

Huskies

Winter

2020-2021



HOLDINGFORD DISTRICT & COMMUNITY ED. NEWSLETTER

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Holdingsford Schools: 320-746-2221

www.isd738.org

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Superintendent & District News

Hello from the Holdingford Public School! At this point in the year, I want to provide an update on some of the learning model changes happening here at the school. I will touch on the process for changing learning models and give an update on Covid cases here in the district.

First, let's touch on the process for choosing a learning model. Changing the learning model for our district is a team effort. Let me start by explaining, "Who makes the decision?" Many have assumed the decision lies with the board or myself, but that would be an incorrect assumption. We have an advisory group, which is required by the state, made up of school board members, administration, teachers, support staff, students, parents, and a local health representative. Yes, I am a part of this group as well. The task of this group is to continually reflect on the county, Holdingford community, and "in-building" data. There are open discussions and we try to look at all of the ramifications of the decisions we are asked to make.

The most difficult discussions take place when the data points don't align with one another. As I write this, our county numbers don't reflect what is going on in our community or in our building. That doesn't mean things can't change, but currently all of the efforts of our students, staff, and families are making things work for us.

I can assure you the group will continue to have discussions about what is best for our students, staff, and families. People may not agree with the decisions that are made, but I want to share the process. If you have constructive feedback you would like me to share with the group, I encourage you to send me an email when you get a chance.

Now let's move on to an update on the internal data here at the school. Through six weeks we have had just a few confirmed cases. Using contact tracing since the beginning of the school year, we are confident in saying that we have had no instances of spread among or within our school. It is our belief that all cases were transmitted in the community or within family units. Our students and staff are doing a great job of following the guidelines we have been asked to implement in the school.

We continually have a few students who are remaining at home due to health reasons or quarantine. We appreciate families willingness to work with our health services team and are happy to say the daily number of absences has remained very low for both students and staff.

In closing, and I can't reiterate this enough, we know students, families, and staff are struggling with different aspects of our changing learning models. It is my hope that we will continue to work together to find solutions to these struggles. There is a lot of static in the outside world, much of which we don't have control over. What we do have control over is how we communicate and work together to find our way to the other side of this. Let's not lose what makes this such a great place to be.

Chris Swenson, Superintendent

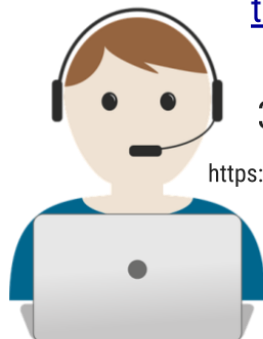
HOLDINGFORD STUDENT/PARENT DISTANCE/HYBRID LEARNING TECHNOLOGY SUPPORT

Staffed: Monday - Friday 8 a.m - 3 p.m

techsupport@isd738.k12.mn.us

320-746-4480

<https://forms.gle/k4NRiPQuaTaKwGn79>



Notes from your Husker Nurses

We hope this message finds you and your family well, physically, mentally, and emotionally. 2020 has been a year like no other, and as we all do our best to keep our bodies healthy, we may find that our stress levels have gotten out of control (which, unfortunately, can contribute to physical illness). Never forget the importance of self-care and taking the time to relax, especially as we enter the hustle and bustle of the holiday season. Continue reading for tips that may help ward off illness this season.

8 Ways to Boost Your Body's Natural Defenses (from healthline.com)

1. Get enough sleep. Sleep and immunity are closely tied. In fact, inadequate or poor quality sleep is linked to a higher susceptibility to sickness. Adults should aim for 7 or more hours of sleep each night, while teens need 8-10 and younger children and infants up to 14 hours.

-If you're having trouble sleeping, try limiting screen time for an hour before bedtime, as the blue light emitted from your phone, TV, and computer may disrupt your body's natural wake-sleep cycle.

2. Eat more whole plant foods, such as fruits, vegetables, nuts, seeds, and legumes. These foods are rich in nutrients and antioxidants, which may help decrease inflammation in your body. Chronic inflammation is linked to numerous health conditions.

3. Eat more healthy fats, such as those found in olive oil, salmon, and chia seeds. These fats are highly anti-inflammatory.

4. Limit added sugars. Again, doing so can decrease inflammation in your body.

5. Exercise! Moderate exercise can boost your immune system by reducing inflammation and promoting healthy turnover of immune cells. Jogging, biking, walking, swimming, and hiking are great options.

6. Stay hydrated by drinking plenty of water. Dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness.

7. Manage your stress levels. Relieving stress and anxiety is key to immune health. Long-term stress promotes inflammation, as well as imbalances in immune cell function. In particular, prolonged psychological stress can suppress the immune response in children. Activities that may help you manage your stress include exercise, journaling, yoga, and taking time for personal hobbies such as reading (for fun!), being creative (arts and crafts, cooking/baking, etc.), and listening to or playing music.

8. Talk with your doctor about supplements. Some studies indicate that the following supplements may strengthen your body's general immune response:

- o Vitamin C
- o Vitamin D
- o Zinc
- o Elderberry
- o Echinacea
- o Garlic

*Keep in mind that supplements are NOT regulated by the Food & Drug Administration (FDA), so in order to supplement safely and wisely, it is essential to talk with your doctor before implementing them into your daily regimen.



When to Stay Home?

Sometimes, despite our best efforts in taking care of ourselves and our loved ones, sickness still finds us. Please remember to refer to the Decision Tree from the MN Department of Health when deciding whether or not to send your children to school.

Keep kids home when:

They have **ONE or more** of the following symptoms:

- Fever of 100.4°F or higher
 - New onset or worsening cough
 - Difficulty breathing/shortness of breath (not related to an established asthma diagnosis)
- New loss of taste or smell

OR they have **TWO or more** of the following symptoms:

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Extreme fatigue
- New onset of severe headache
- Runny nose

Congestion



When you keep your child home from school due to the presence of symptoms listed above, please reach out to your school nurses and/or your family doctor for further guidance. Thank you for your help, patience, understanding, and cooperation. We know this is a confusing and frustrating time and we have such a deep appreciation for the families who have reached out to us thus far.

Stay well!

