



### Unified Club

Cook County Unified Club joined others in our nation for our first annual "Person First Campaign" on January 16th.

"Person First Day is based on the idea of using Person First Language. Person First Language is language that focuses on a person first, and things like disabilities, race, gender, or religion second. Describing someone by a secondary trait is very prevalent with individuals with disabilities. Instead of mentioning a persons abilities or even that they are a person, someone's disabilities is the first thing said.

Although changing ones language can be difficult, it is also very meaningful. Saying a person with a disability vs a disabled person makes a huge difference in some peoples lives."

-Annie Lynch, Unified Club Executive Council

On January 15th, students took a pledge to speak kindness and include. After the students pledged by putting their thumbprint on the banner, students were given kindness stickers. The banner will be hanging in our halls this school year as a reminder to always use Person First Language.



### Students After School Plans

Parents and Families,

I just wanted to remind families regarding dismissal policy and expectations for our Sawtooth Students.

#### ISD 166 Policy - Departure

Students are expected to leave the school grounds immediately after dismissal unless they are directly supervised by district staff, parent/guardian or another adult. Parents who are transporting or walking students home after school are strongly encouraged to meet them on the playground. Para supervision will be available on the playground until the buses leave each day. Please be sure your child's teacher knows every day what your child should do upon dismissal, i.e., ride the bus (where?), walk home or to child care, or that someone (who?) will meet them on the playground immediately after school.

#### Departure Expectations After School - Bus Riders

- Students will go directly from class to the bus loading area. They will not wait around classrooms and/or visit with friends.
- Bus riders will wait calmly keeping their bodies and personal belongings to themselves.
- Bus riders will use LEVEL 2 VOICES.

#### After School - Walkers & Bike Riders

- Walkers will go directly home or to their parent-approved meeting destination.
- Bike riders will walk their bikes off campus.

#### After School - Parent Pick Up in the Sawtooth parking lot

- Students are supervised from 3:20-3:30 p.m. for parent pick-up in the Sawtooth parking lot. Students will be in the playground area and will be supervised until 3:30.

- Parents/visitors that wish to leave their cars must park in a designated place in the parking lot. There should be no double parking in the parking lot.

- If a student is to go with an older sibling PLEASE have the older sibling pick them up at the playground.

- Students will not be allowed to walk unattended into the parking lot.

~ Megan Myers, Principal

# Letter to Families Regarding Vaping and Juuling

Dear Cook County ISD 166 Families,

The purpose of this letter is to increase your awareness of an epidemic that is facing our youth. High schools and middle schools around the country are having recent spike in incidents involving students and vaping. The purpose of this letter is to inform you of the issue, provide resources, and encourage you to have an open dialogue with your students about the prevalence of this temptation in their lives.

"Vaping is the act of inhaling a vapor produced by an electronic vaporizer or e-cigarette. The casing can come in any shape or size, but its most popular form is the Juul, which takes its appearance as a flash drive and can be easily concealed in a backpack, coat, purse etc. The liquids that are vaporized are marketed to our youth with different flavors such as "cinnamon roll, marshmallow, bubblegum, lemonade and cookies" giving the appearance that this is a harmless smoking option with limited risks. Here is research and information we have collected pertaining to this unfortunate trend.

- Stores cannot sell vaping items to people under the age of 18. However, students report that they purchase items online using prepaid Visa cards, or buy them from older students/siblings.
- Students use the school bathrooms in between classes, before or after school to partake in this activity. Since vaping can be essentially an invisible problem, we need parents assistance with holding their kids accountable.
- According to the National Institute on Drug Abuse, 66% of teens who vape, believe that only "flavoring" is in their e-cigarette, when in reality a single Juul pod can contain as much nicotine as a pack of cigarettes.
- Many students choose vape pods which do not contain nicotine. However, this is not without risks, as 37% of people who smoke e-cigarettes start smoking cigarettes or marijuana within 6 months of trying a vape.
- Vaping solutions without nicotine can contain compounds that may become toxic or even carcinogenic when vaporized. The metal microparticles that are released by the e-cigarette can put kids at risk for reactive airway disease, asthma and emphysema.
- Nicotine is highly addictive and can affect the way your brain is developing. As for the long-term impact of inhaling chemicals and metal particles, there's still a lot we don't know. But why risk it?
- Vaping is also replacing traditional ways of smoking marijuana, by using cannabis-infused oil.

