



Cook County Schools - ISD #166

The Viking Voice

Monthly

Vol. 4, Issue 7 - April 2019



On Friday, March 1, the ISD 166 Diversity Committee hosted the Common Ground Summit for students in grades 6-12. The goal of the Common Ground Summit was to provide opportunities for students to develop the skills needed to be successful citizens in a diverse community. This was done through developing storytelling and listening skills in order for students to safely and respectfully engage in conversations about identity and diversity.

Students began their day with their regular 1st block academic classes. During that class, they received their personalized name tag with their schedule for the day. At the end of January, students received the workshop descriptions and completed their preferences to help the committee create over 200 individual schedules based on student choices.

Students then headed to the gym for the Keynote Session with Ricky White. Ricky White, Niigonanakud, is Anishinabe from Whitefish Bay First Nations in Ontario, Canada. He is Pizheew or Lynx Clan and is a lifetime member of the renowned drum group, the Whitefish Bay Singers. As a result of growing up on his isolated reservation, Ricky retained deep knowledge of the Anishinaabe language and culture. These teachings continue to drive his spirit and leadership today. Ricky has been recognized as the next leader of the Anishinabe Nation of Treaty #3 in his homeland. He has been awarded Indian Education Teacher of the Year and Minnesota Indian Education Administrator of the Year. In addition, he is often sought after to emcee pow-wows, gatherings, conferences, radio, television, and to deliver keynote addresses at public speaking events. His message was a highlight for both students and staff.

Students then participated in small group workshops facilitated by Cook County staff and community organizations. The first block of workshops focused on students understanding and accepting themselves through exploration and self-care. Students created self-portraits in "Looking Closely at Ourselves", practiced self calming techniques in "Mindfulness" and challenged themselves with "Yoga for Self-Care." The second block of small group workshops focused on understanding others. Some of the workshops offered during this time included: "Building Communication with Legos", "The Biology of Race", "All About Autism", "Minnesota Anishinaabeg Trivia" and "Allyship: United through Experience." Students also spent time reading to Sawtooth Mountain Elementary students and created a collaborative paint-by-number mural that will be installed in the school.

The day concluded with a large group activity in the gym. Students and staff shared their life experiences by responding to a series of prompts. It was powerful to see the commonalities and differences we all share. For many students, it was the most surprising and impactful moment of the day.

The planning committee would like to thank, first and foremost, all staff at Cook County Schools. Their selfless dedication to students created a day full of community building activities. Thanks must also be given to the administration and school board for their support. Finally, our deepest gratitude to our community, especially the businesses and individuals who financially supported this endeavor. Without your generous donations, the event would not have been possible.

~Common Ground Summit Committee

Platinum	Gold	Silver	Bronze
\$500+	\$250+	\$100+	\$50+
Bluefin Bay Family of Resorts	Crawford Excavating	Grand Marais Family Dentistry	Sophia Stalzer Wyant
Kids Plus	Mary Sorenson & Rena Rogers	Kai-Zen Solutions	Bob Carter
Grand Portage	The McFarlands	The Big Lake	Coldwell Banker North Shore
			Arrowhead Electric Coop

Message from Superintendent

ANYTIME is a great time to read with your child!

- Share your enthusiasm and interest in reading with your children.
- Provide children with a reading area at home.
- Encourage children to set aside time every day for reading.
- Read to children and encourage them to read to you.
- Have children try crossword puzzles and other word puzzles.
- Encourage children to read daily news stories and general interest magazine articles.
- Discuss current events and stories you read.

High School Parents Registration time is happening in our high schools. Sit down and review the different options for courses with your middle and high schooler. Look at a pathway to get your child best prepared for what they may desire to do following high school. Our counselor is a great resource for parents and students to assist in guiding students through the registration process. Our Cook County School staff is excited and looking forward to an outstanding spring. We are in the middle of our winter and making adjustments everyday to meet our student's educational needs. We thank you for allowing us to work with a precious resource in our communities, the children. We encourage all residents to come to the schools for concerts, athletic events, volunteering in classrooms and see what great things are taking place in the Cook County Schools.