Kristen Bruns & Kaitlyn Thell, Holdingford School Nurses

kristen.bruns@isd738.org

kaitlyn.thell@isd738.org

Elementary Health Office Phone:(320) 746-4369

HS Health Office Phone: (320) 746-4368



Help slow the spread so we can stay in school together.



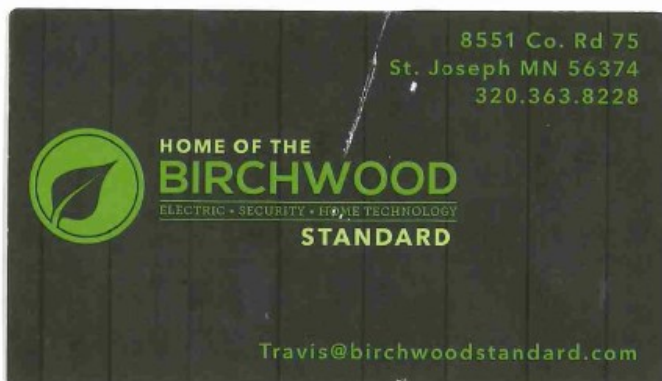
Wash your hands.



Wear a mask.



Stay 6 feet from others.



mn MINNESOTA | **STAY SAFE MN** health.mn.gov

Minnesota Department of Health | health.mn.gov | 651-201-5000 | Contact health.communication@state.mn.us to request an alternate format. | 9/9/2020

Food Service Updates

Free Meals Extended Through School Year

USDA and MDE announced in mid October that all students will receive free breakfast and lunch meals at school through the end of the 20-21 school year. Meals will continue to meet or exceed the nutritional standards used by school meals in years past and students will still be required to select a minimum number of items to make a complete meal each day including at least ½ cup fruit and/or vegetables. Any extra items such as milk with a sack meal or ala carte entrees or cookies for high school students are not included in the free meals program.



Happy Birthday!

Due to restrictions with the current pandemic, students K-12 are not allowed to bring in treats or any other shareable items until further notice. Our Husker Foodservice Team would be delighted to help your child celebrate his/her birthday with individually wrapped snacks for the class. Email Melissa at Melissa.Anderson@isd738.org to make arrangements.

Examples of treats that may be available: goldfish crackers, granola bars, whole grain chocolate chip cookies, frozen fruit slushie cups, Jonny Pops or baby carrots with ranch dressing. Due to the high demand for individually wrapped snacks across the country this year, specific items may or may not be available right now, but we will do our best! So far, the most popular item has been cookies baked fresh that day by our kitchen staff.

Cost is .50 per person and if one of your child's classmates has a medically necessary special diet, an appropriate substitution will be provided.

A two week notice is appreciated, especially if your child wants a certain food item; however, we will do our best to work with families on shorter timeframes as needed. Payment can be made by cash, check or through your family's meal account.

Farm to School Month

While October is recognized as Farm to School Month across the nation, here in Holdingford, we celebrate and enjoy local food every month! Even in the current pandemic situation, we have been able to continue to garden, grow and purchase fresh local foods. Some items the students have been feasting upon so far include: corn on the cob, zucchini, carrots, squash, pumpkin, cucumbers, pears, radishes, onions, turnips and beef. The pickles created from the garden cucumbers continue to be a perennial favorite.

Our newest venture into locally grown foods this year is meat. Current HHS senior, Austin Giese, raised a cow from calf to maturity during last school year. The cow went to St. Joseph Meat Market in May and is now part of school lunches. Two more calves are being raised by Bethany Gerads for next year. In late October, several hogs purchased from a local farmer headed to another meat market for processing. Students can expect to find locally grown ham, pork roast and sausage in meals over the winter. The purchase and processing of the hogs will be paid for in part by a grant from the MN Department of Agriculture.

The volume and variety of fresh local product that is available for school meals is directly related to the strength and commitment of the local FFA group, the Agriculture classes at HHS and suggestions from the FFA Alums. These students and adults do the labor of getting the foods from seed to kitchen. At that point, the foodservice team takes over and does a ton of scrubbing, chopping and experimenting to come up with dishes the students enjoy. The garden and purchase of local product has become the norm for our school so Holdingford will continue to celebrate Farm to School all year long.

Submitted by: Melissa Anderson, Food Service Director



BEHAVIORAL HEALTH CLINIC

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Saint Cloud, MN 56303
320.650.1660 | 800.830.8254
320.650.1672 Fax
www.ccstcloud.org

School-Linked Mental Health (SLMH) Program Holdingford Elementary, Middle, and High Schools

SLMH Services are provided through a
Department of Human Services (DHS) Grant
and private insurance reimbursement to students

Available Services:

- Diagnostic Assessments
- Individual and Family Therapy
- Group Therapy
- Mental Health Crisis Intervention Services
- Suicide assessments and safety planning
- Clinical Care Coordination with teachers, county, parents, and other providers
- Psychoeducation Services
- Parent, Teacher, and Administration Consultations
- School Meetings and Attendance at IEP/Special Education meetings
- Presentations for staff, parents, and students on various mental health topics
- Referrals to other services as needed

**Referrals are made through the School Social Worker or
Guidance Counselor**

Catholic Charities Behavioral Health Clinic

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320.650.1660 phone
320.650.1672 fax
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Elementary News

Greetings, Husker Family!

By golly we have made six weeks into the school year. 20+ years of teaching, the start of this school year means the most to me. Crazy to think that last fall, I took having children in school for granted. Never again. Each day with children is a blessing. Each day we learn together, laugh together, and help each other means the world to me and our staff. Thank you for sticking by us. Thank you for supporting us. Thank you for helping us make the start of the school year feel special and exciting.

We are off to a sensational start of the 2020-2021 school year. Our building is filled with wonderfully, talented, and creative children. Kids, your kindness, hard work, manners, positive energy, and friendship are noticed and greatly appreciated!

We have the BEST teaching and support staff in the nation! Thank you for all your hard work and for coming back during troubled, challenging times. I am proud of you!

I would like to thank each and every one of our parents, community members, community organizations, and businesses for supporting our school. Together we create hope and build better tomorrows!

A huge Husker thank you goes out to our active and supportive school board and Superintendent. It was a long tough summer creating learning plans, safety, and wellness plans. Thank you for all your hard work and leadership. You are helping us write history. Rest assured, every teacher and every support staff member will work tirelessly to bring out the best in every child.

