



# The Viking Voice

## Monthly

Vol. 4, Issue 1 - October 2019

### Working Together

Ms. Rubbelke's classes practiced group work expectations during the first few weeks of school:



### Strong Study Habits

Set your child up for success by helping them find a distraction-free study spot. Also, have them come up with a study routine. For instance, they could reserve time each evening to review their textbook and notes in the days leading up to a quiz or test.

Additionally, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldface words in chapter 7, section 2."

Finally, encourage them to experiment with study strategies to find what works best. They could close their eyes and imagine how a word is spelled or draw a grid with squares to solve 4x3. Or they might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune. Make learning fun but make it work for them.

Dr. William Crandall, Superintendent

### Do you see the Pattern?

"These students in Mrs. Viren's class were doing creative play with pattern blocks and built this complex repeating pattern."



### Safe Routes to School

Help your kid(s) join the Safe Routes to School weekly walking group, Walk and Roll Wednesdays, for a chaperoned walk to school! The group follows the SRST Walking School Bus map, alternating starting locations. They leave the scheduled location at 7:30a and walk to ISD 166 and GES. For more information, check their Facebook Page <https://www.facebook.com/walkandrollwednesdays> or contact Andrea Orest, the SRTS Coordinator at [andrea@sawtoothmountainclinic.org](mailto:andrea@sawtoothmountainclinic.org) or 387-2330 ext. 110. The group is also looking for parent volunteers! Happy walking!



#### Schedule:

- October 2nd: National Walk to School Day-Stay tuned for more information!
- October 9th: East Route
- October 16th: West Route
- October 23rd: Central Route
- October 30th: East Route
- November 6th: West Route
- November 13th: Central Route
- November 20th: East Route



### Thank you!

"Thanks to a generous donation from Christina Hartley-Conroy of Rebel Girls Community Minded Catering, each Sawtooth classroom now has a copy of "Our School Garden." The book will serve as a shared reading experience and focal point leading up to our garden harvest and school-wide stone soup day on September 27th. Thank you Rebel Girls!"



**Cook County Schools ISD#166**  
**9-3-19**  
**Annual Integrated Pest Management Pesticide Notification**

Cook County Public Schools uses a licensed, professional pest control service firm for the prevention and control of rodents, insects, and other pests in and around the district's buildings.

Pests can sting, bite, cause contamination, damage property and spread disease; therefore, we must prevent their presence and control them as necessary. The district or outside contractors may also apply herbicides on district properties, as deemed necessary. The long-term health effects on children from the application of such pesticides may not be fully understood. All pest control materials are chosen and applied according to labeling directions per Federal law.

To limit the potential pesticide exposure, the district follows safety regulations to ensure pesticides are applied properly. All pesticide products, which are used in and around school buildings, are required to be registered with the Minnesota Department of Agriculture and the U.S. Environmental Protection Agency. In addition, school employees and certified and licensed applicators are required by state and federal law to comply with all requirements of the pesticide label, including building sites, application rates, re-entry intervals, posting, use of personal protective equipment, use restrictions, and disposal on the product label. An estimated schedule of pesticide applications is available for review or copying at the district office.

To be notified about pesticide applications or the management plan, please contact Tom Nelson at Cook County Schools ISD#166, 218-387-2271 ext. 644.

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**AHERA Annual Asbestos Notification**

During the past school year and continuing into the 2019-2020 school year the following asbestos management plan activities have been or are currently being completed, pursuant to the Environmental Protection Agency 40 CFR Pmi 763- "Asbestos Containing Materials in Schools; Final Rule and Notice."

ACTIVITIES SCHEDULED FOR 2019-20

- Periodic surveillance
- Asbestos Repairs
- Notification of Asbestos Locations for Short-Term Workers (Electricians, Plumbers, etc.)
- Training of District Personnel
- Abatement activities at County Schools ISD#166

County Schools ISD#166 has contracted through the Institute for Environmental Assessment (IEA) to provide Environmental, Health and Safety consulting services, including being involved in the above listed activities.

The complete updated Asbestos management plan can be found in the County Schools ISD#166, 101 W. 5th Street, Grand Marais, MN55604.

Any questions concerning this notice or an explanation of our Asbestos Management Plan can be directed to Tom Nelson at Cook County Schools ISD#166 or Taylor Dickinson with IEA at 218-410-9521.

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**Indoor Air Quality Annual Notification**

Cook County Schools ISD#166 has an Indoor Air Quality (IAQ) management plan. The management plan outlines specific policies and procedures that will be used in the district to address indoor air quality issues. IEA, the District's health and safety consultant completes annual IAQ assessments within the school to ensure proper air quality.

Any questions concerning this notice or an explanation of our IAQ Management Plan can be directed to Tom Nelson at Cook County Schools ISD#166 or Taylor Dickinson with IEA at 218-410-9521.

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**Lead-in-Water Annual Notification**

Minnesota Statute 121A.335 requires public school buildings serving prekindergarten through grade 12 to test for lead in water every 5 years. County Schools ISD#166 Public Schools has historically conducted and continues to conduct Lead in Drinking Water testing per the Minnesota Department of Health guidelines.

