



# Cook County Schools - ISD #166

# The Viking Voice

## Monthly

March 2021

## Welcome Back!

Greetings Cook County School Families!

Happy March! I hope this finds you healthy and that you are enjoying the warmer weather.

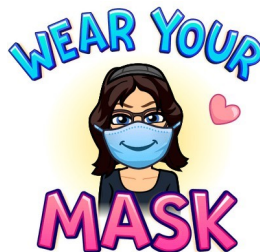
We are looking forward to having our student body PK-12 in our building starting on March 9th. Our middle school will be starting on March 2nd and our high school on March 9th. Please be sure to check out the Hybrid plans on our website, [Cookcountyschools.org](http://Cookcountyschools.org).

- All students will participate in **distance learning on Mondays** with teachers meeting with their classes, individual check-ins, and independent work. Students will not follow the 4 block schedule on Mondays.
- Students in 6th-8th grade will start **attending school** in their classrooms **Tuesdays through Fridays from 8:00-2:15.** The earliest students should be in the building is 7:45 a.m. when our door monitors are there to greet them.
- When a student arrives at school they will travel directly to get breakfast, then to their locker, and then to their Homeroom classroom.
- There will be **no congregating** in the hallways.
- Each of our 9th-12th grade classrooms are large enough for the full class to attend as student numbers are less than the 50% capacity and **maintain social distance.**
- Each classroom will have a seating chart for students to be socially distanced.
- Students will have lockers to keep their personal belongings in when they arrive and pick up before they depart for the day.
- Students will not visit lockers between classes.
- Lunch will be provided in the lunch room where students will have assigned seats, physical barriers and social distance to prevent transmission. Those students that bring a cold lunch will be allowed to retrieve their lunch from their locker on their way to the lunchroom.
- Buses will have assigned seats and there will be attendance taken on each route.

As a school we are here to support you as much as we can. If you need assistance with food, clothing, counseling services or being connected with assistance programs through the county, please do not hesitate to reach out to us - we are here to help.



- Wash your hands
- Wear a Mask
- Stay home if you are sick
- Avoid Crowds
- Socially gather outside
- Keep 6 feet apart



Thank you for doing your part to keep our community healthy. Go Vikings!

Mrs. Megan Myers  
PK-12 Principal/Acting Superintendent  
(218) 387-2271 x 603 or [mmyers@isd166.org](mailto:mmyers@isd166.org)



## Noticias de la Clase de Español News from Spanish class

¡Saludos (greetings)! I wanted to take a moment to share some fascinating topics Spanish 3 and AP students dove into for their final projects of first semester. I asked students to research a cultural tradition, culinary dish, historical figure or event from the Spanish speaking world. Students could choose to present their research in a number of ways. The creativity and variety of topics chosen was both inspiring and such a reflection of the diverse cultures that exist within Latin America and Spain.

- Students demonstrated how to make *tres leches cake*, *pan tumaca*, *pico de gallo*, *carne asada*, *pandebono*, *huevos rancheros*, and *totopos y queso*. Recipes originated from Spain, Colombia, Puerto Rico, and Mexico. Students chose to present their work in a variety of ways, from illustrating a recipe zine to filming episodes of original cooking shows!
- The Raramurí (Tarahumara) indigeneous people from Chihuahua, Mexico. These *pueblos indígenas* are well known for barefoot long distance running and their history of resisting Spanish colonization.
- A PBS Masterpiece Theater filmed discussion of the telenovela, “Amar y Vivir,” complete with costumes.
- Spanish dictator Francisco Franco and the Spanish Civil War.
- An in-depth look at the symbolism of the Puerto Rican flag.
- Francisco Goya, Spanish painter and printmaker from the Romantic Period.
- Popular music from Latin America: reggaeton, trap, rock, and pop latino.

I'll close by saying *gracias* to my students who really “turned it up to eleven” for the end of first semester. ¡Excelente trabajo!

### Diferentes tipos de banderas



From student presentation by [Enrique Henriquez](#):  
different versions of the Puerto Rican flag.

## Cell-ebrating Cell Projects 2021!

Ms. Spoon's 7th grade Life Science students stepped up to the plate (literally, in many cases) to create unique, incredible, and sometimes edible cell models to wrap up studying the parts of plant and animal cells. From salty snacks and sweet treats to Lego kits and toilet seats, all of the creations were works of art and highlighted students' learning in amazing ways. A new record was set for the biggest cell model ever created, with Jack LaBoda's outdoor cell built within a trampoline frame. The bar has been raised for next year's 7th graders. Thanks to all students for their creativity!



