



Cook County Schools - ISD #166

# The Viking Voice

## Monthly

Vol. 4, Issue 3 - December 2019

### Preschool Happenings

Ms. Lynn's preschool class has been learning about community helpers. Representatives from the Grand Marais Fire Department, Cook County Sheriff's Office and Cook County Towing took time out of their busy schedules to come to school and talk to the students about their jobs and how they help the community. The preschoolers learned about the tools each community helpers use for their jobs, explored the various vehicles they use and learned what each job entails. Thank you to Ben Silence, Will Sandstrom, Paul Spry, K9 Eddie, Kevin, Jen and Camille DeRosier for visiting preschool and sharing your experiences with us.



### Build your Child's Vocabulary

We know your child needs a strong vocabulary to do well in reading and writing. But did you know that vocabulary is important in math, science, and social studies, too? They can explore words in every subject with these three activities.

#### 1. Find words:

Whenever your youngster reads, suggest that they look for words related to school subjects. They might spot science words like metamorphosis in a comic book, sodium in a food advertisement, and precipitation in a weather report. Seeing how the words are used in real life will help them recognize and understand them in their textbooks.

#### 2. Use words:

Give your child reasons to say vocabulary words aloud—that will make it easier for them to identify the words in textbooks. If their studying state history, you could visit a state park and talk to a ranger. ("What plants are native to this area?") Or they might practice economics terms while shopping. ("There must be a high demand for these sweaters. They need to increase their supply.")

#### 3. Play with words:

Games can make words a permanent part of your youngster's vocabulary. Take turns picking a letter (say, C) and a school subject (perhaps math), and set a timer for three minutes. Each player lists terms that begin with the letter and fit the category (centimeter, calculate). Compare your lists. The winner is the person with the most words that no one else has.

~Dr. William Crandall  
Superintendent Cook County School District



Cook County School District, ISD 166 Wellness Committee  
"Healthy kids are better learners!"

Join us for the renewal of the Cook County School District, ISD 166 Wellness Committee!

Our first meeting will be held on **January 21st from 3:30p-4:30p**, in the Media Center/Library.

We will determine a regular meeting schedule and begin a list of committee priorities.

Contact Andrea Orest, SHIP Coordinator, for more information:

andrea@sawtoothmountainclinic.org or 387-2330 ext. 110

## It's Time for Kick Ball

Last year, the current 5th grade students at Sawtooth Mountain Elementary won first place in the school's Box Tops competition. Instead of using their reward money for a class party, the 5th graders decided to purchase a kickball for each elementary classroom, with the help of Student Council.

In addition to the purchase of new kick balls, the 5th grade classes collaborated on the creation of Official Sawtooth Kickball rules that will be posted in the elementary playground. These rules will help foster cooperation and positive sportsmanship between grade levels as they play kickball together during recess and other outdoor breaks.

All of the 2nd and 5th grade reading buddies were able to join forces to learn the official kickball rules and to play!

~Jessica Pickett, 5th Grade Teacher



## "Día de los Muertos at Cook County Schools"

"At the beginning of November, Spanish classes at CCHS and CCMS learned about the Mexican holiday Day of the Dead. Sixth grade Spanish students watched the movie Coco and were introduced to key cultural elements of the holiday. Spanish 1 classes compared and contrasted differences and similarities between the cultural celebrations of Halloween in the U.S. and Day of the Dead in Mexico. Meanwhile, Spanish 2 students made a traditional bread! Pan de muerto, or (bread of the dead) is commonly found this time of year at Mexican bakeries in the U.S. and Mexico alike. Typically, the bread is made with star anise, and usually has an orange or cinnamon flavor. Students researched the topic in class and followed up by baking delicious bread in the culinary arts space. Finally, Spanish 3 and Advanced Placement students contemplated cultural practices of honoring ancestors and memory through conducting research and creating beautiful ofrendas. Excelente trabajo, estudiantes."

~ Profa Petz



## Art in the Schools

High school student creating a ceramic candle lantern



Elementary students learn about color with art games.



Color display created by seventh graders



## Safe Routes to School Survey

Each year, the Safe Routes to School Committee seeks parent input to determine how effective the committee's efforts have been, as well as to help plan for future projects, plans and improvements to increase the safety of children getting to school. Please take a few minutes to complete the survey. Thank you!  
<https://www.surveymonkey.com/r/KL6SK3P>



## Woodland Skydancers

This third grader was proud to have his picture taken with Shane Mitchell, one of the Dancers from the Woodland Skydancers group.



Miigwech to Grand Portage For Bringing the Woodland Skydancer to our school!

## Choir News 2019

The Middle School Choir had its first performances of the year on October 29th and 31st. We shared some October Holiday selections with residents at the North Shore Care Center and on Halloween we sang for some of our younger students during the school day. The students returned the favor and sang for us as well!

The choir also participated in the ceremony to honor our Veterans on November 11. One song was part of a collection purchased last school year with funds donated by American Auxiliary Unit 413: "Proud of Our Veterans." This song was written by Teresa Jennings and the lyrics are especially meaningful.

### Proud of Our Veterans

We are proud of our Veterans, proud of you all.  
You are patriots and heroes, who answered the call  
With courage strength and sacrifice you saw our country  
through, Thank you, Thank you, Thank you to you.

