

# Cook County Schools - ISD #166

# The Viking Voice

## Monthly

April 2021

Dear Cook County School Families,

Cook County schools will be taking the Minnesota Comprehensive Assessments - MCAs- starting next week, April 13th (see the attached schedule).

The Minnesota Dept. of Education requires school districts to administer the statewide assessment to students in 3rd-8th grade MCA Reading and Mathematics, grade 10 take the MCA Reading, and students in grade 11 take the MCA Mathematics. The MCA science test will be for 5th, 8th and 10th grade students. As part of these assessments we are encouraging students to do their best, knowing that this has been a challenging year due to the pandemic. These tests provide a snapshot of students progress towards the MN Academic Standards and allows the district to evaluate their curriculum.

We want you to know that we will continue with our safety protocols that we carry out on a daily basis. If your child is in Distance Learning we will have an alternative time for them to participate. Please contact your student's advisor or [Jill Boen](#), Cook County's District Assessment Coordinator, to set up a time for the test.

Let's work together to make our students experience a positive and successful one! Our classes have been preparing students academically and here are some suggestions you can do to help us out as well:

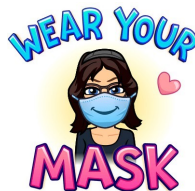
- \* Ensure your child attends school and is on time.
- \* Have your child eat a healthy breakfast at home or at school.
- \* Ensure your child gets a restful night's sleep.
- \* Gently encourage them to take their time and do their best.
- \* Below you will find the MCA testing schedule, it will be available on

our school website  
as well.

Thank you for your dedication to a successful experience during our testing weeks!

Respectfully,

Megan Myers  
Principal/Acting Superintendent



Mrs. Megan Myers  
PK-12 Principal/Acting Superintendent  
(218) 387-2271 x 603 or [mmyers@isd166.org](mailto:mmyers@isd166.org)





# Cook County Schools MCA Test Schedule



Sawtooth Elementary			
Tue. 4/13/21	Wed. 4/14/21	Thurs. 4/15/21	Fri. 4/16/21
<b>MCA Math Grades 3-5</b>			
4/20/21	4/21/21	4/22/21	4/23/21
<b>MCA Reading Grades 3-5</b>			
4/27/21	4/28/21	4/29/21	4/30/21
<b>MCA Science Grade 5</b>			
<b>Middle School</b>		<b>High School</b>	
Tuesday, April 13, 2021 A Day		April 13-16	
MCA Math 6 Anderson/Spoon		MAPS 10/MCA 11 Rubbelke/Ramberg Test in class	
MCA Math 7 Jorgenson/Miller			
Wednesday, April 21 B Day		April 20-24	
MCA Read 6 Hansen (1st hour) Zimmer (2nd hour)		MCA Read 10 McHugh Test in class	
MCA Read 7 Anderson/Spoon			
MCA Read 8 Jorgenson/Miller			
4/27/21 A Day		4/28/21 B Day	
MCA Science 8 Wahlstrom		MCA Science 10 Wahlstrom	
		MCA Science 8 Miller	



**PUBLIC HEALTH &  
HUMAN SERVICES**

COOK COUNTY COURTHOUSE  
411 W 2ND STREET  
GRAND MARAIS, MN 55604  
PH: 218.387.3620  
FAX: 218.387.3020  
TOLL FREE: 1.800.663.6771  
WWW.CO.COOK.MN.US

April 6, 2021

Hello school families,

As spring is upon us, here are several announcements from us in the local public health department:

**More infectious variant spreading:** There is a new strain of COVID-19 known as the B117 variant that is quickly becoming the most common type of the virus spreading throughout Minnesota. We have evidence that the B117 variant is in Cook County. B117 is 50% more infectious than the original strain, meaning it spreads more easily between people. Statewide, public health is finding that it also spreads more easily among children. The good news is that we know what will work to limit the impact of B117 on families and the community. The schools are doing an excellent job with following the safety measures in their preparedness plans. We need all families to continue to do their part in following public health advice: in public spaces wear a mask and socially distance, screen your kids before school each day for symptoms of COVID-19, if you feel sick get a COVID test and stay home from work or school, wash your hands frequently and avoid large crowds. This advice is for both people who are vaccinated and those who are not.