Husker Families... Thank you for sharing your children with us. Thank you for supporting our teaching staff, and taking time each night to do homework and practice reading with your children. Day to day life seems more uncertain than ever before. Your support means the world to us. Thank you for teaching that a hard work ethic, good old fashion grit, and Husker kindness will lead the way to academic success, life success and healthy, happy friendships! Thank you for teaching the importance of being truthful, and modeling how to give a sincere apology. When families and schools work together, the sky's the limit!

As we move between learning plans, tackle new adventures and adversity, please remember to count your blessings. Remember we are in this together. We will see better days and celebrate the fact we weathered tough times together. Shine brightly Husker Nation! I love being your principal!

Submitted by Jim Stang, Elementary Principal

Reminder:

**No Art Club for the
2020-2021 School
Year**

Early Childhood Fall Festival

The Early Childhood Fall Festival was postponed but we plan for it to resume the fall of 2021. This year, students in School Readiness and ECFE programs will be bringing home fall goodie bags. Included are some treats, prizes and a craft project to do at home. Thank you to the PTA and Early Childhood team for sponsoring this and putting together the bags!



Holdingsford Elementary Validated as 2020-2021 Minnesota Schools of Excellence!

Holdingsford Elementary has been validated as a Minnesota School of Excellence (SOE) by the Minnesota Elementary School Principals' Association (MESPA). This prestigious honor was awarded to Holdingsford for its commitment to modern teaching and learning.

“Through the Minnesota School of Excellence (SOE) program, grounded in national research on high-performing schools, MESPA has created the premier opportunity in the state for validating excellence and a commitment to continual growth in a school community,” said Jon Millerhagen, MESPA executive director. “This school improvement program examines the entire school community through six national standards, ensuring there is a holistic approach to creating a plan for future achievement and celebrating the unique accomplishments of each School of Excellence.”

Tami Staloch-Schultz, chair of the Minnesota School of Excellence Committee, said, “It takes commitment and teamwork to honestly and thoroughly assess areas of strength and at the same time identify a plan for continual growth. The SOE process asks the entire school community – parents, students, staff, administration, and more – to reflect on and celebrate the collaborative work being done in school communities. Schools that receive validation have had important data-driven conversations about what a high-quality, modern learning experience should be for all students and have plans to make that learning experience a reality for many years to come. Honoring the important work of dedicated staff, eager students, and supportive communities is an essential component of becoming a School of Excellence.”

Holdingsford Elementary is part of the Holdingsford Public School District and serves 581 students in grades PK-6. Holdingsford prioritizes offering relevant, updated curricula along with a wide variety of electives. They are committed to fiscal responsibility, supporting students at all grade levels, and maintaining a culture of open communication. Through the SOE process the principal of Holdingsford Elementary, Jim Stang, identified a growth mindset as one of their major strengths. “Our School of Excellence committee felt it imperative to self study, what we do well and where we need to grow as we pursue educational excellence,” said Stang. “Our children are our future and we need to give them all the tools necessary to live a healthy, happy, and productive life!” Stang also considered Holdingsford’s Positive Behavioral Interventions and Supports (PBIS) program another key strength highlighted by the SOE process. “Our PBIS program is working beautifully. Our children love school, our family trusts us and appreciate all we do to keep our school a positive, safe place to learn, laugh, and grow.”

Stang praised their staff as highly trained professionals who work tirelessly to support everyone at Holdingsford Elementary, “The countless hours put into positive student and family engagements surpass contractual definitions and ensure all children regardless of trauma, learning challenges, or social emotional shortcomings have caring adults supporting them through every aspect of the day.” During the SOE process they also worked with Tracy Reimer, Program Director for Bethel University’s Doctor of Education in K-12 Administration. Stang would like to thank Reimer especially for her support.

Holdingsford’s SOE committee discovered that one area they could improve on is the integration of technology into daily education. Stang said, “We also felt that with our changing world, we needed to bolster digital safety and digital citizenship efforts.” Holdingsford plans to attend Academy Day and Tech Summit workshops as the school works towards becoming a Google Certified School. Stang indicated that they will continue to advocate for their students and families, and promise to learn from their SOE journey.

“I hope I can speak for our team, that the difference between good and great is a little extra effort and hard work. We have the most important jobs in the nation!” said Stang. “The entire staff, our students, and families would like to thank MESPA for this opportunity to grow and self reflect... We are Husker Strong, Husker humble and proud, and unified as a school, community, and as a learning family! Not every day is easy, but every day is a gift.”



High School News

Hello from Holdingford Secondary,

This has been a school year none of us will soon forget. When our grandchildren read about this time period, I hope they are proud of how we handled our challenges and made the best of an extremely difficult time. I hope they see how we came together as a community to help one another. How parents and grandparents, neighbors and friends, opened their homes to help with childcare, distance learning, grocery shopping, and everything in between. I hope they see the time and effort teachers and paraprofessionals poured into making learning from home possible. Thank you for helping to write a chapter in the history books we can all feel good about.

I want to take this opportunity to thank all of the parents and community members for your ongoing support of the school. We have 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.

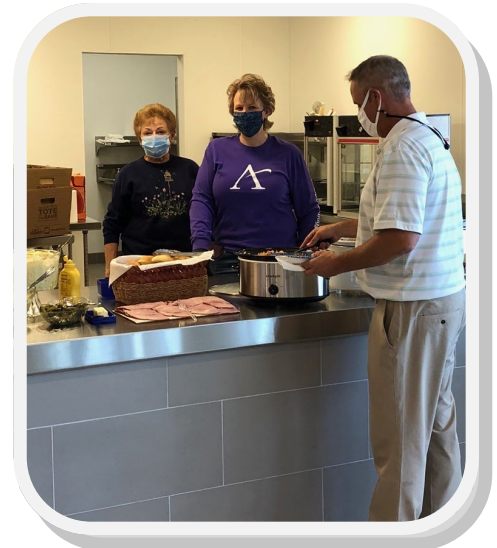
Angela Safran

Holdingford Secondary Principal

Thank you!

Thank you to Janelle Notsch and Affinity Plus Federal Credit Union for providing Holdingford High School staff with a fabulous lunch on October 12! Each year on Columbus Day, Affinity Plus closes its branches and staff members go out into MN communities to spread random acts of kindness.