~ Dr. William Crandall

5th Grade Wolf Ridge Adventure

Fifth graders took their annual trip to Wolf Ridge Environmental Learning Center in the beginning of March. During their 3-day stay students learned all about identifying animal signs, renewable energy, winter survival, and paper making. They were able to develop their bravery, trust, and cooperation skills by successfully completing the high ropes course and the indoor rock wall. The students were able to step out of their comfort zone by trying many amazing new things. They will continue to showcase the skills they learned throughout the rest of the year. If you have a second, make sure to ask a 5th grader about Wolf Ridge to hear all about their experience!

~ Ms. Pickett, 5th grade Teacher



NORTH HOUSE

The third graders got to go to North House Folk School on February 26, 27, 28th. At North House we got to carve a "Paddle to the Sea" boat and person.

Before going to North House we had read a story called *Paddle to the Sea* by Holling Clancy Holling. In the story, a boy carves a man in a canoe. His "Paddle Person" travels from Lake Nipigon to Lake Superior and on through all the Great Lakes to the St. Lawrence Seaway and then to the Atlantic Ocean.

We got to make our own Paddle Person. We also learned about the parts on a boat like the bow and the stern. We used tools like a rasp and sandpaper to smooth out the edges.

We also got to learn about the watershed and the Great Lakes. We learned about buoyancy and gravity and how boats are made to float.

Back at Sawtooth we painted our Paddle Person at art class. Now our Paddle People are in the display case at Sawtooth. You can see them there!

~By Hazel Liechty and Gabby Manthey





NEXT MEETING:

Wednesday, April 3rd in Sawtooth Library @ 5:30 p.m.

Last meeting of the 2018-2019 School Year: Wednesday, May 1st @ 4:00 p.m.

PROJECT FAIR Thursday, May 2nd
Look for information packets in folders. Check out the library for books on projects. It's time to figure out what your project will be this year.

PTA is looking for new Board Members for the 2019-2020 school year. Candidates are needed by the May 1st meeting. If you or someone you know would be interested please come to one of our meetings or email the PTA for more information. Volunteers are needed for the board for the PTA to continue.



The spring book fair was a success. Thank you to all of the volunteers who worked to make this happen. A BIG thank you to all of the local businesses that donated money so all PK-5th grade students were able to get \$5 towards their books.

THANK YOU...Grand Marais State Bank, East Bay Suites, Lake Superior Trading Post, World's Best Donuts, Ben Franklin, Security State Insurance Agency, Birchbark Books, Picnic and Pine, and Cook County Towing.



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
Facebook: ISD 166 PTA

Seeds of Change

Sawtooth Mountain Elementary held its Seeds of Change Community Day on March 1st, in conjunction with our Middle School / High School Common Ground Summit. Prior to Seeds of Change Community Day, we also hosted a community dinner at the school which served as a fundraiser for both events, but more importantly, as an opportunity for the community to come together and share a meal.

Our philosophy guiding the day was that social justice starts with empathy and a sense of connectedness to others (community). We used a **project-based approach** to build community **across grade-levels**.

Students worked collaboratively in mixed- grade groups to:

- Share books with the theme of "seeds of change;"
 - ⇒ Wangari's Trees of Peace
 - ⇒ The Bad Seed
 - ⇒ If You Plant A Seed
- Work on a collaborative art project creating "seeds" for a seed packet. The "seeds" were a value or principle they would like to grow in themselves and / or our school;
- Sing the song "The Seed" with Mr. Haas, again reinforcing the theme of the day;
- Bake bannock on a stick over a campfire;
- Play cooperative games; and,
- Explore themes of our own "superhero" stories through art, writing and games with Rose Arrowsmith DeCoux.

We closed the day in the ACA where we heard stories from Vusumuzi and Nothando Zulu of the Black Storytellers Alliance of Minneapolis.

Seeds of Change and our Community Dinner were supported by 8 area businesses, 4 different grants, 10 donations from individuals and 12 community volunteers, not including our staff members who also contributed extra time and resources. These are in addition to any donations, volunteers and grants received by the Common Ground Summit committee (who in turn supported us as well).

~Amanda Hand



3rd Grade Special Lunch

Our 3rd grade families filled the Arrowhead Center for the Arts for a special lunch! The happy faces make every moment of these lunches a success! Thank you, again!



New Spanish Teacher

Welcome to the new Sawtooth Mountain Elementary School Spanish teacher, Erin Petz! Erin is a licensed Spanish teacher and a Cook County Schools graduate. Spanish classes are held once a week in homerooms. Bienvenido Profesora!



