



The Viking Voice

Monthly

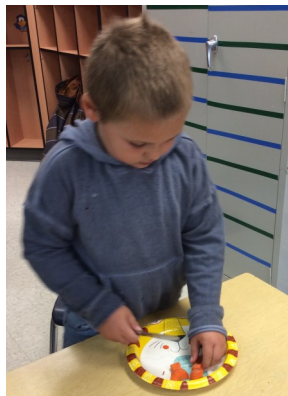
Vol. 4, Issue 2 - November 2019

Fire Trucks, Apples and Vegetables

Kindergarten learned about fire fighters and fire trucks on Tuesday, October 8th. They had a chance to look inside a fire truck and had a classroom visit from local firefighters in the area.

This year Kindergarten harvested apples! They enjoyed sliced apples and caramel during snack time.

Kindergarten classes had extra vegetables to make stone soup again! Students enjoyed cutting up potatoes into chunks and throwing them in the pot. Both classes ate their soup together during snack time. The best part was cooking and eating with the friends we love!



Music from Uganda

“On Thursday, October 10th, flute and percussion players from Sawtooth Elementary, Cook County Middle School, and Cook County High School we’re given a masterclass by world renown flutist and melodic percussionist Samite Mulondo. Together they recreated the music Samite would hear from the creatures found in the forest near his childhood home in Uganda. These students and I would like to thank Samite and the North Shore Music Association for this amazing opportunity!”

~ Mikkel Haas, Band Teacher

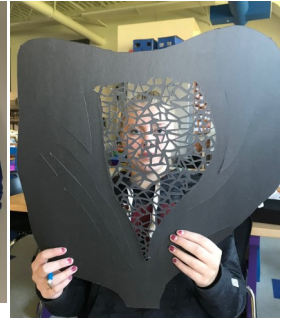


OUTDOOR CLASSROOM IS COMPLETE

The outdoor Classroom has been stained, tables have been placed and it is being used by classrooms. What a great addition to our school.



Middle School and High School Make Paper Sculptures of Sea Creatures in Art Class



MS/HS Media Center

Student's are enjoying a quiet place for studying, online classes, and lively games of chess! Thanks to Birchbark Books & Gifts for the generous donation of the chess set. (student's pictured: Jack Wilson, Angel Burnett, Maddie Christianson, and Sylvia Berka)



Aspen, the Therapy Dog

Beginning in mid-October, a registered therapy dog will now be available at Cook County Schools several days a week. Aspen's owner, Lisa, is the district's Technology Coordinator. Aspen has been involved in the reading program at the Grand Marais Public Library and does Sunday afternoon visits at North Shore Health Care Center. Prior to her move to Grand Marais, Aspen worked with disabled veterans for approximately 2 ½ years at the State of Minnesota Veteran's Home.

To be respectful of those who fear dogs or have allergies, Aspen's "home base" will be near the Media Center area. This is where the offices for the school counselor and social worker are located.

Therapy dogs in schools can help students with anxiety, reduce stress, and provide an overall calming effect. Even if a student is in crisis mode and does not want to communicate, therapy dogs can provide comfort by simply allowing students to pet and interact with them.



APES

The AP Environmental Science class braved the cold waters on October 14th to see how the big storm impacted the water quality of Lake Superior.



Safe Routes Survey

The Safe Routes to School (SRTS) Committee is seeking input from parents of students that attend Sawtooth Elementary. The parent survey collects data on student travel, as well as parent concerns and input on the infrastructure in and around the school zone. This data is used to inform future SRTS projects and infrastructure change requests, as well as to gauge the success of the SRTS plan. The survey will take approximately 15 minutes to complete. Your input is very appreciated to the committee, as well as to the schools, to help ensure student safety.

Sawtooth: <https://www.surveymonkey.com/r/KL6SK3P>

Safe Routes to School

The Cook County Safe Routes to School committee will be meeting on November 5th at City Hall at 9a to kick off the SRTS plan update process. If you are interested in joining the conversation, we would love to have you! Contact Andrea Orest, SRTS Coordinator, for more information. andrea@sawtoothmountainclinic.org



Let's Go Vikings!

Get your

LIMITED TIME OFFER

Cook County Vikings gear here!