**Vaccination:** At this point, all people 16 and older are eligible for vaccination. Signing up for a vaccine is one of the most powerful things you can do to limit the impact of COVID-19 on our schools. People who are fully vaccinated (14 days after their second dose) are less likely to get sick with COVID and to pass the virus on to others. Additionally, if you are exposed to a person with COVID-19 and you are fully vaccinated, you do not need to quarantine. The vaccines we have available to us are safe, work well and will save lives.

**Vaccination for teens:** 16- and 17-year-old students are eligible for the Pfizer vaccine. This week on April 8 we have a vaccination event at North Shore Health where the Pfizer vaccine will be available. You can register online at [www.cookcountycovid19.org](http://www.cookcountycovid19.org). Anyone under the age of 18 needs a parent or guardian present at the time of vaccination. Parents are welcome to sign up for vaccination at the same as their children if that is convenient for families. We still have a few spots open for our event this Thursday.

**Surveillance testing:** The Minnesota Department of Health recommends that kids in school take a COVID-19 test every two weeks, and that students involved in sports and other extracurricular activities test every week. COVID-19 tests are free and are available locally through the mail-in saliva test program. You can [order test kits online](#) or [you can pick-up a saliva test kit at your child's school](#). The tests include a telehealth appointment over Zoom. Afterwards, you return the test kits to a UPS drop site. You receive an email with your results within a few days. With routine testing, you do not need to quarantine while waiting for test results if you do not have symptoms.

The Cook County Public Health Department is always happy to answer parents' questions about the COVID-19 pandemic, including any questions you might have about the COVID-19 vaccines. The best way to connect is by email at [covid-19hotline@co.cook.mn.us](mailto:covid-19hotline@co.cook.mn.us) or by phone at 218-387-3605.

Thank you so much for all you've done to adapt to the difficult work of parenting during the COVID-19 pandemic, and for doing your best to raise healthy kids in a challenging year.

Be well,  
Grace

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*"...supporting the health, safety, and well-being of our community."*