We are proud of our Veterans, proud of you all.  
You are citizens with honor, and faith standing tall.  
Our freedom is assured to us because you all came  
through, Thank you, Thank you, Thank you to you.

The choir is looking forward to singing a different set of holiday songs on December 18 for residents of the North Shore Care Center. Space is limited, but parents and guardians are welcome to attend the 11:00 performance that day.

~ Cindy Johnson, Choir Instructor



# Keeping children cybersafe



Every home contains a wide range of technology devices designed to help us connect, communicate, and manage our lives. Hacking, data privacy, and cybersecurity are significant issues for everyone.

## Learn

Best practices for keeping children and their personal information safe through our short, online, self-paced course. The course will empower you, and the children in your life, with essential information and tips to limit risks of children being identity theft or cyber crime victims.

## For more information

Contact Mary Mehsikomer at 651-999-6510  
or [Mary.Mehsikomer@sourcewelltech.org](mailto:Mary.Mehsikomer@sourcewelltech.org)

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[sourcewell.co/  
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# December 2019 Calendar

## Monday, December 2

Boys Basketball, Home vs. Lakeview Christian, Varsity - 6:30 p.m.  
Boys Basketball, Home vs. Lakeview Christian, JV - 4:45 p.m.

## Tuesday, December 3

Band Concert - 7:00 p.m.

## Thursday, December 5 - Mid-Quarter

## Friday, December 6

Boys Basketball @ Two Harbors, Varsity - 6:30 p.m.  
Boys Basketball @ Two Harbors, JV - 4:45 p.m.  
Girls Basketball @ Two Harbors, Varsity - 4:45 p.m.  
Girls Basketball @ Two Harbors, JV - 6:30 p.m.

## Monday, December 9

Boys Basketball, Home vs. Thunder Bay, Varsity - 6:30 p.m.  
Boys Basketball, Home vs. Thunder Bay, JV - 4:45 p.m.

## Tuesday, December 10

Nordic Skiing @ Proctor - 11:00 a.m.

## Thursday, December 12

Girls Basketball @ Northeast Range, Varsity - 6:30 p.m.  
Girls Basketball @ Northeast Range, JV - 4:45 p.m.

## Friday, December 13

Alpine Skiing, Home @ Lutsen - 10:00 a.m.

## Saturday, December 14

Nordic Skiing @ Mt. Itasca - 11:00

## Monday, December 16

Boys Basketball, Home vs. Cromwell, Varsity - 4:45 p.m.  
Boys Basketball, Home vs. Cromwell, JV - 6:30 p.m.  
Girls Basketball, Home vs. Cromwell, Varsity - 6:30 p.m.  
Girls Basketball, Home vs. Cromwell, JV - 4:45 p.m.

## Thursday, December 19

M/S Exploratory Day - p3&p4  
Nordic Skiing @ Pine Valley - 11:00 a.m.

## Friday, December 20 - 1/2 day PDD / NO SCHOOL

Boys Basketball @ MLWR in Willow River, Varsity - 6:30 p.m.  
Boys Basketball @ MLWR in Willow River, JV - 4:45 p.m.  
Girls Basketball @ MLWR in Willow River, Varsity - 4:45 p.m.  
Girls Basketball @ MLWR in Willow River, JV - 6:30 p.m.  
Alpine Skiing @ Virginia - 10:00 a.m.

## Monday, December 23 - January 1, 2020 - NO SCHOOL

## Thursday, December 26

Girls Basketball Tournament in Two Harbors, Varsity - TBD

## Friday, December 27

Boys Basketball Tournament in Ely, Varsity - TBD  
Girls Basketball Tournament in Two Harbors, Varsity - TBD

## Saturday, December 28

Boys Basketball Tournament in Ely, Varsity - TBD  
Nordic Skiing @ Giants Ridge - 12:00 p.m.

## First Graders have Lunch

The first grade families joined in the cafeteria for a special with their child.



# DECEMBER 2019

## COOK COUNTY VIKINGS

### LUNCH MENU

#### Monday

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

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

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

#### Tuesday

**A&B Lunch-** Taco in a bag with tomatoes, lettuce, cheese and black beans, Steamed Corn, Pears and Milk

**A Lunch-** Lasagna with Garlic Toast, **B Lunch-** Pizza Sticks with marinara sauce, Romaine Spinach Mix, Mandarin Oranges and Milk

**A Lunch-** Orange Chicken, Fried Rice with Egg Roll, **B Lunch-** Pizza Sticks with marinara sauce, Baby Carrots, Broccoli,

#### Wednesday

**A&B Lunch-** Chili, Bread Sticks, Baby Carrots, Broccoli, Fresh Fruit and Milk

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

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

#### Thursday

**A Lunch-** Hamburger Gravy **B Lunch-** Pizza Sticks, Mashed Potatoes, Dinner Roll, Steamed Carrots, Fruit and Milk

**A Lunch-** Pork Roast, **B Lunch-** Chicken Patty, Mashed Potatoes, Gravy, Steamed Carrots, Dinner Roll, Cranberries, Fruit cup and Milk

**A&B Lunch-** Cheese Bread with Marinara sauce, Romaine Spinach Mix, Fruit cup and Milk

#### Friday

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

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

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

NO SCHOOL

31

30



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