Order online at

<https://www.customink.com/g/deb0-00c0-ctzn>

by November 22, 2019 and your shirts
will be delivered right to your house
by December 9, 2019



Royal blue shirt with white lettering



Hanes EcoSmart® 50/50
Pullover Hoodie – Deep
Royal

\$22.08 each



Hanes EcoSmart® 50/50
Crewneck Sweatshirt –
Deep Royal

\$15.82 each



Hanes Long Sleeve
Tagless T-shirt – Deep
Royal

\$13.80 each



Hanes EcoSmart® 50/50
T-shirt – Deep Royal

\$9.40 each

Shipping charges will be added

Child and adult sizes available in all styles.

Cook County Schools PTA

Selective Service Registration

Hello Parents, Students, and Friends. This week I received a letter from the Director of Selective Service asking us to remind parents and students about the importance of selective service registration. I'm sharing this with you because males that fail to register will not be eligible for federally funded college loans and grants, federal employment, and many state and local government jobs in the future. "Registration is not only a legal requirement, but a civic duty and a key component of our national defense readiness". Male students are required to register within 30 days of their 18th birthday but can preregister at 17 years and three months. It is a very short process and can be done online at sss.gov.



~From the Counselors Desk

Chalk Art

High school students practice art concepts of Movement and Rhythm on the sidewalk outside of the school.



Reading Challenge

By reading more complex books, your child can learn new words, facts, and ideas. They'll also be exposed to more complicated plots and will grow as a reader.

Here are some suggestions for you to increase challenging reading:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in China, they could talk to someone who has been there or look up the country online (try a children's safe link like kids.nationalgeographic.com).
- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.
- Suggest that your child read complicated material with pencil and paper in hand. They can jot down questions, words to look up, or facts they want to learn more about.

~ Dr. William Crandall

MS/HS Media Center has NEW BOOKS!

Thanks to the PTA, Grand Portage National Monument, Andrew Ashcroft, and the Arrowhead Regional Library for their generous donations of books! There are new books in all of our collections - Graphic novels, Native American, Minnesota, Fiction, Non-Fiction stop by and "check them out" (pun intended).

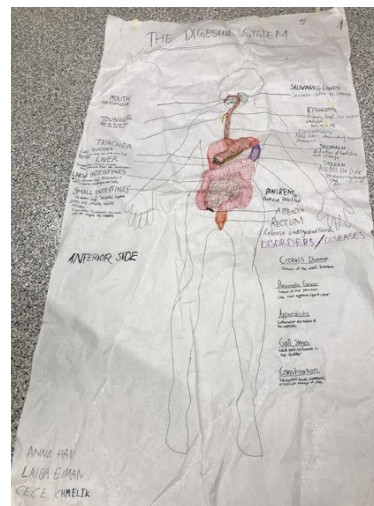
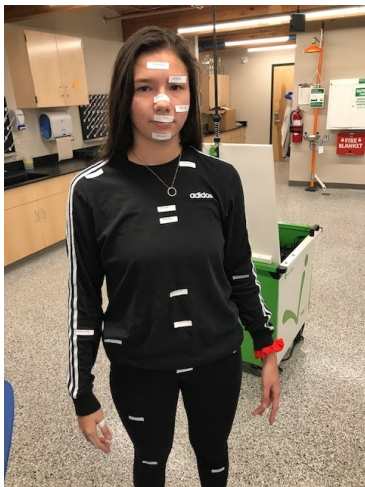


Human Anatomy and Physiology

Human Anatomy and Physiology (HAP) is being offered to CCHS students for the second time during the 2019-2020 school year. HAP students learn about the parts of the human body and how they function in this year-long course with lots of lab work.

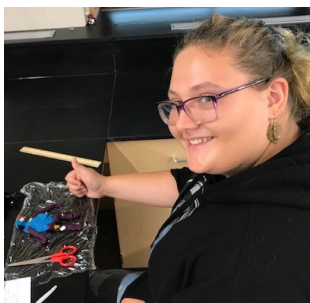
Students started the year by learning medical vocabulary and anatomical terms.

Students made life size posters to introduce body systems.



Students had a practical exam on anatomical terms by following directions in making a play-doh figure in anatomical position.

Recently, students have worked on learning about various tissue types in the human body by making concept maps and play doh models.



Students will be learning about energy and maintenance in the body by learning about the digestive system next.