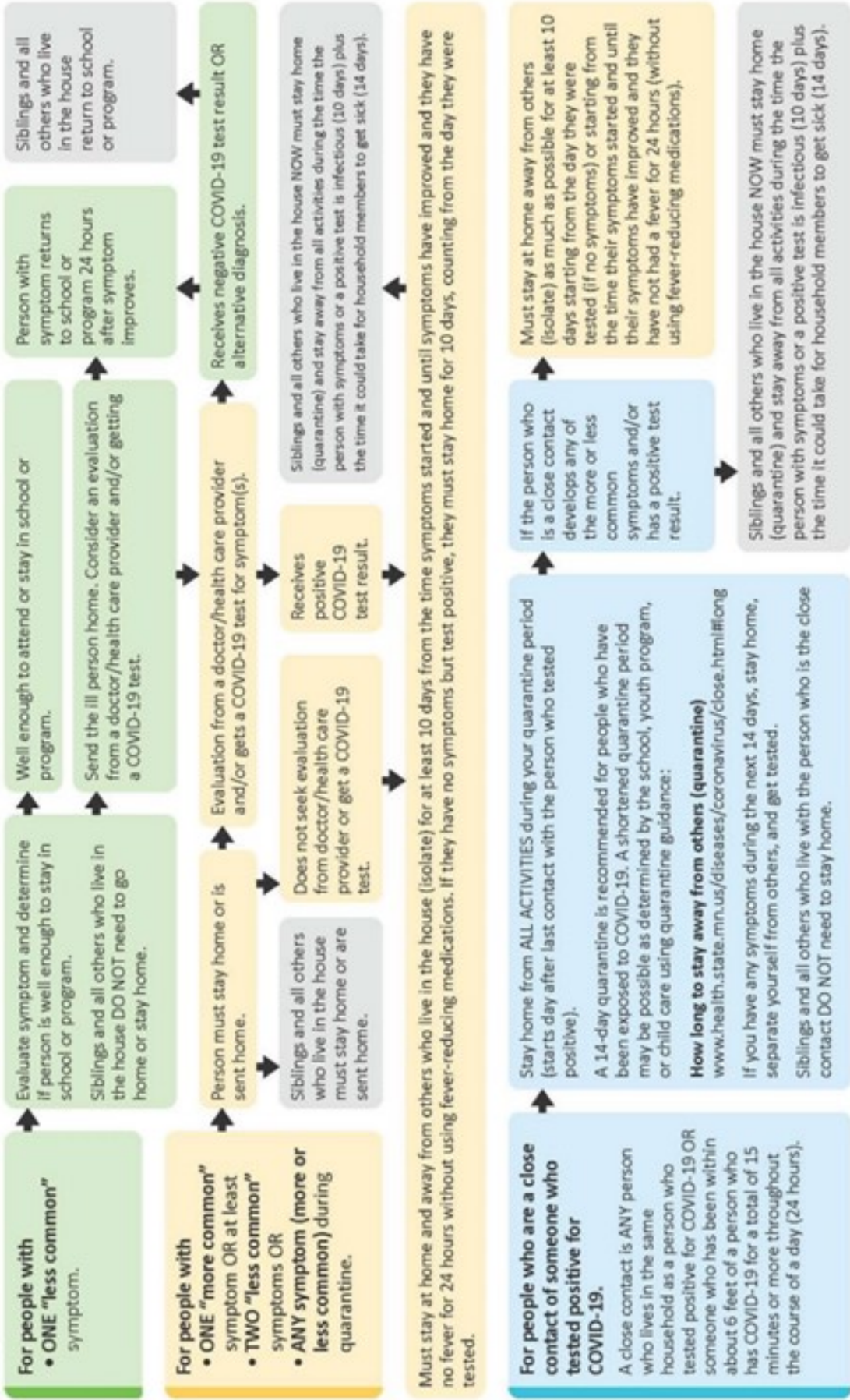
[www.cookcountypghs.org](http://www.cookcountypghs.org)

*This institution is an equal opportunity provider.*

# COVID-19 Decision Tree for People in Schools, Youth, and Child Care Programs

Follow the appropriate path if a child, student, or staff person is experiencing the following symptoms consistent with COVID-19:

- **More common:** fever of 100.4 degrees Fahrenheit or higher; new cough or a cough that gets worse; difficulty/hard time breathing; new loss of taste or smell.
- **Less common:** sore throat; nausea; vomiting; diarrhea; chills; muscle pain; extreme fatigue/feeling very tired; new severe/very bad headache; new nasal congestion/stuffy or runny nose.





### Walk and Roll Wednesdays update:

Hello, families! The Safe Routes to School Committee was hoping to revive the Walk and Roll Wednesdays group this spring, but after consulting with Public Health, we have decided not to. The schools have done an amazing job with COVID-19 precautions, and we would like to continue to support their efforts. We do encourage you to get out walking with your kids as much as you can, as well as supporting their ability to walk and bike to school. If you have questions or would like support in planning safe walks to school for your kids, feel free to reach out to the SRTS Coordinator, Andrea Orest, by email at [andrea@sawtoothmountainclinic.org](mailto:andrea@sawtoothmountainclinic.org) or by phone at 218-877-8262. Andrea can help with information on safe walking, as well as route planning. As a reminder, the Community Center parking lot is the designated Park and Walk site for our community. It is a safe location to walk with your kids or to drop them off to walk, depending on your family's comfort level. It is our hope that Walk and Roll Wednesdays will be revived in the fall, depending on the state of the pandemic and Public Health recommendations at that time.