The messages that are being told to our youth right now, is that vaping is without consequences. We know this is **UNTRUE**, no one knows or understands all of the effects this will have on their bodies and minds. As always, our goal at Cook County Schools is to partner with you, parents and guardians, to have healthy and informative conversations with your students. We want to encourage you to plan uninterrupted time to speak with your student. Your voice and expectations are the most important influence in this ongoing battle.

At ISD 166 we desire a clean campus, free from all drugs, alcohol, and tobacco products. We want to empower students to make decisions that enhance their potential. We do have an assembly planned for later this winter/spring, that will address the many damaging effects of vaping, but because of the growing concern we felt that the dialogue at home needed to begin sooner rather than later. There will also be resources available on our webpage, Facebook page, and available to families in the school's office. As always, we welcome your comments, concerns, or questions. Please let us know if we can assist in anyway.

Respectfully your administrative team,

Dr. Crandall, Mrs. Myers & Mr. Dorr

## Indoor Recess Fun

When it is too cold to go outside to play Ms. Clearwater's Preschool class goes fishing for numbers! Brieanna our new student is preparing our catch of the day for counting in our tent! A great way to spend a cold day!



## Tree House Design Contest

7th grade art students put their design and building skills to the test during the Tree House Design Contest. Students had to imagine a tree house, draw it to scale, then build their scale model. Students had to include one design element from a different culture, time or place. They also had to present their projects to a panel of judges.

~Mila Horak



Calvin Batees is showing us his scale model he made.



**NEXT MEETING:**  
**Monday, February 4th**  
**in Sawtooth Library @ 5:30 p.m.**

**Meetings for the 2018-2019 School year.**

- February 4 @ 5:30 p.m.
- March 4 @ 4:00 p.m.
- April 8 @ 5:30 p.m.
- May 6 @ 4:00 p.m.

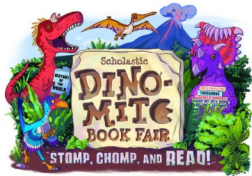
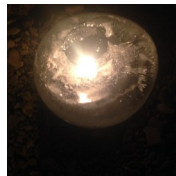
**Special Lunch Dates with your children**

3rd Grade - 02/12  
 5th Grade - March TBD



**Tiny Lights** will be held again this year on Friday, February 15 starting at 6 pm by Drury Lane Books.

Snow Globes are \$5 each. Watch for a flyer in students folders. Money raised will go towards the 5th Grade Wolf Ridge trip and the Seeds of Change both coming up in March.



Spring Book Fair will be held the week of February 25th. Watch the Facebook page and student folders for more information on this. Volunteers are needed. A Signup Genius will be posted on the Facebook page.

Get out those books from Around the World! There will be another reading challenge this month. Watch for details in your folders.



Join today! \$10 Annual Membership fee.  
 We appreciate your support in any way you can give.

Amanda Anderson, President  
 Marcela Perez-Abreu, Vice President  
 Jill Boen, Secretary  
 Agne Smith, Treasurer  
[pta@isd166.org](mailto:pta@isd166.org)

**Notes from your ISD 166 Health Office**

This is the time of year where stomach aches and colds take hold most often. As a reminder for your students recovery as well as preventing the spread of illness to others, please keep your child home if he or she has experienced one of the following in the past 24 hours; **EVEN IF** the student wakes up in the morning feeling improved. If you are concerned about the students attendance, call school administration.

**Do not send your child to school if they have:**

- a fever of 100 degrees or more
- vomited
- experienced diarrhea

For more specific information please see our approved ISD 166 School Health and Related Programs Policy at [www.cookcountyschools.org](http://www.cookcountyschools.org) or call the school nurses office at 218-387-2271 extension 116.



**Are your students up-to-date on their immunizations?**

The ISD 166 Health Office sent out letters in early December to families of children who are missing mandatory shots for school. Please mail or drop off any updated immunization information for your student in the office, or have your child's doctor office fax the records to the school.

**Did you know your preteen or teen still needs shots?**

Starting at around 11 years old, kids need two vaccines:

- **Tdap**, which protects against whooping cough, tetanus and diphtheria;
- **Meningococcal**, which protects against dangerous brain and blood infections.