Swimming Lessons

Swimming lessons at Sawtooth Mountain Elementary School are now complete. Students participated in six consecutive days of lessons provided by Sawtooth instructors at the YMCA pool. Students learned about water safety and strengthened swimming skills such as back floats, treading water, strokes, kicks and jumping in the deep end. With so much access to water in Cook County, Sawtooth Mountain Elementary School is proud to continue a long held tradition of providing free swimming and water safety lessons to our students on an annual basis.



Paint by Number

HS/MS students created a site specific mural for the middle school hallway the Common Ground Summit on March 1st. Now hanging above the lockers, the colorful paint by number reads: Like many trees in the forest, we are all unique. Our similarities bring us to a common ground; our differences allow us to be fascinated by one another.





Head lice: Fact or Myth

FACT	MYTH
<p>Anyone can get head lice. <i>It doesn't matter how long or short or clean or dirty the hair is or how tidy or messy your home is, anyone can get head lice.</i></p>	<p>Head lice jump and fly. <i>Lice will crawl or fall off in search for a new host. The bugs can live up to 48 hours off the hair but only lay eggs while on the head.</i></p>
<p>Head lice is spread easily at sleepovers and birthday parties with friends. <i>This is because head lice are shared through head to head contact, pillows, bedding of personal items like hats.</i></p>	<p>Head lice carry diseases that make you sick. <i>Head lice are not known to cause disease but are an annoyance that are hard to get rid of. Head lice is not considered a health hazard.</i></p>
<p>You may not see bugs at first. It takes time. Once infested with lice, it takes 7-10 days from when eggs are laid until they hatch. This is why it is so important to treat head lice as soon as you become aware your child may have it. To treat and catch it early is best!</p>	<p>If you ignore the case of head lice the lice will go away on <u>it's own</u>. <i>One adult female can lay 6 eggs a day. As nits (eggs) hatch and mature and the number of eggs multiply, quickly you can get hundreds of eggs on one head. Head lice WILL NOT go away without treatment of the head and hair.</i></p>
<p>Nit picking is a real thing! <i>Nits are tiny white or gray tear drop shaped eggs that are found close to the scalp stuck to a single hair. These nits will become head lice if not treated or removed. To remove nits use a special comb or your fingernails, disposing of the nits on a piece of tape or other material that can be <u>completely disposed of</u>.</i></p>	<p>Lice are from the family dog and cat. <i>Head lice do not spread to or from pets.</i></p>
<p>There is information and support that can help you! https://www.cdc.gov/parasites/lice/head/index.html Please contact your medical clinic if you have any questions or wish to discuss or need help with treatment options.</p>	<p>My child needs to stay home <u>until</u> head lice is gone. <i>Treat head lice as soon as you become aware. As it takes at least two weeks to get rid of lice with treatment, children are not restricted from coming to school. Please notify the school nurse of the head lice and treatment plan. ISD 166 Nurses office: 218-387-2271 ext 116</i></p>

Choir Visits Care Center

The Middle School Viking Choir walked over to the Grand Marais North Shore Care Center on March 20 to sing for residents. This time the singers chose one song from "The Sound of Music" and two pieces from "Mary Poppins." A couple favorites from previous visits were also included, "You Are My Sunshine" and "The Star Spangled Banner." Some parents were also able to attend this performance. Audience comments after the program were very positive: "You can't beat that." and "It was wonderful wasn't it?" and "I wish it was longer."

We are so fortunate to be situated so close to this community!

~ Cindy Johnson, Choir Instructor



YMCA Childcare

Ys and community education programs across the country offer quality full-day and partial-day child care for infants through preschoolers, enabling parents and family members to go to work knowing their children are in safe, stimulating environments. Our staff understand that children are like sponges – they watch and absorb knowledge, skills and values from everything and everyone around them. We believe the values and skills learned early on are vital building blocks for quality of life and future success. That's why our child care program is staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things, and the caring and reinforcement parents and families need to help each other.

At our child care center, infants develop trust and security, toddlers make friends and learn new skills, and preschoolers experience early literacy and learn about their world. Most importantly, children learn how to be the best that they can be. That makes for confident kids today, and contributing and engaged adults tomorrow.