### Employment Opportunity for anyone 18 years and older

True North AmeriCorps is hiring people interested in working with kids. AmeriCorps service is an excellent opportunity for graduating seniors, career changers, retirees and anyone else interested in helping our community! **Benefits include free health, dental, and vision insurance (full time); money towards tuition or student loans (transferable to a child or grandchild if over 55); a free YMCA membership; modest monthly income; training and professional mentoring.** AmeriCorps members need to be 18 or older at the start with a high school diploma or GED equivalent. We provide the training, applicants just need to come ready to learn!

Positions start in May or June and run through August. Open positions and applications can be found at [truenorthamericorps.org/apply](http://truenorthamericorps.org/apply). If you have questions please contact Emily Marshall at the YMCA.  
(218) 387-3386 x 506



## 2021 Spring Drivers Ed Class-online schedule

Tuesday/Thursday nights from 6-9pm.

Deadline to sign up for the Classroom portion of Drivers Education is April 9, 2021. Class Starts April 13, 2021 and is every Tuesday and Thursday evening from 6-9pm. Fee is \$110.00.

**Driver's  
Education**



For more information please contact Pam Puskala at [ppuskala@isd166.org](mailto:ppuskala@isd166.org)

**THE JUNIOR CLASS PRESENTS  
COOK COUNTY HIGH SCHOOL PROM**

*Light at the End of  
the Tunnel*

Tickets on sale now through Friday,  
April 9th during Advisory/Lunch  
\$10/attendee

When you purchase your ticket, please  
let us know who you would like to  
include in your Pod of 6 or less.  
For distance learners who would like to  
attend, but are unable to purchase their  
tickets at school, you may email  
[asandstrom@isd166.org](mailto:asandstrom@isd166.org) and drop off  
your payment to the office, Attn: CCHS  
Junior Class.

**SATURDAY | 4.17.21 | 7:00PM  
COOK COUNTY HIGH SCHOOL GYM**



**Follow Cook County Schools online for up-to-date information and to follow school events.**

Website: [cookcountyschools.org](http://cookcountyschools.org)

Facebook: Cook County Isd166 & Community Education

Remember to sign up for Parent Portal to access student information and pay lunch accounts. (Parent Portal application is included in the new student packet and is also available in PK-12 office or school website.)

# GET A MENTOR!

There are a lot of really intelligent people living in Cook County. Let CCHE pair you with one of these experts for help with:

Classes and coursework  
Inspiration and direction  
Writing and editing essays  
More!

You can meet for up to 10 times a semester with your mentor for FREE. Available for both K-12 and adult learners.

Email our Outreach Coordinator,  
Carly Puch, at [outreach@myCCHE.org](mailto:outreach@myCCHE.org)



COOK COUNTY  
HIGHER EDUCATION

# April 2021 Calendar

Friday, April 2nd

**No School**

Monday, April 5th

**PDD (Professional Development Day) No Students**

Tuesday, April 6th

MS/HS Picture Retakes \*(see website for schedule)