For more information on County Schools ISD#166 lead reduction program and testing results, please contact Tom Nelson, Facilities Supervisor at 218-387-2271 ext. 644.



Next Meeting: Monday, October 7 @ 5:30 p.m.  
in the Sawtooth Library

New members needed!  
Annual membership dues = \$10

Book Fair will be October 8-10, 2019 in the Sawtooth Library.

Volunteers needed for set up, clean up, and afternoon shifts.  
SignUPGenius is out on the PTA Facebook page. Sign up today!  
Thank you to the North Shore Federal Credit Union for sponsoring our PK-5th graders again this year. They LOVE getting new books from the Book Fair.



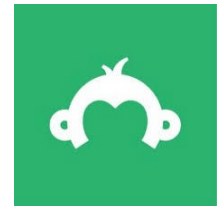
Mark your calendar for the upcoming special lunches for this year.



Kindergarten - Oct 15th  
1st grade - Nov 12th  
2nd grade - Jan 14th  
3rd grade - Feb 11th  
4th grade - Mar 10th  
5th grade - April 14th

### PTA Survey

For teachers, families and community members: please take 3 min to take our survey! Responses will help direct our future meetings and programs. Enter the web address or follow the link from the school website or facebook account. <https://www.surveymonkey.com/r/LTPG22T>



Carin Gulstrand, President  
Marcela Perez-Abreu, Vice President  
Jill Boen, Secretary  
Brooke Shannon, Treasurer  
[pta@isd166.org](mailto:pta@isd166.org)  
Facebook: ISD 166 PTA

### Number Trains

Second graders free exploring with Cuisenaire rods before building and representing flexible number trains. Cuisenaire rods support "embodied cognition" while seeing similar lengths represented in multiple ways develops the Approximate Number System (ANS).



DROP OFF &  
PICK-UP

**REMINDER: PLEASE BE SURE TO DROP OFF & PICK UP YOUR ELEMENTARY STUDENT AT THE SAWTOOTH PARKING LOT AFTER 7:30 & BY 3:30.**

# THE NEXT GENERATION OF BOX TOPS IS HERE.

Box Tops is changing to fit today's families. The new and improved Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.



**MORE CONVENIENT**  
Redeem anywhere, anytime within 14 days of purchase



**EASY TO USE**  
No more clipping or sending Box Tops to school



**REAL TIME**  
Your school's earnings are automatically updated online



**EXTRA CASH**  
Access special bonus offers on top of your Box Tops earnings

## THE OLD BOX TOPS CLIPS



Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip and send them to school.

**Every valid Box Tops clip is worth 10¢ for your school.** Make sure each one has a clearly visible product acronym and expiration date.

*\* All valid Box Tops clips submitted per the Program Rules by a Coordinator(s) of (an) eligible, enrolled school(s) will be honored.*

## THE NEW BOX TOPS LABELS



Eventually the Box Tops program will become digital-only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the new Box Top label.

If you see this label, use the new Box Tops app to scan your receipt. **Box Tops are still worth 10¢ each for your school.** The app will find participating products purchased at any store and instantly add cash to your school's earnings online.

## October 2019 Calendar

### Tuesday, October 1 - Mid-Term

Varsity Volleyball @ Silver Bay - 6:30 p.m.

### Thursday, October 3

Varsity Volleyball, Home vs. Carlton - 6:30 p.m.

8th Grade Fieldtrip to Grand Portage

### Friday, October 4

Varsity Football @ Silver Bay - 7:00 p.m.

### Saturday, October 5

Cross Country @ Swain - 10:00 a.m.

### Monday, October 7

Varsity Volleyball, Home Mountain Iron-Buhl - 6:30 p.m.

### Tuesday, October 8 - Conferences 3:30-6:30 p.m.

Varsity Volleyball @ Wrenshall - 6:30 p.m.

### Wednesday, October 9

JV Knowledge Bowl

### Thursday, October 10 - Conferences 3:30-6:30 p.m.

Cross Country Conference Meet, Home - 1:00 p.m.

Varsity Volleyball, Home Lakeview Christian - 6:30 p.m.

### Friday, October 11 - NO SCHOOL - GP Confer. 9-11 a.m.

Varsity Football, Home vs. Northeast Range - 7:00 p.m.

### Saturday, October 12 - HOMECOMING DANCE

### Tuesday, October 15

Cross Country @ Proctor - 4:00 p.m.

### Wednesday, October 16

Varsity Football @ Cromwell - 7:00 p.m.

### Thursday, October 17 - NO SCHOOL

### Friday, October 18 - NO SCHOOL

### Wednesday, October 23

JV Knowledge Bowl

### Thursday, October 24 - Picture Retake Day

Cross Country Sections @ Cloquet - 11:00 a.m.