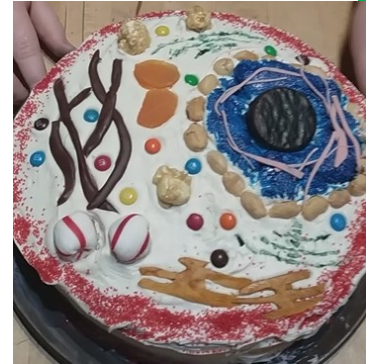
Toilet Cell By  
Ruby Gulstrand



Trampoline Cell by  
Jack LaBoda



Lego Cell by  
Lola Rohl



Sweet and Salty Cake Cell  
by Juniper Cefalu



Box Cell  
by Amber Theiner



Rice Krispie Cell  
by Rio Tersteeg



Chips and Dip Cell  
by Beck Wilson



Pink Cake Cell by  
Kallie Anderson

"Fifth Grade has enjoyed new watercolor paint sets supplied by the Art Colony to use during art class. Weekly projects supplied by Art teacher Ms. Mila Horak and visiting artist Nan Onkka, have been a highlight of their week! Both in-person and distance learners have been able to participate to produce beautiful and creative works of art during their school day."



~ Miss Mila,  
Art Teacher



Students in Ms. Oberg's Unified Club were able to participate in attending a Student Leadership Summit through Special Olympics, MN. Together, they participated in a Q and A session with Zack Gottsagen! Zack is best known for his leading role in the movie *The Peanut Butter Falcon*!

Zack's messages of working hard, staying true to your dreams, and not letting your disability hold you back were heard loud and clear.

Thank you, Special Olympics, MN for this incredible opportunity.



Cook County Schools  
**Unified Club**

## Help With Classes

Starting Mon, 2/22/21, elementary-high school age students can join these weekly mentor sessions for help with schoolwork.



No sign-up required, just show up during the scheduled time and a mentor will be there to help you!



**Mon**

10 am - 12 pm  
**Math & Science**

12 pm - 2 pm  
**English & Language Arts**

2 pm - 4 pm  
**English & Organization**

Access all sessions with this Zoom link:  
<https://minnstate.zoom.us/j/96014246248>  
No passcode is required

**Tues**

2 pm - 4 pm  
**Math**

**Wed**

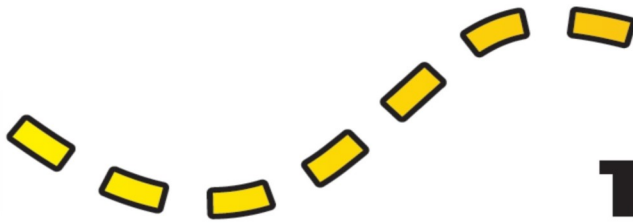
2 pm - 4 pm  
**English & Language Arts**

**Thurs**

2 pm - 4 pm  
**Math**

Lenna Stever-Sobanja | She | Her  
Student Support Coordinator  
Cell: (218) 831-3305  
Office: (218) 387-3411  
myCCHE.org  
support@myCCHE.org  
Office Hours: Tues-Fri, 9-4:30

[Zoom Link](https://minnstate.zoom.us/j/96014246248)  
<https://minnstate.zoom.us/j/96014246248>



# SAFE ROUTES TO SCHOOL

Throughout the pandemic, the Cook County Safe Routes to School Committee continues to work toward its mission of: "Where it is safe, get kids walking and biking. Where it is not safe, make changes." The newest Safe Routes to School Plan, updated in 2020, can be found on your school's website. In order to support a safe environment for all students during the pandemic, there are no organized walk or bike to school events at this time. We encourage students to get out walking and biking as much as possible! In collaboration with the Community Center, we have designated the Community Center parking lot as the official "park and walk" site for Grand Marais. This is an easy location to park and walk with your student, or drop them off to walk to school without having to cross any major intersections. We hope to revive the weekly walk to school group, Walk and Roll Wednesdays, in a safe manner this spring. It is also our hope that in-school bike education for 3rd graders will be held this year, as well as the annual bike safety rodeo. We will continue to work diligently with the schools to provide these educational activities in a safe manner. The largest initiative we are presently working on is improving our SRTS bike fleet. We will be adding adaptive bikes, shorter stature bikes, balance bikes, new helmets, and a trailer to house and transport the fleet to other school districts and youth education activities within our county. We are excited to showcase the updated fleet this spring, when all of the components have come together! If you have questions regarding Safe Routes to School or would like to get involved in the local committee, please contact Andrea Orest, SRTS Coordinator, by email: [andrea@sawtoothmountainclinic.org](mailto:andrea@sawtoothmountainclinic.org) or by phone: 218-877-8262. The Cook County SRTS Committee thanks you for your support to keep our local students active and healthy!



