



MORA PUBLIC SCHOOLS

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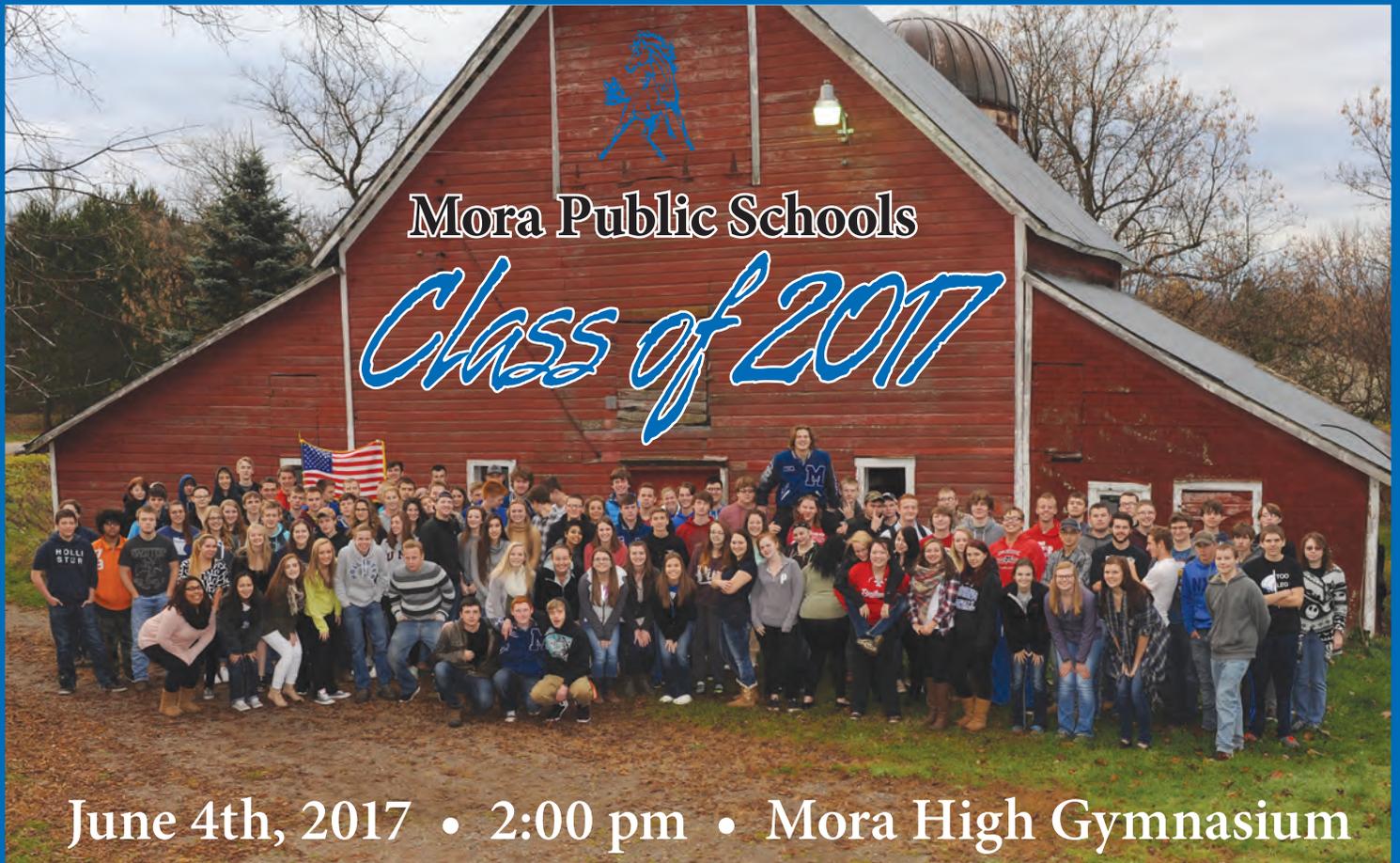
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Mora Public Schools

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Congratulations Class of 2017!

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Superintendent's Message...



Craig Schultz
Superintendent
of Schools

*"Our progress
as a nation can be
no swifter than
our progress in
education.
The human mind is
our fundamental
resource."*

~ John F. Kennedy

Welcome to the final edition of the Mustang Express for the 2016-17 school year.

I hope you have enjoyed reading about and seeing pictures of some of the many activities we have at Mora Public Schools. By the time this edition reaches your mailbox, the school year for our students will be completed and graduation will have been celebrated.

Our students, kindergarten through seniors, have represented our school at a high level in many ways. From academics, to athletics, to the arts, Mora Public Schools students have excelled in the classroom, on the field and on the stage. Students work hard for many reasons. Some work to please their parents. Some work to satisfy their own drive. Some work to please their teachers. Similar to parents, MPS teachers are kind, caring and compassionate.

The difference between a house and a home are the people that make it warm and inviting. The difference between a good school and a great school is the expertise, dedication and drive of the staff, which in turn motivates and drives student achievement. Thanks to our students and staff for making this a great school year!

Next year we plan to have six issues of the Mustang Express. The first issue will be a Welcome Back to School issue with all the info you and your family will need to start a successful 2017-18 school year. The 332 in Review found in the local papers will be discontinued and the ME will be expanded as needed.

There will be a number of changes for next year as we move out of Fairview and into our new and remodeled facility at the Trailview site. Also new for next year, will be the construction of the FirstLight Community Wellness Center.

This joint project between FirstLight Health System and Mora Public Schools, as approved by the Minnesota Department of Education, will begin construction in June, 2017 with a February, 2018 completion date. The biggest change to the site will be in August as the precast concrete walls are raised and set in place. You may want to mark your calendar and check it out. This is a wonderful opportunity for our community, students and school.

Have a fun filled, restful summer.

Ground breaking for Wellness Center.



Mora Food Service

Fulfilling Healthy Requirements for Our Kids



Barbara Fredrickson
MHS Food Service
Director



As the food service director for the Mora School District, I'd like to explain a bit about the school meal program, the Healthy and Hunger Free Kids Act and how they work in the Mora School District.

The USDA oversees the National School Lunch and Breakfast program. In 2009 there was a decision to try and improve the offerings to school students. The HHFKA was voted into law in 2010, and when I became food service director in Mora in 2013 the school district was certified. This certification allots an additional 6 cents for each meal. Yes, 6 cents was what was given in addition to the base reimbursement, for each meal served with the requirement to serve more fruits and vegetables along with calorie and sodium restricted meals- with all ingredients coming from the USA. A large push is for farm to school which means getting locally grown produce to support local farmers, and reduce transportation costs. Mora serves farm to school produce whenever possible.

There has been much written about this change in emphasis to healthier eating. I wanted to give you a first-hand update on how it is going.

A little about the National School Lunch Program first - Each meal pattern includes protein, grain, vegetable, fruit and dairy. There are two type of ways meals can be served- traditional, which involves serving all the required components to every child or offer vs. serve-where all items are offered to students and they must take three out of the five elements- which includes a mandatory 1/2 cup that can be fruit or vegetables or a combination of the two.

Mora uses the offer vs. serve style. Each student has the opportunity to accept or decline items on the serving line, as long as their plates have the three items and that includes fruit and/ or vegetable. While 1/2 cup is the minimum of fruit and vegetables the maximum is up to them.

The way the meals are kept at a reasonable price is through reimbursement from the state of Minnesota and the USDA. All meals that are claimed must follow these requirements. You

might have heard a child say they were 'made' to take something. This is true. Their plate must have three elements. I have read that it takes 25 'tries' for a person to acquire a taste for some things. This requirement is hopefully a way to introduce these healthy items into a student's diet.

And it is working! If you start a young child on a healthy diet they are inclined to continue eating that way. It is harder to start, as they get older. You might be surprised that the students at Fairview eat more spinach per capita than at either Trailview or the high school... They have been getting it for meals since they started in school!

I am proud to say we have included many items to our school population- hummus, jicama, kiwi fruit- that they might not have tried before.

The menu includes many items that are made from scratch- lasagna, chili, chicken alfredo, BBQ chicken, sub and grilled sandwiches, corn and bean salad, fried rice are some examples.

We have introduced Asian fare on Wednesday- to show that flavor can replace a salt laden food diet.

I will say the limited calorie count allowed has been a concern for some high school athletes, but all in all- if a student takes all the available food offered to them they will have a satisfying and healthy meal.

If you read this and think I am bragging- I am! I am immensely proud of what the Food Service Department does to enhance the learning experience the students receive at the Mora School District. We are a staff of 14 that has Mora's 'next generation' as our number one concern. With over 1300 meals served each day in three kitchens it is through dedication and hard work that this is accomplished.