Scholarship Presentation for Seniors

### Saturday, October 26 - ACT Test

### Thursday, October 31 - End of 1st Quarter

## October is College Knowledge Month!

**EXPLORE • PLAN • APPLY  
FAFSA • SCHOLARSHIPS  
FREE APPLICATIONS & MORE!  
Events:**

**10/7 11:45 AM-12:30 PM: College Prep for Juniors & Seniors  
with Robert Clagett @ ISD166**

**10/8 3:30-6:30 PM: Parent/Teacher Conferences Booth @ ISD166**

**10/10 3:30-6:30 PM: Parent/Teacher Conferences Booth @ ISD166**

**10/11 9:00-11:00 AM: Parent/Teacher Conferences Booth @ Grand Portage**

CCHE is here to assist you in going to college. Call to find out how we can help you!

**One on One @ Cook County Higher Education!**

**College Financial Aid Assistance Available by Appointment:**

**10/14, 15, 24 & 25 5:00-7:00 PM**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>A&amp;B Lunch</b> - Taco Nacho with tomatoes, lettuce, cheese, black beans, Steamed Corn, Pears and Milk 1	<b>A Lunch</b> - Sloppy Joe <b>B Lunch</b> - Cheese Bread with Marinara Sauce, Snap Peas, Baby carrots, Fresh Fruit and Milk 2	<b>A&amp;B Lunch</b> - Chicken Tender, Cheesy Potatoes, Steamed Carrots, Dinner Roll, Cranberries, Mandarin Oranges and Milk 3	<b>A&amp;B Lunch</b> - Hot Dog with Beans, Coleslaw, Baby Carrots, Fresh Fruit and Milk 4
<b>A&amp;B Lunch</b> - Build your own Chicken Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk 7	<b>A Lunch</b> - Chicken Alfredo with Bread Stick, 8 <b>B Lunch</b> - Pizza Sticks with Marinara Sauce, Romaine Spinach Mix, Peaches and Milk	<b>A Lunch</b> - Pancakes 9 <b>B Lunch</b> - French toast with Hash Browns, Sausage Patty, Sliced Apples, Baby Carrots, Snap Peas and Milk	<b>A&amp;B Lunch</b> - Chicken Nuggets, Mashed Potatoes, Gravy, Green Beans, Dinner Roll, Cranberries, Pears and Milk 10	<b>NO SCHOOL</b> 11
<b>A&amp;B Lunch</b> - Chicken Wild Rice Soup, Bread Sticks, Snap Peas, Baby Carrots, Fresh Fruit and Milk 14	<b>A&amp;B Lunch</b> - Taco in a bag with tomatoes, lettuce, cheese, black beans, Steamed Corn, Pears and Milk 15	<b>A&amp;B Lunch</b> - Cheese Bread with Marinara Sauce, Romaine Spinach Mix, Fresh Fruit and Milk 16	<b>NO SCHOOL</b> 17	<b>NO SCHOOL</b> 18
<b>A&amp;B Lunch</b> - Build your own Cheese Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk 21	<b>A&amp;B Lunch</b> - Spaghetti with meat sauce, Bread Sticks, Romaine Spinach Mix, Pears and Milk 22	<b>A&amp;B Lunch</b> - Corn Dogs, Beans, Baby carrots, Snap Peas, Fresh Fruit and Milk 23	<b>A Lunch</b> - Pork Roast 24 <b>B Lunch</b> -Chicken Patty with Mashed Potatoes, Gravy Steamed Carrots, Dinner Roll, Cranberries, Peaches and Milk	<b>A&amp;B Lunch</b> - Stuffed Crust Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk 25
<b>A Lunch</b> - BBQ Rib Sandwich 18 <b>B Lunch</b> - Chicken Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk	<b>A Lunch</b> - Orange Chicken, Fried Rice Egg Roll 29 <b>B Lunch</b> - Pizza Sticks with Marinara Sauce with Baby Carrots, Snap Peas, Mandarin Oranges and Milk	<b>A Lunch</b> - Pulled Pork Sandwich 30 <b>B Lunch</b> - Pizza Sticks with Marinara Sauce, Baby Carrots, Snap Peas, Fresh Fruit and Milk	<b>A Lunch</b> - Meatballs in Gravy 31 <b>B lunch</b> - Chicken Nuggets with Mashed Potatoes, Steamed Carrots, Dinner Roll, Cranberries, Peaches and milk	

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

STARTING OCT. 1ST 2019

# Elementary LUNCH Changes for SECONDS

STARTING OCTOBER 1ST, 2019, ELEMENTARY STUDENTS WILL HAVE THE OPTION OF HAVING FRUITS OR VEGETABLES FOR A CHOICE AFTER THEY HAVE EATEN THEIR SCHOOL LUNCH. IF YOU ARE CONCERNED THAT YOUR CHILD WILL NEED MORE, PLEASE SEND ADDITIONAL ITEMS TO ACCOMPANY THE SCHOOL LUNCH.

AGAIN, STUDENT WILL HAVE THE OPTION OF HAVING FRUITS AND VEGETABLES FOR SECONDS WITH THEIR SCHOOL LUNCH