Please contact the Health Office at 218-387-2271 x116 or email: [nurse@isd166.org](mailto:nurse@isd166.org) with questions or concerns. **If your student is missing necessary immunizations we have resources available.**

**Student Lunch Reminder**

If your income has changed throughout the year, you may re-submit an application for educational benefits, used to determine Free or Reduced meals. Forms are available on our website or in the office.

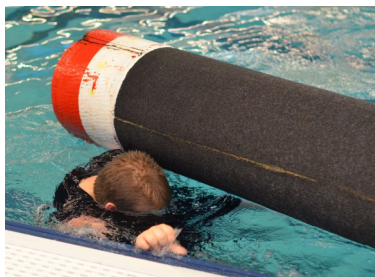


## December Exploratory Day Fun!

On the day before winter break, our 6th-8th grade students enjoyed an afternoon of crafts, games, adventures, and baking. Faculty and staff members led a wide variety of activities, and students signed up for 2-4 options to fill their schedules. New highlights of this year's event included Peppermint Bark-Making with Mr. Gesch in Culinary Arts, Ice Skating at the Community Center with Ms. Jessie Anderson, Wreath-Making with Ms. Mila Horak in the art room, and Outdoor Cooking and Camping with Stone Harbor staff. Each year, we include staples like Winter Survival, 3 on 3 basketball, oreo truffles and gingerbread houses while also striving to introduce new courses to challenge and excite our students.

Thank you to the Cook County Education Foundation, Johnson's Foods, ISD 166 faculty, staff, and parents for making this great event possible!

~Emma Spoon and April Wahlstrom



## Snow Day Inside

We had a cold day in January where there was no outside recess. When the kids came to gym, I wanted them to have fun building a snowman. This was a great cooperative game that they all enjoyed. Students were able to take turns being the snowman that was built and decorated. In the Kindergarten class, the high school aides were the snowman. Each student took a turn adding one item to the snowman. They came up with some very creative snowmen! Most importantly they worked together and had fun!

~Kasha Hansen, Phy Ed Teacher



## Passive Consent Notice to Parents School District Plan to Survey Students 2019 Minnesota Student Survey

Our school district is asking students in grades 5, 8, 9 and 11 to participate in the 2019 Minnesota Student Survey (MSS). Federal law requires us to notify parents of this school activity. The MSS is conducted in schools across our state every three years.

Questions on the survey are about many topics relating to young people's lives. The survey asks about how well school is going, future plans, out-of-school activities, physical and mental health, relationships, substance use and more. High school students are asked about sexual behavior. This useful information about their thoughts and behaviors helps communities and schools develop effective programs and provide better services.

Date(s) the Minnesota Student Survey (MSS) will be administered:  
**February 25, 2019**

If you have questions about the survey, please contact:  
Megan Myers, Principal                      Mitch Dorr, Assistant Principal  
[mmyers@isd166.org](mailto:mmyers@isd166.org)                              [mdorr@isd166.org](mailto:mdorr@isd166.org)

You have the right to review a copy of the survey. For details on how to do this, please contact: Jill Boen [jboen@isd166.org](mailto:jboen@isd166.org).

This survey is anonymous. To prevent individuals or families from being identified, students do not provide their names, student identification numbers or other personal information.

This survey is voluntary. You may choose to have your child not take the survey by emailing Jill Boen at [jboen@isd166.org](mailto:jboen@isd166.org). Students may also decline to take any part of the survey or the whole survey. They are informed of that option by staff.

## Counselor's Corner

Hello from the Cook County Guidance Office. Brad and Sam are busy ensuring students are prepared for their testing throughout the school year.

**10th graders:** Sophomores will be taking the ASVAB exam through the US Military Services. This test is an indicator of grade level performance and career aptitude. There are study overviews in the Guidance Office, if students are interested in doing additional studying. This is not necessary though because the test content is simply looking at 10th grade level content. This test is not meant to recruit students to the US Military Services if a student is not interested. It is simply another form of standardized testing and it gauges aptitude for any student. This is a free test.

**11th graders:** Juniors are receiving ACT test prep through the On To College test prep with John Baylor. This is a curriculum that has been used before at Cook County schools and is proven to help students prepare for the ACT test specifically. Students can continue their test prep at home if they would like as the curriculum is completed online. **Parents please send payment for the ACT between February 1st-13th.** Checks can be dropped off to the Main Office and should be made out to ISD 166. Students should plan to take the writing portion along with their ACT. The cost of this is \$58.00. If students opt to not take the writing portion of the test the cost is slightly less. Please follow up with the Guidance Office for that amount.