If you would like to hear more about what we are doing please give me a call- I am always happy to 'talk shop'.



Food for Friends How can we help those who need?

The Mora ALC program was able to work through CMJTS (Workforce Center) to hire a student employee for Food for Friends. Please congratulate Abby Pendzimas on her new position when you see her.

We are really hoping to make this a valuable real-life learning experience for Abby. She is using email as an effective way to communicate. Please email her any Food Shelf concerns/jobs you might have and cc Tricia Otto and Karen Felger. We will be on it!

Watch for ways to get involved and fundraising opportunities for Food for Friends!

“People really want to help but they don’t always know how,” a private donor said to me early in September. Representing a group of Mora residents, she delivered tissues, bottled water, cough drops and cash for the Homeless Highly Mobile ALC students.

Imagine facing homelessness as a youth, staying in two or three different homes a week, coming to school for the warmth and regular meals, uncertainty

over transportation to work and school, and having to navigate available resources and systems with (or oftentimes without) a dependable parent. These students are real and they are labeled Homeless or Highly Mobile within our schools.

This fall, I had the opportunity to help a student purchase a copy of his birth certificate. He needed documentation for a new job and a bank account for the required direct deposit. The lack of these documents, that so many of us take for granted, creates huge roadblocks for an unaccompanied youth without a disposable income. So for the people out there who “really want to help but don’t always know how” let me make a few suggestions:

Donate your time or expertise. These students are trying to find their way through a very complicated system. How do you get health insurance? How do I determine my Social Security number? What is available for county resources and how do I access them? How do I do my tax return?

Donate food, money, blankets and hygiene supplies to the student managed

MCA PEP Fest Hip Hip Hooray it is Testing Day

Mora Area Fire Department, FirstLight Health Employees and B.A.D.G.E.S came to the high school over the past few weeks and handed out breakfast to students before their MCA test. Brett Anderson spoke about how on fire calls each crewmember has a different job and each firefighter has different ability levels, etc...BUT they all have one thing in common, they ALL GIVE 100 percent. If you get a chance, please thank a firefighter for their time. Other community members spoke to the students to encourage the kids to do their best and wish them well on testing.

Thank you MHS food service department for preparing the breakfasts and for making them free for our testers. Thank you Lois for setting up yesterday’s grade level MCA pump-up meetings and for helping organize individual and group goal rewards for testing well. Thank you teachers and paraprofessionals for all your work with our students and in your PLCs this year.

food shelf “Food for Friends”. HHM students and other students in need access this convenient resource regularly during the school day.

Donate luxuries like tissues, cough drops, bottles of water, hand sanitizer, school supplies and young adult books to the Mora ALC.

Consider providing scholarships for these students. These could be used for a variety of things such as: Behind the Wheel Training, a security deposit on an apartment, college enrollment expenses, winter apparel or purchasing legal documents.

Thank you to our past donors and scholarship providers! Thank you in advance to others that find a way to support these students! A helping hand now can change a student’s life long-term.... A reliable food source, a driver’s license, a social security card, a relationship with a caring adult, these are all game changers for HHM youth.

For more information, call Karen Felger in the Mora Alternative Learning Center at 320-679-6250.

Mora Robotics 'Robostangs' No. 4166

Getting Their Tech On!

The Robostangs overcame a plethora of obstacles in 2017. As a team, we tackled each and every problem head on. With dedicated, rookie coaches and veteran team members, we learned from each other and our mistakes. Mr. Carlstrom and Knutson, assisted by mentor Bob Pierson, brought together a group of young, innovative minds and simply put, 'built a robot'. But building a robot is much more than it seems.

This year Mora Robotics managed like a small business. And like a business, we utilized each team member's unique set of skills to run efficiently. These separate groups of skills within the team are referred to as fabrication, marketing, and IT. Fabrication, lead by Simon Carda (grade 11), builds the robot and finalizes the fundamental design. They utilize shop skills and mentor guidance to manufacture a robot. Think of fabrication as the spine of the team. Marketing, led by Kaitlin Nelson (grade 11), handles media and fundraising for the robot. Marketing is like the rib cage of the team, protecting it from a budget knife. IT, lead by Matthew Spilman (grade 11), handles the programming and wiring on the robot. These guys are the organs of the team. If you mash all these goofy groups together, you'd see a funny looking person. This Robo-Frankenstein 'person' is what makes a robot even plausible.



For 2017, FIRST Robotics Competition came up with the challenge Steamworks. The goal of each alliance (teams of 3) is to provide fuel (balls) to the 'airship' and supply gears to the rotors, then at the end of each match the robots prepare for lift off. The fuel is delivered to a boiler, which consists of a high and low goal for the robots to shoot balls into. The gears are carried by robots to the human players residing in the airship. Robots prepare for lift off by climbing a rope and hanging from the airship. For our design, we chose to focus on climbing the rope and shooting fuel into the high goal on the boiler. A hopper for the fuel, and wormhole for the rope was what we made. At competition though, some quick on the spot adjustments were needed. Our fabrication, IT, and mentors worked efficiently to solve each problem as they came. By the end of it, we left competition with a robot that could lift the gears, climb the rope without slipping, and could shoot into the high goal.



Next year we hope to grow our team with younger kids, and teach them the fundamental skills of life through robotics. Let's face it; robots are a lot cooler than a lecture hall. This team teaches each other through hands on learning and thinking on the fly. We learn gracious professionalism, technology skills, business skills, and intense teamwork skills. It'd be amazing to hand these lessons down to the next group of students, because that's what robotics is truly all about.

Transitions Fair Let's Plan for the Future

2017 Transition Fair was held March 9, 2017 at Anoka Ramsey Community College, Cambridge Campus. A group of students from Mora High School attended the bi-annual event. The event is for students in grades 11-12. Students are able to rotate between speakers/sessions of their choice to gain information in a variety of interest areas. Representatives are there from educational facilities, community businesses and other agencies to provide presentations covering a variety of topics relating to careers, training programs, and community supports available to students as they transition from high school into post-secondary life. The goal of the event is to give students exposure to these areas prior to graduation so they may be better prepared for a successful transition into life after high school.





Spanish Students Travel to the Big City for a Little Spice

Mora High School students taking Spanish III and IV classes had the pleasure of attending a live performance of the band called, Las Cafeteras at the Ordway Theater. Las Cafeteras musical style is described as having a remix genre of root music mixed with punk, hip-hop, beat music, cumbia and rock. The infectious performance was followed by a visit to the Mercado Central in Minneapolis for an authentic Mexican meal to spice up their pallet.



Autism Awareness Month

April was National Autism Awareness Month. A month set aside to bring awareness, take action, teach about acceptance, learn to include and appreciate what comes along with this disorder. Each Monday during the month of April Mora High School staff, who purchased a t-shirt, wore them to join in the support for Autism Awareness.



Hamline Elite Meet

On Friday, April 28, the Mora track and field team sent four athletes to the Hamline Elite Meet; one of the most prestigious meets during the varsity track season in Minnesota. In order to attend this meet, an athlete must qualify by being one of the top 9-12 in the entire state for his or her individual event. The boys 4x800 team consisting of Michael Schwinghamer, John Schwinghamer, Alec Sanbeck and Zach Garza ran a blazing fast time of 8:16 at the Mora home meet on Tuesday, April 25, the last day to submit qualifying times. It was a waiting game to see if the boys would be accepted into the meet,

but early Wednesday, Head Coach Chris Goebel was notified that the relay team was seeded sixth and had received an invitation to the meet. A total of 12 relay teams were accepted, with Mora being the only school to represent Class A in the 4x800 relay. The boys faced tough competition, but made history when they bettered their previous school record from last year by 3 seconds, in a time of 8:05.39. The boys finished eighth out of 12 teams in the event. Teams Mora competed against include: Stillwater, Wayzata, Centennial, Bemidji, Eagan, Little Falls, Mounds View, Woodbury, Lakeville, Elk River and Edina.



Mora Students of Excellence Honored

Resource Training and Solutions hosted a banquet and recognition ceremony to recognize some of Minnesota's top high school senior students. Over 150 high school seniors are honored each year. This is an honor to strive for throughout a student's high school career. The select "Students of Excellence" are then honored at a banquet with their families and teachers.



Minnesota State High School Festivals

Mora High School's student musicians recently had two opportunities to perform at Minnesota State High School League Festivals. Our first festival was held in Milaca and was for soloists and small ensembles. Each soloist or small group prepared music and performed for a judge. We were proud to bring over 50 students, including a percussion ensemble, saxophone quintet and flute ensemble. We were also very proud to have two seniors, Taylor



Neil and Max Krueger, receive perfect scores and special honors.