## 2021 Spring Drivers Ed Class-online schedule

**Tuesday/Thursday nights from 6-9pm.**

- Tuesday, April 13, 2021 - First Class Session
- Thursday, April 15, 2021
- Tuesday, April 20, 2021
- Thursday, April 22, 2021
- Tuesday, April 27, 2021
- Thursday, April 29, 2021
- Tuesday, May 4, 2021
- Thursday, May 6, 2021
- Tuesday, May 11, 2021
- Thursday, May 13, 2021 - Final Class Session
- Tuesday, May 18, 2021 - Make-Up Session for students who missed a class session
- Friday, May 21, 2021 - Work Turn-In/Completion Deadline - Students can drop off their work at CCHS



Contact information for Mr Olson is: [golson@isd166.org](mailto:golson@isd166.org)

Prior to the class starting Mr Olson will send out the Google Classroom link.

Please contact Pamela Puskala [ppuskala@isd166.org](mailto:ppuskala@isd166.org) if you have any ques-



# SCRUBS

## ONLINE

## NORTHEAST

Are you a high school student living or attending school in Aitkin, Carlton, Cook, Itasca, Koochiching, Lake, or St. Louis county? Are you interested in learning about healthcare careers but don't know where to start? Join us for Scrubs Online: Northeast!

**When: MARCH 1st - June 1st** (Registration opens February 15 and will be allowed through April 15, with coursework completed by June 1).

With Scrubs Online you will learn from over 30 different healthcare careers through virtual activities like:

- 6 online modules focusing on specific careers that are available right in your own backyard!
- 11 live presentations from healthcare professionals and university professors from the Arrowhead Region! Ask questions of individuals in each career field.
- Learn professional and job seeking skills
- Craft your own individual career needs based on your dream life goals!
- Earn a micro-credential through Winona State University
- And other healthcare career resources available for you!

**This is a FREE career exploration opportunity for students in Aitkin, Carlton, Cook, Itasca, Koochiching, Lake or St. Louis counties**

**For more information or to register today, visit:**

Copy the link below, or scan our QR Code!

<http://bit.ly/3jekByU>



Arrowhead Area Agency on Aging  
A Division of ARDC



MINNESOTA STATE  
HealthForce Center of Excellence



St. Luke's

CMH  
Community Memorial Hospital

granditasca  
Clinic & Hospital  
Part of Fairview Health Services

WILDERNESS HEALTH



EMPLOYMENT AND ECONOMIC DEVELOPMENT



Aftenro

Lake Superior COLLEGE  
A member of Minnesota State

EBCH  
Ely-Bloomenson Community Hospital

COOK HOSPITAL & CARE CENTER



Essentia Health



WISCONSIN INDIANHEAD TECHNICAL COLLEGE

FAIRVIEW



Lake View  
A member of St. Luke's

North Shore HEALTH  
A member of Fairview Health Services

Rainy Lake MEDICAL CENTER

BLUEJACKET CAREER ACADEMIES

# 2020-2021 Bell Schedule

**Starting March 2nd, 2021**

Homeroom	8:07 - 8:17
Period 1	8:21 - 9:32
Period 2	9:36 - 10:47
MS Lunch /HS Advisory	10:51 - 11:16
HS Lunch / MS Advisory	11:20 - 11:45
Period 3	11:49 - 1:00
Period 4	1:04 - 2:15
Distance Learning Support	2:15 - 3:15

Updated 2-28-21



**Follow Cook County Schools online for up-to-date information and to follow school events.**

Website: [cookcountyschools.org](http://cookcountyschools.org)

Facebook: Cook County Isd166 & Community Education

Remember to sign up for Parent Portal to access student information and pay lunch accounts. (Parent Portal application is included in the new student packet and is also available in PK-12 office or school website.)

