



The Silverstreak Connection

February/March, 2019

Osakis, Minnesota

Geography Bee Winners

Congratulations to all the students participating in the Geography Bee December 18. All participants did an amazing job throughout a tough competition! Congratulations to 5th grader Trenton VanNyhuis for 2nd place, and congratulations to our champion, 8th grader Owinn Cimbura! Owinn will be taking a qualifying exam to see if he qualifies for the State Bee in April. Great job, everyone!!



OSAKIS WRESTLING PLANT/VEGETABLE SALE

Saturday, May 18 from 8:30 a.m. - 12:30 p.m.

Osakis Community Center

Stop and shop Saturday. Pick up your pre-orders and shop for more!

There are several annuals, perennials herbs, and vegetables available.



The results of the 2019 spelling bee are in!

The spelling bee, held on January 15, concluded after an intense seventeen rounds of spelling. After the first eleven rounds, the competition had narrowed to two contestants. Those two, **Larissa Hoffarth and Isaac Maddock**, continued for six more rounds until Isaac was declared the winner. Isaac will continue on to regional competition on February 5 in Fergus Falls.

Congratulations to **Isaac Maddock** and to **all** the participants on a great bee!

Participants:

8th Grade: Isaac Maddock, Larissa Hoffarth, Madison Lipke, Lyndsey Middendorf, Braden Blaisdell

7th Grade: Angela Wells, Zach Fiskness, Isaiah Neal, Miles Gjerstad, Ben Reilly

6th Grade: Rylee Humble, Joy Kral, Stephy Marthaler, Greta Faber, Dalena Vongxay

5th Grade: Jonah Krohn, Paige Lipke, Tyler Stier, Gavin Briggs, Bella Weissner



Superintendent's Message

Randal Bergquist



At our recent school board meeting on January 14, our annual reorganizational meeting was held. This meeting takes place in early January for all Minnesota public school boards. The first order of business was the election of school board officers for 2019: Becky Hensley - Board Chair, Michael

Collins - Vice-chair, Genny LeBrun - Clerk, and Greg Faber - Treasurer. We also have two other school board members: Tom Grundman and Chris George. All of the terms of office are for one year. The regular board meetings will take place on the second Monday of the month beginning at 5:30.

School board members also sign up for a number of committee assignments. There are currently 21 committees in the Osakis School District. A committee structure enables school board members, administration, teachers, staff, students, and community members to work together to ensure the best possible outcome for our students. Committees range from Facilities to Curriculum to World's Best Workforce to Finance to Staff Development, just to name a few. School board members spend much time and energy serving the Osakis School District.

I also want to touch base on safety in our school. The safety of students and staff has always been my number one priority. Each school year we review our security, as well as our crisis management plan. We conduct practice lockdown and evacuation drills periodically throughout the school year with all students and staff. During the school day, please note that all individuals entering the building must do so through the district, elementary, or high school office. All other exterior doors are locked. In order for students to learn, there needs to be a safe environment. We want to always do our best to continually strive to provide a safe and supportive educational environment for our students and staff.



Secondary Update

Tim Roggenbuck, Secondary Principal



Congratulations to Matthew Peikert and Morgan Herzog on winning the local Triple A contest! They both will be competing in the Subsection 22 competition.

In February, we will be handing out the rewards to the students who have earned them through the Renaissance

Program. In the program a student receiving a red card must not be absent more than six days during the semester, have a GPA of an A- or better, and have no discipline infractions. The silver card recipient must not be absent more than six days during the semester, must have a GPA of a B- or better, and have no discipline infractions. The blue card recipients must show improvement of .5 on their GPA from one semester to the next semester and not have more than nine absences in the semester; one discipline infraction is permitted. The students receive a t-shirt, beverage, one slice of pizza from the ala cart.

We will be working the schedule for the 2019-2020 school year in February and finalizing it in March. Remember to talk with your students about their classes for next year. You can go online and see what they are enrolled in.

There will be no school February 15 and 18 in observance of President's Day. Students do not have school on Monday, March 4; that is a teacher workshop day. Our last Parent and Teacher Conference will be held on Wednesday, March 6 from 3:15 p.m. to 6:15 p.m. This will be the only night for conferences in the spring. This is an excellent opportunity for parents and teachers to discuss any questions they may have about the students' educational experience.

The band will be participating in the large group instrumental competition at Battle Lake on March 20. The large group vocal competition is at Battle Lake on March 27. The combined vocal-instrumental solo and ensemble competition is on April 10 at Ashby.

In March, our spring sports will be starting practices. Softball and track will start practicing on March 11. Golf and baseball will start practicing on March 18. Weather permitting, all of the events will take place as scheduled.

Thank you for your continuing support at school dealing with your child's educational endeavors. We appreciate the parents' and community's support for all our students. In closing, I continue to extend an invitation to participate and attend our school's events.

Elementary Update

Shad Schmidt, Elementary Principal



“I Love to Read”

As we get into the mid-winter months, reading is a great way to spend free time. Actually, February is “I Love to Read” month. The elementary school will have many reading activities and goals in February for our students. Please

encourage your student(s) to read and participate in our activities.