Our second festival was for large ensembles and we brought both our Wind Band and Concert Choir. We also had the opportunity to hear other bands and choirs from schools in our region. Each group performed well and we are very proud of the musicians at Mora High School.



Sara and Sarah March is Social Work Month

Mora Public Schools is lucky enough to have two licensed school social workers, Sara Rossow and Sarah Ellstrom. These ladies have a commitment to not only the students they work with everyday but also a belief in our community, state and country to make sure there are systems in place to help protect all students from any injustice or hurt that arises in life. They share their passion for bullying prevention, provide support of our homeless and highly mobile students, enforce positive behavior and continue to support programs that engage our community with students and their families. Sara and Sarah serve our students every day with an strong belief in their ability to be their best by providing unwavering support and encouragement.

May is Mental Health Month

Sara Ellstrom
HS Social Worker



May is Mental Health Month! This creates a great opportunity to spread awareness amongst our families, staff and students about mental health challenges and preventive steps they can do to take care of themselves.

Did you know...

- 1 in 5 or 1 in 4 people (depending upon your source) will experience a mental illness in their lifetime?
- Mental Illnesses are as common as dark brown eyes?
- Mental Illnesses are more common than lefties?
- Mental Illnesses are more common than silver cars?
- Surveys have showed that people thought mental illness was related to stress, lack of willpower and weakness...this is stigma!

Here are some ways staff can get involved this month:

- Sign and hang a pledge in your classroom/office saying you are “making it OK” to talk about mental health. (We have put one in your mailbox in the staff lounge)
- Wear green on Thursday, May 4 to show your support for Children’s Mental Health (and you can wear jeans if you wear green...).
- Lead your classes in a quick mindfulness or brain break activity at the beginning of a class period to give students a chance to breathe and take a break.
- Have a discussion during a BLUE group or as part of a class topic. Talk about some of the statistics mentioned above.
- Remind them of the counseling services available to them here in school, and that we can help their families get connected to any additional services needed.
- Taking care of you! This is a tough time of year in our profession, and self-care is so important for all of us. Make time each day to do something for yourself! :)

Happy Mental Health Month AND Teacher Appreciation Week! You all do so much for our students, and for that I am so grateful! :)



Learning about the Spanish Speaking World

Students in Señora Edberg’s Spanish III class spent the month of April learning about holidays in the Spanish-speaking world. In the photo above, they created their own version of the colorful “alfombras” that decorate the streets of Guatemala the week before Easter.



“Clothes in a Closet” for Students

The Mora High School staff held a clothing drive to collect new and gently used clothing. Items were displayed and made available for students and staff to look and take for FREE. Students were also able to donate any clothes they wanted and could swap out for something different and “new” to them.



College in Our Schools - German Field Trip

The College in the Schools programs are alive and well at MHS. German, Spanish, English and math classes are offered at our high school campus that aligns with curriculum from the University of Minnesota. Therefore students are able to achieve college credits in high school. (Saint Cloud State University runs a similar program at MHS as well in chemistry, Spanish and German.)

Fifteen German IV students were able to spend April 20 at the U of M campus where they presented a video, dialogue with a former citizen of East Germany, Anke Jagusch, and enjoyed eating together. Great food, great discussions, great energy!



Above The Influence

Mora Above the Influence seniors Kayla Cheney and Sabrina Pieri were recognized at our monthly SACK (Substance Abuse Coalition of Kanabec County) Meeting for all their positive contributions to our school and our ATI group. In the photo are Barb McFadden (county attorney) and Sandy Juetner (public health).

Also, on Wednesday, May 17 we had an event in the Library Park.



10th Grade College Tour Day

On April 26, 10th grade students had the opportunity to visit one of four college campuses: Central Lakes Community College, St. Cloud State University, University of Wisconsin, Superior and University of Minnesota, Twin Cities. The purpose of this day is to expose MHS students to a college campus and obtain information about the college. Activities included a tour of the campus, eating lunch in a college cafeteria and getting information on admission policies, types of financial aid that are available, types of student housing for the college, and some of the educational programs or majors that are available at the college. The college tour is an annual event that is coordinated by the MHS counseling department and is a valuable tool in helping students explore some of their post-high school educational options.

FACs of Life Happening at Mora High School

Students who take Ms. Peterson Foods I or 8th Grade FACs class have had many fun opportunities this year in regards to the world of Family and Consumer Science. Students have made homemade pretzels, homemade ice cream while getting a workout, and even homemade apple pie. Parents, you can expect great culinary skills from your kids when they finish up a semester class with Ms. P!





Making Our World a Little Better

The Environmental Science class planned and executed an Earth Day community cleanup called Code Green. The students organized six different groups of seventh graders to walk different paths around Mora and pick up trash. The 7th graders did a great job cleaning up the streets, sidewalks and public grounds. We had a huge mound of trash bags collected by the end of the two-hour clean up. The environmental class learned that organizing 130 students takes a lot of work and preparation.

Environmental Science class includes:

| | |
|-------------------|--------------------|
| Lindsay Boge | Maddie Swenson |
| Morgan Brettingen | Alex Glocke |
| Tristen Ellingson | Drezden Fears |
| Jordin Westling | Holly Carlson |
| Kaylee Dzuris | Maya Owens |
| Duncan Cichon | Noah Parker-Monroe |
| Garett Stenstrom | Rachel Vreeland |



Volunteer Appreciation Luncheon

In honor of Volunteer Recognition Week, Mora Public Schools would like to thank all of our volunteers for the countless hours they put in during the school year to help our staff and students! During our Volunteer Appreciation ceremony, our volunteers were able to go on a guided tour through the construction site and see many of the new additions including the new carpet, lockers and paint.



Some of Mora Public School's Finest Continue Learning and Earn Their Master's in Education

Staff that have recently received their Master of Arts in Education: (Back Row) Kelly Gams, Leah Lick, Peter Larsen, Jared Faust, Sandy Haeg (Ogilvie), Ashley Wojciechowski, Sara Miller, Jessica Larsen. For the past 21 months they have met every Wednesday night as a cohort taking classes to earn their Master's in Education from St. Mary's University. They completed the program requirements on Dec. 14, 2016, with graduation ceremonies on Jan. 14, 2017.

Staff Outside the School Workday

Rachel Norby, English Teacher and Local Author Speaks to Hospital Volunteers

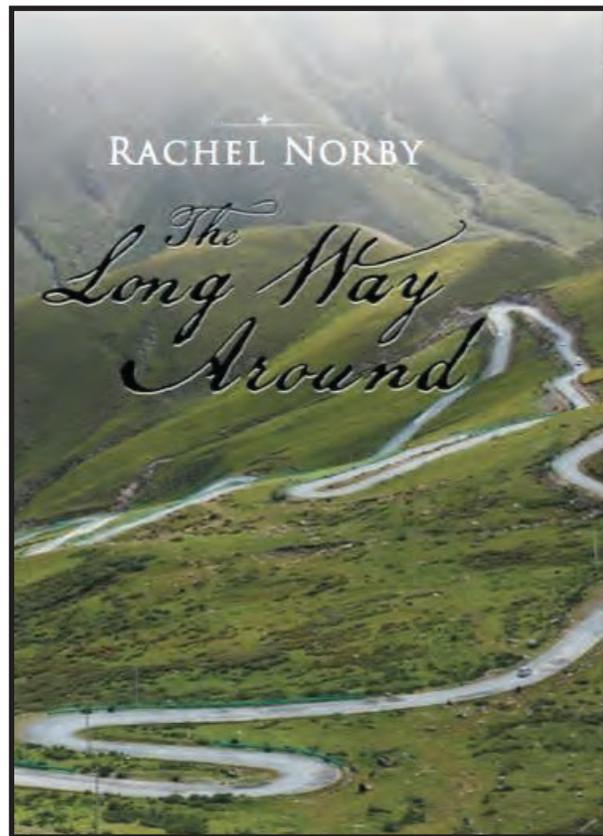
On Wednesday, April 26, I had the unique opportunity to speak about my writing to a large group of volunteers from the FirstLight Hospital in Mora. A little nervous, I scanned the room, assessing my audience prior to the luncheon that was to be served in the Freddie's back banquet room at which I would speak.

There were hospital employees on one side of the banquet room, attending to show their gratitude to the numerous volunteers, and on the other side of the room there were around 50 hospital volunteers, many with silver hair and all with kind smiles. These were the kind of people who decided that they were not going to idly watch the rest of their days dwindle before their eyes, but instead would give back to the community in whatever way that they could. Some were recently retired and were continuing their good work in the form of volunteering. Some of them had lost spouses and had put their caregiving talents to the use of helping others who could benefit from it.

