classrooms are filled with 570 smiles, super manners, positive attitudes and children that exemplify our Husker work ethic and strong character. We welcome 87 of our littlest Huskers attending our early childhood/school readiness programs. Your smiles and curiosity to learn and play brightens our days.

Our dedicated and professional staff continues to challenge all learners to be the best they can be while making the learning process fun and relevant. Thank you for sharing your children with us. When families and schools work together, the sky is the limit!

In addition to the hustle and bustle of a new school year, staff and students joined forces to make a great school even better by practicing our Husker High Five through-out every aspect of the school day. Students were challenged to improve behaviors on the bus, on the playground, in hallways, bathrooms, and in the cafeteria. Together we can keep our school a safe, nurturing place for children of all ages.

I show my HUSKER Integrity by:

Being Ready  
Being Respectful  
Being Responsible  
Every Day, Everywhere!

## District Spelling Bee

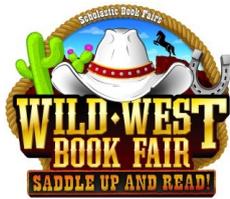
January 2018

More information to come!

From all of us at Holdingford Elementary, It is an honor to work with such talented children and supportive families! Go Huskers!

Submitted by Jim Stang, Elementary Principal

## Scholastic Book Fair is Coming Soon!



The Holdingford Elementary Scholastic Book Fair runs from November 2<sup>nd</sup> – November 14<sup>th</sup>. Please stop by the Elementary Library, purchase a book or two, and make nightly reading a priority.

**Please note, Holdingford Elementary will receive 50% of all profits, and 100% of book fair profits will be spent on new books for our library and classrooms.**

Thank you for your generosity and support! Once again, elementary classrooms will be collecting pennies for preschool. Please encourage your children to donate to the cause and support our littlest Huskers. The grade level that collects the most money will have a movie popcorn party! Let our Husker generosity shine brightly!

## New Faces in Holdingford Elementary



From left to right:  
Derrick Roush,  
Christy Gustafson,  
Kate Murnane

There are some new faces in Holdingford Elementary this fall. Three of our new staff members are Kate Murnane, Derrick Roush, and Christy Gustafson. Kate Murnane, a graduate of the College of Saint Benedict, is a Fifth Grade teacher who comes to us with three years of teaching experience in Sartell. She is excited about joining such a strong community and enjoyed meeting her students and their families. In her leisure time you might find Kate spending time with family and friends, reading, hiking, paddle boarding, or camping. Another new staff member who enjoys spending time in the great outdoors is Derrick Roush; he is a Special Education educator in the elementary. Derrick is an SCSU graduate who is currently pursuing his Master's Degree at Grand Canyon University. Derrick enjoys being involved in this community. Since he grew up in Albany, it feels like home. Derrick looks forward to interacting with his students each day. If you meet up with Derrick during his free time you will likely find him on the golf course, hunting, fishing, or spending time with family. Another new face you are likely to encounter at the Holdingford Elementary is our new secretary, Christy Gustafson. She comes to us with a background at St. Cloud Technical College. She has several years of experience in banking, real estate, and filling in for Sharon Breth. Christy is a Holdingford graduate who is happy to be a part of her hometown community. She says she enjoys working with such a wonderful staff. When Christy is not at work you will find her spending fun time with family, horseback riding, gardening, or enjoying lake life. We are happy to welcome our new staff members into the Holdingford community!

Submitted by Milissa Walz

**Holdingsford American Legion**

**Post 211**

Open Wednesday thru Saturday  
5:00 p.m. to 1:00 a.m.  
Sundays 1:00 p.m. to 12:00 a.m.  
**Bar Bingo Thursdays,**  
September to April 7:30 p.m.



**Love & Logic  
Mini Session**

**How to put the FUN back into Parenting**

**Tuesday January 23<sup>rd</sup>, 2018**

**7:00 P.M.**

**Holdingsford High School - Library**

**Enter at Door #1**

Please join Holdingsford's PTA for a fun and educational evening for parents. The Love & Logic session is expected to last about 1-2 hours.

There will be an informal social and time for questions after the presentation. This session is open to all members of the community. Childcare will be available upon request; please call Anna Christensen at 320-266-3445 if bringing children.

- ✓ Guide your children to solve and own their problems.
- ✓ Set limits without waging a war.
- ✓ Avoid power struggles
- ✓ Teach responsibility without losing your child's love.



**HOLDINGFORD AREA HISTORICAL SOCIETY**

**Accepting Donations and Area Historical Articles**

**Museum Hours by Appointment**

**Mike Odden 746-2991**

**Herman Ebnet 746-2506**

**Ernie Schmit 746-2603**



**Web info - [HoldingsfordAreaHistoricalSociety](http://HoldingsfordAreaHistoricalSociety)**

*Recycle Today For A Better Tomorrow!*



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PO Box 151  
Holdingsford, MN 56340

**Gary & Jordy Opatz**  
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Fax: (320) 746-3143  
[www.opatzmetalsinc.com](http://www.opatzmetalsinc.com)

# Menus for November 2017

**Holdingford Nutrition Services**  
320-746-4328

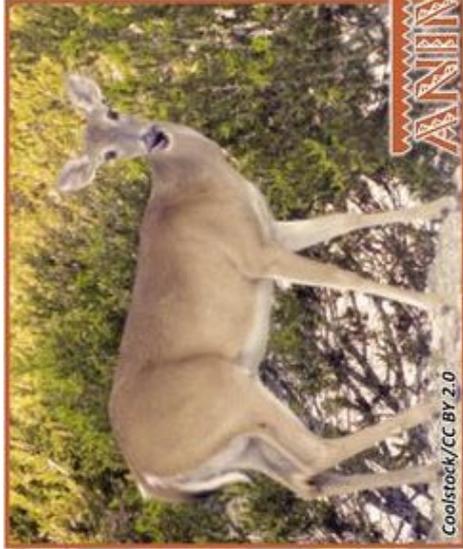
This institution is an equal opportunity provider.  
Menus are subject to change.

## PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family—YOURS!



And Thanksgiving weekend is the perfect time to start!  
**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



Coolstock/CC BY 2.0

# NUTS.

White-tailed deer live in most of the U.S., and if they're in your neck of the woods, you know that they'll eat just about anything! But they have one particular favorite food: **ACORNS**. These nuts from oak trees provide deer with a perfect package of protein, carbohydrates, calories, and fiber. Deer like them so much that acorns can make up 75% of everything they eat in fall and early winter!

## ANIMAL APPETITES

Wednesday, November 1

### Breakfast

- Mini Bagels
- Or Cheese Stuffed Pretzel
- G/G: Cherry Frudel

### Lunch

- Build A Burger-K
- Or Ham Patty
- School Baked Bun
- Steamed Green Beans
- Fresh Vegetables
- Fresh/Canned Fruit

Thursday, November 2

### Breakfast

- Fred Breakfast Round
- Or Cinin Minis
- G/G: Unrustable PB&J

### Lunch

- Macaroni & Cheese
- Or Pizza Crunchers-K
- Deluxe Baked Beans
- Fresh Vegetables
- Bread Slice (JHS)
- Fresh/Canned Fruit

Friday, November 3

### In-Service Day No School



Our teachers are busy sharpening their skills for you!

Wednesday, November 8

### Breakfast

- Whole Grain Snackbread
- String Cheese or Cereal
- G/G: Bagel w/Cream Cheese

### Lunch

- Turkey Gravy-K
- Or Salisbury Steak
- Mashed Potatoes
- Cole Slaw/Cranberries
- Stuffing
- Bread Slice (HS)
- Fresh/Canned Fruit

Thursday, November 9

### Breakfast

- Breakfast Pizza
- Or Cereal
- G/G: Cinnamon Roll

### Lunch

- Cheese Quesadilla-K
- Or Mandarin Chicken w/Rice
- Tiny Whole Potatoes
- Fresh Vegetables/Bread Slice
- Fresh/Canned Fruit

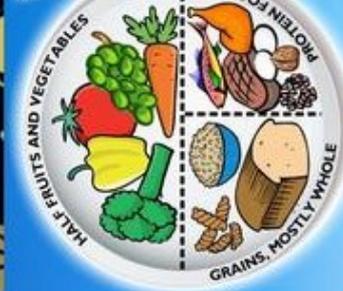
Early dismissal today!