## March 2021 Calendar

### Monday, March 1st

Boys Basketball Varsity, Home vs. Silver Bay - 4:45 pm  
Girls Basketball Varsity, Home vs. Silver Bay - 6:30 pm  
\*Senior Night for Girls Basketball

### Tuesday, March 2nd

Girls Basketball Varsity @ Ely - 5:00 pm  
Boys Basketball Varsity @ Ely - 6:30 pm  
Alpine Ski Team Section Meet @ Giant's Ridge

### Wednesday, March 3rd

Nordic Ski Team Section Meet

### Friday, March 5th

Girls Basketball JV @ Northwoods—4:45 pm  
Girls Basketball Varsity @ Northwoods—6:30 pm

### Thursday, March 11th

Boys Basketball JV vs. Cherry - 4:45 pm  
Boys Basketball Varsity vs. Cherry - 6:30 pm  
\*Senior Night for Boys Basketball

### Friday, March 12th

Girls Basketball Varsity vs. Moose Lake/Willow River - 4:45 pm  
Boys Basketball Varsity vs Moose Lake/Willow River - 6:30 pm

### Saturday, March 13th

SAT Testing—7:45 am—11:45 am

### Monday, March 15th

Playoffs for Girls Basketball Begin

### Tuesday, March 16th

ACT Testing—7:45 am—11:45 am  
Playoffs for Boys Basketball Begin

### Thursday, March 18th

School Board Meeting via Zoom—5:00 pm—7:00 pm

### Monday, March 22nd

Baseball Begins (Throwing Week Only)

### Monday, March 22nd—Friday, March 26th

**- No School - Spring Break -**

### Monday, March 29th

Baseball/Softball/Track Practices Begin

### Thursday, April 1st

End of 3rd Quarter

  
Spring  
Athletics

Baseball, Softball & Track  
are scheduled to begin on  
Monday, March 29th.



# High School Pivot to Hybrid

Parent and Community Meeting  
March 1st at 4:00

Teacher Planning Days  
Thursday, March 4th  
Friday, March 5th

No School for High School Students  
NO Child Care PODS for High School

**FIRST DAY OF HYBRID FOR  
HIGH SCHOOL STUDENTS!  
TUESDAY, MARCH 9TH, 2021**

  
hello  
spring!



### Bus Passes

Reminder that students are not allowed to ride a bus to another student's house after school, unless they are already assigned to that bus route. If your student needs to go somewhere different after school you will have to arrange for their transportation and notify their teacher regarding the change of after school plans.

*Thank You!*





## Free Student Meal Program Delivery & Hub Pick-up



All children 18 and under are eligible for a free bag breakfast and lunch upon request.

Parent and families need to request a bag breakfast and lunch by email each week:  
Email: [lunchrequest@isd166.org](mailto:lunchrequest@isd166.org) before 8pm each Sunday.

Monday - delivered to bus stop.

Tuesday thru Friday—delivered to hubs.

If you have questions please email: [lunchrequest@isd66.org](mailto:lunchrequest@isd66.org)

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## Free Student Meal Program In School Option



All children 18 years and under are eligible to participate.  
This program is funded by the state of Minnesota and will be offered  
until the end of August 2021

- Students that are attending Cook County Public Schools in person will receive school lunches free of charge.
- If students choose to have the school lunch please make sure they tell their homeroom teacher. Homeroom teachers will let the kitchen staff know how many students are in need of a school lunch so that the kitchen staff can plan accordingly, to help limit food waste.
- **SECOND HELPINGS:** Is this an option? *Yes!* Students may have a second helping, this is also free of charge.
  - If lunch is brought to you in your classroom please tell your teacher that you will want seconds ( 2 burgers, 2 pizza slices). That way the teacher can order the proper number.
  - If you go through the lunch line, please remind the cooks that you signed up for a second serving.