These were people who extended kindness, passed on wisdom and gave hope to people on a daily basis. I felt honored as I began sharing my passion for writing stories and reading a few excerpts from my writing. I hoped something from my writing would give something back to them.

Thank you to the many volunteers in this world, whether at the hospital, in the school system or any other place. We appreciate you!

Rachel Norby



Chris Goebel, Elementary Teacher, Awarded the Double-Goal Coach Award



On April 22, Chris Goebel was officially given his Double-Goal Coach Award at the Crown Plaza Hotel in Palo Alto, California. Any youth high school coach in the U.S. who is currently a head coach with three-years experience is eligible for the Double-Goal Coach Award. Criteria to be a nominee include: a mastery approach to coaching rather than a scoreboard orientation, teaching athletes to put their best effort forward, continue to learn and improve and to not let mistakes stop you.

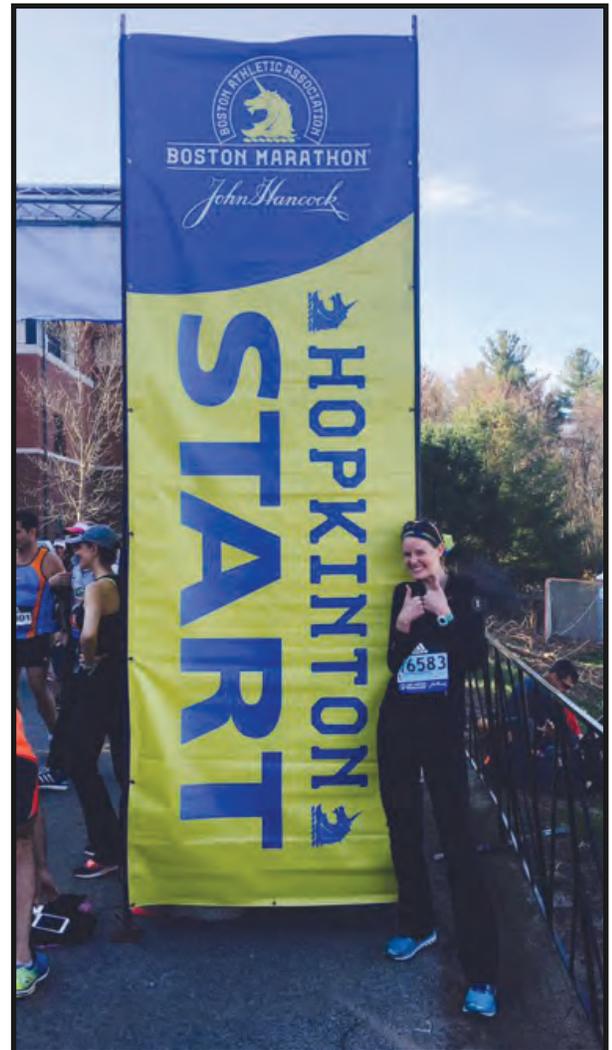


Michele Ostein, High School Math Teacher and Avid Runner was Boston Bound

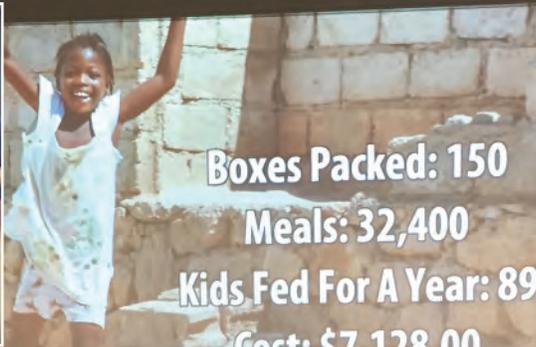


I had an absolute blast at the Boston Marathon, a major life goal I have had the past several years. Running has always been my passion and being able to run the Boston Marathon was truly something I did not know I would ever be able to do because of the time qualifying standards. In 2014, I decided that I was going to do whatever I needed to get myself in shape to qualify for the world's oldest and most popular marathon. In order to qualify for Boston, I had to run a marathon in 3 hours and 35 minutes or less (8:11/mile). Due to the popularity of the marathon, however, since 2014, even meeting the time qualification does not guarantee entry into the race. Often a runner must be at least 2-3 minutes faster and it still does not guarantee entry. After two failed attempts in 2015, I was set on making it happen last year in April. I finally qualified at the Run for the Lakes Marathon in Nisswa, MN, with a time of 3:30:39. It is a day I will never forget. This year was the 121st running of the Boston Marathon, and it truly is one I cannot describe in words. It was an abnormally warm day this year, with temps being around 72 at the start when I began at 11 a.m. I decided to just do my best to have a positive attitude the whole time, enjoy the crowds and smile as much as possible because I finally was living a lifelong dream. Around 30,000 runners participated in the race this year,

and over 500,000 spectators lined the 26.2-mile journey, which began in the town of Hopkinton. Only about the last 2 1/2 miles of the race are actually in Boston, as it is a point-to-point course. I could not believe my eyes when I saw the fans the entire time. They all wanted to give high fives; little kids were jumping on trampolines cheering for "Minnesota!" (My tank said MN on it), music blasting, and more people than I have seen in one place in my entire life. I was especially excited to be able to participate in the 2017 race, as it was the 50th anniversary of my all-time favorite runner, Kathrine Switzer, being the first woman to run Boston with an official race number. In 1967 she was 20 years old and set out to prove to the world that women could run further than 800 meters. I cannot even express my sincere gratitude towards this woman for being a pioneer of women's running. I was able to meet Kathrine at the Boston Red Sox game the day before the marathon and it was a moment I will cherish forever. Kathrine also ran the race this year at 70 years old. I finished Boston this year in a time of 3:53:10. I definitely want to go back to Boston, so I plan to continue running marathons! This race holds a very special place in my heart and I have felt overwhelmed by the outpouring support of my Mora community, colleagues, students and friends.



Turn Hunger into Hope with your own two hands



Students of Capable Connections Give Back

Capable Connections

Capable Connections, a student run business at Mora High School, does many jobs around the school and community. Our students are involved in taking care of all the recycling throughout Mora High School. One of our bigger jobs is of recycling bottles and cans. Pictured are students sorting and recycling.

On May 3, 2017, the students of Capable Connections spent their morning at Feed My Starving Children. They hand-packed meals which are then donated to FMSC food partners around the world, where kids are fed and lives are saved! A great experience for all!





Mustang Excellence Wellness

Resource Training & Solutions' members who participate in the Health Insurance Pool are eligible to access wellness programming and funding at no charge. Each site (i.e. school district) will receive training opportunities to participate in three Wellness Forums on various topics of interest and have access to Wellness funds to help plan prevention-oriented activities.

Staff Wellness Coordinator, Jodi Hackler, attended trainings, signed a letter of agreement, developed a mission statement along with goals and objectives for the year so that healthy activities could be planned for Mora Public School staff.

The four main focus areas for the Mustang Excellence Wellness include: fitness, nutrition, stress management and family.

Events funded by Resource Training & Solutions this year include:

Walkabout Mora: Staff was given a 1 and 1/2 mile route map that they could

walk before work, during lunch break or after hours. Once staff completed 20 walkabouts they were entered into a drawing for prizes.

Halloween 5K: Student Council holds a 5K fundraiser in October. Any staff member that wanted to participate had their registration fee paid for by the Wellness Program.

Eat your Veggies: Veggie trays, fresh fruit and bottle water were provided to staff in the building lounges with information regarding nutrition, setting realistic health/wellness goals and self-care information.

30 Days of Happiness: A Google calendar was created and shared with staff with an event for every day to take part in. Events could be writing a personal letter to someone you care for, a 1 minute dance party with your family, taking a moment to list the things you are happy for, having a goal to smile at everyone you meet

in the hallway or a variety of other happy activities.

Frugal February: Staff was encouraged to be budget wise for the month of February. Live frugally for 28 days and participate in the Piggy Bank Challenge of setting a goal to save a specific amount of money each week for the month.

A Night of Magic and Comedy: Staff was invited to participate in a night of laughter with their co-workers. A baked potato bar and veggie tray were available during our social hour. After which staff were entertained by a magician/comedian David Harris.

The Mustang Excellence Mission statement is: The intent of the Mora Public Schools Wellness Program is to create a work environment that assists staff in living a happy, healthy and balanced life: including physical, emotional and mental wellness by providing activities to all employees.



Brain Presentation We all Have a Brain but How Does it Work?

Emily Lund, a University of MN Duluth medical student, visited the 5th grade classes on Monday, March 20, to give a presentation on the brain and how it works. Emily is a Mora High School graduate and received her bachelor degree from Bethel.