Friday, November 11



### No School

## What's on YOUR plate?



### What are the farmers in this picture harvesting?



**Cranberries!** The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then wade into the water to corral the delicious berries!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/day\\_healthy/food/pyr-amid.html](http://kidshealth.org/kid/day_healthy/food/pyr-amid.html)

# Available Daily

All meals include milk.  
Breakfast includes juice & fruit daily.

**K = Kinder/Pre-K Entrée**

**JH = Grades 6-8**

**HS = Grades 9-12**

**G/G = Grab&Go Breakfast**

# STRANGE BUT TRUE!

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS.

BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK TREES COME FROM? DON'T WORRY -- **THE OAK**

**TREES HAVE A PLAN!** MOST YEARS, THE TREES

PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS

THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND

AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE

**WHAT'S KNOWN AS A "MAST" YEAR.**

WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS - FAR

MORE THEN THE SMALLER POPULATION OF ACORN-LOWERS

CAN EAT, SO MORE ACORNS

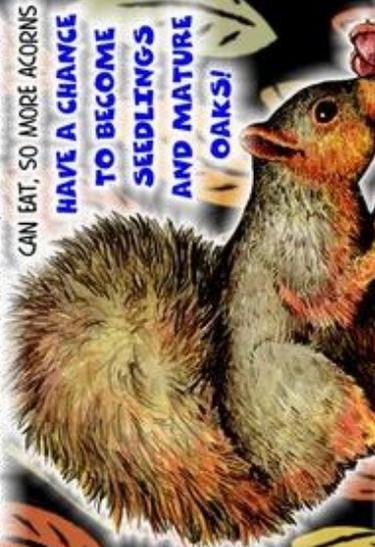
**HAVE A CHANCE**

**TO BECOME**

**SEEDLINGS**

**AND MATURE**

**OAKS!**



Monday, November 13

**Breakfast**  
Pancake on a Stick  
Or Fruitel

G/G: Banana Bread Slice

**Lunch**

Pulled BBQ Pork on Bun  
Or Hamburger on Bun-K  
Potato Salad  
California Blend  
Fresh/Canned Fruit

*Early dismissal today!*

Tuesday, November 14

**Breakfast**  
Dutch Waffle  
Or Cereal

G/G: Whole Grain Poptarts

**Lunch**

Scalloped Potatoes w/Ham  
Or Chicken Leg-K  
Garlic Breadstick  
Carrot Coins  
Fresh Vegetables  
Fresh/Canned Fruit

Wednesday, November 15

**Breakfast**  
Mini Bagel  
Or Cheesy Pretzel

G/G: Cherry Fruitel

**Lunch**

Italian Dinkers w/Sauce-K  
Or Roast Beef Wrap  
Green Peas  
Fresh Vegetables  
Bread Slice (HS)  
Fresh/Canned Fruit

Thursday, November 16

**Breakfast**  
Fred Breakfast Round  
Or Cinni Minis

G/G: Uncrustable PB&J

**Lunch**

Huskerburger-K  
Or Turkey Deli  
Baked Beans  
Fresh Vegetables  
Fresh/Canned Fruit

Friday, November 17

**Breakfast**  
Oatmeal  
Toast or Yogurt

G/G: Oatmeal Breakfast Bar

**Lunch**

Fish Fillet-K  
Or Rib B Q  
Fresh Bun  
Tiny Whole Potatoes  
Fresh Vegetables  
Fresh/Canned Fruit  
Mixmi Frozen Yogurt

Tuesday, November 21

**Breakfast**  
Assorted Snackbreads  
Cheese Stick or Cereal  
G/G: Grab Bag

**Lunch**

Grilled Cheese-K  
Or Egg Salad Croissant  
Chili w/Crackers  
Fresh Vegetables  
Fresh/Canned Fruit

Monday, November 20

**Breakfast**  
Long John  
Or Cereal  
G/G: Blueberry Muffin

**Lunch**

Chicken Patty-K  
Or Pizza Burger  
Deluxe Baked Beans  
Fresh Vegetables  
Fresh/Canned Fruit

Tuesday, November 28

**Breakfast**  
Dutch Waffle  
Or Cereal

G/G: Whole Grain Poptarts

**Lunch**

Buffalo Chicken Strips  
Or Max Sticks w/Sauce-K  
Baked Beans  
Fresh Vegetables  
Bread Slice (J/HS)  
Fresh/Canned Fruit

Monday, November 27

**Breakfast**  
Pancake on a Stick  
Or Fruitel  
G/G: Banana Bread Slice

**Lunch**

Fiestada Pizza  
Or Mini Corndogs-K  
Tiny Whole Potatoes  
Fresh Vegetables  
Fresh/Canned Fruit

Wednesday, November 29

**Breakfast**  
Mini Bagel  
Or Cheesy Pretzel

G/G: Cherry Fruitel

**Lunch**

Taco in a Bag  
Or Chicken Fajita-K  
Taco Fixings  
Buttered Corn  
Fresh/Canned Fruit

Thursday, November 30

**Breakfast**  
Fred Breakfast Round  
Or Cinni Minis

G/G: Uncrustable PB&J

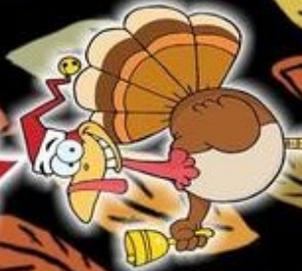
**Lunch**

Cheese Pizza-K  
Or Teriyaki Chicken w/Rice  
Green Beans  
Fresh Vegetables  
Bread Slice (J/HS)  
Fresh/Canned Fruit

# Thanksgiving

**ENJOY YOUR HOLIDAY!  
SEE YOU MONDAY!**

Only 16 more school days 'til Winter Break!





## Athletics & Activities

### Varsity Wrestling

Fri, Dec 1	A BBE	2:30pm
Fri, Dec 15	A Redwood Valley (T)	TBD
Sat, Dec 16	A Redwood Valley (T)	TBD
Thur, Dec 21	A BBE (Dual)	7:00PM
Fri, Dec 29	A Rogers	8:00AM
Sat, Jan 6	A Foley	10:00AM
Fri, Jan 12	A Paynesville (T)	4:00PM
Sat, Jan 20	A HLWW	9:00AM
Tue, Jan 30	H Roy/Kimb/Deer River	5:00PM
Thurs, Feb 1	H Pierz/Paynesville	6:00PM
Thurs, Feb 8	A HLWW (Tri)	5:00PM
Sat, Feb 17	A Deer River– Sections	TBD

### You're invited!! Fall Play

The cast and crew of the fall play would like to invite you to their production of Not So Great Expectations! This play centers on a group of students, who after failing the literature test, decide to impress their teacher by performing "Great Expectations." Will Mrs. Eliot go for it? The students dash from one role to another trying to re-enact major scenes to show off their knowledge of the great work. When the plot gets too complicated for the classroom, the students stop and just explain it in their own hilarious terms.

We will have three performances:

Friday, November 3rd at 7:00PM; Saturday, November 4th at 2:00PM; Sunday, November 5th at 2:00PM. The cost of attendance is \$5.00 for adults and \$3.00 for Students and Children.

### Summer Swim Boot Camp

The Husker Swim boot camp went well this summer. Twenty four swimmers of all ages came three times a week for four weeks to swim, run, and or sweat through an hour of boot camp. Instructor Jaime Fuchs joined us on the last day for an hour of PIYO. PIYO is a strength and flexibility workout which combines pilates with yoga. Great Job this season, swimmers!

