



Cook County Schools - ISD #166

The Viking Voice Monthly

Vol. 4, Issue 4 - January 2020

Native American Heritage Month

In celebration of Native American Heritage month (November), Sawtooth Mountain Kindergarten was presented with lessons of Southeast Alaskan Native and Ojibwe/Anishinaabe culture and art. Kindergarten had the opportunity of learning Southeast Alaskan Native culture and art from Kayle Hielscher. Miss Kayle lived in Metlakatla, Alaska, home to the Tsimshian (shim-shee-un) tribe, before working as a Special Education Teacher at Sawtooth. Students learned about the way of life in Alaska and experienced traditional items specific to Tsimshian people such as cedar roses, rings, earrings, and drums (Pictured is the drums made by Miss Kayle while in Alaska). Mrs. Hood shared with students regalia items specific to Anishinaabe people such as a jingle dress, beadwork, and moccasins. They were able to share in dance, Ojibwe songs and stories. Students were also able to compare Tlingit art of Pacific Northwest and Woodland art of Ojibwe people. Art created by Harris Wilson (Raven), Leo Ford (Whale), Sabrina Duschek (Hummingbird) and Landon Boen (Eagle).



~ Autumn Hood, Kindergarten Teacher



School Closing Information

School Closing due to weather is part of our winter season. Across the Cook County School District we coordinate with Cook County, the Sheriff's office, and District transportation staff to assess weather and road conditions and determine whether to call a snow day. In the District, we track storms, consult with the National Weather Service, and participate in conference calls. The goal is to make a decision by 5 a.m. so families can plan. Many students in the District rely on buses for their commutes, and if buses can't operate safely, schools probably close. Closing is the last resort. Many of our children eat several meals on weekdays at school, and a snow day could mean little food that day.



~ Dr. William Crandall, Superintendent

Tutoring and Homework Help for Middle School Basketball Players

Thanks to a grant by our Education Foundation and the generosity of the Grand Portage Education Department, homework help and tutoring is available to all, both girls and boys, participating in middle school basketball. The boys' coach, John (Jake) Jacobson, came up with the idea for the boys, and Sue Nelson (special education teacher) wrote the grant to include female middle school athletes. The purpose is to make certain with all the time spent on basketball, that students have support to get their homework done, as well. The Minnesota State High School League has rules around academic performance. Athletes must meet certain academic standards in order to play. This initiative provides student basketball players academic support and helps kids to understand the need for continued academic success to become a high school or varsity athlete. Grand Portage has Ann Sullivan providing after-school homework assistance and tutoring. Tom Sullivan provides similar services and his efforts are supported by the ISD 166 Education Foundation grant. Students need to sign up for homework help in the office by noon each day.



~ Ann Sullivan

Winter Learning

Ms. Amanda's preschoolers are learning about winter this month. We have been busy feeding snowman and polar bears, counting penguins, and painting snowstorms. Did you know that no one snowflake is the same? Do you know what color a snowflake is? We do, its colorless!



Mexican Customs

The Elementary Spanish students have been learning about Christmas customs in Mexico. We read the story *Legend of the Poinsettia* by Tomie dePaulo and then made tissue paper poinsettias (Flor de Nochebuena in Spanish) to remind us that this flower originated in Mexico. We are also studying the customs of Christmas Posadas and learning how this is an important part of the holiday season. We have learned a couple of Christmas carols (villancicos) in Spanish and will be making Christmas cards in Spanish for their family or friends. The students are really enjoying the projects and songs as it is a fun way to learn.

~ Teresa Shannon, Elementary Spanish Teacher



5th Grade students from Ms. Pickett's Class - pictured above

Mrs. Hood's Kindergarten class creating the flowers.



Snowflakes

Once again, Ms Dumas' class are doing a fundraiser for the fifth grade Wolf Ridge field trip by selling 3D snowflakes. We are selling small for \$3.00, medium for \$5.00, and largest for \$10.00. These snowflakes are great for decorating or as gift. Email Ms. Dumas at ndumas@isd166.org or 387-2271 ext: 426

~Brianna Monson



MATH HOMEWORK TIPS

Encourage your child to use a daily math assignment book.

Follow the progress your child is making in math.

Check with your child daily about his homework.

If you don't understand your child's math assignments, engage in frequent communication with his or her teacher.

Here are some helpful websites: Math.com, Homework helpers.com, and Go Math Academy.com. If your child is experiencing problems in math, contact the teacher to learn whether he or she is working at grade level and what can be done at home to help improve academic progress. Request that your child's teacher schedule after school math tutoring sessions, if your child really needs help.

Try to be aware of how your child is being taught math, and don't teach strategies and shortcuts that conflict with the approach the teacher is using. Check with the teacher and ask what you can do to help.

~ Dr. William Crandall, Superintendent

Portraits and Ceramic Trays

High school students learn about proportion through drawing their own self portraits. They also made useful ceramic trays out of clay, glazing the surface with their own unique patterns, inspired by indigenous designs. Native American pottery is an art form with at least a 7500-year history in the Americas.



Sawtooth Library News!