CAPP - Artist in Residence Spent the Day in First Grade

Mora Comprehensive Arts Planning and Programming continues to promote the arts here at Mora Public Schools. Mora CAPP, along with significant financial grant support of the East Central Regional Arts Council, was able to bring a theater artist to work with all the first grade students during the week of April 3-7. Taous Khazem from the COMPAS Arts Organization in St. Paul was our professional theater artist who taught all first graders the basics of theater for an entire week! In addition to teaching theater basics, Taous incorporated life science standards with theater to create some fun and entertaining mini-plays that taught the first graders about animal habitats and animal behaviors. This engaging “Theatrical Science” experience was an amazing opportunity for Mora School students. When surveyed, 95 percent of the students said they enjoyed their time with the artist and expressed a desire to work with a theater artist again in the future! This is good news to hear since Mora CAPP is hoping to bring artists from the Minneapolis Children’s Theater Company to Mora in the fall.



The Power of Science in Second Grade

Students in Mrs. Schult’s second grade class enjoyed listening to Dave Peterson teach them about electricity and steam power. The students constructed a battery that lit a small LED light bulb. They also watched a demonstration of a steam powered toy engine.



This activity is made possible by The McKnight Foundation and also by the voters of Minnesota thanks to a legislative appropriation from the arts and cultural heritage fund.



Pennies for Patients - Cha-Ching

The need is critical: Nearly 1.2 million people in North America are living with, or are in remission from, leukemia, Hodgkin lymphoma, non-Hodgkin lymphoma, myeloma and myelodysplastic syndromes.

Approximately every three minutes, someone new is diagnosed with blood cancer.

Approximately every 10 minutes, someone dies.

Thanks to research, survival rates for patients with many blood cancers have doubled, tripled and even quadrupled since the early 1960s. Despite these advances, about one third of patients with a blood cancer still do not survive even five years after their diagnosis, which is why more funding is needed to bring better therapies to patients, and faster.

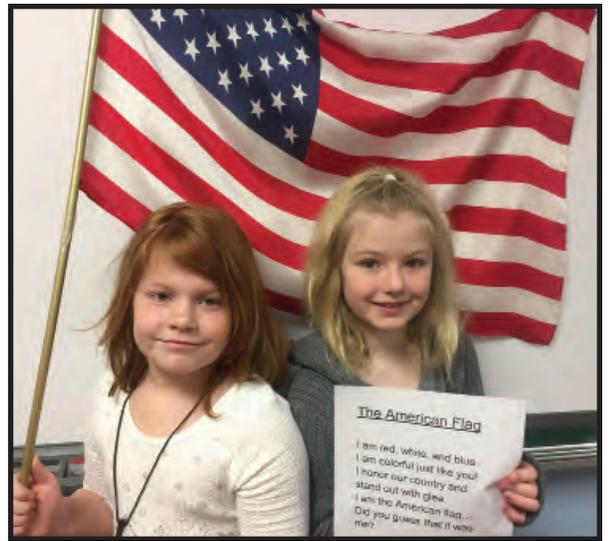
THANK YOU to everyone that participated this year in the Penny Wars for Pennies for Patients. Below are the final standings for this year:

Fairview -

- 5th Place = Staff with -1,184 pennies
- 4th Place = Kindergarten with 907 pennies
- 3rd Place = 1st Grade with 1,578 pennies
- 2nd Place = Preschool with 3,079 pennies
- 1st Place = 2nd Grade with 6,219 pennies

Trailview -

- 5th Place = Staff with -1,118 pennies
 - 4th Place = 6th Grade with 2,920 pennies
 - 3rd Place = 5th Grade with 6,655 pennies
 - 2nd Place = 4th Grade with 7,897 pennies
 - 1st Place = 3rd Grade with 10,106 pennies
- TOTAL Raised between the two schools = \$1,801.75



Poetry Perfection Please

Students in Mrs. Schultz's second grade classroom learned about poetry. In March, students created poems that they would then share with their classmates.



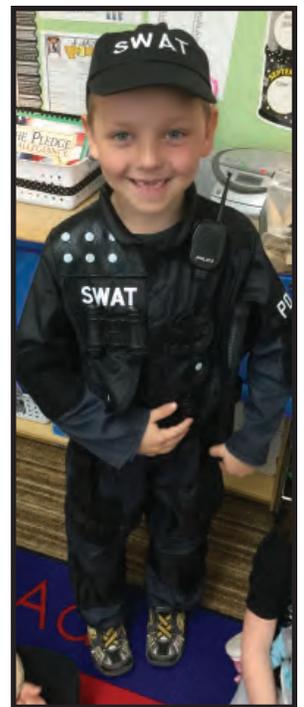
Sixth Graders Sharing Thoughts...

The sixth graders are busy writing, typing and editing their essays on their favorite grandparent. The top three writers in the grade will read their essay at the Kanabec County Fair in July. This assignment is a chance for them to put into use a culmination of writing skills that they have learned this year: complete sentences, correct punctuation and grammar, using transitions and figurative language, and writing with the four square method of writing.



Baby Chicks and Rabbits Have a Day in Kindergarten

Ginny Anderson, kindergarten para, brought in baby chicks and rabbits to celebrate the start of spring. Kindergarten students learned about the chicken life cycle and were able to pet the rabbits. Earlier in the school year Ginny brought in a baby lamb for the students to see. When kindergarten visits the Anderson farm at the end of May they will be able to observe how the animals have grown and changed.



End of Year Countdown

Students in kindergarten are participating in an end of the year alphabet countdown. Letter “C” was for careers. Mrs. Verdon’s class dressed as doctors, artists,

moms, police officers, construction workers, lifeguards and much more. There was even a tornado hunter! Students will participate in a different educational activity

every day for the last 26 days of school. On letter “Z” day they will zip up their backpacks and zoom out of school because there are zero days left before summer!



Early Childhood Celebrates Earth Day

On April 20 Mora Early Childhood celebrated Earth Day at the Fairview Elementary School. Children could explore projects and activities that focused on reduce, reuse and recycle. One of the favorite activities was watching and catching the minnows in the pond that was littered. We wanted to teach about the importance of keeping the water clean for the fish. Children also were able to make a “Find and Seek” jar using rice and items found in their home that would normally be thrown away.

East Central Energy Presentation

East Central Energy gave an energy presentation to the fifth grade classes at Trailview on Thursday, May 4. The presentation covered topics such as renewable and nonrenewable energies, daily usage of electricity, how electricity gets to our homes, and electrical safety. Students were able to test out some solar-powered race cars at the end of the presentation. Many thanks to ECE for coming and sharing with us!





Mary Poppins Makes a Visit to the Elementary School

Mora CAPP sponsored “Debee’s Day at the Matinee” for the senior high production of “Mary Poppins”! The full cast of “Mary Poppins” came down and presented some sneak-peeks of their spring show to the students at both Fairview and Trailview. In addition to dancing and singing one of the songs from the show, the actors taught the K-6 students some of the dance motions and lyrics to, “Supercalifragilisticexpialidocious”. A huge thank you goes out to the entire production crew and cast of “Mary Poppins” for working with CAPP

to make these fun sneak-peeks possible. All of our elementary students look up to these high school students as role models, and many of them will be part of future theater productions here in Mora!

In addition to these sneak peek shows, Mora CAPP provided each PreK-6th grade student with a free ticket to see one of the live shows on April 13, 14 or 15. 150 students took advantage of this opportunity and went to the show free of charge!

A big thanks you to the McGovern family for their continued support of the Arts here in Mora. Debee McGovern was an avid Arts advocate and believed that the Arts continually enrich the lives of all people in our community - especially children! Her passion for the Arts live on in our “Debee’s Day” events, as well as in an annual \$800 CAPP Scholarship to a Mora senior who is looking to continue to use the Arts to excel in college, and in a future career.



Let’s Talk About Child Abuse

Fairview first and second graders learned about what child abuse is and what they can do to get help. Four high school students, Britta, Erik, Megan and Brady performed a puppet show to share several different scenarios to help our students learn how to assertively say “No,” leave a situation where they are getting hurt, and to get help from a trusted adult.



Celebrate Arbor Day and Plant a Tree

Tony Miller from the Minnesota DNR Forestry Division came to Trailview and Fairview Schools to demonstrate to first and fourth graders the correct way to plant a pine sapling. Tony has done this for over the last 10 years, and the students always love interacting with him while discovering and discussing ways trees help our Earth. In addition to modeling how a tree is planted, Tony also gives each student a tree sapling of their own to plant in a safe space at or near their home. All of the first and fourth grade students and staff wish to thank Tony and the Minnesota DNR for continuing this fun learning experience for children at Fairview School!