Earth's Spheres Unit

Students in Mrs. Dumas' Science Class are learning about the different spheres that can be found on Earth. Fourth grade student Katie Shannon summed up half of what she has learned with the following, "Atmosphere is the air and Hydrosphere is the water." Isabella Olson summed up the other half, "Geosphere is the rocks and minerals that can be found on the ground and Biosphere is many different kinds of life like plants, insects, animals and us!"

Pictured are a few of the 4th grade students cutting out examples of the spheres from some magazines and putting them in the different categories. During this process students were heard exclaiming, "I can't believe that I can just look at a picture and pick out anywhere from 1-4 of the spheres!" and "I never thought I would learn them all, but now it is so easy and I am actually having a lot fun!" Now, I understand the importance of each sphere and how they all work together to create and shape our beautiful planet Earth!



Exploratory Day!

Cook County Middle School ventured far and wide for our Fall Exploratory Day field trips, with the 6th graders traveling to Tettegouche State Park, the 7th graders going to the end of the Gunflint Trail, and the 8th graders exploring Grand Portage. Each trip has its own focus, learning, and exploration that happens based on the location and the experts that participate.

The 6th grade Field Day was led by DNR officials and included stations relating to Fisheries, Wildlife, Forestry, and Outdoor Education. Students enjoyed a perfect fall day and experienced different specialties within the DNR, including seeing how fish are live-trapped for research, how grouse are dissected to test for West Nile Virus, how cookies and Pi are related to tree growth, and how important observation skills are to experiencing the natural world.

The 7th graders spent time exploring cultural and natural history at Chik-Wauk Museum and Nature Center, hunted for aquatic invertebrates along the lake shore, tested houses and cabins to see if they meet our county's FireWise safety guidelines, and hiked along and canoed on Lake Saganaga.

The 8th graders visited Grand Portage National Monument and participated in station activities of their choice, visited the Little Cedar Tree Spirit with John Morrin, and studied natural history and hiked to High Falls at Grand Portage State Park.

All trips would not have been possible without the many expert leaders, volunteer instructors, and parent/guardian chaperones who make these field trips such positive learning experiences for our students. Thank you!





Next Meeting:
 Monday, November 4
 @ 4:30 p.m. in the Sawtooth Library
 New members needed!
 Annual membership dues = \$10



Book Fair was a success!! Not only did we supply the library with a stack of books, but we also earned over 55% and sold over \$4,000!! A Big THANK YOU to all of our volunteers, shoppers and North Shore Federal Credit Union for sponsoring our PK-5th graders again this year. So many fun new books to read!!!



North Shore
 FEDERAL CREDIT UNION



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

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



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

Parents/Guardians & Students, Information is at your fingertips.



Campus Student and Campus Parent are designed to provide real-time access to student information. The easy-to-use design displays what is currently happening in the classroom so you can understand, monitor, and participate in the educational process.

- You will see Announcements, Assignments, Attendance, Grades, Schedules



Download the Mobile App

Set up to quickly see Announcements, Assignments, Attendance, and Grades on your mobile device.

Infinite Campus Mobile Apps can be downloaded through the Apple App Store or Google Play Store.

To set up an account fill out an application and send to Jill Boen (jboen@isd166.org)

Applications can be found on the school website under Forms/Students/
 Forms for Parents

November 2019 Calendar

- Friday, November 1** - NO SCHOOL
Saturday, November 2
 State Cross Country Meet @ St. Olaf - TBD
Monday, November 4
 Captains Practice Girls Basketball begins
Tuesday, November 5
Winter Sports Meeting - 5:30 p.m.
 Elementary Student Council Elections - 1:30 p.m.
Wednesday, November 6
 Woodland Sky Dancers
Thursday, November 7
 JV Knowledge Bowl
Monday, November 11
 Veteran's Day Concert - 2:00 p.m.
 Girls Basketball Practice Starts
 Nordic Ski Practice begins
 Alpine Ski Practice begins
 Captains Practice Boys Basketball begins
Tuesday, November 12
 1st Grade Special Lunch
Friday, November 15
 Rainy River College Visit
Saturday, November 16
 Girls Basketball Varsity - Scrimmage at Esko 8:00 a.m;
Monday, November 18
 Boys Basketball Practice Starts
Wednesday, November 20
 JV Knowledge Bowl
Thursday, November 21
 Fond Du Lac College Visit
Wednesday, November 27 - PDD Day - NO SCHOOL
Thursday, November 28 - NO SCHOOL
Friday, November 29 - NO SCHOOL