### Varsity Boys Basketball

Fri, Dec 1	H	Royalton
Fri, Dec 8	A	Foley
Tue, Dec 12	H	Sauk Centre
Sat, Dec 16	H	Upsala 3PM
Tue, Dec 19	H	Albany
Wed, Dec 27	A	Cathedral (T)
Thur, Dec 28	A	Cathedral (T)
Fri, Dec 29	A	Cathedral (T)
Tue, Jan 2	H	HLWW
Fri, Jan 5	A	Pierz
Thur, Jan 11	H	Melrose
Fri, Jan 12	A	Kimball
Tue, Jan 16	H	EVW
Fri, Jan 19	A	Maple Lake
Thur, Jan 25	H	Paynesville
Mon, Jan 29	A	SJP
Tue, Jan 30	A	BBE
Fri, Feb 2	A	HLWW
Mon, Feb 5	A	Osakis
Thur, Feb 8	H	Pierz
Tue, Feb 13	H	Kimball
Thur, Feb 15	A	EVW
Tue, Feb 20	H	LPGE
Thur, Feb 22	H	Maple Lake
Tue, Feb 27	A	Paynesville
Fri, Mar 2	H	BBE

### Varsity Girls Basketball

Tue, Nov 28	H	Osakis
Tues, Dec 5	A	LPGE
Thur, Dec 7	A	Staples
Tue, Dec 12	A	HLWW
Sat, Dec 16	H	Upsala (1pm)
Tue, Dec 19	A	Pierz
Fri, Dec 22	H	Milaca
Wed, Dec 27	A	Perham (T)
Thur, Dec 28	A	Perham (T)
Thur, Jan 4	A	Kimball
Fri, Jan 5	H	Royalton
Tue, Jan 9	H	EVW
Fri, Jan 12	A	Maple Lake
Thur, Jan 18	H	Paynesville
Fri, Jan 19	H	Melrose
Tue, Jan 23	A	BBE
Fri, Jan 26	H	HLWW
Fri, Feb 2	H	Pierz
Mon, Feb 5	H	Kimball
Fri, Feb 9	A	EVW
Tue, Feb 13	A	Albany
Thur, Feb 15	H	Maple Lake
Fri, Feb 16	H	Sauk Centre
Tue, Feb 20	A	Paynesville
Fri, Feb 23	H	BBE

### Dig Pink Night

The Husker Volleyball Team hosted their annual Dig Pink Night on Thursday, October 5th. The night consisted of selling chances to win Pink Raffle Baskets, Pink Cookie sales, and a Plinko game to win prizes! The team was able to raise over \$1,700 to donate to the Side-Out Foundation. This year, the Dig Pink night was held in honor of Kathy Ellison. Kathy's family, Becky and Tom Ethen, had donated \$1,000 in her name. The Husker Volleyball Team also invited Heroes, who won their battle, and honored them with flowers and a gift from the volleyball team. Thank you to everyone who helped make this night a success.



#### Sponsors:

- A Healthy Glo
- Aggressive Masonry
- Kirsten Becker
- Bernicks
- Berscheid Properties
- Central Minnesota Credit Union
- Tom and Becky Ethen Family
- Everything Signs
- Headley Hardware
- Holdingford Gas & Grocery
- Ignition Logistics
- Jim's Snowmobile and Marine
- Annette Kostreba
- Cindy Lonneman
- My Salon in Holdingford
- Katherine Payne
- Rocks to Roses Landscaping, LLC
- Rudolph's Redneck Roost
- Deb Ruszat
- Dana Schindele
- Virgil Stich



## 2017 Husker Hall of Fame Inductees



**Bernard Huls** was born and raised on a farm in St. Wendel, MN. He and his wife Lucille raised 7 children, with 18 grandchildren and 38 great grandchildren. Bernard was on the school board for over 13 years. He donated his board compensation to buy new band uniforms. In 1996 he was a member of the Community Advisory Committee for the planning of the new elementary school. In 1994 he volunteered as the project supervisor for the new elementary playground. For two summers he was involved with numerous improvements on the district's buildings and grounds and obtained help through the Stearns County Community Corrections Dept. In 1996 Bernard received the J.C. Penney Golden Rule Award for the accomplishments in service to the school district and community. He loved children, believed in good education and in lending a hand when and where it was needed.

**Gary Roebuck** was born in Voltaire, ND. He married Jane and they have a son, Jeff and a daughter, Renee along with 3 grandchildren. In high school Gary competed in football, basketball, track and baseball, earning 12 athletic letters. Gary moved to Holdingford in 1969 where he became a math teacher, football coach and athletic director. Gary organized the Lions club in the mid 70's. Gary lead the Husker football team to state 5 times resulting in 2 semi-finals, 1 runner-up and a 1981 state championship. Other honors Gary accomplished throughout his coaching years are: coach of the all star game, president of the MN Coaches Association, Region 5A AD of the year, and several CMC conference championships. Gary is currently living in Arizona enjoying the warm weather.

**Ron Hylla** was born and raised in St. Wendel, MN and graduated from HHS in 1971. **Cheri Hylla** grew up in Sartell and graduated from Cathedral High School in 1973. Ron and Cheri have 3 children, Ryan, Christina and Corey along with 6 grandchildren. Ron and Cheri have been involved in the Husker Athletic Booster Club for many years. Ron is a charter member of the HABC when it was established in 1982. In 1996 Ron was elected President of the HABC and held the position for 17 years. Cheri began as a director of the HABC and was elected as the Secretary Treasurer position for 13 years. Ron and Cheri have been immersed in several major projects of the HABC, including the 1998 track/football field seating project, in 2006 the gym renovation project, in 2009 the track renovation project along with many others. In 2003 Ron was awarded the Volunteer of the Year award from the CMC and in 2006 Ron and Cheri were honored with the Holdingford Schools Outstanding Layperson in Education award. Ron and Cheri's philosophy has always been, "If you are going to do it, DO IT RIGHT."

## Husker Booster Club Golf Scramble

On July 28th the Husker Booster Club hosted their 4th annual golf fundraiser at Blackberry Ridge golf course. Twenty-eight teams and 112 golfers participated in the event. The event raised nearly \$10,000 for our student/athletes at Holdingford High School. The Husker Booster Club would like to thank everyone that golfed and for people/business that sponsored holes.

### \$500 Hole Sponsorship

Perma-Chink, Rice, MN

Albany Family Dentistry - Jason Spychala D.D.S.

Burski Excavating & Boundry Fence - Rice, MN

True Colors Financial - Lee Maciej

Rudolph's Redneck Roost, Holdingford, MN

Olson Bros Chiropractic - Dan and Dennis Olson

Husker Wrestling

Husker Football/Basketball

Northland Capital Financial Services - Willis

Kleinjan

Central MN Credit Union, Holdingford, MN

Opatz Heating and Air Conditioning - Josh Opatz

Landmark Stucco - Dale Langner

Marco, St. Cloud, MN

3X Gear - Todd Fuller

Advantage 1 Insurance/Stearns Bank, Holdingford, MN

Everything Signs - Robb Berscheid

The Meier Far, LLC. - Pat Meier

Notch Livestock Trucking - Holdingford, MN

### \$200 Hole Sponsorship

Jims Snowmobile and Marine, Holdingford, MN

Headly Hardware, Holdingford, MN

Holdingford Municipal

We Haul For You - Doug Legatt

Avon State Bank

Berkon Outdoors - Eric Berschied

WDScepaniak - Joe and Brenda Scepaniak

Holdingford Gas and Grocery

Albany Chrysler

K & S Pharmacy - Avon, MN

### \$100 Hole Sponsorship

Martini Auto Parts - Avon, MN

BSN Sports - Todd Schroeder

Husker Baseball

Precise Refrigeration

Marcia Hess and Linda Zapzalka



# High School News

Greetings from Holdingford High School! It is hard to believe we are already finishing the first quarter of school! The year has gotten off to a great start. The students are working hard in classes and have been very cooperative and respectful. The teaching staff continues to have high expectations for their students and the students have done a great job meeting the challenges.

Football, volleyball, cross country, and swimming are coming to an end, with the winter athletic season right around the corner. The fall play will have performances on November 3, 4, & 5, and the FFA continues to do well in competitions. NHS inducted 16 new members on October 22, student council planned a great homecoming week and organized the Red Cross blood drive, and the FFA will again sponsor the Veterans Day program on November 9.

I want to take this opportunity to thank the parents and community for your ongoing support of the school. It is a great school and community and I am proud to be a Husker.

As always, if you have any questions or concerns, please contact me at 746-4309.

Brian Silbernick

Holdingford Secondary Principal



## High School Parent - Teacher Conferences

The first Parent Teacher Conference for grades 7 – 12 was held on October 9<sup>th</sup>. There was a great turnout of parents. Parents are an essential part of their child’s success at school and we appreciate parent’s participation. The following are the dates and times of the upcoming Parent-Teacher Conferences at the high school. Conferences are held in individual teacher’s rooms.

November 9, 2017	1:00 – 3:30 pm
November 13, 2017	1:00 – 3:30 pm
December 12, 2017	4:00 – 8:00 pm
February 26, 2018	1:00 – 3:30 pm, 4:00 – 8:00 pm
March 1, 2018	1:00 – 3:30 pm
May 3, 2018	4:00 – 8:00 pm

## Grade 7 & 8

### Targeted Services Program

The after school Targeted Services program has started at the high school for students in grades 7 & 8. The program is designed to help students in a variety of academic areas as well as organizational skills. The program is offered on Monday and Wednesdays from 3:15 – 4:15. The instructor for the program is Carin Pederson, a secondary science teacher. If you still want to register your child for this program or want more information about the program, contact Ms. Pederson at 746 – 4336.