**SAVE THE DATE:** The AP (Advanced Placement) tests are scheduled for early-mid May. There will be a fee associated with this exam, although it will be less than the posted amount on the CollegeBoard website. Please let the Guidance Office or your student's AP teacher know if you have questions.

## Snowmobile Safety Course Opportunity



In conjunction with our 6th grade Safety & Technology class, the Minnesota DNR will be hosting a Snowmobile Safety Field Day on Thursday, February 28th. All Cook County youth who complete the online safety course ahead of time are welcome to take advantage of this opportunity.

According to Minnesota Law, "Minnesota requires snowmobile certification by law for anyone born after December 31, 1976." Any youth ages 11-15 who want to become certified to operate a snowmobile must complete a DNR-approved online course and participate in a hands-on field day training. All CCMS 6th grade students will be completing the online course in class ahead of the field day. For all other students, the online course needs to be completed at home and has a cost of \$29.95.

In order to participate in the field day and complete the certification requirements, students need to provide **proof of online course completion** and have a guardian sign the DNR-required **Parent Release Form** before the Field Day. See [www.mndnr.gov](http://www.mndnr.gov) for more information about certification requirements. Contact 6th grade teacher Emma Spoon ([espoon@isd166.org](mailto:espoon@isd166.org)) for more information regarding participation in the field day.

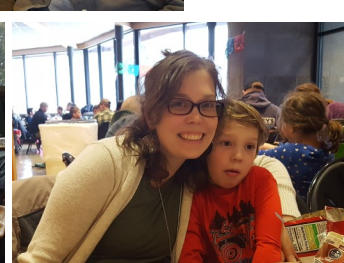
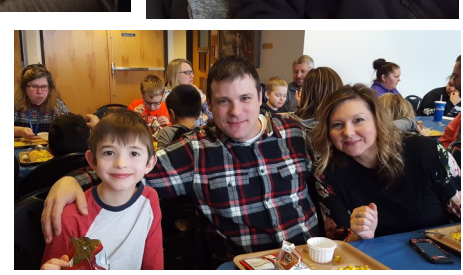
~Emma Spoon

## Recess Elves hard at Work!



## Special Lunch with their special someone!

Wow! We had a huge turn out for the 2nd Grade Special Lunch, look at all these smiling faces. Our families came out to support their 2nd grader and filled the Arrowhead Center for the Arts Lobby and we had a record turnout! Thank you to everyone that helped make this a success.



# February 2019 Calendar

## Friday, February 1

Alpine Skiing vs. Thunder Bay @ Lutsen - 10:00 a.m.  
Girls JV Basketball, Home vs. Two Harbors - 4:45 p.m.  
Girls V Basketball, Home vs. Two Harbors - 6:30 p.m.  
Boys V Basketball, Home vs. Two Harbors - 4:45 p.m.  
Boys JV Basketball, Home vs. Two Harbors - 6:30 p.m.

## Saturday, February 2

Boys JV Basketball @ Hill City - 1:00 p.m.  
Boys V Basketball @ Hill City - 3:00 p.m.

## Monday, February 4

Girls JV Basketball @ Chisholm - 5:00 p.m.  
Girls V Basketball @ Chisholm - 6:30 p.m.

## Tuesday, February 5

Alpine Skiing Section 7A meet @ Giants Ridge - 10:00 a.m.  
North House Folk School - 5th Grade  
Boys Hockey @ Ely - 7:00 p.m.  
Girls Hockey @ Superior

## Wednesday, February 6

North House Folk School - 5th Grade

## Thursday, February 7

Nordic Skiing - Section 7A Tournament @ Giants Ridge - 10:00 a.m.  
North House Folk School - 5th Grade  
Girls Hockey Playoffs @ Silver Bay - TBD

## Friday, February 8

Girls V Basketball, Home vs. Barnum - 4:45 p.m.  
Girls JV Basketball, Home vs. Barnum - 6:30 p.m.  
Boys JV Basketball, Home vs. Barnum - 4:45 p.m.  
Boys V Basketball, Home vs. Barnum - 6:30 p.m.  
Boys Hockey vs. Denfeld in Two Harbors - 7:00 p.m.