Trailview 5th Grade Gardens: Growing Food and Kids



The Trailview 5th grade raised garden beds are in place, filled with soil and fenced! We have many partners helping complete this project and thank them for their support.

Trailview 5th Grade Garden Sponsors:
5th Grade Students and Staff
Kanabec County Master Gardeners
Girl Scout Troop 850
Mora Education Foundation
Jeffers Foundation
D&M Excavating

The beds were designed, built and assembled by the Mora High School Applied Math and Construction class; the Girl Scouts and Master Gardeners filled the beds with soil donated by D&M Excavating. Girl Scout dads built the fence and created the sign. The Master Gardeners have been working with the students on



designing their beds, selecting appropriate plants, starting seeds, transplanting and more. Grants from the Mora Education Foundation and the Jeffers Foundation are providing financial support. The Agriculture Program and FFA have loaned wheelbarrows, tools, a greenhouse and great support in this project, FFA members will be helping with planting.

Each classroom and the Girl Scouts picked a theme for their garden. Themes include taco, salad, dessert and Food Shelf. Seeds have been planted in a portable greenhouse borrowed from the High School Agriculture Program and are growing fast in the 5th grade commons area.

The second week in May, students will transplant rhubarb, strawberries, herbs and many of their seedlings. To learn about using herbs, each class will have a pot of



herbs in the garden. The full gardens will be planted the last week of school. The Girl Scouts will be caring for the gardens this summer and will distribute the harvest to the Food Shelf and other places.

During May, 5th grade classes will have science curriculum around how plants grow and nutrition benefits of vegetables presented by the Master Gardeners. One session will be a veggie tasting party to learn about less common but nutritious vegetables we can grow, others will be around root development as students transplant seedlings.

The students are very excited to be growing food, helping the Food Shelf and participating in this great outdoor, hands-on learning opportunity with their community partners!





APEX Fun-Run Fundraiser



Jazzy Jeff from APEX speaks to Mrs. Schultz's second graders about the word

Legend.

L-Learn

E-Engage

G-Give

E-Empower

N-Never Quit

D- Do

The students enjoyed hearing this positive message!



Third Grade Science Studies Weather Students Make Personal Anemometers

In Mr. Nelson's third grade class students made anemometers for their unit in weather. Students had fun making them and taking them outside to check the wind speed.



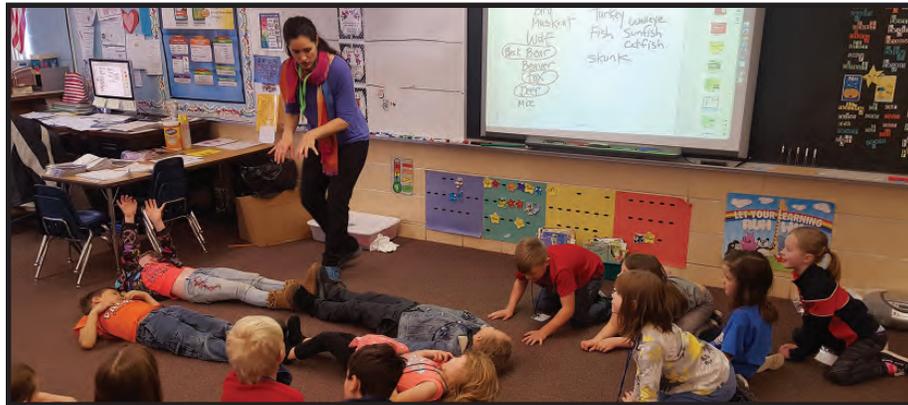
Book Club Continues

The Trailview book club met every other Thursday from January to April. This was a great community-building experience that offered the opportunity to meet with friends to choose, read and discuss books together. Student-led discussions were strongly supported by the media specialist, Mrs. Beck.



Exploring Learning with Legos

The Mora Community Education offered up an exciting class to our students that gave access to science explorers who helped guide them into the exploration of engineering careers with engaging, hands-on activities. Participants discovered how engineers use their scientific and technical skills to design machines, buildings and gadgets by using Legos and other materials. Students also investigated engineering projects on land, in the air and in the water.



Story Time With an Author

Mrs. Rydberg's first grade class had a special visitor! Minnesota author, Christy Eichers, came to read her book, "Catch & Release: A Fezzy Wog Adventure" and share her story of how she became an author. Christy hopes her book inspires others to write about their own adventures out there in the world. Each student received a copy of her book to take home, too!





Good Sportsmanship Lay Off the Officials The Most Thankless Job in Sports.

“High school officials really want to try and get calls right. Many of them go to trainings in the summer. I also know many, including myself, will ask for a copy of games to watch and get better. For me, watching my games helps me learn about judgment calls and officiating mechanics.

Points to think about...

- Officials are people with families and kids and don't get paid a lot to do the job so be kind! I am telling you this because there will be a shortage of officials soon.
- As a fan, think about how you want yourself, school and kid to be represented.
- Officials really don't care who wins but want to work the game to the best of their abilities.
- Officials do a job that 99.9 percent of these fans, coaches and players would never want to do.... think about that next time you want to yell.
- Be a fan! Watch the game and cheer on your team. See the game as a whole and not just through the blinders of your team.
- You'd be shocked at things that are said to officials. Don't be that person. Again, be kind!”

Chris Goebel

A Letter to My Parents

Dear Mom and Dad,

I hope you won't get mad at me for writing this letter, but you always told me never to hold anything back and to bring it out in the open. So here goes, it's about baseball.

You're always embarrassing me. Yesterday when I went for an extra base trying to score, I fell, and well, Mom, I could hear you yelling at the catcher for tagging me out. Gosh Mom, it wasn't his fault. He is supposed to keep me from scoring.

Then do you remember yelling at me to get closer to the base? Well, gee, I didn't know what to do then cuz the coach told me to play my position and I couldn't if I listened to you. So while I tried to decide what to do, the other team scored against us. Then you yelled at me for being in the wrong place. I wish you'd yell some good things at us sometimes.

Dad, you're always yelling to hit a home run, gosh, I'd rather just hit a single than sit on the bench because I struck out. Besides, my coach tells me to just try to make contact with the ball and get on base. That way it's a team game and everyone is contributing no matter if we win or lose. I'm not saying that all coaches teach that way, but our coach tells us we've got lots of time to learn how to hit for power and home runs.

But what really got me mad, Mom and Dad, was what happened after the game. You shouldn't have jumped on the coach for pulling me off the field. He's a pretty good coach and he knows when he needs a strong fielder. Besides he's a person who comes to the ballpark at all hours to help us kids, cuz he likes sports and he likes kids. And then neither of you spoke to me the whole way home. I guess you think I'm just a lousy baseball player. And I guess I am but I love baseball. I like being with the other kids and learning how to compete as a good sport in a really great sport.

I guess what I'm trying to say Mom and Dad, is I wish you were good sports cuz I thought I was playing baseball for fun, to have a good time, to learn how to play a sport as a team member and learn sportsmanship.

I didn't know you were going to be upset because I couldn't become a star.

Love, Your Son

MPS Community Education

2017 Classes www.moraschools.org



Kris Osterdyk
Activities Director

When you can't control what's happening, challenge yourself to control the way you respond to what's happening. That's where your power is.

"Power of Positivity"



Youth Safety

- Be Prepared, Not Scared

Have you ever seen someone fall over and hurt their leg? Or perhaps you know someone who's been very ill? Have you ever been near an accident? Imagine being able to help out in each of these situations - that's what First Aid is all about. Children can make a difference in an emergency situation and the most important thing is for them to know simple basic first aid steps to follow in different situations. Topics include: recognizing an emergency and knowing what to do, calling 911, basic first aid techniques, personal safety tips, tricky people, gun and fire safety. Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child. Students can bring a snack.

Instructor: Kari Fairclough

Grades: K - 2nd Grade

Date: June 13, 2017

Time: 2:45-4:45pm

Location: Mora HS room 292, enter through NW doors labeled D1

Cost: \$20

Class fee: \$20

Class size is limited to 15 students, so register soon!

Adult Basic Education

THANK YOU for your interest in the Adult Basic Education (ABE) program!

Our main office is located at:

Adult Enrichment Center
540 5th Avenue NW
Cambridge, MN 55008

Adult Basic Education is for y-o-u if you are interested in:

- Getting a GED®
 - Brushing up on skills before enrolling in college
 - Finishing high school and receiving your high school diploma
 - Improving your English skills
 - Gaining better work skills
 - Learning basic technology skills
- Classes are free, but a one-time \$20 materials fee is collected for the course offerings listed below.