## 2017 – 2018

### District #738 Testing Schedule



<u>Date</u>	<u>Test Name</u>	<u>Grade Taking Test</u>
September – May	AIMS Web	K-6
September 19	ASVAB	11
October 11	PSAT	11
January 29 – March 23	Access for ELLs	Varies
March 5 – May 4	MTAS Reading, Math, Science	3-8, 10, 11
February 27, 2018	ACT plus Writing	11
March 20, 2018	ACT plus Writing Makeup	11
April 9 – 13	MCA III Reading	3, 4
April 16 – 19	MCA III Reading	7, 8
April 16 – 20	MCA III Reading	5, 6
April 23 – 24	MCA III Reading	10
April 23 – 27	MCA III Math	3, 4
April 25 - 27	MCA III Math	7, 8
April 30 – May 1	MCA III Math	11
April 30 – May 4	MCA III Math	5, 6
May 7 – 11	MCA III Science	5
May 7	MCA III Science	8
May 8 – 9	MCA III Science	10



This year's Homecoming Queen nominees  
(from left to right) Tessa Schwinghammer,  
Olivia Mokhatary, Callie Kostreba, Jenna But-  
ler, Alyssa Kerfeld, Jenna Scott



Two HHS Students show their Husker Pride  
(left to right) Rachel Hellmann, Taylor Popp



2017 Homecoming King and  
Queen Cody Skwira and  
Jenna Scott



This year's Homecoming King nomi-  
nees  
(from left to right) Austin Lange,  
Griffin Olson, Andrew Yamry, Evan  
DeMorret, Isaiah Folsom, and Cody  
Skwira



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## Explore Information Technology

During class Lance Feia; Holdingford School's Technology Director, came in and taught students. Students learned about mounting server racks, fiber cable, and how to wire jacks for cable boxes.

Submitted by: Shauna Seaman

## Earn \$\$\$\$ for Holdingford High School—Coborn's moreRewards



### Dear Parents,

Coborn's, Inc. has a strong tradition of community giving, caring, service, and support. We emphasize the importance of being involved and giving back. That's why I am pleased to announce that for the 2017-2018 school year; Coborn's is committed to donating \$ 150,000 to local schools and child care organizations as part of our new MORE School Rewards program.

**How it Works:** Please get involved to help raise funds for lab equipment at **Holdingford High School**.

Log into **moreRewards.com** or the MORE Rewards mobile app to designate your preferred school or childcare facility.

Shop Coborn's, Cash Wise, and Marketplace Foods stores for our store brands (Food Club, Full Circle, Top Care, @ease, Paws, Tippy Toes, and more!) to earn points for your school. There are more than 3,000 qualifying items!

**What is School Rewards? How does it work?** School Rewards is one way Coborn's Inc. fulfills its commitment to investing in the youth in our communities. By registering for the program and encouraging supports to shop Coborn's Inc. family of stores, schools, and childcare organizations can earn cash to be used for any expenses.

**How do I designate a school? (Designate: Holdingford High School)** Login to moreRewards.com and click "Manage my Membership." Select or search for your school and click "Done."

**How do I earn rewards for my school?** It's simple! Designate your school (**Holdingford High School**) at moreRewards.com, then shop for qualifying products. Your points will automatically be tabulated and your school will be awarded a percentage of the \$150,000 based on their corresponding percentage of all points earned.

**What products qualify for School Rewards?** All of Coborn's family of stores private label brand products, including, Food Club, Full Circle, Paws, Simply Done, Tippy Toes, TopCare, Wide Awake, and more! There are over 3,000 qualifying items!

**When does the program run?** MORE School Rewards runs September 1 – May 31. No points will be awarded or earned between June 1 and August 31.

**Who is eligible to participate in the program?** The program is available to school and child care organizations that work with youth and young adults ages 4-18 including, but not limited to, public and private schools, and child care facilities.

Thank you very much. Jerald Yourczek, More Rewards Coordinator: Holdingford High School 1-320-746-4350

### Important: Year Book Information

*\*Senior pictures and baby pictures need to be submitted to Ms. Bishop by **December, 1st**. All pictures need to be submitted **digitally**, through email. Please send pictures to: [tara.bishop@isd738.org](mailto:tara.bishop@isd738.org). Should you have a delay in your pictures, please email Ms. Bishop as soon as possible.*

*\*Order your yearbook right away! Yearbooks will be cheapest during the fall and will increase in cost as the year goes on. Yearbooks will be \$45 until 10/13/17, will go up to \$50 on 2/2/18 and will then increase to \$55 on 2/3/18. Yearbooks ordered after the final deadline (2/28/18) will be \$75 until the final ordering window closes on 3/15/18.*

*\*Yearbooks can be purchased in two ways: 1. Send a check with your senior, made out to HHS Yearbook, and I can place the order for you. 2. go to [jostensyearbooks.com](http://jostensyearbooks.com) and order the yearbook online.*

*\*Yearbook recognition ads are a great way for parents, families, and friends to commemorate student achievement and important milestones. If you are interested in creating an ad for your senior, please do so by **December, 31st 2017**. (Email Ms Bishop for details)*

# Community Education

## Elementary Cheer Clinic – Cheers, Football, and Fun

This fall, 30 elementary cheerleaders in grades 3-6 helped to cheer on our Husker Football Team at the homecoming football game on Friday, October 6<sup>th</sup>. The girls took part in a community education cheer clinic that was taught by the Varsity Football Cheerleaders. They met four times after school and learned many sideline cheers and two short dances. Along with the Varsity Cheerleaders, they performed during the first quarter of the homecoming game. The girls did a great job and it was an evening filled with cheers, football, and fun . . . and of course a Husker win!

Submitted by Dana Schindele



## Flag Football 2017 Grades 3 & 4



## Tackle Football 2017 White Team Grades 5 & 6

## Tackle Football 2017 Green Team Grades 5 & 6



## Holdingsford Junior Olympic Volleyball

Holdingsford JO Volleyball will be starting in January. There will be an informational meeting in January before practices start. Holdingsford offers teams for 10U-14U. There is the possibility to have a 15U team if there is enough interest. Letters will be sent home in December with more information! You may contact Ashia Volkens with any questions at (320)746-4312 or email [ashia.volkens@isd738.org](mailto:ashia.volkens@isd738.org).



## Wrestling Kindergarten – 6<sup>th</sup> Grade

Elementary practice will begin Monday, December 4<sup>th</sup> for K-6<sup>th</sup> grade. This is a great opportunity to learn wrestling fundamentals, get physical activity and have fun. All grades K-6<sup>th</sup> will practice Monday and Thursday nights from 6:15-7:30. There will be a parent meeting the first night of practice. We encourage all parents to attend this meeting.

If your child wants to compete in weekend tournaments they will need a singlet or fight shorts and compression shirt. **There is a \$40 deposit for Singlets or Fight Shorts and Compression shirt.** Deposits will be refunded when the singlet/fight shorts/compression shirt are returned at the end of the year. These will be passed out at one of the first practices.

If you have any questions, please contact:  
**Coach Oellien** at 746-4397,  
[logan.oellien@isd738.org](mailto:logan.oellien@isd738.org) **OR**  
**Joe Bartkovicz** at 320-492-6037

We are still looking for Volunteers to help with practices. Any help would be great, so please let us know if you have interest.

**Dates:** Monday and Thursday nights in the months of December, January, February and March

**Time:** 6:15-7:30 PM

**Fee:** \$32

**Fee after November 17<sup>th</sup>:** \$37

**Location:** High School Wrestling Room

*Please use High School Door 1*

## Fall Volleyball Camp Grades 4-8



**Saturday Volleyball Grades 1-3**



## Youth Taekwondo: Ages 7 - 12

Kids that can control their bodies can control their minds. Evolution Tae Kwon Do challenges youth both physically and mentally to help them achieve their true potential in everyday life. Through training on memory, balance, and coordination in Tae Kwon Do students develop focus, self-confidence, and self-defense. Through setting goals and expectations based on each individual, Tae Kwon Do creates an environment where every participant can achieve success. It does not matter who finishes first, the focus is on each individual striving for similar goals with the support of peers and instructors.

