

Cook County Schools - ISD #166



The Viking Voice

Monthly



January 2023

Happy January Cook County School Families!

Welcome back to school and the New Year, 2023. I hope this finds you all in good health and spirits and that you had a restful and fun winter break. This school year we have been working hard to find the positives that happen on a daily basis.

During the month of January we will be practicing ACCEPTANCE! Our students are great at accepting those that are different from them and honoring them as an individual. Students are encouraged to accept those around them that have differences than themselves and show inclusion.

As the weather is turning colder please be sure that your students are dressed appropriately in their winter clothing. It is important that they have the appropriate gear for being outdoors as our classes participate in outside activities daily. We encourage students to have a **winter jacket, snow pants, gloves/mittens, warm hat and winter boots**. If your student needs any of these items please let us know so we can support them!

We continue to have job opportunities here at Cook County Schools. You can find out more information on the website, www.cookcountyschools.org.

Go Vikings!
Megan Myers
PK-12 Principal



CCHS Cheerleaders



Scarlet Higgins, Ella Hallberg, Liliya Smith, June Seidel, Hayley Wieley, Alivia Higgins, Emma Boen, Yeviarly Morales Diaz, Katie Shannon



Sincere thanks to the Library Friends of Cook County, 1st and 2nd Thrift Store, Grand Marais State Bank, Ann Jorgenson, and the PTA for all of the continued support for our school libraries. We have received SO many new books on our shelves this school year. It is amazing! The students are loving all of the new graphic novels, picture books, and sports collections. The excitement in the children is so fun to see.



**Twelve Days before Winter Break
Dress Up Days!**



COOL CATS SUCCESS AT BOWLING



**ON FRIDAY OUR COOL CATS
PARTICIPATED IN A BOWLING EVENT
IN DULUTH!**



Y-Ski 2023 Youth Cross Country Skiing

Y-Ski Participant Registration

Skisparks program is available for K-6 grade or age equivalent who want to learn and grow skills in cross country skiing. Groups are based on age and ski experience.

- Lessons are on Sundays at Pincushion 1:30-3:00 January 8th - February 26th (8 lessons total).
- Register online by creating an account on <https://www.myxc.org/>
 - Create an account with contact information by clicking on "Register"
 - Add skiers by clicking on "My Family/My Household"
 - Only enter an email once under contact information NOT when adding a skier. Entering the same email under multiple names causes problems on the website.
 - Pay for lessons and ski rentals online by clicking on "Pay Membership/Equipment Rental". Cost is \$40 for lessons + \$25 ski rental
 - Our club name is "Y-Ski (Grand Marais) SkiSparks Club"

Equipment Pick Up

Equipment pick up is on the following dates at the Pincushion Chalet Garage. Families will help kids fit their own boots. **Bring a \$100 deposit check for each pair of skis** when picking up equipment. Deposit checks will be returned when equipment is returned at the end of the season. Skiers must register and pay for lessons and equipment rental online before picking up equipment.

- ~~Thursday 12/15, 4 - 6 pm~~ canceled due to weather
- Saturday 12/17, 9 - 12 pm
- Wednesday 1/4, 4 - 6 pm

Volunteer Coaches Needed

We need volunteer coaches to make the program work! Please consider signing up or forwarding the registration info to anyone who may be interested in getting outside to ski with kids on Sundays.

- Volunteer coaches can register at: <https://www.myxc.org/training-requirement>
- Coaches need to take a SHORT training quiz on abuse prevention and upload a CDC concussion certificate
- Coaches will receive curriculum/videos to help guide lessons
- Coaches can also register their skier through the same login
- Coach orientation on Thursday 1/5, 5:30 - 7pm at Pincushion

Questions? Contact yskipinchusion@gmail.com



Calendar

January 2022

Monday, January 2

NO SCHOOL - Winter Break **CALENDAR CHANGE**

Tuesday, January 3

Alpine Skiing @ Lutsen TBD
Nordic Skiing @ Cloquet TBD

Friday, January 6

Basketball—Boys Varsity vs. Floodwood 4:45 p.m.
Basketball—Girls Varsity vs. Floodwood 6:30 p.m.

Monday, January 9

MSHS Holiday Concert 7pm **RESCHEDULED**

Saturday, January 7

Nordic Skiing @ Mesabi East TBD

Tuesday, January 10

Nordic Skiing @ Two Harbors TBD

Wednesday, January 11

Alpine Skiing @ Spirit Mountain TBD

Friday, January 13

Basketball—Boys Varsity vs. McGregor 4:45 p.m.
Basketball—Girls Varsity vs. McGregor 6:15 p.m.

Saturday, January 14

Alpine Skiing @ Giant's Ridge TBD
Basketball—Boys Varsity @ Hill City 2:00 p.m.

Monday, January 16

Alpine Skiing @ Mont Du Lac TBD

Tuesday, January 17

Basketball—Boys Varsity vs. NE Range 6:30 p.m.