Thursday, April 8th

Softball Varsity vs. Cromwell —4:00 pm

Monday, April 12th

Distance Learner MCA Math Test

Baseball Varsity vs. Two Harbors - 4:00 pm

Softball Varsity vs. Two Harbors—4:00pm

Tuesday, April 13th

Track Meet @ Two Harbors—4:00pm

Baseball Varsity @ McGregor—4:00 pm

Softball @ McGregor—4:00 pm

Thursday, April 15th

Baseball Varsity @ Two Harbors—4:00 pm

Softball Varsity @ Two Harbors—4:00 pm

Saturday, April 17th

Prom @ 7:00 pm - Cook County High School Gym

Monday, April 19th

**PDD (Professional Development Day) No Students**

Baseball JV vs Cromwell-Wright—4:00 pm

Tuesday, April 20th

Track Meet @ Barnum—4:00 pm

Softball Varsity vs Silver Bay—4:00 pm

Baseball Varsity vs Silver Bay—4:00 pm

Thursday, April 22nd

Softball Varsity vs Carlton—4:00 pm

Baseball Varsity vs Carlson—4:00 pm

Friday, April 23rd

Softball Varsity @ Floodwood—4:00 pm

Monday, April 26th

Distance Learner MCA Reading Test

Baseball Varsity vs. Wrenshall—4:00 pm

Softball Varsity vs Wrenshall—4:00 pm

Tuesday, April 27th

Softball Varsity vs South Ridge—4:00 pm

Baseball Varsity vs South Ridge—4:00 pm

Track Meet @ Two Harbors—4:00 pm

Thursday, April 29th

Softball Varsity vs Northeast Range —4:00 pm



## Bus Passes

Reminder that students are not allowed to ride a bus to another student's house after school, unless they are already assigned to that bus route. If your student needs to go somewhere different after school you will have to arrange for their transportation and notify their teacher regarding the change of after school plans.

*Thank You!*



## Athletics

Baseball, Softball & Track  
are underway!  
Go Vikings!!







## Free Student Meal Program Delivery & Hub Pick-up



All children 18 and under are eligible for a free bag breakfast and lunch upon request.

Parent and families need to request a bag breakfast and lunch by email each week:  
Email: [lunchrequest@isd166.org](mailto:lunchrequest@isd166.org) before 8pm each Sunday.

Monday - delivered to bus stop.

Tuesday thru Friday—delivered to hubs.

If you have questions please email: [lunchrequest@isd66.org](mailto:lunchrequest@isd66.org)




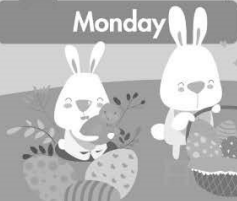


## Free Student Meal Program In School Option


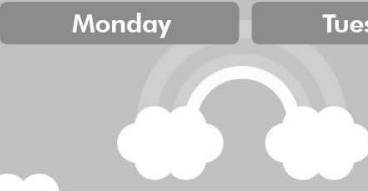


All children 18 years and under are eligible to participate.  
This program is funded by the state of Minnesota and will be offered  
until the end of August 2021

- Students that are attending Cook County Public Schools in person will receive school lunches free of charge.
- If students choose to have the school lunch please make sure they tell their homeroom teacher. Homeroom teachers will let the kitchen staff know how many students are in need of a school lunch so that the kitchen staff can plan accordingly, to help limit food waste.
- **SECOND HELPINGS:** Is this an option? *Yes!* Students may have a second helping, this is also free of charge.
  - If lunch is brought to you in your classroom please tell your teacher that you will want seconds ( 2 burgers, 2 pizza slices). That way the teacher can order the proper number.
  - If you go through the lunch line, please remind the cooks that you signed up for a second serving.



April 2021 Menus

 <b>BREAKFAST</b>				
<b>APRIL 2021</b> COOK COUNTY VIKINGS				
<b>MENU SUBJECT TO CHANGE</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
 <b>NO SCHOOL</b> 5	 Pancakes, Syrup (Cinni Mini) Juice and Milk 6	 Bagel Cream Cheese, Juice and Milk 7	Eggo Waffle, Syrup (Cold Cereal w/cheese stick) Juice and Milk 1	<b>NO SCHOOL</b> 2
<b>NO SCHOOL</b> 5	Pancakes, Syrup (Cinni Mini) Juice and Milk 6	Bagel Cream Cheese, Juice and Milk 7	Eggo Waffle, Syrup (Cold Cereal w/cheese stick) Juice and Milk 8	Pancake and Sausage on a stick (Muffin and Cheese Stick) Juice Milk 9
Cold Cereal, Cheese Stick Juice and Milk 12	Pancakes, Syrup (Cinni Mini) Juice and Milk 13	Bagel Cream Cheese, Juice and Milk 14	Eggo Waffle, Syrup (Cold Cereal w/cheese stick) Juice and Milk 15	Pancake and Sausage on a stick (Muffin and Cheese Stick) Juice Milk 16
<b>NO SCHOOL</b> 19	Pancakes, Syrup (Cinni Mini) Juice and Milk 20	Bagel Cream Cheese, Juice and Milk 21	Eggo Waffle, Syrup (Cold Cereal w/cheese stick) Juice and Milk 22	Pancake and Sausage on a stick (Muffin and Cheese Stick) Juice Milk 23
Cold Cereal, Cheese Stick Juice and Milk 26	Pancakes, Syrup (Cinni Mini) Juice and Milk 27	Bagel Cream Cheese, Juice and Milk 28	Eggo Waffle, Syrup (Cold Cereal w/cheese stick) Juice and Milk 29	Pancake and Sausage on a stick (Muffin and Cheese Stick) Juice Milk 30