Instructors: Evolution Tae Kwon Do

**Session I:** Dates: Mondays, December 4, 11, 18, January 8

**Session II:** Dates: Mondays, January 15, 22, 29, February 5

**Time:** 6:15pm-7pm

**Location:** Elementary Gym

**Fee:** \$47 (4 sessions)

**\$85 IF YOU REGISTER FOR BOTH  
SESSIONS BY NOVEMBER 27!**



## Run and Fun for Toddlers (ages 1-4)

Bring your toddler to the gym to run off some steam this winter. The HS Gym will be open on the following evenings for toddlers and their parents to come and play. There will be balls and equipment available but you may also bring your own. Ages 4 and under only, adult supervision is required.

***\$2/Family– Pay at the Gym***

**Dates:** Wednesdays, December 13<sup>th</sup>, January 10<sup>th</sup> & February 7<sup>th</sup>

**Time:** 6:00pm-6:45pm

**Location:** HS Gym– Enter Door 1

## Saturday Volleyball Grades 4-6



Thank you to all our participants this year! We had a total of 54 students participate in the clinic. Our coaches and senior high volleyball players taught serving, passing, setting, and hitting skills. These participants worked hard for one hour on six separate Saturday mornings!

**Winter 2018 Tentative American Red Cross  
Holdingford Swimming Lesson Schedule**

**Note:** You may enroll 2 children in the same level in a private session together for a discounted rate. The discounted rate is \$50 for the first child and \$35 for the second. Swim lesson fees: District Residents \$50.00 Non-District Resident \$55.00

**Session I Private Lessons**

**January 8 – 12 (M-F)**

(5 - 30 Minute Lessons)

Lessons scheduled every 35 minutes from 3:30 p.m. – 6:55 p.m.

**Session II Private Lessons**

**January 22 - 26 (M-F)**

(5 - 30 Minute Lessons)

Lessons scheduled every 35 minutes from 3:30 p.m. - 6:20 p.m.

**Session III Private Lessons**

**February 5 - 9 (M-F)**

(5 - 30 Minute Lessons)

Lessons scheduled every 35 minutes from 3:30p.m. – 6:55 p.m.



**Parent/Child Aquatics**

Parent and child aquatics are for children 6 months to 5 years of age and their parents/guardians. This class builds swimming readiness by emphasizing fun in the water.

**Dates:** Monday, Tuesday, Wednesday, Thursday January 22-25 (4 – 25 minute classes)

**Time:** 6:30-6:55pm

**Location:** HS Pool

**Fee:** \$20.00 per child

**Minimum:** 4

**Swim Lesson Changing Rooms**

Individuals enrolled in winter swimming lessons are asked to use the private changing rooms located in the hall on the left side of the pool. This is due to winter athletics and their use of the locker rooms.

Thanks,

Community Ed. Staff

**Morning Lap Swim**

The pool will be open for lap swim on Tuesday and Thursday mornings this winter. You must register for the whole session.

**Dates:** Tuesday & Thursday

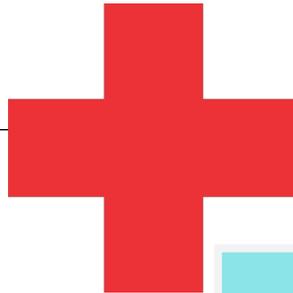
December 5– February 15 9 weeks  
(No Lap Swim 12/26, 12/28, 1/2, 1/4)

**Time:** 6am-7am

**Fee:** \$35

**Deadline:** November 28

**Minimum:** 5



**Open Swim**

The Holdingford High School Pool will be open on the following Monday evenings this winter for open swim. Lifeguards will be on duty. Students in grade 6 and under must be accompanied by an adult. Enter door 1, sign in and pay in the pool area.

**Dates:** Mondays, December 4, 11, 18 January 8, 15, 22, 29  
February 5, 12

**Time:** 7-8pm

**Fee:** \$2/person or \$5/family

**SWIMMING LESSON REGISTRATION**

Swim lesson registration is available for you to register **online from your HOME computer.**

**\*\*Please call the Community Ed. Office at 320-746-4465 if you have questions on the registration process.**

If you plan to have two students who are at the same level take a private lesson together, indicate this on the registration along with the second child's name. (\$35 to add a child)

**IMPORTANT SWIM NOTES:**

Private swim lesson fee for district residents **\$50**

Private swim lesson fee for non-district residents **\$55**

**Registration will start online Monday, November 13<sup>th</sup> at 5pm; you can call the Community Ed. office to register starting 8am Tuesday, November 14<sup>th</sup> (746-4465).**

**Bring a self-addressed, stamped envelope-** On your child's first day of swimming lessons. This is what we will use to return their swimming card information.

## Firearm Safety

Upon successful completion of this course, students will be permitted to hunt small game and are eligible to purchase a big game license. Participants must be at least 11 years old before January 9, 2018. Please indicate birth date on registration form. This course is sponsored by area Sportmen's Club and Holdingford Community Education. (New instructors are wanted, call Holdingford Community Ed. if you are interested 320-746-4465)

**Dates:** Tuesdays, January 9, 16, 23, 30 and February 6.  
*There will also be one additional day for shooting.*

**Times:**

January 9 6:30-7:30pm (material handed out)  
All other dates 6:30pm-8:30pm

**Location:** To be determined based on numbers (students should enter and be picked up from HS Door #1)

**Fee:** \$7

An additional fee of \$7.50 will be charged when students complete online Self-Certification Process (to be explained in detail in class.)

**Deadline:** December 15

**Minimum Class Size:** 30

## Traditional Youth Snowmobile Safety Classes

The traditional youth snowmobile safety training class is an introductory class of approximately 8 - 12 hours, designed primarily for the snowmobile rider with little or no experience in snowmobile operation. The course includes a couple of classroom sessions and a hands-on operating field day. Each student will also pay an on-line DNR fee of \$5.00 upon completion of the course

Students must be 12 years of age by December 9, 2017.

**Please include student's birth date and full name (first, middle, last) when registering.**

If you have questions, please contact the Community Ed. Office at 746-4465 or Sue Marstein at 320-746-2787

**Date:** Tuesday, December 5th & Thursday, December 7th, 2017

**Field Test:** Saturday, December 9th 9:30am-12pm

**Location:** Snoflyer's Clubhouse

**Time:** 6:30pm – 9:00 p.m.

**Location:** HS Room 12  
(Classroom portion)

**Fee:** \$7.00

**Maximum:** 25

**Instructor:** Sue Marstein/ Snoflyer's Club



## Owl Plate

This wise owl plate is 7.5”L x 7”W . Fun project to hoot about! We bring the supplies , you bring the creativity!

**\*Remember, PotSpot will take the projects and fire them in the kiln. We will return them to school one week later.\***

**Date:** Wednesday, November 8<sup>th</sup>

**Time:** 3:00-4:30pm

**Location:** Student Lounge

**Fee:** \$17

**Minimum:** 4

**Maximum:** 20

**Deadline:** November 1



**Below are pumpkins that Holdingford students painted at October's PotSpot Class.**



## Parent and Me Painting!

Mom, Dad, Grandma, Grandpa or special friend bring your child for an evening of painting fun! ArtBar 39 will bring all of the supplies needed for this partner project and guide you with step by step instructions. Your paintings will be the perfect seasonal décor for your home. There is not an age requirement for this class but your child should be able to follow along with the guided painting instructions. Each person will paint their own canvas. Paintings pictured below. Snacks will be provided.



**Date:** Thursday, November 30th

**Time:** 5:30pm-7:30pm

**Location:** Student Lounge

**Fee:** \$49/pair

**Deadline:** November 20

**Minimum:** 10 pair

**Maximum:** 20 pair

**Instructor:** ArtBar 39

## Animated Tree

This tree is 7”Hx4.5”W has a removable base to put a battery operated tea light (which is included) in. Have fun painting your own little Christmas tree!

**\*Remember, PotSpot will take the projects and fire them in the kiln. We will return them to school one week later\***

**Date:** December 6<sup>th</sup>

**Time:** 3:00-4:30 pm

**Location:** Student Lounge

**Fee:** \$20

**Grade level:** K-12

**Minimum:** 4

**Maximum:** 20

**Deadline:** November 27



## Elementary Boys' Basketball Grades 3-6

All Elementary boys basketball players grades 3-6 are invited to participate in the Husker Monday and Saturday basketball program starting Saturday, November 18th and ending February 2018. Elementary basketball players will spend Monday nights working with head basketball coach Nate Miller, his coaching staff, and varsity basketball players. Players will be working on skills in shooting, ball handling, passing, offensive and defensive strategies, hustle, and teamwork. Saturday practices will be spent working with their grade specific teams and coaches preparing for tournament play. Saturday schedules are to be determined. Tournament play will start after Christmas. A parent meeting will be held on Saturday, November 18th in the Library (LMC) at 8:30 AM. Please make every effort to attend this important meeting as future tournament schedules and practice schedules will be discussed. We ask that one parent/guardian attend the parent meeting. The boys will practice immediately following this meeting. Parents will be responsible for transporting players to games and practices.

