



The Viking Voice

Monthly

Vol. 4, Issue 7 - April 2020

Kindergarten Parent Meeting:

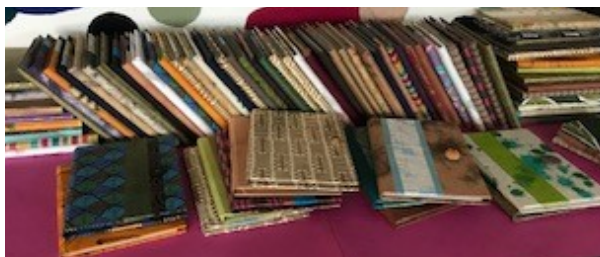


Thursday, April 2th @ 5:30 pm - Join us for a multimedia presentation about the excellent education your child will receive at Sawtooth Mountain Elementary School. At this meeting, administration and the current kindergarten teachers will share information about our small class sizes, aligned curriculums for mathematics, reading, writing and language arts, our licensed specialist teachers (physical

education, music, art), our World Language program, our elementary library, our use of technology to enhance instruction, our school garden, school forest trail systems, and Winter Wonderland. Please plan to enter through the Main Entrance Door and follow the signs to the Sawtooth Media Center. Free childcare will be available. Please RSVP for childcare by March 31st. For more information and to RSVP contact Lacey Smith lsmith@isd166.org 387-2271 ext. 455 or Autumn Hood ahood@isd166.org 387-2271 ext 457

Books for Sale

High School Art Students proudly showing off their handmade journals, part 1 of the High School Book Project. These journals will be available for purchase at Java Moose while supplies last.



Please remember to stay connected to the school by keeping up-to-date on our posts on our website, social media platforms and communications through Infinite Campus. All events scheduled are subject to change.

Healthy Tips

- Wash your hand.
- Avoid close contact with other people.
- Stay at home if you are sick.
- Cover your cough and sneezes.
- Clean and disinfect surfaces.
- Don't touch your face.



Communication is the Key to Success. Student Attendance Communication

- Daily attendance messenger will be sent to parents/guardians if your student is marked with an unexcused absent for the day.
- If you had already communicated with your student's teachers that they will be absent due to illness, vacation or extenuating circumstances, also remember to call the school office 218-387-2271.
- If you have not notified anyone of their absence you can either call the School office or send an email to the office at — ceverson@isd166.org or ccrawford@isd166.org to excuse their absence.
- If you do not use one of the methods mentioned above, we do ask that you still send a handwritten note to the office.
- Messages will come in three different methods: phone call, email and/or text message every day that your student is marked absent.



Thank you for your continued involvement in your student's success at school.
~ Megan Myers, Principal

I NEED TO STAY HOME IF ...

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100.0 or higher.	Within the past 24 hours.	Within the past 24 hours.	Rashes need to be checked.	Itchy head, live head lice.	Redness, itching and/or "crusty" drainage from eye.	Hospital stay and/or ER visit.

I AM READY TO GO BACK TO SCHOOL WHEN I AM....

Fever free for 24 hours without the use of fever reducing medication. i.e. Tylenol, Motrin.	Free from vomiting for 24 hours and can hold down at least 2 solid meals.	Free from diarrhea for at least 24 hours.	After the school nurse checks my rash or I have a note from my doctor.	Treated with appropriate lice treatment at home and is checked by nurse the next AM.	Evaluated by my doctor and have a note to return to school.	Released by my medical provider to return to school.
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Having Fun at Recess



The 1st graders went ice skating and had a lot of fun!



A fun way to end the day is saying goodbye to a big cuddly teddy bear!



Julia talked to the elementary kids about dog sledding and working toward goals. When she was in elementary school, she decided she wanted to race the Iditarod. Before she races that 1000 mile race she decided to race the junior Iditarod - it is a 150 mile race open only to kids. She was here a month before the JUNIOR Iditarod- she was the first Canadian to ever race it and she placed second. Way to Go Julia!