THANK YOU LIBRARY FRIENDS FOR THE GRANT FOR NEW BOOKS!!

The students love getting new books - they bring joy to their faces and excitement in checking them out - all fueling READING! You can help keep the momentum going by asking what they are reading & asking them to read to you.



THANK YOU ARROWHEAD LIBRARY SYSTEM AND PTA for our new Story Corner

Classes come into the library and hear a story before selecting their book to check out. Our new story corner has a camping theme, complete with campfire and tree "stumps" to sit on. The Sawtooth Library was awarded a mini grant from the Arrowhead Library System and funds from the PTA to purchase these items.

Pictured below is the preschool students enjoying the new corner.



Next Meeting: Monday, January 6 @ 4:30 p.m. in the Sawtooth Library

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

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



Upcoming Events



- Book Fair in February
- Many Tiny Lights in February
- Read-A Thon in February

Need a hostess gift or a last minute present for someone. Orders can be placed through MN Brands for Good all year. MN made products!!

www.MNbrandsforgood.com



New members needed!
Annual membership dues = \$10

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

Reading with the Seniors

Mrs. Dumas's class has the opportunity to read with senior citizens every other week and make crafts. Last week was very special because they came to our classroom! We taught them how to make 3D snowflakes to decorate the Senior Center with for the holidays. We also read the book *Wonder*. To celebrate Thanksgiving, we created a gratefulness tree and we all wrote what we are grateful for. We then hung the cards on our gratefulness tree at the Senior Center. With our partners from the Senior Center, we read books about Thanksgiving. We can't wait to see them again in 2020!

~Mariya



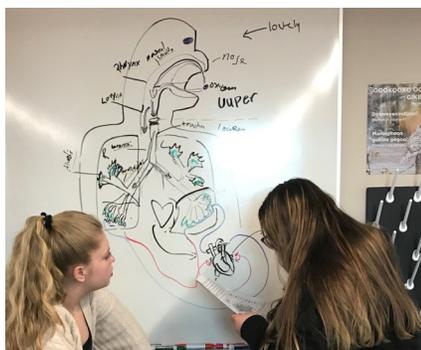
Intro to Nursing

Human Anatomy & Physiology (HAP) students have the benefit of an "Intro to Nursing" course offered at CCHS. Students bring skills from the nursing class into HAP labs and show their classmates how to use stethoscopes and take blood pressure.

Students have been working through body systems, starting with digestive and urinary systems, and then on to circulatory and respiratory systems. Students are learning to identify the parts of the systems as well as how they work to do their jobs in the body. HAP is one class where coloring skills learned as small children come in handy as we use coloring pages to learn human anatomy.

In the photos, students are drawing models of the interaction between the circulatory and respiratory systems. Alyssa shows a working model demonstrating the physiology of inhalation and exhalation.

~ Chad Benesh



Preschool News

Ms. Lynn's preschool class celebrated Thanksgiving by having a feast with friends. We sampled fun Thanksgiving type foods, talked about our friends and families and how we can show thankfulness for all that they do for us.

We also have been learning about our 5 senses. Nick Hingo's invited us to visit his job site to see how he cuts trees down. This was the perfect opportunity to use our senses of hearing, seeing, touching and smelling. Thanks to Nick for such a fun impromptu field trip.

To complement our study of the 5 senses, our class has exploring a unit on Sweets which integrates math, social studies, science, and literacy each day. On Friday Friday we finished our Sweets unit by baking donuts (reading the recipe, measuring, using our senses as we baked), decorating them and sharing with friends.

In preschool we learn best with hands on, interactive activities which results in lots of fun and good memories.

~Lynn Sheils



January 2020 Calendar

Wednesday, January 1 - NO SCHOOL

Thursday, January 2 - School Resumes today

Friday, January 3

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

Saturday, January 4

Nordic Skiing @ Giants Ridge - 10:00 a.m.

Monday, January 6

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

Tuesday, January 7

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

Thursday, January 9

Alpine Skiing @ Hibbing - 10:00 a.m.

Friday, January 10

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

Saturday, January 11

Nordic Skiing @ Duluth Marshall - 11:00 a.m.
Girls Basketball, Home vs. Ely - Varsity 1:00 p.m.
Boys Basketball, Home vs. Ely - Varsity 2:45 p.m.

Tuesday, January 14

Nordic Skiing @ Korkki Nordic - 11:00 a.m.
Girls Basketball, Home vs. Silver Bay - Varsity 4:45 p.m.
Girls Basketball, Home vs. Silver Bay - JV 6:30 p.m.
Boys Basketball, Home vs. Silver Bay - Varsity 6:30 p.m.
Boys Basketball, Home vs. Silver Bay - JV 4:45 p.m.
Special Lunch Day 2nd Grade - 12:15 p.m.

Friday, January 17 - End of 2nd Quarter

Girls Basketball @ Carlton - Varsity 4:45 p.m.
Boys Basketball @ Carlton - Varsity 6:30 p.m.

Saturday, January 18

Nordic Skiing, Home Pin Cushion - 11:00 a.m.