Janelle decided to do something special for the staff and teachers at the Holdingford High School. She chose the school because she, “wanted to extend my appreciation to each and everyone of you for all the extra work this year has created. I love this school and I love this community and I truly want to thank each and everyone of you!”



Pictured: Janelle Notsch and Dell Brown serve lunch to staff and a full apple pie for every staff member!

High School Parent & Teacher Conferences

The first Parent Teacher Conferences for grades 7 – 12 were held on October 19 and 20 over Google Meet. Although the platform was different, overall, we had a good turnout.

The following are the dates and times of the upcoming Parent-Teacher Conferences at the high school. Students will be released from school at 1:15 pm on parent teacher conference days.

March 1 2:00 pm - 8:00 pm

March 2 2:00 pm - 8:00 pm

Tips for Student Success when learning from home

1. Set up a designated work area for schoolwork to be completed. Preferably not in a bedroom, but a place where students can better focus on their work without being tempted to crawl back in bed.
2. Keep students to their routine. Students should wake up at their usual time, dress in clothing they would wear to school, and follow daily routines.
3. Consider taking distractions away from the learning area during the school day. Do you need to take gaming systems, cell phones, or other distracting devices away?
4. Remember, students are in school (even on days they are working from home) from 8:00 am - 3:10 pm. They should not be employed, babysitting, or working around the home during school hours.
5. Call in absences, even during days when students are working from home. 320-746-4313.



2020-2021 District Testing Schedule ISD #738

<u>Date</u>	<u>Test Name</u>	<u>Grade Taking Test</u>
September 22, 2020	ASVAB	11 (L-Z)
September 24, 2020	ASVAB	11 (A-K)
September, January, April	AimsWeb + (Benchmark testing)	K-8
October 6, 2020	ACT + Writing (from last year)	12
October 20, 2020	ACT + Writing (makeup date)	12
October 29, 2020	PSAT	11
January 25 - March 19, 2021	ACCESS for ELL and Alt. ACCESS	Varies
March 8 - May 7, 2020	MTAS Reading, Math, Science	Varies
March 30, 2021	ACT + Writing	11
April 7-8, 2021	MCA III Reading	3, 7
April 12 - 15, 2021	MCA III Reading	4, 5, 8
April 13, 2021	ACT + Writing (makeup date)	11
April 19 - 29, 2021	MCA III Reading	6, 10
April 21- 22, 2021	MCA III Math	3, 7
April 26-29, 2021	MCA III Math	4, 5, 8
May 2-5, 2021	MCA III Math	6, 11
May 11-13, 2021	MCA III Science	5, 10

REMINDER SENIORS

Senior and baby pictures are due by December 1st. They need to be sent digitally to Tara.wolford@isd738.org



Homecoming Court 2020

Back Row: Braden Bomgaars, Will Ethen, King Tate Lange, Dalton Brinkman & Andrew Raden

Front Row: Jaden Breth, Lydia Hoikka, Queen Kendra Gerads, Abigail Lampert & Theresa Meier

Husker Varsity Athletic Schedules

Wrestling

Dec 10 - @ Monticello/St. Francis
 Dec 12 - vs. Pierz/Alexandria
 Dec 15 - @ ACGC
 Dec 19 - @ Rush City/Proctor
 Dec 22 - @ Mille Lacs/Onamia/Pine City
 Jan 8 - vs. Milaca/Ironton
 Jan 12 - @ HLWW/EVW
 Jan 14 - vs. Royalton/Deer River
 Jan 19 - vs. Zimmerman
 Jan 21 - @ Wadena/Border West
 Jan 26 - vs. Walker/Ogilvie
 Jan 29 - vs. Spectrum/Melrose
 Feb 2 - @ BBE/Albany
 Feb 4 - vs. Paynesville/Staples
 Feb 9 - vs. Osakis/EVW
 Feb 11 - @ Kimball/Minnewaska

Boys Basketball

Dec 4 - vs. Osakis
 Dec 8 - vs. Pierz
 Dec 11 - vs. Maple Lake
 Dec 15 - @ Paynesville
 Dec 18 - vs. BBE
 Dec 22 - vs. Albany
 Jan 7 - vs. ACGC
 Jan 8 - @ SJP
 Jan 12 - vs. Royalton
 Jan 15 - @ Kimball
 Jan 21 - vs. EVW
 Jan 26 - @ Maple Lake
 Jan 28 - Paynesville
 Feb 4 - @ BBE

Girls Basketball

Dec 22 - @ Foley
 Jan 5 - vs. Royalton
 Jan 8 - @ Kimball
 Jan 15 - vs. Albany
 Jan 19 - @ Maple Lake
 Jan 22 - vs. Paynesville
 Jan 25 - @ EVW
 Jan 28 - @ BBE
 Feb 2 - @ ACGC
 Feb 5 - @ Royalton
 Feb 11 - vs. Kimball
 Feb 16 - vs. EVW
 Feb 19 - vs. Maple Lake
 Feb 23 - Sauk Centre
 Feb 25 - @ Paynesville



All home Husker events, Varsity and most JV, will be streamed through Youtube

At this Link: https://www.youtube.com/channel/UCdJb_Tk7aOjMKdy3RJ6Hlpg

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Husker Clothing Order



All orders must be placed by Weds. Nov. 11th.
Proceeds go to help support Holdingford Community Ed. Orders will be ready for pickup Dec. 18th at the Community Ed Office.

Order Here: <https://ce.huskers.store/huskers/shop/home>

What's Available?

- **Youth & Adult Tees**
- **Youth & Adult Long Sleeve Tees**
- **Youth & Adult Sweat Shirts**
- **Stocking Hats**

Check it out!



Community Education

Elementary Girls' Basketball Grades 3-6

Youth basketball will look a little different this season as we work to comply with Covid guidelines. Scrimmages, games or tournaments may be added. If tournaments are added– additional fees will apply to those that attend. To start with, we have Saturday practices scheduled. Grades 5 & 6 will start November 14th and grades 3 & 4 will start December 5th. Please sign up if you can volunteer coach. Parents are asked to attend the initial meeting on the first day of practice. Otherwise, unless you are coaching, parents should drop their child off at practice and not loiter in the gym or school building.