Choir News

The Cook County Secondary Choir performed this year at EATS on March 5, 2020. We are so grateful for the ISD 166 Education Foundation and appreciate all they do for our school. Years ago this organization provided the elegant dresses the girls wore that evening. Special thanks to Kathy Jo Thompson for donating her time and talents to alter some of the dresses so that the choir could look especially nice.



Boundary Waters Choral Festival



On March 6, 2020, High School choir members participated in the annual Boundary Waters Choral Festival at the Ely High School. Students benefitted from a full day of practices which culminated in a 7:00 p.m. concert in their Washington Auditorium. Choirs from Mountain-Iron Buhl, Northwoods, Grand Marias, and Ely were involved this year. Dr. Michael Fuchs from University of Wisconsin Superior was the guest conductor. Music Instructors from the University of Minnesota Duluth and college students from both universities also participated.



Oral Education for Kindergarteners

Thank you to Bonnie Dalin for coming to Kindergarten. Bonnie from the Grand Marais Family Dentistry came to teach students about proper oral care.

Students listened to a book about Teeth, learned about sugar bugs and how to brush the right way. Students were given a free coloring book and a toothbrush!



Abstract Art

Seventh Grade Art Students shown creating their own Abstract Expressionism paintings.



Winter Exploratory Day Fun!

The Cook County Middle School 6th-8th graders enjoyed a beautiful late winter day for their Exploratory Day adventures on Wednesday, March 4th. A large contingent of students went to Lutsen Mountains and spent the day skiing and snowboarding the slopes. Two groups went up the Gunflint Trail: one group went ice fishing on Gunflint Lake with 1854 Treaty Authority officers and educators and the other group spent the day at Gunflint Pines cross-country skiing and sledding. A final group stayed in town and learned to curl with the Cook County Curling Club, played broomball, and spent time in the YMCA pool, taking a Guard Start class and enjoying free time.

Thank you to the many parents and guardians who came along on these trips as chaperones and experts, sharing your time and knowledge for the benefit of our students.



April 2020 Calendar

Wednesday, April 1

Thursday, April 2

Elementary Project Fair

New Kindergarten Parent Meeting - 5:30 p.m.

Friday, April 3

Softball @ Cherry - 4:00 p.m.

Saturday, April 4

Sunday, April 5

Monday, April 6

Tuesday, April 7

Wednesday, April 8

Thursday, April 9

Softball, Home vs. Cromwell - 4:00 p.m.

Friday, April 10 - NO SCHOOL

Saturday, April 11

Sunday, April 12

Monday, April 13 - NO SCHOOL

Softball, Home vs. Two Harbors - 4:00 p.m.

Baseball, Home vs. Two Harbors - 4:00 p.m.

Tuesday, April 14

5th Grade Special Lunch 11:45 a.m.

Softball @ McGregor - 4:30 p.m.

Baseball @ McGregor - 4:30 p.m.

Track @ Esko - 4:00 p.m.

Wednesday, April 15

Thursday, April 16

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

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

Friday, April 17

Saturday, April 18 - PROM

Sunday, April 19

Monday, April 20

Tuesday, April 21

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

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

Track @ Two Harbors - 3:00 p.m.

Wednesday, April 22

MS/HS Common Ground Summit

Thursday, April 23

Softball, Home vs. Carlton - 4:00 p.m.

Baseball, Home vs. Carlton - 4:00 p.m.

Friday, April 24

Softball @ Floodwood - 4:00 p.m.

Track @ Virginia - 3:00 p.m.

Saturday, April 25

Sunday, April 26

Monday, April 27

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

Softball, Home vs. Wrenshall - 4:00 p.m.

Baseball, Home vs. Wrenshall - 4:00 p.m.

Tuesday, April 28 - Mid-Term

Softball, Home vs. South Ridge - 4:00 p.m.

Baseball, Home vs. South Ridge - 4:00 p.m.

Track @ Two Harbors - 3:30 p.m.

Wednesday, April 29

Thursday, April 30

Softball @ Northeast Range - 4:00 p.m.