We currently have full and part-time toddler openings! The toddler room is for ages 16 months-32 months. For more information, a tour, or enrollment, contact Ashley Green at 218-387-3386 ext. 614 or email agreen@cookcountyyymca.org



5th Grade Special Lunch

Thank you to all the family members that were able to attend lunch with their special student! As fifth graders this will be their final elementary "Special Lunch." Thank you again for the great support you have shown your student and our school community!



April 2019 Calendar

Tuesday, April 2 - Kindness Retreat - 4th Grade
Wednesday, April 3 - Courage Retreat - 7th Grade
College Fair / Job Fair - 11:45 - 1:45 p.m.

Thursday, April 4 - Respect Retreat - 9th Grade
Kindergarten Parent Info Night - 5:30 p.m.

Monday, April 8

Vaping Presentation - MS/HS - 9:45 a.m.

Tuesday, April 9

Softball, Home vs. Silver Bay - 4:00 p.m.
Baseball, Home vs. Silver Bay - 4:00 p.m.

Thursday, April 11

Softball @ Carlton - 4:00 p.m.
Baseball @ Carlton - 4:00 p.m.

Friday, April 12

Softball, Home vs. Northeast Range - 4:00 p.m.
Baseball, Home vs. Northwoods - 4:00 p.m.

Saturday, April 13 - ACT Test Date

Baseball @ Hill City - 1:00 p.m.

Monday, April 15

Softball @ Two Harbors - 4:00 p.m.
Baseball @ Two Harbors - 4:00 p.m.

Tuesday, April 16

Track @ Esko - 4:00 p.m.
Softball, Home vs. Floodwood - 4:00 p.m.
Baseball, Home vs. Floodwood - 4:00 p.m.

Thursday, April 18

Softball @ Wrenshall - 4:00 p.m.
Baseball @ Wrenshall - 4:00 p.m.

Friday, April 19 - **School Make up Day**

Monday, April 22 - **No School**

Tuesday, April 23 - Kindergarten Visit Day - 3:15 p.m.

Track @ Two Harbors - 4:00 p.m.
Softball @ Esko - 4:00 p.m.
Baseball @ Esko - 4:00 p.m.

Thursday, April 25

Softball @ Moose Lake/Willow River - 4:00 p.m.
Baseball @ Moose Lake/Willow River - 4:00 p.m.

Friday, April 26

Track @ Virginia - 3:00 p.m.
Theater Sports - 7:00 p.m.

Monday, April 29

National Honor Society - 7:00 p.m. ACA

Tuesday, April 30 - **Mid Term**

Track @ Two Harbors - 4:00 p.m.
Softball, Home vs. Barnum - 4:00 p.m.
Baseball, Home vs. Barnum - 4:00 p.m.

Preschool News

Ms. Lynn's Preschool Class has been busy celebrating St Patrick's Day by learning about Ireland, the Irish flag and trying traditional Irish foods. We also have been cheering for the Cook County Boys Basketball team. We made drawings of each player and decorated the hallway to celebrate a great season.



Choir Sings for EATS

The High School Choir Girls Quartet premiered at the EATS event on Thursday evening, March 14. This group has been working together since the end of January. The girls chose to sing "Hallelujah" by Leonard Cohen and "A Dream is a Wish Your Heart Makes" from the Disney classic "Cinderella" as well as "For America" by Jerry Es-tes. The audience was especially supportive and appreciative and wanted to hear the "Hallelujah" a second time. Having a request for an encore at their very first performance made it an especially positive experience.

Cindy Johnson, Choir Instructor



Pot Full of Pennies!

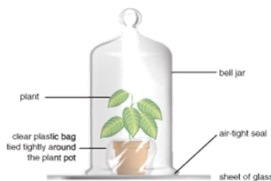
The leprechauns left a pot full of copper pennies for Ms. Clearwater's Class! The preschoolers shared their pennies with the classrooms collecting pennies for patients. Students needed to answer the preschoolers math questions at the end of their "Feet Rainbow" to collect their pennies!



April is Crossing Guard Appreciation Month! Thank your school crossing guards for helping everyone get to school safely! The Safe Routes to School program is very thankful for the job you do!