Instructors: Aaron Bring, Varsity Girls Basketball Coach
Volunteer Parents

Fee: \$35 All Grades

Fee After November 13: \$40

November 14th- 6th Grade from 10-11 HS gym. (Meeting then practice with Varsity coaches)
5th Grade 11 - 12 HS gym. (Meeting then practice with Varsity coaches)

November 21st - 6th Grade HS Gym 10-12 (Practice with Grade Level Coaches)
5th Grade INT Gym 10-12 (Practice with Grade Level Coaches)

November 28th -No Practice (Thanksgiving Break)

December 5th -6th Grade INT Gym 10-12 (Practice with Grade Level Coaches)
5th Grade Elementary 10-12 (Practice with Grade Level Coaches)
4th Grade HS Gym 10-11 (Meeting then practice with Varsity coaches)
3rd Grade HS gym 11-12 (Meeting then practice with Varsity coaches)

December 12th - 6th/5th Grade HS Gym 10-11 (Practice with Varsity Coaches)
4th/3rd Grade INT Gym 10-11 (Practice with Varsity Coaches)
6th Grade HS Gym 11-12 (Practice with Grade Level Coaches)
5th Grade Elementary 11-12 (Practice with Grade Level Coaches)
4th Grade INT 11-12 (Practice with Grade Level Coaches/Curtain Down)
3rd Grade INT 11-12 (Practice with Grade Level Coaches/Curtain Down)

December 19th - 6th/5th Grade HS Gym 10-11 (Practice with Varsity Coaches)
4th/3rd Grade INT Gym 10-11 (Practice with Varsity Coaches)
6th Grade HS Gym 11-12 (Practice with Grade Level Coaches)
5th Grade Elementary 11-12 (Practice with Grade Level Coaches)
4th Grade INT 11-12 (Practice with Grade Level Coaches/Curtain Down)
3rd Grade INT 11-12 (Practice with Grade Level Coaches/Curtain Down)

December 26th - No Practice (Christmas Break)

Starting January 2nd - TBD

6th Grade INT Gym 10-12 (Practice with Grade Level Coaches)
5th Grade Elementary 10-12 (Practice with Grade Level Coaches)
4th Grade HS Gym 10-12 (Practice with Grade Level Coaches)
3rd Grade HS gym 10-12 (Practice with Grade Level Coaches)



Elementary Boys' Basketball Grades 3-6

All elementary boys basketball players grades 3-6 are invited to participate in the Husker Elementary basketball program. Youth basketball will look a little different this season as we work to comply with Covid guidelines. Scrimmages, games or tournaments may be added. If tournaments are added— additional fees will apply to those that attend. To start with, we have practices only scheduled. Parents are asked to attend the initial meeting on the first day of mini-camp. Otherwise, unless you are coaching, parents should drop their child off at practice and not loiter in the gym or school building.

The High School Coaches will provide a mini-camp on Monday, November 9th and Thursday, November 12th. Practices with parent volunteer coaches will be on Saturdays. Grades 5 & 6 will start Saturday practices on November 14th and grades 3 & 4 will start December 5th. 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 grade specific teams and coaches.

A short parent meeting will be held on Monday, November 9th in the gym prior to each mini camp. We ask that one parent/guardian attend the parent meeting. The boys will practice immediately following this meeting and parents will be asked to leave unless they are coaching. Head Coach Ron Makela will lead a skill building and offensive strategy discussion with volunteer coaches. Please sign up if you can volunteer coach.

Dates/Times:

Monday, November 9th

5th & 6th Grade 6:00-7:30pm High School Gym (6-6:10pm Parent Meeting, 6:10-6:45pm mini camp, 6:45-7:30pm grade level practice)

3rd & 4th Grade Intermediate Gym (6:45-6:55pm Parent Meeting, 6:55-7:45pm mini camp)

Thursday, November 12th

5th & 6th Grade 6:00-7:30pm High School Gym

3rd & 4th Grade 6:45-7:45pm Intermediate Gym

Saturdays, Starting November 14th– Mid February 5th & 6th Grade 8-10am

Saturdays, Starting December 5th– Mid February 3rd & 4th grade 8-10am

(No practices Saturday, November 28th or Saturday, December 26th)

Fee: \$35 All Grades

Fee After November 8th: \$40

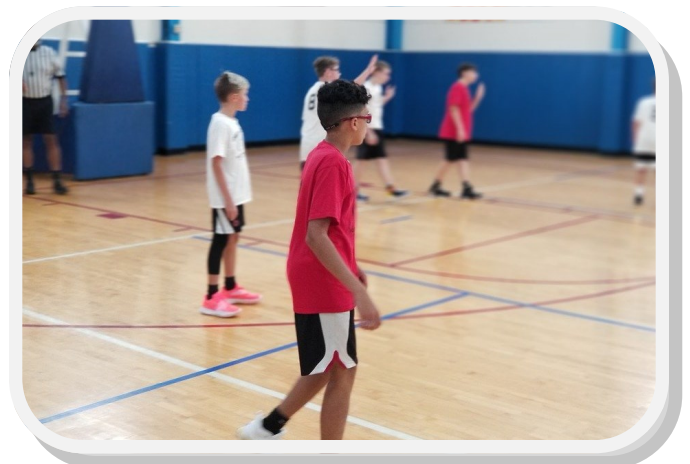
Instructors: High School Basketball Coaches and Parent Volunteers

Locations on Saturdays: 6th grade – High School Gym

5th grade – Elementary

4th grade – Intermediate Gym

3rd grade – Intermediate Gym



Wrestling Kindergarten – 6th Grade

Elementary practice will begin Monday, November 30th for K-6th grade. This is a great opportunity to learn wrestling fundamentals, get physical activity and have fun. All grades K-6th will practice Monday and Thursday nights from 6:15-7:30 as long as we are below the maximum participant capacity. If participation exceeds the maximum capacity, we will need to split up grades.

Only coaches and participants will be allowed in the wrestling room this year. Parents are asked to drop your child off and not hang out in the school building. Changes may need to be made throughout the season to keep in compliance with Covid guidelines. We ask for participants and parents to be flexible and do their part to follow the guidelines.

At this time there will not be any Community Ed. sponsored tournaments. If your child wants to compete in weekend tournaments on their own, they can use 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 OR
Scott Binek- 320-336-6948

We are always looking for volunteer coaches to assist at practices. Any help would be great!