**Dates:** Parent Meeting/Practice – 8:30 AM, Saturday, November 18th. Practice will follow.

Mondays - November 20th, November 27th, December 4th, December 11th  
Saturdays – 8am-10am November 18-Mid February

**Time:** 6:00-7:05 p.m. Mondays  
8am-10am Saturdays

**Fee:** 3<sup>rd</sup> grade- \$35                      \*Additional \$5 if registered after  
4<sup>th</sup> grade- \$35                              November 13  
5<sup>th</sup> grade- \$45  
6<sup>th</sup> grade- \$45

**Please indicate on the registration if you would like to help coach a grade level.**

**Instructors:** High School Basketball Coaches/Players and Parent Volunteers

**Locations:** 6<sup>th</sup> grade – High School Gym  
5<sup>th</sup> grade – High School Gym  
4<sup>th</sup> grade – Intermediate Gym  
3<sup>rd</sup> grade – Intermediate Gym

*Community Ed. Youth Basketball programs are ran by High School Coaches and Volunteer Parents. All participants will get to play and coaches will try their best to make it as fair as possible. Games may become more competitive in the older grades. Attendance at practices is also important so your child knows the plays and what was worked on. Fees go towards uniforms, equipment, custodial costs, tournament fees, and community ed. administrative costs.*

### Open Basketball Sundays, January 7, 14, 28 February 11, 18 and 25

The high school gym will be open for basketball on Sunday afternoons from 2-4pm. Tennis shoes are required in the gym. Students under 7<sup>th</sup> grade must be accompanied by an adult and must stay in the gym. Some basketballs will be provided but you may bring your own. Enter door #1, sign in and pay. If you have a walking pass, you may walk during this time. No loitering allowed.

**Fee: \$2.00 per person or \$5 a family.**

## Elementary Girls' Basketball Grades 3-6

There will be an informational meeting/practice on Saturday, November 11<sup>th</sup> in the LMC from 10 – 11am. Parents, volunteer coaches, and players are asked to attend. From 11-12pm there will be a Coaches Clinic in the HS Gym and students will go to the Intermediate Gym and practice during this time. Official Saturday practices will run from December 2nd until mid February.

Tournaments will start mid-January and will vary in number for each grade level. Grade level coaches may also schedule additional practices during the week. It is up to their team, coaches, and the availability of gyms. Parents are responsible for transportation to and from the practices and games.

**Dates:** Informational meeting/practice – Saturday, November 11<sup>th</sup> 10-noon

**Practice dates** – Saturdays, November 18 (Parent coaches)

Saturday, November 25 NO PRACTICE

Saturday, December 2nd (Varsity Coaches 10-11, parent coaches 11-12)

Saturday, December 9th (Varsity Coaches 10-11, parent coaches 11-12)

Saturday, December 16th NO PRACTICE, Hosting Junior High Tournament

Saturday, January 6th (Varsity Coaches 10-11, parent coaches 11-12)

\* Practices after this will be on Saturdays from 10am-12pm when there aren't games.

Tournament dates – Saturdays starting mid-January (will vary per grade level)

**Location for Saturday Practices:**

6<sup>th</sup> grade – High School Gym

5<sup>th</sup> grade – Elementary Gym

3<sup>rd</sup> and 4<sup>th</sup> grade – Intermediate Gym

**Fees: (additional \$5 if registered after November 9)**

5<sup>th</sup> and 6<sup>th</sup> grade - \$55

4<sup>th</sup> grade - \$45

3<sup>rd</sup> grade - \$35

**Instructors:**

High school basketball coaches/players and volunteer coaches

**Please indicate on the registration if you would like to help coach a grade level.**

### 1st and 2nd Grade Basketball

Watch for information in the January Newsletter!



## Circuit Training

Circuit Training is the “musical chairs” of the exercise world. Although it may look a bit chaotic at first, there is method to the madness that results in a useful form of exercise. Circuit Training is total body strength and conditioning class that will challenge you to improve your overall fitness. This class is a mix of cardio, weights, and plyometrics. Stations will be set up to utilize strength, agility and power. Every major muscle group will be challenged in every circuit training class. Each circuit training class includes fifteen exercise stations. Over the course of the workout, you stop at each station and perform a specific exercise for 30 seconds, rest for 30 seconds, repeat the exercise for another 30 seconds, and then move on to the next station. On Mondays we will go around the circuit once and on Wednesdays, we will go around the circuit twice. Circuit training is a great way to experience total body training, burn calories and improve your overall fitness. \*\*\* Classes held in the LMC.\*\*\*

**\*\*Sign up for both sessions and pay \$60! (\$10 off)**

### Session 1

**Dates & Times:** Mondays, November 6, 20, 27 and December 4, 11, 18  
3:30-4pm (No Class 11/13 or 11/22)  
Wednesdays, November 8, 15, 29 December 6, 13, 20  
3:30-4:30pm

### Session 2

**Dates & Times:** Mondays, January 8, 15, 22, 29 and February 5, 12  
3:30-4pm  
Wednesdays, January 10, 17, 24, 31 and February 7, 14  
3:30-4:30pm

**Location:** High School LMC

**Fee:** \$35

**Minimum Participants:** 5

**Maximum:** 15



## Morning Circuit Training

Come join us for a total body, circuit training workout 6 week program. It will be a mix of using weights, body weight and cardio to get your heart pumping. All ages and fitness levels are welcome.

### Dates:

**Session 1:** Tuesday, Wednesday & Thursday  
November 15– December 28  
(no class 11/23 or 12/26)

**Session 2:** Tuesday, Wednesday & Thursday  
January 2– February 8

**Time:** 5:00am-6:00am

**Location:** HS Weight Room enter door 1

**Fee:** \$36 1 day/week  
\$60 2 days/week  
\$75 3 days/week

**Minimum:** 5

**Maximum:** 14

**Instructor:** Amber Barthel



## Senior Citizen Passes

Residents of Holdingford School #738 who are 60 years or over are eligible to receive a Senior Citizen Pass.

This pass will entitle the holder to attend free of charge District #738 athletic events, concerts which are scheduled in the school district, and pay half price (plus materials) for qualifying community ed. classes.

This pass will not be good for activities scheduled outside of the district such as athletic contests or for tournament games held within the district.

Each pass should be signed by the holder and presented at the gate for athletic events, plays and concerts, and noted when registering for community education classes.

Any district Senior Citizen who has not received a pass and would like one should contact the Community Education office at 320-746-4465.

We hope these passes will allow more people a greater opportunity to use our school facilities!

## Water Aerobics/Lap Swim

Water Aerobics offers a fun, “No Sweat”, effective exercise with musical accompaniment. It’s a nice way to trim, tone, and stay limber! Water Aerobics minimizes strain on your body because the water cushions your muscles as you work out. The class is held in the shallow end of the pool, so no swimming ability is necessary. The pool steps make it easily accessible.

**Instructors:** Nancy Mager and Cynthia Meyer

**Dates:** Wednesdays, November 29 - February 7 (10 sessions)  
NO water aerobics November 22 or December 27th

**Time:** 7:00pm-8:00pm

**Location:** HS Pool

**Fee:** \$25.00 or \$3.00 per night at the door

## Zumba

Want to get in shape and have some fun? Join Certified Zumba Instructor Laura Salzl and dance to great music, with great people, and burn a ton of calories without even realizing it!

Instructor: Laura Salzl

When: Tuesdays, January 9, 16, 23, 30, February 6 & 13

Time: 6:00pm-7:00pm

Location: Holdingford Elementary Gym (enter door 1)

Fee: \$35

Minimum: 5 participants

Drop in Rate: \$6



## Craft & Vendor Show 2018

**Date:** Saturday, May 5th 9am-12pm

**Location:** Holdingford High School Gym

**New Date and Time!!!**

**Vendors Wanted, call 320-746-4465 for information.**

## Rustic Quote Art @ Rudolph's Redneck Roost

Join an instructor from *Art Bar 39* and make an original Rustic Quote Art. All supplies will be provided (This includes 1 12 x 12 solid pine board with 2 quote options -back and front).