Thursday, January 19

Nordic Skiing Home Pincushion TBD

Friday, January 20

Alpine Skiing—@ Lake Superior Conference TBD
Basketball—Boys Varsity @ South Ridge 4:45 p.m.
Basketball—Girls Varsity @ South Ridge 6:30 p.m.

Tuesday, January 24

Basketball—Girls Varsity vs. Mesabi East 4:45 p.m.
Basketball—Boys Varsity vs. Mesabi East 6:30 p.m.

Thursday, January 26

Alpine Skiing—@ Giant's Ridge TBD
Basketball—Girls Varsity vs. Silver Bay 6:30 p.m.

Friday, January 27

Basketball—Boys Varsity vs. Two Harbors 4:45 p.m.
Basketball—Girls Varsity vs. Two Harbors 6:30 p.m.

Saturday, January 28

Nordic Skiing @ Ely TBD

Monday, January 30

Basketball—Boys Varsity vs. MLWR 4:45 p.m.

Tuesday, January 31

Basketball—Girls Varsity @ Floodwood 4:45 p.m.



Bus Passes

If your student needs a bus pass please send a note or call the school office. You will need to provide the physical address of where your student will be dropped off. Without a physical address we will not be able to issue a bus pass. Your child's safety is important to us! Thank you for helping us get them where they need to be!

Happy
New
Year



Attention Vikings!

There has been a change to our 2022-2023 school calendar!

- ◆ NO SCHOOL on January 2nd!
- ◆ January 3rd will be an A DAY
- ◆ SCHOOL IS IN SESSION on March 24!



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

Website: 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.)

ISD 166 2023 JANUARY MENU

Breakfast is a choice of: Breakfast Sandwich, Muffin, Oatmeal, Cereal, PBJ, Yogurt, Cheese Stick, Fruit or Juice, Milk

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Burrito Bowl with Chicken, beans, rice, corn, tomatoes, lettuce, cheese, salsa Fruit and Veggie Bar Milk	4 Mac & Cheese Chicken Tenders Fruit and Veggie Bar Milk	5 Cheese Bread Fruit and Veggie Bar Milk	6 Pizza Fruit and Veggie Bar Milk
9 Cheese Burger Fries Fruit and Veggie Bar Milk	10 Pancakes, Sausage, Hash browns Fruit and Veggie Bar Milk	11 Penne Pasta in Meat Sauce Bread Stick Fruit and Veggie Bar Milk	12 Pulled Pork Mashed Potatoes & Gravy Dinner Roll Fruit and Veggie Bar & Milk	13 Hot Dogs Baked Beans Fruit and Veggie Bar Milk
16 Chicken Burger Fries Fruit and Veggie Bar Milk	17 Tacos Fruit and Veggie Bar Milk	18 Orange Chicken on Rice Roasted Broccoli Egg Roll Fruit and Veggie Bar Milk	19 Cheese Bread with marinara sauce Fruit and Veggie Bar Milk	20 Pizza Fruit and Veggie Bar Milk
23 NO SCHOOL	24 Nachos Fruit and Veggie Bar Milk	25 Chicken Alfredo on Penne Pasta Bread Stick Roasted Broccoli Fruit and Veggie Bar Milk	26 Chicken Nuggets Mashed Potatoes & Gravy Fruit and Veggie Bar Milk	27 Hot Dogs Baked Beans Fruit and Veggie Bar Milk
30 Cheese Burger Fruit and Veggie Bar Milk	31 Burrito Bowl with Chicken, beans, rice, corn, tomatoes, lettuce, cheese, salsa Fruit and Veggie Bar Milk			

Daily choice of Soup and Sandwich or Salad bar

ISD 166 2023 JAN Alternate Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 Quesadillas Fruit and Veggie Bar Milk	4 Corn Dogs Fruit and Veggie Bar Milk	5 Pizza Fruit and Veggie Bar Milk	6 NO SCHOOL
9 Chicken Tenders Fruit and Veggie Bar Milk	10 Quesadillas Fruit and Veggie Bar Milk	11 Corn Dogs Fruit and Veggie Bar Milk	12 Pizza Crunchers Fruit and Veggie Bar Milk	13 Chicken Nuggets Fruit and Veggie Bar Milk
16 Corn Dogs Fruit and Veggie Bar Milk	17 Quesadillas Fruit and Veggie Bar Milk	18 Cheese Bread Fruit and Veggie Bar Milk	19 Pizza Fruit and Veggie Bar Milk	20 Chicken Nuggets Fruit and Veggie Bar Milk
23 NO SCHOOL	24 Quesadillas Fruit and Veggie Bar Milk	25 Cheese Bread Fruit and Veggie Bar Milk	26 Pizza Crunchers Fruit and Veggie Bar Milk	27 Chicken Nuggets Fruit and Veggie Bar Milk
30 Corn Dogs Fruit and Veggie Bar Milk	31 Quesadillas Fruit and Veggie Bar Milk			

January 2023 Menu