 <b>LUNCH</b>				
<b>APRIL 2021</b> COOK COUNTY VIKINGS				
<b>MENU SUBJECT TO CHANGE</b>				
Monday	Tuesday	Wednesday	Thursday	Friday
 <b>NO SCHOOL</b> 5	 Orange Chicken Fried Rice Egg Roll Broccoli or (Baby Carrots), Mandarin Oranges or (Fresh Fruit) and Milk 6	 Chili, Bread Sticks, Veggie- Fruit bar Milk (Bag Lunch) Cheese Burger, Baby Carrots, Fresh Fruit Milk 7	Quesadilla, Salsa Romaine Mix (Baby Carrots) Pears (Fresh Fruit) Milk 1	<b>NO SCHOOL</b> 2
<b>NO SCHOOL</b> 5	Orange Chicken Fried Rice Egg Roll Broccoli or (Baby Carrots), Mandarin Oranges or (Fresh Fruit) and Milk 6	Chili, Bread Sticks, Veggie- Fruit bar Milk (Bag Lunch) Cheese Burger, Baby Carrots, Fresh Fruit Milk 7	Corn Dogs, Beans Baby Carrots, Peaches (Fresh Fruit) Milk 8	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots) Fresh Fruit Milk 9
Chicken Burger Fries Green Beans or (Baby Carrots) Fresh Fruit Milk 12	In-School- Taco in a bag Corn, Pears, Black Beans Fruit and Milk  (Bag lunch) Ham and Cheese Sandwich, Baby Carrots, Fresh Fruit and Milk 13	Chicken Noodle Soup Bread Sticks, Veggie- Fruit bar Milk (Bag Lunch) Cheese Burger, Baby Carrots, Fresh Fruit Milk 14	Cheese Bread Marinara Sauce Baby Carrots, Fruit Milk 15	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots) Fresh Fruit Milk 16
<b>NO SCHOOL</b> 19	Sloppy Joe, Baby Carrots, Fruit Milk 20	Chicken Wild Rice Soup Bread Sticks, Veggie- Fruit bar Milk (Bag Lunch) Chicken Burger, Baby Carrots, Fresh Fruit Milk 21	Chicken Nuggets, Fries Fruit Veggies (Baby Carrots) Milk 22	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots) Fresh Fruit Milk 23
Breakfast Sandwich Tater Tots (Baby Carrots) Sliced Apples or (Fresh Fruit) Milk 26	In-School- Taco in a bag Corn, Pears, Black Beans Fruit and Milk  (Bag lunch) Ham and Cheese Sandwich, Baby Carrots, Fresh Fruit and Milk 27	Tomato Soup, Bosc Sticks, Veggie- Fruit bar Milk (Bag Lunch) BBQ Rib Sandwich, Baby Carrots, Fresh Fruit and Milk 28	Pizza Sticks Marinara Sauce Fruit Romaine Mix (Baby Carrots) Milk 29	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots) Fresh Fruit Milk 30