If you are interested in earning a GED®, it is recommended that you study for the test and also, take a practice test before you register for the official test. To test you must have

a valid Driver's License or State ID.

Please contact Caroline, ABE Program Coordinator, at 763-689-6228 or email at cnherus@cambridge.k12.mn.us for more information or to schedule your orientation session that must be completed before you begin attending classes.

ABE/GED CLASS SITES

CAMBRIDGE-ISANTI

• Cambridge Campus of the Anoka Ramsey Community College
300 Spirit River Drive, South Cambridge, MN

Kristine Wilkinson

763.433.1940, ext. 1

PRINCETON

• Community Education Office

706 First Street, Princeton

Angie, Instructor

763.389.6196

Filing for Social Security

Posted on 12/01/2016

Social Security is our country's single largest Federal program and the sole means of support for many retirees. Remarkably, it offers a high level of flexibility to optimize your retirement income needs. You will learn many of the things you should know about Social Security before filing for benefits. Above all, the most important thing you should take away today is that while your decision is very important, it is equally important to know that you may have much more flexibility than you thought.

Instructor: Sara L. Tilberg, CFPA
Financial Advisor

Date: Tuesday, Sept. 26, 2017

Time: 6-7:30pm

Location: Mora High School Board Room 238

Cost is free, preregistration needed

Cooking With Dianna

"The heart of our home is our kitchen, where we prepare delicious and nutritious meals. It is the place where family gathers around the table to be nourished in body and soul.

It's my motivation to inspire women to come back to their kitchens, learning to feed their families well, and to pass those skills on to their children. On this website, you'll find recipes, with made-from-scratch, whole food ingredients. You'll access tutorials on how to make

homemade broths, stocks and soups; how to cook beans and legumes; the how-to of breadmaking, sourdoughs, yogurt and sprouting, and reasons to choose organic --and ways to afford it. I'll also recommend tools that help me in accomplishing my homemaking tasks."

Dianna Kasprzak

Dianna offers an array of cooking and wellness classes. Go to her website and see all that she has to offer in her kitchen. View Cooking With Dianna's class offerings at www.cookingwithdianna.com

Classroom Drivers Ed

Students must be 15 years of age by the end of the session and if needed, priority will be given according to birth date. The cost of \$80 is due at the time of registration. This class will be filled on a first-come first-serve basis. Anyone wishing to participate in this class must have their registration and payment to the District Office by noon on the first class day. Daily Attendance is Mandatory!

SUMMER SESSION

Instructor: Tom Youngblom

Location: CHANGED to High School, Room 316

Dates: June 5, 7, 9, 12, 14, 16, 19, 21, 22, 23

Time: 8:30-11:30am

Cost: \$80 due by Friday June 2, 2017

55+ Driver Improvement Program

The Driver Improvement course is a state approved accident prevention/insurance discount course that is open to the public; pre-registration is required. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone! The fee for the four hour refresher course is \$22 and the eight hour course is \$26. We also offer this class online! For more information or to register, visit our website at www.mnsafetycenter.org or call toll free (888)-234-1294. Persons age 55 and older who complete the course qualify for a 10

percent discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the 10 percent discount.

Course Dates and Times:

Mon., June 5, 2017, 8:30am-1 pm

Tues., Sept. 12, 2017, 9am-1 pm

Enter through door A2, sign in at the HS office

Thurs., Oct. 12, 2017, 5:30-9:30pm

Enter through door A3

Sat., Oct. 28, 2017, 9am-5pm (FULL 8 hour course)

Enter through door A3

Location: Mora High School Board Room, 238

Cost: \$22 for the 4 hour refresher course.

\$26 for the 8 hour course.

COMMUNITY ED PARTNERSHIPS

Below is a list of Community Ed classes to be held in the Cambridge Area. See link on our website for details. www.moraschools.org

American Girl Theater Event

Dates: June 13, 15, 2017

Beginning Fencing

(Ages 6 – Adult; Daytime)

Dates: July 17, 18, 19, 20, 21

Beginning Fencing

(Ages 6 - Adult; Evenings)

Dates: Tuesdays July 18, 25; August 1, 8, 15, 22

Computer Basics - Evenings

Dates: May 9, 16, 2017

Computer Basics - Morning

Dates: July 12, 19, 2017

Disc Golf For Everyone (Ages 8-17)

Dates: June 12, 13, 2017

Disc Golf for Everyone (Ages 18 and up)

Dates: June 12, 13, 2017

Drone Pilot in Command (Grades 4-8) Cambridge

Date: Mondays - June 12, 19, 26

Drone Pilot in Command (Grades 4-8) Isanti

Date: Mondays July 10, 17, 24

Group Hypnosis - Can it work for you? (Weight Loss)

Date: June 5, 2017

Group Hypnosis - Can it work for you? (Tobacco Users)

Date: June 5, 2017

Just Down the Road

- Historic Churches of Minnesota

Date: May 22, 2017

Saluting the Civil War

Date: May 22, 2017

The Game of Bridge - Learn to Play!

Dates: June 1, 8, 22; July 6, 20; August 3

SUMMER RECREATION 2017

Beekeeping 101:

Introduction to Successful Beekeeping

Date: Thursday, June 22, 2017

Time: 5pm

Location: Kanabec County Courthouse, meeting room (see signs)

Fee: None – the session is open to the public and free of charge

Presenter: Bryan Sternberg

Presented by: Kanabec County Master Gardeners and Mora Community Education

Bryan Sternberg has been keeping bees since 2013 in Inver Grove Heights. In 2016, he entered the honey that the hive produced in the Minnesota State Fair, and won Third Prize for Novices. In this presentation, Bryan will present information on beekeeping and provide several helpful tips to make your efforts more successful. The session will cover these topics:

- The importance of beekeeping to support pollinators for plants and food
- Hive location and approvals
- Selecting and obtaining your bees
- Proper initial equipment
- Parts of a hive

Checking on the health of your apiary and common challenges

- Harvesting and storing the honey
- Overwintering

If you're interested in beekeeping and have questions on necessary supplies, site selection, equipment, harvesting honey, or general hive health, come to this session to have your questions addressed.

Beginning Bridge Lessons

Posted on 03/27/2017

Are you a card player and have always wanted to learn to play bridge? Learn the basics of counting points, bidding your playing hand, and playing with a partner to outbid and score points for your team! Please join us for some card-playing that will keep your mind sharp!

Instructor: Lynette Skolte

Dates: Mondays and Wednesdays

June 5, 7, 12, 14, 19, 21, 26, 28

Time: 1-2pm.

Location: High School Board room

(room 238 - enter door A3)

Cost: \$3 per time, or \$20 for all 8 sessions

Due on first day of class

Minimum of 8 students

CABS: Child and Baby-Sitting Safety Class / American Safety & Health

Institute (ASHI) www.hsi.com

Learn the responsibilities of being a babysitter. Topics include starting your own babysitting business, child development, proper feeding and diapering techniques, personal safety, medical emergencies, basic first aid care and fire safety. The course is developed by the American Safety and Health Institute and approved by the American Pediatrics Association. Class participants receive a CABS book and certification card. Students can bring a snack.

Instructor: Kari Fairclough

Date: June 13, 2017

Time: 9am-noon

Grades: 4-8

Location: Mora HS room 292, enter through the NW doors labeled D1

Cost: \$35

Class size is limited to 20 students, so register soon!

Joyful Feet for Dancers K-5th Grade

Have a blast learning the fundamentals of jazz while dancing to upbeat and popular music! No experience necessary, only a passion for movement and music! Dancers will have fun moving and grooving while they learn a short routine that they will perform for friends and family at the end of the last class.

Dance classes will be held on Wednesday's in June and July.

Classes will start Wednesday, June 7 and run through Wednesday, July 26. A total of 8 dance classes.

Cost: \$70 per dancer (T-shirt included in the price).

Location: Mora HS Cafeteria

Times are as follows:

1-1:45 for dancers who just finished kindergarten or first grade

2-2:45 for dancers who just finished second grade or third grade

3-3:45 for dancers who just finished fourth grade or fifth grade

Bring your energy, comfortable clothes for movement, and tennis shoes or jazz shoes with you to the first class!

For questions email Katie Joy at katieann136@gmail.com

Science Explorers Elementary Engineering: Motors and More!

Do you find yourself tinkering with models, motors and gears? Then put your building skills to the test as an elementary engineer by designing and constructing remote-controlled vehicles. Build different vehicles while learning about motors, gears and robotics. Then test your creations and motoring skills with fun and challenging obstacle courses. Lastly, create a vibro-bot, from a simple tinkering kit, to take home.