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

Time: 6:15-7:30 PM

Fee: \$40

Location: High School Wrestling Room

NOTICES:

**Youth Cheerleading is postponed until
Fall 2021**

**Watch for information in upcoming
youth flyers for JO Volleyball**



CANCELLED

**Music of our Heart-land
Polka Parties in Holdingford**

Polka Parties planned for October, November & December have been cancelled.

They will be rescheduled for the spring of 2022.

Sponsored by the City of Holdingford and supported by the Holdingford American Legion Club, Holdingford Area Historical Society and the Holdingford Sno-Flyers Club.

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

November 3– January 28 (22 sessions)

(No Lap Swim 11/26, 12/24, 12/29, 12/31)

Time: 6am-7am (participants must be out of the locker room & school by 7:20am)

Fee: \$44

Minimum: 5

Please provide email address or cell # to receive notifications on cancellations.

American Red Cross– PRIVATE 1:1 SWIM LESSON REGISTRATION

You must register online or by phone (paper registrations will not be accepted).

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

IMPORTANT SWIM NOTES:

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

Private swim lesson fee for non-district residents **\$60**

Registration will start online Wednesday, December 9th at 5pm; you can call the Community Ed. office to register starting 8am Thursday, December 10th (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 pass/fail swimming card information. * Enter door 1 and follow signs to pool area.

*Each lesson consists of 4– 30 minute classes.

Lessons scheduled every 40 minutes

Lessons will be Monday, Tuesday, Thursday and Friday (no Wednesday lessons)

Session I Private Lessons

January 4 – 8 (M, T, Th, F)

3:45pm- 7:30pm

Session II Private Lessons

January 11 - 15 (M, T, Th, F)

3:45pm- 7:30pm

Session III Private Lessons

February 1-5 (M, T, Th, F)

3:45pm- 7:30pm

Session IV Private Lessons

February 8-12 (M, T, Th, F)

3:45pm- 7:30pm

Learn-to-Swim (6 levels)

Red Cross Learn-to-Swim consists of six comprehensive levels that teach people of varying ages and abilities how to swim skilfully and safely. Each level includes training in basic water safety. All aquatic and safety skills are taught in a logical progression. The objective is to teach people to swim and to be safe in, on and around the water. The six levels include: (If you do not know what level your child is, please indicate that on that registration and the instructor will place them on the first day of their lesson).

- o Level 1: Introduction to Water Skills
- o Level 2: Fundamental Aquatic Skills
- o Level 3: Stroke Development
- o Level 4: Stroke Improvement
- o Level 5: Stroke Refinement
- o Level 6: Swimming and Skill Proficiency

- Personal Water Safety
- Fundamentals of Diving
- Fitness Swimmer

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.

Community Ed. Staff

Holdingsford Private Swim Lesson Program Plan Winter 2021

Arrival

- Screened by Method 1: Temp checks at home. Prior to arrival parents should take their child's temperature. Anyone with a temp of 100.4 or higher– cannot attend.
- Instructors will meet & visually screen students at pool deck.
- No child that is ill can attend swim lessons
- Lessons will not be made up
- Locker rooms will be locked.
- Students need to change in the private changing rooms.
- Please have your child use the restroom prior to coming to lessons.
- 1 parent will be allowed in the school/pool area. Parents must stay in pool area during lessons and wear a mask.

Instruction

- Instructors will teach mainly from the pool deck, if they need to enter the pool to give an instruction the participant will exit the pool and observe from the pool deck.
- Level 1 and 2 parents will need to be in the water with their child or until the child is independent
- All lessons will be 1:1, no pairing two students together.
- Lanes will be in the pool to allow for better social distancing.
- There will be extra time scheduled in between lessons to disinfect rails/equipment.
- Lessons will be 30 minutes long and there will not be free time at the end of the lesson.

Other Precautions:

- Staff will wear masks if they are not swimming and it does not inhibit their teaching.

There will be no Open Swimming for Winter 2021.

Firearm Safety

Youth ages 11 and older can attend a firearms safety certification course and receive their certificate. The Firearms Safety Certificate becomes valid at age 12. Upon successful completion of this course, students will be permitted to hunt small game and are eligible to purchase a big game license. Please indicate birth date on registration form. This course is sponsored by area Sportsmen's Clubs and Holdingford Community Education. (New instructors are wanted, call Holdingford Community Ed. if you are interested 320-746-4465). Class space is limited due to covid restrictions.

ALERT: The DNR has modified firearms safety certification requirements on an interim basis as a result of COVID-19.

Students of all ages may take their classroom training online.

Indicate on the registration form if you will be taking the class online and only need to attend the field day.

Dates: Tuesdays, January 5, 12, 19, 26 and February 2. *There will also be one additional day for shooting.*

Times:

January 5, 6:30-7:30pm (material handed out)

All other dates 6:30pm-8:30pm

Location: High School Cafeteria

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 11

PotSpot: Take Home Class

Sea Turtle (K-12)

Take it home and paint it however you wish! We will send home the project and paint colors with your child from school. The turtle needs to be returned to school by Tuesday, December 1st.

PotSpot will take the items to be fired and return them within 2 weeks. Please pick 3 colors from the following: Red, orange, yellow, light green, dark green, blue, purple, black, brown, gray

Deadline to register: November 13

Location: Home Project

Fee: \$18



Take Home Art Kit

Wood Slice String Art Ornaments

Grades 1st-4th

Take this kit home to complete from the comfort of your own couch. When you are done you can hang the ornaments on your tree or in your room. Each wood slice will come with the nails already on them. Use the string that will be provided to wrap around the nails to create a tree, star and stocking.