## Saturday, February 9

Nordic Skiing vs. Duluth Denfeld @ Spirit Mountain - 11:00 a.m.  
Alumni Basketball Game  
Girls Hockey Playoffs - TBD

## Monday, February 11

Boys JV Basketball @ Marshall - 5:45 p.m.  
Boys V Basketball @ Marshall - 7:15 p.m.

## Tuesday, February 12

Boys Hockey @ Moose Lake - 7:00 p.m.

## Wednesday, February 13

Nordic Skiing vs. Mesabi East @ Giants Ridge - 1:00 a.m.  
Alpine Skiing - State Tournament @ Giants Ridge - 10:00 a.m.  
Girls Hockey Championship - TBD

## Thursday, February 14

Nordic Skiing - State Tournament @ Giants Ridge - 10:00 a.m.  
Girls JV Basketball, Home vs. Denfeld - 4:45 p.m.  
Girls V Basketball, Home vs. Denfeld - 6:30 p.m.  
Boys Hockey vs. Eveleth in Silver Bay - 7:00 p.m.

## Friday, February 15 - NO SCHOOL

Conferences Grand Portage 9-11  
Girls V Basketball in Grand Portage vs. Fond du Lac - 4:45 p.m.  
Boys V Basketball in Grand Portage vs. Fond du Lac - 6:30 p.m.

## Saturday, February 16

Boys Hockey Playoffs - TBD

## Monday, February 18 - NO SCHOOL

## Tuesday, February 19

Boys Hockey Playoffs - TBD

## Wednesday, February 20 - Mid-Quarter

ASVAB Testing  
ACT Testing - All Juniors

## Thursday, February 21

Varsity Knowledge Bowl

## Friday, February 22

Boys V Basketball @ Nashwauk-Keewatin - 4:45 p.m.  
Girls V Basketball @ Nashwauk-Keewatin - 6:30 p.m.  
Boys Hockey Semi Finals @ Amzoil - TBD

## Tuesday, February 26 - Conferences 3:30-6:30 p.m.

North House Folk School - 3rd Grade

## Wednesday, February 27

North House Folk School - 3rd Grade  
Boys Hockey Championship @ Amzoil - TBD

## Thursday, February 28 - Conferences 3:30-6:30 p.m.

North House Folk School - 3rd Grade

## Middle School performs for Care Center

The Middle School Viking Choir went to the Grand Marias North Shore Care Center to sing for residents on January 8, 2019. Students had chosen some favorite songs and were VERY well received. Since the invitation given that day was to "come back any time" the choir plans to go and sing again on Valentines Day, February 14, 2019. Because music and memory have such a strong connection choir members are working on songs that the residents there might recognize, such as "You Are My Sunshine" and "Bicycle Built for Two." If anyone would like to make a valentine we would be happy to deliver it on February 14th. There are about 40 residents. Valentines can be dropped off at the choir room or office by February 13. Thank you!

We are so fortunate to be so close to such an appreciative audience!