Monday, January 20 - No School PDD Day

Tuesday, January 21

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

Thursday, January 23

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

Friday, January 24

Nordic Skiing @ Snowflake - 11:00 a.m.
Girls Basketball @ Wrenshall - Varsity 4:45 p.m.
Boys Basketball @ Wrenshall - Varsity 6:30 p.m.

Tuesday, January 28

Respect Retreat - 9th Grade

Wednesday, January 29

Courage Retreat - 7th Grade

Thursday, January 30

Kindness Retreat - 4th Grade
Alpine Skiing @ Spirit Mountain - 10:00 a.m.

Friday, January 31

Girls Basketball, Home vs. Two Harbors - Varsity 6:30 p.m.

Girls Basketball, Home vs. Two Harbors - JV 4:45 p.m.

Boys Basketball, Home vs. Two Harbors - Varsity 4:45 p.m.

Boys Basketball, home vs. Two Harbors - JV 6:30 p.m.

DNR Youth Boating Safety Opportunity

Cook County Middle School was given a grant by the Cook County Schools Education Foundation to enhance our Safety curriculum. All 6th grade students participate in DNR training for ATV, Snowmobile, and Firearms Safety in school. Boating Safety is another certification offered for youth through the Minnesota DNR. Students must be 12 years old to complete the online boating safety course and receive their youth Minnesota water operator's permit, which is valid from ages 12-17.

If your student is interested in this training, please contact Safety teacher Emma Spoon (espoon@isd166.org, 387-2271 x208) to receive a voucher code that will cover the \$24.95 cost of the course.



Save the Date!

There is a special event coming to Sawtooth Elementary on February 24, 2020. The LOON Theatre (Little Opera of the North), a professional opera company, will be here that day to perform Jules Massenet's "Cinderella" in our elementary gym. Some of our students will be "on stage" and have an opportunity to perform with the cast. Friends and family are welcome to attend. Last February this troupe came to our school and performed Donizetti's "The Elixir of Love." More information will be coming as details are established. Special thanks to the North Shore Cooperative for providing the funds to make these artistic opportunities possible.

Snowflakes Anyone?

Students are having a great time trying to catch snowflakes.



Monday	Tuesday	Wednesday	Thursday	Friday
		NO SCHOOL 1	A&B Lunch - Corn Dog, Beans, Baby Carrots, Fruit and Milk 2	A&B Lunch - Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk 3
A&B Lunch - Build your own Cheese Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk 6	A Lunch - Orange Chicken, Fried Rice with Egg Roll, B Lunch -Pizza Sticks with marinara sauce, Baby Carrots, Broccoli, Mandarin Oranges and Milk 7	A&B Lunch - Homemade Chicken Wild Rice Soup, Bread Sticks, Baby Carrots, Broccoli, Fresh Fruit and Milk 8	A Lunch - Meat loaf, B Lunch - Chicken Patty Mashed Potatoes, Gravy, Dinner Roll, Steamed Carrots, Fruit and Milk 9	A&B Lunch - Cheese or Pepperoni Pizza, Romaine Spinach Mix, Black Bean Salsa, Fresh Fruit and Milk 10
A&B Lunch - BBQ Rib Sandwich with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk 13	A&B Lunch -Taco in a bag with tomatoes, lettuce, cheese and black beans, Steamed Corn, Pears and Milk 2nd grade Special Lunch 14	A&B Lunch -Homemade Chicken Noodle Soup, Baby Carrots, Broccoli, Fresh Fruit and Milk 15	A&B Lunch - Turkey Gravy, Mashed Potatoes, Dinner Roll, Steamed Carrots, Fruit and Milk 16	A&B Lunch - Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk 17
NO SCHOOL 20	A Lunch - Lasagna with Garlic Toast, B Lunch - Pizza Sticks with marinara sauce, Romaine Spinach Mix, Mandarin Oranges and Milk 21	A&B Lunch - Chili, Bread Sticks, Baby Carrots, Broccoli, Fresh Fruit and Milk 22	A Lunch - Hamburger Gravy B Lunch - Pizza Sticks, Mashed Potatoes, Dinner Roll, Steamed Carrots, Fruit and Milk 23	A&B Lunch - Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk 24
A&B Lunch - Build your own Chicken Burger with tomatoes, lettuce, onions and pickles, Fries, Fresh Fruit and Milk 27	A&B Lunch -Taco Nachos with tomatoes, lettuce, cheese and black beans, Steamed Corn, Pears and Milk 28	A&B Lunch - Tomato Soup with Bosco Cheese Sticks, Baby Carrots, Broccoli, Baby Carrots, Fresh Fruit and Milk 29	A Lunch -Pork Roast, B Lunch - Chicken Patty, Mashed Potatoes, Gravy, Steamed Carrots, Dinner Roll, Cranberries, Fruit cup and Milk 30	A&B Lunch - Cheese or Pepperoni Pizza, Romaine Spinach Mix, Fresh Fruit and Milk 31

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

The 5th graders have been having a lot of fun with the snow that fell this last week.

Just a reminder that winter is here and to please send your kids with the appropriate items for the weather to keep them warm. Just like these kiddos are wearing. Hats, gloves/mittens, snow pants, jackets and boots.