CHOOSE YOUR QUOTES + COLORS & CUSTOMIZE YOUR OWN BACKGROUND! WE BRING AN ENTIRE BOX OF QUOTES TO CHOOSE FROM (At least 50+ choices!)

Beverages will be available to purchase during the class and food is available before or after in the main dining area.

**Date:** Friday, February 9th  
**Time:** 5:30pm-7:30pm  
**Location:** Rudolph's Redneck Roost (Back 40 Bar)  
Holdingford, MN  
**Fee:** \$35  
**Deadline:** February 1  
**Minimum:** 10



## Helping Hands Outreach Holdingford Adult Education Programming Winter 2017

### I Can Live with Diabetes Class

Type 2 diabetes can be prevented or delayed by making simple changes to increase physical activity and lose weight. Helping Hands Outreach is offering the I CAN Prevent Diabetes program in Holdingford. The program provides tools to prevent or delay type 2 diabetes and includes:

- Weekly sessions over four-months on nutrition, activity and diabetes prevention.
- Twice a month follow-up classes for two-months then monthly classes for four months.

This class is a commitment you make to achieve a healthier, longer life. Classes start in January, call Helping Hands to register at 746-9960. Donations are accepted to support the program.

### Program: Tai Ji Quan Exercise Class

Dates and time: Call Helping Hands Outreach for information

Location: Holdingford Legion Club

Cost: free will donation

Overview: Tai Ji is an evidence-based low-impact exercise program for older adults. The program is delivered in two 1-hour sessions each week for 12 weeks. Each session consists of warm-up exercises; core exercise, movement and balance and cool-down exercises. This program is ongoing and funded in part under contract with the Central MN Council On Aging as part of the Older Americans Act Program. Contact Helping Hands Outreach at 746-9960 for current information.

### Stepping On

Stepping On is a seven-week program designed for people who are living at home and have experienced a fall or are concerned about falling. The Stepping On Program is proven to prevent falls. The program incorporates a practical set of exercises that were specifically designed to improve strength and balance and delivers expert presentations on a variety of relevant falls related topics including vision, home hazards, medicines, bone health and footwear. Classes starting soon, call Helping Hands to register at 746-9960. Donations are accepted to support the program.

Call Helping Hands Outreach for details on these programs, 746-9960.

## Let's Make some Coffee Cakes!

Learn how to make those famous coffee cakes! At class you will learn how to make the dough, add the filling of your choice and top with the crumb mixture. You will leave class with 3 coffee cakes and the knowledge to make your own coffee cakes for the holiday season.

**Date:** Wednesday, December 6th

**Time:** 6:30-9:30pm

**Location:** HS Room C-03

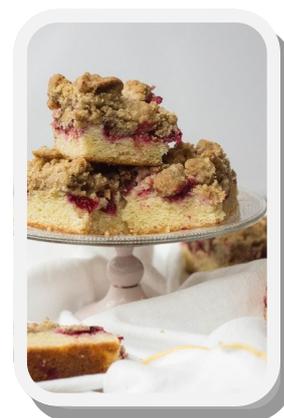
**Fee:** \$14

**Deadline:** November 27

**Minimum:** 4

**Instructor:** Cathy Lyon

Enter door 1 & follow signs.



## Senior Traffic Safety Refresher Class

This is the class people 55+ need to continue the 10% auto insurance reduction. You will need to provide information including your driver's license number.

**Date:** November 16, 2017

**Time:** 5:30pm-9:30pm

**Fee:** \$18.00

**Deadline:** November 10

**Location:** Holdingford High School Library

**Instructor:** Joe Christensen

## Senior Traffic Safety Initial Class

This is the class people 55+ need to start the 10% auto insurance reduction. You will need to provide information including your driver's license number.

**Date:** November 14 & November 16, 2017

**Time:** 5:30pm-9:30pm

**Fee:** \$18.00

**Deadline:** November 10

**Location:** Holdingford High School Library

**Instructor:** Joe Christensen



## Community Ed. Trip

Grades: 2-5

# Let's Go to the Movies!

*Life's greatest adventures begin with a single.....LEAP!*

Mainstreet Theatre, Sauk Centre

11-year-old orphan, Félicie has one dream - to go to Paris and become a dancer. Her best friend Victor, an imaginative but exhausting boy with a passion for creating, has a dream of his own - to become a famous inventor. In a leap of faith, Victor and Félicie leave their orphanage in pursuit of their passions. But - there's a catch, Félicie must pretend to be the child of a wealthy family in order to gain admittance to the prestigious and competitive Opera Ballet School in Paris. And with no professional dance training, she quickly learns that talent alone is not enough to overcome the ruthless, conniving attitudes of her fellow classmates, led by the devious Camille Le Haut and her wicked mother Régine. Determined to succeed, Félicie finds her mentor in the tough and mysterious school custodian, Odette who, along with Victor's encouraging friendship, help her reach for the stars. Rated PG

**\$15.00** Fee includes a beverage and small popcorn.

Please pick students up from Elementary Door 8 at 3:00pm.

Date: Thursday, November 9th (half school day)

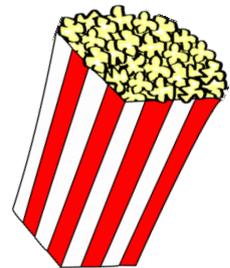
Time: Students meet in Library after school, 12pm

Location: Bus will take students to Mainstreet Theatre in Sauk Centre

Minimum: 35 Maximum: 55

Deadline: October 30th

Chaperone Fee: \$7



**Pull Tabs & E-Tabs** **Good Luck Huskers!** **Appetizers**  
 From Pat and the Gang at  
**Holdingsford Municipal**  
 746-2264  
 Proud Sponsor of Husker Athletics  
 Bingo Wednesday Evenings at 7:00 p.m.

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 HARDWARE  
 HANK**  
 561 W. MAIN STREET, HOLDINGSFORD, MN  
**320-746-2973**  
 Hours: Mon-Thurs 8-6, Fri 8-7, Sat 8-4

**ADVANTAGE 1-**  
**INSURANCE AGENCY**  
 Daniel Fiedler  
 Agent Lic. #65124  
 580 Main Street, P.O. Box 207  
 Holdingsford, MN 56340  
 320-746-2938  
 Fax 320-746-2263  
  
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# Community Education Registration Information

**Contact the Community Ed. Office at 320-746-4465 with any questions or email [Kendra.posch@isd738.org](mailto:Kendra.posch@isd738.org).**

- No news is good news! You will only be contacted by email or phone if your class is cancelled or changed.
- Timing is important. The fastest way to cancel a great class is waiting too long to register. If an activity has not met the minimum number of participants, it is subject to cancellation. This will be determined at the close of the early deadlines.
- Registration forms may be mailed to: Holdingford Community Education, PO Box 250, Holdingford, MN 56340. They may also be dropped in person at the Community Education Office (High School Door #3) or brought to the elementary office. Please enclose the form and payment in an **envelope marked Community Ed.** when delivering it to the elementary office. You may also register online at [www.isd738.org](http://www.isd738.org).
- Checks can be made out to Community Education.
- Registrations must be received in the Community Education Office by 4:00 p.m. on the early deadline date to qualify for the reduced pricing.
- Registrations will **NOT** be considered completed until the registration form and correct payment have been received. We will take registrations over the phone if you have a debit/credit card.
- Please keep your newsletter and/or write class dates on your calendar for future reference.
- Print all information (**especially phone numbers**) legibly. It is important to have these numbers if we need to reach you.

## Refund Policy

We will issue a full refund if you notify the Community Education Office with cancellations at **least 24 hours prior to the deadline**. Late cancellations result in extra expenses for Com. Ed. and the instructors. Classes or programs having multiple meeting dates will receive prorated refunds.

**You may also register online at [www.isd738.org](http://www.isd738.org) under Community Education.**

### Holdingford Community Education Registration

Name	Grade	Age	Community Ed. Class	Cost
<b>TOTAL</b>				

### Make checks payable to Holdingford Public Schools.

Parent/Guardian _____	Res. Phone _____
Address _____	Cell Phone _____
_____	Bus. Phone _____
Email address _____	
Participant Special Needs: _____	

**Emergency Contact (other than parent):** This information is very important for us to have. In case of an injury or illness, we need a contact if we are unable to get in touch with parents.

Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_ Phone: \_\_\_\_\_

**I want to volunteer coach:**      Youth Girls' Basketball      Youth Boys' Basketball      Wrestling      Grade: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Firearm Safety/Snowmobile Safety: Birthdate** \_\_\_\_\_

**Movie Trip Beverage Choice:**      Sierra Mist      Root Beer      Orange      Water

**Senior Traffic Safety Driver License Number:** \_\_\_\_\_

# Early Childhood

## Early Childhood Staff

**Kendra Posch**  
Community Education Director  
Kendra.posch@isd738.org  
320-746-4465

**Christy Gustafson**  
Elementary Secretary  
320-746-4462

**Angie Lichy**  
Early Childhood Teacher  
Parent Educator  
Angie.Lichy@isd738.org  
320-746-4438

**Alex Szczech**  
Early Childhood Teacher  
Alex.szczech@isd738.org  
320-746-4442

**Lynn Nelson**  
Early Childhood Special Education  
Lynn.Nelson@isd738.org  
320-746-4399

**Julie Primus**  
Speech & Language Teacher  
Julie.primus@isd738.org  
320-746-4431

**Sheila Johnson-Kolb**  
School Social Worker  
320-746-4496

**Kristen Bruns & Kaitlyn Thell**  
School Nurses  
320-746-4369

## Family Education Registration Information

### Program Sliding Fee Scale

Family Income (gross annual)	6 week ECFE (1 payment)	12 week ECFE (1 payment)
Under \$15,000	\$13	\$26
\$15,000-20,000	\$20	\$40
\$20,000-30,000	\$33	\$66
\$30,000-40,000	\$40	\$80
\$40,000-50,000	\$46	\$92
\$50,000-60,000	\$53	\$106
\$60,000-70,000	\$59	\$118
\$70,000-80,000	\$66	\$132
\$80,000-100,000	\$73	\$146
\$100,000 and up	\$79	\$158

No one will be denied participation due to an inability to pay. Alternative arrangements can be made by talking with an Early Childhood Coordinator. If your income is below \$15,000, you might qualify for Head Start programming, which is not in Holdingford. Head Start contact information 320-253-8110.

## ECFE Registration Form

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
 Parent/Guardians \_\_\_\_\_  
 Home Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
 \_\_\_\_\_ Work Phone \_\_\_\_\_  
 Email \_\_\_\_\_ Do you require sibling care \_\_\_\_\_

\_\_\_\_\_ Babies, 1 & 2's Friday Morning      Registration Deadline December 11th

\_\_\_\_\_ 3's Tues 4pm      \_\_\_\_\_ 3's Tues 6pm      Registration Deadline December 11th

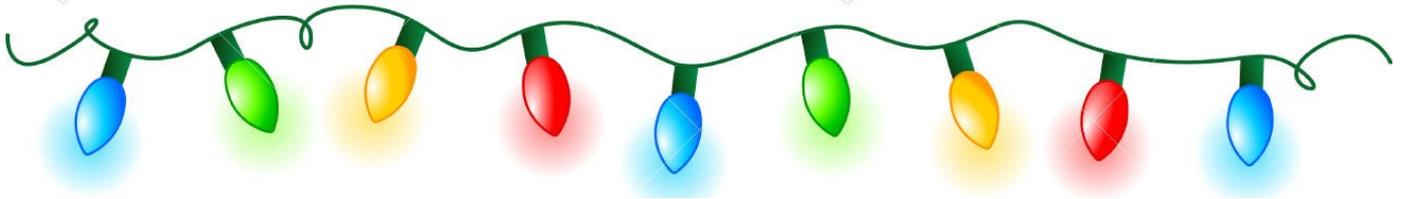
\_\_\_\_\_ Fabulous 4's Tuesday Evening      Registration Deadline March 1

\* Include immunizations with your registration

If you have any questions regarding registration or billing please contact Kendra at 320-746-4465.

Make check payable to : Holdingford Early Childhood

Mail Registration to: Holdingford ECFE, PO Box 250, Holdingford MN 56340



## Early Childhood Family Education

Early Childhood Family Education (ECFE) is for parents and their children to come to school together to explore, sing, play and learn. Parents also have time to talk about the joys and challenges of being a parent with other families 'in the same shoes'. By coming to school with your young child you are demonstrating to your child that school is a great place to be.

### **Early Childhood Community Field Trip**

Below are pictures from the Early Childhood Community Field Trip to Hemker Park and Zoo. Children had the opportunity to see more than 50 fascinating animals from around the world. It was great to see all the parents and grandparents enjoying this time with their child.

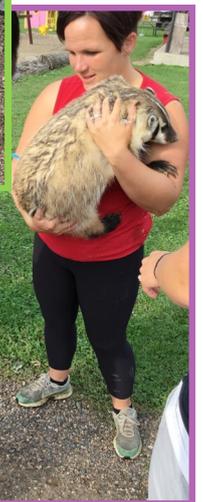
## **2018 Winter Family Education Classes**

### *Babies, 1's and 2's*

This class is designed for children ages birth -36 months as of September 1, 2017. Class meets Friday mornings from 9am-10:30am.

Class Dates: January 12, 19, 26, February 2, 9, 16

Class limit of 8 children



### *Just for 3's*

This class is perfect for children who are 3 years old by Sept. 1, 2017. This class will be offered Tuesday evenings from 4pm-5:30pm or 6pm-7:30pm. Please mark your first and second choice on registration. Classes will be filled based on when your registration is received and space availability.

Class Dates: January 9, 16, 23, 30, February 6, 13, 20, 27, March 6, 13, 20, 27

Class Limit of 12



### *Fabulous 4's*

This class is perfect for those children who did not participate in School Readiness this year and will be entering Kindergarten in the Fall of 2018. Class will be held on Tuesday evenings from 6-8pm.

Class Dates: April 3, 10, 17, 24, May 1, 8

Holdingford Public Schools  
 PO Box 250  
 Holdingford, MN 56340



**Or Current Resident**

Bulk Rate  
 US Postage Paid  
 Non-Profit Org  
 Permit No. 18  
 Holdingford, MN



### Wrestlers to Host 6th Annual Chili Feed and Raffle

Saturday, February 10<sup>th</sup>, the Husker wrestlers will be having a free will donation chili feed at the Pelican Lake Ball Room. Chili will be served from 5PM to 8PM. Door prizes will be drawn throughout the evening, and the night will be concluded with the Wrestler's Cash Raffle, Scot Storm painting, Custom Corn Hole set and Quilt Raffle drawings at 8:00PM.

Come and enjoy some good food and prizes in support of the Husker Wrestling Team.

Please follow us on Facebook at Holdingford Huskers and/or twitter @\_HHSwrestling for updates throughout the wrestling season and clothing orders.

### Holdingford Lioness Club Sets "Gifts for Joy" Project

The Holdingford Lioness Club is once again sponsoring its "Gifts for Joy" project. This is a free service offered to area families in need that enables them to provide Christmas gifts for their children who are 18 years old or younger. Families will be given individualized merchandise gift certificates from local business owners to use to purchase Christmas gifts for their children.

Any family that will need help in providing their children Christmas gifts, is asked to contact the Holdingford Lioness Club by sending a letter:

"Gifts for Joy", PO Box 205, Holdingford, MN 56340; or by calling:

Irene at 393-2472 or  
Bonnie at 746-2276  
Before November 21, 2017.

#### Please Note

If you have any of these changes, please notify Jessica Rausch in the high school office (320-746-4304) or Sharon Breth in the elementary office (320-746-4462).

- Changes in marital status.
- Change of address.
- Death of someone that receives school mail.

This will help us keep records up to date and mailings current. In the case of separation or divorce, both parents will receive information if we have the addresses.

### LOOKING FOR PARA-PROFESSIONAL AND TEACHER SUBSTITUTES

Any availability is welcome. Great way to get experience working with great kids in a great school district. We need substitutes in the Elementary and High School.

Please contact Linda Zapzalka, Holdingford High School District Office 320-746-4307, with any questions or interest.



## Early Childhood Screening

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning.

Screening at 3 is preferred, but a child may be screened between the ages of 3 and the start of kindergarten as required by law.

#### What to expect at a screening appointment:

A trained professional will check:

- Vision and hearing
- Height and weight
- Immunizations (shots)
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development



#### Upcoming Screening Dates:

- November 10th
- January 15th
- March 26th

\* Call Christy at 320-746-4462 to schedule a screening.

### NEWSLETTER DEADLINES

JANUARY 17, 2018  
APRIL 10, 2018

PLEASE SEND ARTICLES TO  
KENDRA.POSCH@ISD738.ORG