*Welcome Back!*

March 2021 Menus

**BREAKFAST**

**MENU SUBJECT TO CHANGE**

**MARCH 2021**  
COOK COUNTY VIKINGS

Monday	Tuesday	Wednesday	Thursday	Friday
Cold Cereal, Cheese Stick, Juice and Milk <b>1</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>2</b>	Bagel Cream Cheese, Juice and Milk <b>3</b>	Eggo Waffle, Syrup (Cold Cereal w/cheese stick), Juice and Milk <b>4</b>	Pancake and Sausage on a stick (Muffin and Cheese Stick), Juice and Milk <b>5</b>
Cold Cereal, Cheese Stick, Juice and Milk <b>8</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>9</b>	Bagel Cream Cheese, Juice and Milk <b>10</b>	Eggo Waffle, Syrup (Cold Cereal w/cheese stick), Juice and Milk <b>11</b>	Pancake and Sausage on a stick (Muffin and Cheese Stick), Juice and Milk <b>12</b>
Cold Cereal, Cheese Stick, Juice and Milk <b>15</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>16</b>	Bagel Cream Cheese, Juice and Milk <b>17</b>	Eggo Waffle, Syrup (Cold Cereal w/cheese stick), Juice and Milk <b>18</b>	Pancake and Sausage on a stick (Muffin and Cheese Stick), Juice and Milk <b>19</b>
<b>NO SCHOOL</b> <b>22</b>	<b>NO SCHOOL</b> <b>23</b>	<b>NO SCHOOL</b> <b>24</b>	<b>NO SCHOOL</b> <b>25</b>	<b>NO SCHOOL</b> <b>26</b>
Cold Cereal, Cheese Stick, Juice and Milk <b>29</b>	Pancakes, Syrup (Cinni Mini), Juice and Milk <b>30</b>	Bagel Cream Cheese, Juice and Milk <b>31</b>		

**LUNCH**

**MENU SUBJECT TO CHANGE**

**MARCH 2021**  
COOK COUNTY VIKINGS

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Burger, Fries, Corn or (Baby Carrots), Fresh Fruit, Milk <b>1</b>	Orange Chicken, Fried Rice, Egg Roll, Broccoli or (Baby Carrots), Mandarin Oranges or (Fresh Fruit) and Milk <b>2</b>	Chicken Wild Rice Soup, Bread Sticks, Veggie-Fruit bar, Milk, (Bag Lunch) Chicken Burger, Baby Carrots, Fresh Fruit, Milk <b>3</b>	Quesadilla, Salsa, Romaine Mix (Baby Carrots), Pears (Fresh Fruit), Milk <b>4</b>	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots), Fresh Fruit, Milk <b>5</b>
Chicken Burger, Fries, Green Beans or (Baby Carrots), Fresh Fruit, Milk <b>8</b>	In-School- Taco in a bag, Corn, Pears, Black Beans, Milk, (Bag lunch) Ham and Cheese Sandwich, Baby Carrots, Fresh Fruit and Milk <b>9</b>	Chicken Noodle Soup, Bread Sticks, Veggie- Fruit bar, Milk, (Bag Lunch) Cheese Burger, Baby Carrots, Fresh Fruit, Milk <b>10</b>	Corn Dogs, Beans, Baby Carrots, Fresh Fruit, Milk <b>11</b>	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots), Fresh Fruit, Milk <b>12</b>
BBQ Rib Sandwich, Fries, Green Beans or (Baby Carrots), Fresh Fruit, Milk <b>15</b>	Sloppy Joe, Baby Carrots, Fresh Fruit, Milk <b>16</b>	Tomato Soup, Bosc Sticks, Veggie- Fruit bar, Milk, (Bag Lunch) Chicken Burger, Baby Carrots, Fresh Fruit, Milk <b>17</b>	Cheese Bread, Marinara Sauce, Baby Carrots, Fruit, Milk <b>18</b>	Stuffed Crust Pepperoni Pizza, Romaine Mix (Baby Carrots), Fresh Fruit, Milk <b>19</b>
<b>NO SCHOOL</b> <b>22</b>	<b>NO SCHOOL</b> <b>23</b>	<b>NO SCHOOL</b> <b>24</b>	<b>NO SCHOOL</b> <b>25</b>	<b>NO SCHOOL</b> <b>26</b>
Breakfast Sandwich, Tater Tots (Baby Carrots), Sliced Apples or (Fresh Fruit), Milk <b>29</b>	In-School- Nachos, Corn, Pears, Black Beans, Milk, (Bag lunch) Ham and Cheese Sandwich, Baby Carrots, Fresh Fruit and Milk <b>30</b>	Chicken Wild Rice Soup, Bread Sticks, Veggie- Fruit bar, Milk, (Bag Lunch) Chicken Burger, Baby Carrots, Fresh Fruit, Milk <b>31</b>		