Included:

Instructions

3 wood slices with nails for each design on them

String to wrap around the nails

Ribbons to tie through the loop to hang

Maximum: 10

Fee: \$12


Deadline: December 1





Home Technical Requirements for all classes:

- Computer: PC (Windows XP or later) or Mac (OSX) with at least a 2GHz processor and 4GB or RAM
- Internet: Broadband internet
- Webcam
- Microphone and Speakers
- Google Meet
 - All classes are done at your home. You must have the required technology to attend the class.
 - **DEADLINE TO REGISTER IS 5 DAYS BEFORE THE START DATE**

<p>10:30-12:30pm January 9 & 16</p> 	<p>Video Production for YouTube: Gaming</p> <p>Grades: 4th-7th \$64 Per Student</p> <p>Learn how to produce a YouTube - "Let's Play" Video! Learn how to capture a gaming session. YouTube is the top destination for online videos. Learn tricks that pros use. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world.</p> <p>Additional Technical Requirement:</p> <ul style="list-style-type: none"> • Cell Phone video camera or external webcam • IMovie (Mac) or Filmdora (Windows trial version) software • A game installed on the computer (Minecraft, Roblox, Racing, any will work)
<p>8am-10am February 6 & 13</p>	<p>3D Printing & CAD</p> <p>Grades: 3rd-7th \$79 Per Student</p> <p>New Projects this semester! This 3D printing camp takes students through the 3D printing process from start to finish. Students will design 3D objects using TinkerCAD (online web app), and use the 3D slicing program Cura to bring their creations to life. This course serves as an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine and see their creations come to life. Students will be designing 1-2 objects, and the 3D print will be mailed home. No experience is necessary, but familiarity with doing common tasks using a computer and keyboarding is required.</p> <p>Additional Technical Requirement:</p> <ul style="list-style-type: none"> • Cura (free download)
<p>9-11 am February 27</p>	<p>Extreme Coding: Mario Frogger</p> <p>Grades: 3rd-6th \$33 Per Student</p> <p>Learn the fundamentals of coding with Scratch by creating a Nintendo theme frogger game. Inspire your student to pursue today's most exciting technologies. Scratch uses colorful, visual blocks that fit together like legos.</p>
<p>9-11 am March 20</p>	<p>Extreme Coding: Super Snake</p> <p>Grades: 4th-7th \$33 Per Student</p> <p>Make an interactive game using Scratch. We will show students how to put code blocks together and recreate the classic video game snake. This course will cover fundamental coding concepts like sequencing, conditionals, variable, and more.</p>

Holdingford Community Ed. Big Buck 2020

Individual Entry
\$5

Youth
Grades 5-8
Grades 9-12

Who can enter? Any person under the age of 18 with a valid Minnesota Youth Deer permit, and properly supervised by an adult with permission of a parent or legal guardian. You must be registered BEFORE you harvest your animal. Deadline to register for the competition is Friday, November 6th. Once you harvest your animal, you have until November 16th to submit your score sheet and photo(s) to the Community Ed Office. Not complying with this rule, incomplete score sheets or score sheets with no photos attached, will result in disqualification.

Register Here: <https://holdingford.revtrak.net/RW-Community-Education/>

Turn score sheet and photo(s) into the Community Ed. office or scan and email to: kendra.posch@isd738.org

**** The Holdingford Sportsman’s Club will be the official judges and select the winners.

There will be two winners in each grade division: Biggest Buck and Best Picture
Winners will receive a \$25 gift card to Scheels

Score Sheet– Community Ed. Youth Big Buck Challenge

Hunter’s Name: _____ Hunter’s Grade: _____

Date of Harvest: _____ County of Harvest: _____

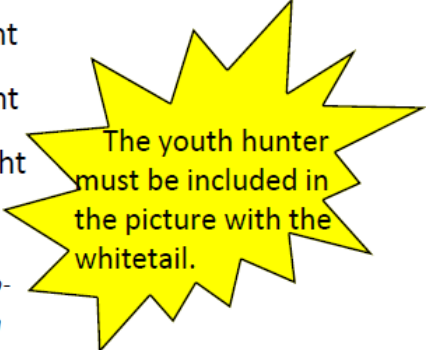
Method of Collection: Archery Crossbow Shotgun Muzzle Loader

Length of Main Beam: _____ Left _____ Right

Length of Brow Tine: _____ Left _____ Right

Total # of Tines: _____ Left _____ Right

Are there any broken points? Yes NO



To the best of my knowledge, the animal that I have registered was taken without violating the wildlife laws or ethical hunting practices of the country, state or province in which I hunted and was harvested legally.

By my signature below I agree to be bound by the rules of the contest, that I agree to hold harmless Holdingford Community Ed. and ISD 738, its affiliates and sponsors from any and all liability arising from my participation in this contest, and that I am 18 years or older, or the parent or legal guardian of any participant under the age of 18.

Hunter Name: _____ Parent/Guardian Signature: _____

Early Childhood

2020 Family Education Classes

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. You can register online for ECFE classes or by filling out the registration below. Please also send a copy of your child’s vaccination record. Register early, classes fill up. (all classes enter door 7)

ECFE Sliding Fee Scale		
Household Income	6 week	12 week
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 calling 320-746-4465. If your income is below \$15,000, you might qualify for Head Start programming. Head Start contact is 320-253-8110.

Babies, 1’s and 2’s (6 week class)

This class is designed for children ages birth-36 months as of September 1, 2020. Class meets Friday mornings from 9am-10:30am. We ask that one parent/guardian attends per class to limit the group size.

Class Dates: February 5, 12, 19, 26, March 5, 12

Class limit: 8 children

Early Childhood Contacts:

Jim Stang, Elementary Principal 320-746-4461
 Kendra Posch, Community Ed. Director/Preschool 320-746-4465
 Christy Gustafson, Elementary Secretary/Screening 320-746-4462
 Jenn Schwalbe, Early Childhood/ 4’s Preschool 320-746-4378
 Amanda McDonough, Early Childhood/ 4’s Preschool 320-746-4403
 Lynn Nelson, Early Childhood Special Ed. 320-746-4399
 Sara Szafranski, Speech & Language 320-746-4379
 Kristen Bruns, School Nurse 320-746-4369

Mixed 2’s & 3’s (6 week class)

This class is designed for children age 2 by September 1, 2020. Parents and children stay together during this class. Class will meet on Tuesdays from 6pm-7:15pm in the pre-school rooms. We ask that one parent/guardian attends per night to limit the group size.

Class Dates: October 6, 13, 27, November 3, 10, 17

No Class October 20

Class Limit: 9 children

Just for 3’s (12 week class)

This class is perfect for children who are 3 years old by September 1, 2020. This class includes a parent education component where parents separate from the children for a short time. Class will be offered on Tuesday evenings from 6pm-7:30pm in the preschool classrooms. We ask that one parent/guardian attends per class to limit the group size.