Dates: June 27, 28, 29, 2017

Time: 12:30-3pm

Grades: entering grades 2-6

Cost: \$55.50

Location: Mora HS Art Room

Class size is limited to 16, so be sure to register soon!

Science Explorers' Crazy Chemistry

Join Science Explorers as we become crazy chemists!

We will investigate the Periodic Table and learn about its families with fun and exciting experiments as we discover the science side of STEM. We will break some chemical bonds, get messy with polymers and much more. Our classes are hands-on...so be sure to dress for a mess!

Dates: Aug. 1, 2, 3, 2017

Time: 1-3pm

Grades: students entering grades 1-5 in the fall

Cost: \$44.50 per participant

Location: Mora HS Art Room

Class size is limited to 16, so register soon!

Science Explorers Dynamite Dinosaurs

Enter the Science Explorers' time machine and journey back to a world where dinosaurs ruled the earth.

Become a paleontologist to learn how enormous or small these amazing creatures were, plus participate in a "mini" dino dig. You will have a dynamite time with hands-on experiments, studying fossils, and much more as we journey back in time.

Dates: June 13, 14, 15, 2017

Time: 10-11:30am

Ages: 3 1/2 - 6

Cost to participant: \$15

Location: Mora HS Art Room

**All participants must be toilet trained.

Space is limited to 10 participants, so register soon!

Science Explorers' Mixture Madness

Pour, mix, measure and stir! In Mixture Madness you will be exploring the world of chemistry by mixing together safe ingredients. You will create slime while learning about polymers, have fun with magical crystals while learning about absorption, plus formulate your own mixtures through open exploration. Be sure to dress so you can get messy as we explore these and other fascinating mixtures.

Dates: June 27, 28, 29, 2017

Time: 10-11:30am

Ages: 3 1/2 - 6 yrs old

Cost to participant: \$15

Location: Mora HS Art Room

** All participants must be toilet trained.

Class size is limited to 10, so register soon!

Science Explorers' Roaring Rockets

Blast off with Science Explorers to accelerate through aerodynamics with rocketry. You will design and modify straw rockets to learn about aerodynamics, projectile motion, thrust and velocity. Then, you will build your own model rocket as you experiment with Bernoulli's Principle, Newton's third Law and more. Finally, if weather permits, you will watch your roaring rocket soar as you launch it high into the sky.

Date: August 1, 2, 3, 2017

Time: 9:30am-Noon

Grade: entering grades 2-6 in the fall

Cost: \$60 per participant

(includes cost of motors and engines)

Location: Mora HS Art Room

Class size is limited to 14, so register soon!

Youth Safety & Home Alone

Just mention the words "Home Alone," and children think of the excitement depicted in the movies of the same name. The reality of being home alone can evoke fear and anxiety in many children. Whether left alone for an hour after school or several hours a day during the summer, children should feel comfortable being alone. This workshop for children will address several topics relating to being "Home Alone" including personal safety tips, tricky people, basic first aid, fire safety, handling the unexpected, internet safety, gun safety, dealing with loneliness and boredom, storm safety, dealing with siblings as well as trust and honesty. Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child. Students can bring a snack.

Instructor: Kari Fairclough

Grades: 3rd grade and up

Date: June 13, 2017

Time: 12:30-2:30pm

Location: Mora HS room 292, enter through the NW doors labeled D1

Cost: \$20

Class size is limited to 20 students, so please register soon!

Tutu & Toes Summer Dance Camp

This class will feature jazz and ballet concepts to help keep the beat. Dancers will learn a short routine, practice dance skills, vocab, and have fun! Family and friends are invited to watch the routine at the show on Friday night.

Jazz & Pop Ages 10-12

For older students feelin' the beat, we have a Jazz and Pop class. Students will learn a jazz and HIP-HOP routine and lots of new moves. Family and friends are invited to watch the routines at the show on Friday night.

**All Students: Students should wear flexible clothing and bring dance shoes (or tennis shoes) and water to class Location: All classes will be held in the Mora High School Auditorium.

Tutu and Toes Classes are run by Jess Larsen. She has been dancing since she was 5 and taught dance for the last 3 years in Mora, 2 years at Central Performing Arts in Mora.

Camp: Twinkle Toes

Dates: June 19-22; Time: 10-10:45 a.m.

Ages: 4-6; Price: \$35*

Camp: Dance Mania

Dates: June 19-22; Time: 11 a.m.-noon

Ages: 7-9; Price: \$40*

Camp: Jazz and Pop

Dates: June 19-23; Time: 1-3 p.m.

Ages: 10-12; Price: \$55*

Show for all camps at park or auditorium depending on weather June 23, 5 or 5:30pm

* All camp prices include a t-shirt for the show you get to keep!

If you are interested in summer sports, please contact the coaches listed below for information.

Summer Softball - contact Coach Whitbred

at cwhitbred@moraschools.org

Summer Baseball - contact Coach Pautzke

at jpautzke@moraschools.org

Summer Boys Basketball - contact Coach Grachek

at cgrachek@moraschools.org

Summer Girls Basketball - contact Coach Ostien

at bostien@moraschools.org

Summer Dry Land Skiing - contact Coach Larsen

at plarsen@moraschools.org

Summer Girls Tennis - contact Coach Parson

at mparson@moraschools.org

Summer Boys Tennis - contact Coach Balmer

at pbalmer@moraschools.org

Summer Cross Country/Track - contact Coach Goebel

at cgoebel@moraschools.org

Summer Weight Room/Football - TBD - contact

District Office

FREE SPORTS PHYSICALS!

For student athletes that need sports physicals, here are the dates Firstlight is offering. Please contact Firstlight at the number below with any questions.

Pine City Clinic: Tuesday, June 20, 2017

Hinkley Clinic: Tuesday, June 27, 2017

Mora Clinic: Monday, August 7, 2017

Time for all locations is 3-5:30 pm

Community Ed Instructors Wanted!

Do you have a skill or hobby you would like to share with the Mora Area Community? All types of classes are welcome. If interested contact Kris Osterdyk at (320) 679-6200.

The Mora Aquatic Center is looking forward to a great season in 2017.

Online registration for swimming lessons will begin March 1. In person registration begins June 1 from 8am to 4pm Monday through Friday at Mora City Hall. Open swim is scheduled to begin Saturday, June 3 through Sunday, August 13 from 12:30-6:30pm daily. For more information, visit www.ci.mora.mn.us

Community Education Policy

Registration and Fees:

Pre-paid registration is required. Most registrations are due a minimum of one week prior to the class starting date. Note that many classes fill quickly, and others may be canceled due to insufficient registration.

How to Register:

Visit us in the District Office at Mora High School, or mail registration forms with payment to:

Community Education
Mora High School
400 East Maple Ave., Mora, MN 55051

Please be sure to include a phone number where you can be reached during the day.

Fees are not refundable after the registration due date, unless the class is canceled due to insufficient enrollment. Confirmations are not sent out; however, the District Office will notify applicants if a class is full or has been canceled. If supplies are required, you may choose to confirm that the class will be offered before making a purchase. Call the District Office at 320- 679-6200 to confirm registration and class availability.

Individual Cancellations and Refunds: A

full refund will be issued if a class is canceled by the District Office. All other cancellations are subject to a \$5 processing fee. To receive a refund, less the processing fee, notify the District Office at least three business days before a class begins unless a specific cancellation deadline is listed. No refund will be issued for a cancellation received less than three business days before a class begins.

Community Education Registration Form

A. Participant Information (Please print)

1.) First Name _____ Last Name _____

Address _____ City _____ Zip _____

Contact Number _____

Please check one: Age 0-5 _____ Grade K-5 _____ Grade 6-8 _____ Grade 9-12 _____

Age 19-54 _____ Age 55+ _____

Class _____ Date/Time _____ \$Fee _____

Class _____ Date/Time _____ \$Fee _____

Comments/Special Needs _____

B. Contact Information

Name _____

Address _____ City, Zip _____

Contact Number _____ Email address _____

Emergency Contact _____ Contact Number _____

* I grant permission for Mora Public Schools to use my child's digital image and/or classwork in newspaper articles, Mora Public School Webpage, and/or social media to promote Community Ed. events.

Signature _____ Date _____

C. Method of payment:

Check Credit Card, Credit Card Information: VISA MasterCard

Card # _____ Exp. Date _____

Name as it appears on the card _____

Card holder signature _____

Billing address if different than Contact Information _____

To register online, visit our website at: www.moraschools.org> District> Community Ed, OR
Mail this form to: Community Education, Mora High School, 400 East Maple, Mora, MN 55051

OFFICE USE ONLY

Date Received _____ by _____ Amount Paid _____ Cash or Check# _____

Comments _____