- Varsity Boys Team- Conference Champs
- Varsity Girls Team- Runner Up
- JV Boys Team- Conference Champs
- JV Girls Team-Conference Champs
- JH Boys Team-Conference Champs
- JH Girls Team- Conference Champs

Applying to College: To Do List

What:	Due Date:	Notes:
ACT or SAT test	End of Junior Year-beginning of Senior Year	Scores:
Free applications for schools during College Knowledge month	End of October	If you've already chosen some schools to apply to, check to see if they waive their application fee during the month of October
Find application deadlines for colleges you are interested in	End of November	Write down your top five schools' application deadlines: i. _____ ii. _____ iii. _____ iv. _____ v. _____
Apply to the colleges on their websites	Check the colleges' deadlines	To apply you will need: • Letters of recommendation from teachers or mentors • Admissions essays • High School transcripts
Complete the FAFSA	End of December	Deadline for the FAFSA is June 30, 2020; HOWEVER: scholarships deadlines are earlier than the FAFSA deadline, so GET YOUR FAFSA DONE ASAP so you can figure out what scholarships you might need.
Complete Scholarship Applications (To apply you will need: • Letters of recommendation • Application essays • High School transcripts) • Check if they further requirements	Check the scholarships deadlines	Write down your top five scholarship application deadlines: i. _____ ii. _____ iii. _____ iv. _____ v. _____
Send Final Transcripts & Test Scores	Check College Deadlines	

Volleyball Fun

The 5/6th Grade Volleyball players saw tremendous growth this year. They were lucky enough to have Pam Taylor as their coach. Pam used her years of experience to help these girls meet, and exceed any expectations we could have had. The girls had their first game in Hermantown where they struggled with serving and some of the basics, but their last game in Cherry the difference was amazing.

The future of Cook County Vikings Volleyball sure does look bright!
 ~Jenna Berglund



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

1

A&B Lunch- Build your own Chicken Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk **4**

A Lunch- Chicken Alfredo with Garlic Toast
B Lunch- Pizza Sticks with Marinara Sauce, Romaine Spinach Mix, Peaches and Milk **5**

A&B Lunch- Homemade Chicken Wild Rice Soup with Bread Sticks, Baby Carrots, Broccoli, Fresh Fruit and Milk **6**

A&B Lunch- Chicken Tenders, Cheesy Potatoes, Steamed Carrots, Dinner Roll, Cranberries, Mandarin Oranges and Milk **7**

A&B Lunch- Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk **8**

A&B Lunch- Build your own Cheese Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk **11**

A&B Lunch- Taco Nacho with tomatoes, lettuce, cheese, black beans, Steamed Corn, Pears and Milk **12**

A&B Lunch- Homemade Chicken Noodle Soup with Bread Sticks, Baby Carrots, Broccoli, Fresh Fruit and Milk **13**

A&B Lunch- Chicken Nuggets, Mashed Potatoes, Gravy, Dinner Roll, Cranberries, Pears and Milk **14**

A&B Lunch- Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk **15**

WELCOME 1ST GRADE PARENTS TO LUNCH!!

A Lunch- BBQ Rib Sandwich
B Lunch- Chicken Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk **18**

A Lunch- Orange Chicken, Fried Rice with Egg Roll
B Lunch- Pizza Sticks with Marinara Sauce with Baby Carrots, Snap Peas, Mandarin Oranges and Milk **19**

A&B Lunch- Tomato Soup with Hot Ham and Cheese, Baby Carrots, Broccoli, Fresh Fruit and Milk **20**

A Lunch- Pork Roast
B Lunch- Chicken Patty with Mashed Potatoes, Gravy Dinner Roll, Cranberries, Pears and Milk **21**

A&B Lunch- Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk **22**

A&B Lunch- Build your own Chicken Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk **25**

A&B Lunch- Cheese Bread with Marinara Sauce, Romaine Spinach Mix, Pears and Milk **26**

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Kindergarten Special Lunch Day!

Kindergarten started off the year with the first special lunch for elementary. Families and friends enjoyed their time with their child and visiting with the other families.