~Cindy Johnson, Choir Teacher



# February 2019 Menu

LUNCH		FEBRUARY 2019					B LUNCH OPTION is for the Elementary Students
		COOK COUNTY VIKINGS					
Monday	Tuesday	Wednesday	Thursday	Friday			
<p><b>A&amp;B Lunch</b>- Build your own Chicken Burger with tomatoes, lettuce, onions and pickles with Fries, Fresh Fruit and Milk <b>4</b></p>	<p><b>A Lunch</b>- Homemade Lasagna <b>5</b> <b>B Lunch</b>- Chicken Patty with Garlic Toast, Romaine Spinach Mix, Peaches and Milk</p>	<p><b>A Lunch</b>- Homemade Chili with Bread Sticks <b>6</b> <b>B Lunch</b>- Pizza Sticks and Marinara Sauce with Baby Carrots and Celery Sticks, Fresh Fruit and Milk</p>	<p><b>A&amp;B Lunch</b>- Chicken Nuggets, Mashed Potatoes, Gravy, Green Beans, Dinner Roll, Cranberries, Pears and Milk <b>7</b></p>	<p><b>A&amp;B Lunch</b>- Stuffed Crust Cheese or Pepperoni Pizza with Romaine Spinach Mix, Fresh Fruit and Milk <b>1</b></p>			
<p><b>A&amp;B Lunch</b>- Build your own Cheese Burger with tomatoes, lettuce, onions and pickles with Fries, Fresh Fruit and Milk <b>11</b></p>	<p><b>A&amp;B Lunch</b>- Taco in a bag with tomatoes, lettuce, shredded cheese, black beans with Steamed corn, Fruit cocktail and Milk <b>12</b></p> <p><b>3rd Grade Parents to Lunch</b></p>	<p><b>A&amp;B Lunch</b>-Homemade Chicken Wild Rice Soup with Bread Sticks, Baby Carrots, Fresh Broccoli, Fresh Fruit and Milk <b>13</b></p>	<p><b>A Lunch</b>- Pulled Pork Sandwich <b>14</b> <b>B Lunch</b>- Cheese Bread with Marinara Sauce, Romaine Spinach Mix, Mandarin Oranges and Milk</p>	<p><b>NO SCHOOL</b> <b>15</b></p>			
<p><b>NO SCHOOL</b> <b>18</b></p>	<p><b>A Lunch</b>- Orange Chicken, Rice, Egg Roll <b>19</b> <b>B Lunch</b>- Pizza Stick with Marinara Sauce with Baby Carrots, Fresh Broccoli, Mandarin Oranges and Milk</p>	<p><b>A&amp;B Lunch</b>-Homemade Chicken Noodle Soup with Bread Sticks, Baby Carrots, Fresh Broccoli, Fresh Fruit and Milk <b>20</b></p>	<p><b>A Lunch</b>- Pork &amp; Turkey Roast <b>21</b> <b>B Lunch</b>- Chicken Patty with Mashed Potatoes, Gravy, Steamed Carrots, Cranberries, Dinner Roll, Peaches and Milk</p>	<p><b>A&amp;B Lunch</b>- Stuffed Crust Cheese or Pepperoni Pizza with Romaine Spinach Mix, Fresh Fruit and Milk <b>22</b></p>			
<p><b>A&amp;B Lunch</b>- BBQ Rib Sandwich with tomatoes, lettuce, onions and pickles with Fries, Fresh Fruit and Milk <b>25</b></p>	<p><b>A&amp;B Lunch</b>- Taco Nacho with tomatoes, lettuce, shredded cheese, black beans with Steamed corn, Fruit cocktail and Milk <b>26</b></p>	<p><b>A&amp;B Lunch</b>-Tomato Soup with Hot Ham &amp; Cheese Sandwich, Baby Carrots, Fresh Broccoli, Fresh Fruit and Milk <b>27</b></p>	<p><b>A Lunch</b>- Hamburger Gravy <b>28</b> <b>B Lunch</b>- Pizza Sticks with Marinara Sauce with Mashed Potatoes, Green Beans, Dinner Roll, Mandarin Oranges, Cranberries and Milk</p>				

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

## Message from the School Social Worker



Has your income changed due to the partial government shutdown or other reasons? Are you worried how you're going to get food for your family? If so, ISD 166 would like to remind you of the following programs available that may be able to help offset those financial barriers:

- Free and Reduced Meal Program. If eligible, your students at ISD 166 will be able to have a free or reduced cost breakfast and lunch on school days. Applications available in the main office at ISD 166, online @ <https://www.cookcountyschools.org/index.php/studentsmain/forms/free-and-reduced-lunch-application/view> document, or by calling 218-387-2271.
- Snacks and Packs weekend food program. Students at ISD 166 who are enrolled in this program receive a bag of food every Friday to take home for the weekend. Applications available on the school website @ <https://www.cookcountyschools.org/index.php/snacks-and-packs-program> or by contacting Anna Sandstrom, 218-387-2271 ext 406.
- Cook County Food Shelf
  - Congregational Church
  - 3rd Ave. West and 2nd Street, Grand Marais, 218-387-1767
  - Hours: Mondays, 3:00pm-5:00pm and 1st Wednesday of the month, 5:00-7:00pm
- Cook County Public Health & Human Services
  - Financial Services, 218-387-3620
- Ruby's Pantry
  - 2nd Tuesday of the month from 5:00-6:30pm at Cook County Schools, ISD 166. Doors open at 4:30 for registration. \$20 donation for 1 share. All Federal employees can receive a FREE GIFT CERTIFICATE during the government shutdown.

Please contact School Social Worker, Anna Sandstrom for help accessing and completing forms or if you have other needs at 218-387-2271 ext. 406, [asandstrom@isd166.org](mailto:asandstrom@isd166.org).