Baseball @ Northeast Range in Soudan - 4:00 p.m.



Aspen is patiently waiting for the kids to arrive in the mornings.





LUNCH

APRIL 2020

COOK COUNTY VIKINGS

B LUNCH IS FOR THE
ELEMENTARY

Monday

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

NO SCHOOL

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

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

Tuesday

A Lunch- Chicken Alfredo with Bread Stick,
B Lunch- Pizza Sticks with Marinara Sauce, Spinach Mix, Peaches and Milk

A&B Lunch- Taco Nacho with tomatoes, lettuce, cheese, black beans, Steamed Corn, Pears and Milk
5th Grade Special Lunch

A&B Lunch- Spaghetti with meat sauce, Bread Sticks, Spinach Mix, Pears and Milk

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

Wednesday

A&B Lunch- Homemade Chicken noodle soup, 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- Sloppy Joe, Snap Peas, Baby carrots, Fresh Fruit and Milk

A&B Lunch- Corn Dogs, Beans, Baby Carrots, Snap Peas, Fresh Fruit and Milk

A&B Lunch- Pulled Pork Sandwich, Baby Carrots, Snap Peas, Fresh Fruit and Milk

Thursday

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

A Lunch- Pancakes
B Lunch- French toast with Hash Browns, Sausage Paity, Sliced Apples, Baby Carrots, Snap Peas and Milk

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

A&B Lunch- Chicken Patty with Mashed Potatoes, Gravy, Steamed Carrots, Dinner Roll, Cranberries, Peaches and Milk

A&B Lunch- Chicken Nuggets with Mashed Potatoes, Gravy, Steamed Carrots, Dinner Roll, Cranberries, Peaches and milk

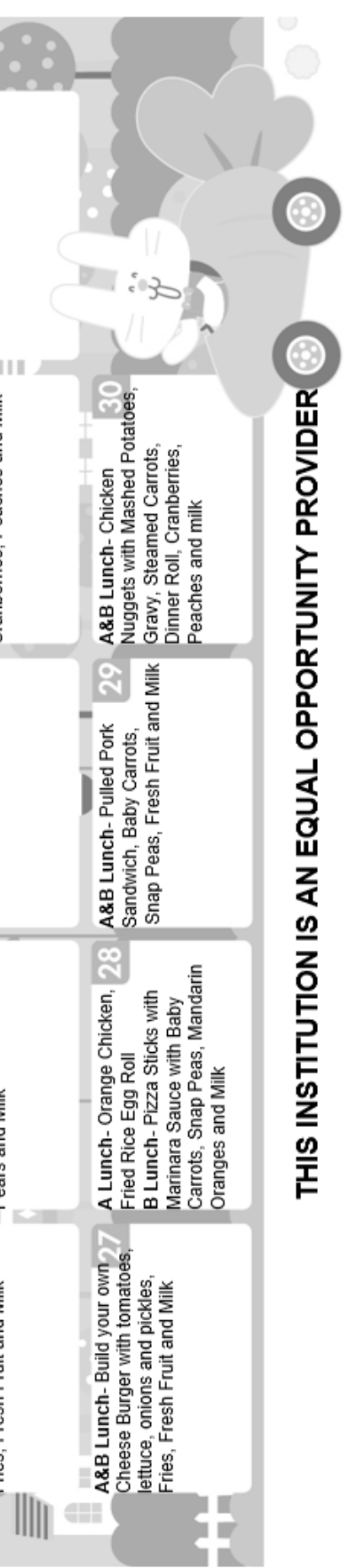
Friday

A&B Lunch- Hot Dog with Beans, Coleslaw, Baby Carrots, Fresh Fruit and Milk

NO SCHOOL

A Lunch- Stuffed Crust Pepperoni Pizza
B Lunch- Cheese Pizza Spinach Mix, Fresh Fruit and Milk

A&B Lunch- Hot Dog with Beans, Coleslaw, Baby Carrots, Fresh Fruit and Milk



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