Class Dates: December 1, 8, 15, 22, January 5, 12, 18, 26, February 2, 9, 16, 23

No Class December 29

Class Limit: 9 children

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 2021. Class will be held on Tuesday evenings from 6-8pm. We ask that one parent/guardian attends per class to limit the group size. Requirement: 4 years old by September 1, 2020.

Class Dates: March 9, 16, 23, 30, April 13, 20

No Class April 6

Class Maximum: 9 Children



Sibling Care:

Sibling care is offered during evening ECFE classes only. This is a free service provided to make it easier for families to attend early childhood classes. Please mark on the registration form if your family will utilize this service and the names/ ages of the children attending sibling care.

*** Stop by and Play is cancelled for the 2020-2021 school year.**

Community Education Registration Information

Contact the Community Ed. Office at 320-746-4465 with any questions or email 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.
- Registration forms may be mailed to: Holdingford Community Education, PO Box 250, Holdingford, MN 56340. You may also register online at www.isd738.org.
- 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.

Make checks payable to Holdingford Public Schools

Name	Grade	Age	Community Ed. Class	Cost

Parent/Guardian _____ Res. Phone _____

Address _____ Cell Phone _____

Email address _____

Participant Special Needs: _____

Firearm Safety Birthdate: _____ Circle: Field Day Only Classroom & Field Day

I want to coach (Youth Basketball or Youth Wrestling): _____

ECFE Sibling Care: Yes No Names & Ages of Siblings: _____

In order to participate in any activity, I agree to hold harmless Holdingford Area School and Holdingford Community Education, its employees, agents, volunteers and contractors harmless and I give up any right I may have to make claims or lawsuits against them. I acknowledge that this is not an essential service provided by Holdingford Schools and Holdingford Community Education. I understand and acknowledge that the activities I am about to voluntarily engage in as a participant have certain risks. I understand that these risks known or unknown, anticipated or unanticipated, may result in injury, death, illness, disease or damage to myself or my property or to other persons or their property. I voluntarily agree and promise to accept and assume all responsibilities and injuries, death, illness, disease or damage to myself or my property arising from my participation. I am voluntarily participating in activities with knowledge of the dangers and risks involved and no one is forcing me to participate.

In addition, due to the highly contagious nature of the current COVID-19 virus outbreak and potentially any other virus that can be contracted from both symptomatic and asymptomatic people, Holdingford Area Public Schools assumes no responsibility for the contraction of any illness as a result of your participation in this class or related class activities. All participants are required to comply with social distancing expectations. Failure to do so could result in removal from the program and the premises. The school will not be responsible for determining whether or not any participant has or does not have COVID-19 or any other illness before, during or after this class or class activity. Anyone having any illness is required to not attend class. It is the school district's recommendation that during the COVID-19 pandemic that the participant consult their doctor before participating and follow the CDC guidelines related to social distancing and wearing personal protective equipment.

Participant(s) Names: _____

Guardian Signature & Date: _____

Holdingsford Lion's Club Provides New Flags

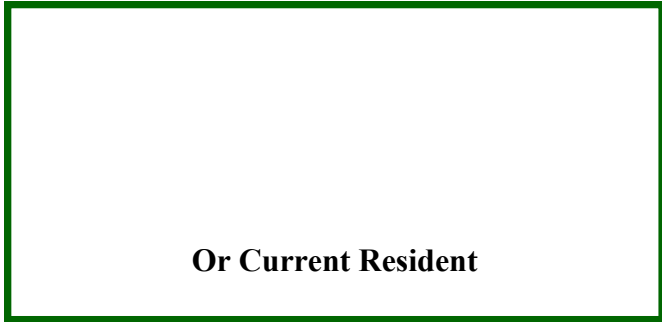
The Holdingsford Lion's have provided new flags for the three flag poles at Holdingsford Schools. They were given in honor of all past and present graduates who have served in the U.S. Military, Law Enforcement, Fire Department or First Responder Personnel. Lion's member Ron Schmidt, a former graduate and Veteran, provided the first three flags. The Lion's Club will furnish all future flags as they are needed. A plaque will be placed at the poles with inscriptions on them honoring these special graduates for their service.

Submitted By: Arlie Lawrenz, Community Member



Holdingsford Public Schools
PO Box 250
Holdingsford, MN 56340

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



Or Current Resident

Please Note

If you have any of these changes, please notify Tammi Hanson in the high school office (320-746-4333) or Christy Gustafson 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.

Newsletter Deadlines

January 20, 2021

April 14, 2021

Submit Articles and Pictures to:

Kendra.posch@isd738.org

Junior High Softball

I would like to give a huge shout out and congratulations to the undefeated JH Softball team. They went 10 - 0 on their fall season. This team played fantastic softball, while learning new skills along the way. Their offensive power showed the whole season by scoring 107 total runs and holding opponents to only 29 total runs. I wish all of them the best of luck with their academics and future sports seasons. Last but not least, a **huge thank you** to all the parents. What a fantastic group of adults to work with. They drove their daughters in to practice on those hybrid days of distance learning. Along with traveling to all of our away games to give us tons of support. I can't thank them enough! Now a special thanks to Paige Soltis, who coached first base for me and Darcy Soltis who did the book. Volunteers like this really help a lot. Also many of us should thank our AD Jason Bruns for putting together seasons on short notice. To the team, thank you for putting up with me as your coach, I enjoyed every minute of practice and games. Go Husker Nation!!

Thanks
Coach Talberg

Holdingsford Lioness Club Sets

“Gifts for Joy” Project

The Holdingsford 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 Holdingsford Lioness Club by sending a letter to:

“Gifts for Joy”, PO Box 205,
Holdingsford, MN 56340; or by calling:

Irene at 320-393-2472 or

Bonnie at 320-761-0627

Before November 18, 2020.



Back row, left to right:

Paige Soltis, Katie Carlson, Annaliese Odden, Addison Pilarski, McKenna Streit, Makenna Fiedler, Katelyn Molus, Coach Talberg

Front row, left to right:

Lauren Soltis, Brooke Soltis, Kylee Skwira, Gabby Bruns, Cali (Shades) Opatz, Makadance Gallus