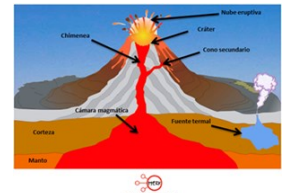
Monday	Tuesday	Wednesday	Thursday	Friday
A&B Lunch- Build your own 1 Chicken Burger with tomatoes, lettuce, onions, pickles, Fresh Fruit and Milk	A Lunch- Orange Chicken, 2 Fried Rice with Egg Roll B Lunch- Pizza Stick with marinara Sauce with Baby Carrots, Fresh Broccoli, Mandarin Oranges and Milk	A&B Lunch- Tomato Soup, 3 with Bosco Sticks, Baby Carrots, Fresh Broccoli, Fresh Fruit and Milk	A&B Lunch- Chicken 4 Tenders, Cheesy Potatoes, Steamed Carrots, Dinner Roll, Cranberries, Pears and Milk	A&B Lunch- Stuffed Crust 5 Pepperoni or Cheese Pizza, Romaine Spinach Mix, Fresh Fruit and Milk
A&B Lunch- Build your own 8 Cheese Burger with tomatoes, lettuce, onions, pickles, Fresh Fruit and Milk	A&B Lunch- Taco in a bag 9 with tomatoes, lettuce, cheese, black beans with Steamed Corn, Fruit Cocktail and Milk	A Lunch- Homemade 10 Chicken Wild Rice Soup, with Bread sticks, Baby Carrots, Fresh Broccoli, Fresh Fruit and Milk	A Lunch- Meatloaf 11 B Lunch- Chicken Patty with Mashed Potatoes, Gravy, Steamed Carrots, Dinner Roll, Cranberries, Peach Cup and Milk	A&B Lunch- Stuffed Crust 12 Pepperoni or Cheese Pizza, Romaine Spinach Mix, Fresh Fruit and Milk
A&B Lunch- BBQ Rib 15 Sandwich with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk	A Lunch- Homemade 16 Lasagna, B Lunch- Chicken Patty with Garlic Toast, Romaine Spinach Mix, Peaches and Milk	A Lunch- Homemade Chili 17 with Bread Sticks B Lunch- Pizza Sticks with Marinara Sauce, Baby Carrots, Celery Sticks, Fresh Fruit and Milk	A&B Lunch- Chicken Nuggets 18 with Mashed Potatoes, Gravy, Steamed Carrots, Dinner Roll, Cranberries, Strawberry Cup and Milk	A&B Lunch- Stuffed Crust 19 Pepperoni or Cheese Pizza, Romaine Spinach Mix, Fresh Fruit and Milk
NO SCHOOL 22	A&B Lunch- Taco Nacho 23 with tomatoes, lettuce, cheese, black beans with Steamed Corn, Fruit Cocktail and Milk	A&B Lunch- Homemade 24 Chicken Noodle Soup, with Bread sticks, Baby Carrots, Fresh Broccoli, Fresh Fruit and Milk	A Lunch- Pork & Turkey Roast 25 B Lunch- Chicken Patty with Mashed Potatoes, Gravy, Steamed Carrots, Dinner Roll, Cranberries, Blueberries and Milk	A&B Lunch- Stuffed Crust 26 Pepperoni or Cheese Pizza, Romaine Spinach Mix, Fresh Fruit and Milk
A&B Lunch- Build your own 29 Chicken Burger with tomatoes, lettuce, onions, pickles, Fresh Fruit and Milk	A Lunch- Pulled Pork 30 Sandwich B Lunch- Pizza Sticks with Marinara Sauce, Romaine Spinach Mix, Mandarin Oranges and Milk			

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



PROJECT FAIR

May 2, 2019



Kids—time to start thinking about a project for the Project Fair!

- Set up in elementary gym Thurs. morning
- Open to families and visitors Thurs., May 2 @ 3-6pm
- Bring projects home afterschool Friday 5/3/19
- More info available from ISD 166 PTA Facebook page
- Questions: Carin Gulstrand carin.gulstrand@gmail.com 370-8947

You're Invited: Project Fair Open House

Open to Families and Visitors

May 2nd 3-6pm

■ Sawtooth Mountain Elementary Gym

■ Student presenters are encouraged to stick around during this time to answer questions about their projects!

Please come and tour the student's projects! Ask them questions!