March brings the beginning of spring. Along with that the spring sports seasons start as the winter sports season winds down. Hopefully we will get some warmer weather! Please remember that students still need to have proper outdoor clothes for recess, and boots are needed until the playground is snow, mud, and water free.

Out lost and found racks and tables have been organized which has made it easier to locate lost items. Please remember to check the lost and found. Any clothes left at the end of the school year will be washed and donated.

Thank you for bringing your child to our school!

I LOVE TO READ



The November & December Win the Day winners were Sebastien Guillette and Payton Malvin

Asset Building Continues at Osakis Public School



Isaac Maddock said, “My Asset Builder is my mom, Sarah Maddock. She builds assets in my sister and me. The relationship between my Asset Builder and me is she is my mom and teacher. One asset that my mom builds in me is Asset #1 - Family Support: Family life provides high levels of love and support. My mom builds this asset in me by telling us she loves us and by taking time to

work on things we need help with. She always supports any activities we are a part of and tells us to do our best. This asset is important in helping youth succeed because it is important to feel loved and supported so that we have confidence to try new things. No matter what happens, we will always have that love and support.

“Another asset she builds in me is Asset #6 - Parent Involvement in Schooling: Parent(s) are actively involved in helping young person succeed in schooling. She is building this asset in me by always asking us if we have homework or tests to study for. She will always help with questions we may have and makes sure we are ready for tests by helping us with studying. This asset is important in helping youth succeed because it’s important to value learning and school so that we have more options in the future and will be able to choose what we want our future to be.

Ivan Barrera shared that his Asset Builder is Jorge Barrera, his dad. He explained, “Two of the assets that my dad builds in me are Asset #6 - Parent Involvement in Schooling: Parent(s)



are actively involved in helping young person succeed in schooling and Asset #1 - Family Support: Family life provides high levels of love and support. He builds parent involvement in schooling by helping me with my homework that I struggle on, and on projects. He also supports me on the sports I like and he respects my likes in sports. And for family support, he will ask all of us in our family if we want to do something outside or go somewhere to have a good time and makes me want to have more time with my family.”

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MENTAL HEALTH

Missy Bergquist, Karen (Kamrowski) Olson and Laura Radtke



*Missy Bergquist
Guidance Counselor*



*Karen (Kamrowski)
Olson
Social Worker*



*Laura Radtke
Psychologist*

The mental health team at Osakis School consists of the following:

Missy Bergquist- Guidance Counselor

320-859-2191 x1304 mbergquist@osakis.k12.mn.us

Karen (Kamrowski) Olson- Social Worker

320-859-2191 x1215 kkamrowski@osakis.k12.mn.us

Laura Radtke- Psychologist

320-859-2191 x1218 lrادتke@osakis.k12.mn.us

How do we educate our students about mental health issues?

One way we educate our students is by going into the health classroom. Our health classes cover basic mental health issues. Every trimester, the mental health team spends a class period with the 7th and 10th graders talking about depression. This gives us an opportunity to educate and dialogue with students. Below is the format we use...

1. We introduce ourselves and discuss our different roles, locations of our offices, and availability.
2. We talk about stressors in teenagers' lives. We ask the students their viewpoints of typical stressors. Students identify stressors to be homework, sports, keeping grades up, friends, boyfriends/girlfriends, jobs, conflict with parents, peer pressure, thinking about careers, etc.
3. We talk about signs of depression. Most students recognize the following: lack of motivation, sadness, isolation, anger, self-harm, thoughts of suicide, sleep issues, eating issues, feeling down about self, hygiene issues, talking about suicide, not caring about life, getting things done, etc.
4. We spend time discussing what students should do when a peer talks about suicide or expresses suicidal thoughts. Oftentimes, this is expressed through social media. We guide students to tell a staff at school if they are worried about a student during the school day. We tell students to let their own parents know if they are worried about a student outside of school hours, or to call the police if they are really concerned. We emphasize the importance of it being better to err on the side of caution. We tell anonymous stories of Osakis students that have saved lives by reporting concerns about another student.
5. Extra time is also spent discussing self-harm. Again, we emphasize the importance of telling a qualified adult when learning about self-harm, and we share how the school will

handle self-harm behaviors: we talk to the student, we help him or her develop coping tools, we may have the student visit with the school nurse, and we call parents.

6. Coping tools are then discussed and identified. Typical identified coping tools include gum, music, physical activity, pets, gaming, texting friends, certain foods, art, drawing, coloring, writing, sports, reading, deep breathing, etc.

7. Students often don't think of positive self-talk as a coping tool, so we discuss this. We talk about how students should never say things to themselves that they would not say to a best friend.

8. We also talk about how treatable depression is and how sometimes treatment just includes having somebody to confide in, sometimes it involves adult support or therapy, and sometimes medication is needed.

9. Lastly, we have students complete a depression screener. We look at these screeners and individually pull students in which scores or responses indicate they may be at risk.

We have found that every time we do this, students start to come to us and share their own concerns with depression or that of a classmate. We figure if we can help even one student, this is well worth our time.

Counselor's Corner

Melissa Bergquist



REGISTRATION FOR 2019-20 UNDERWAY

Students received information on course registration for next year on Tuesday, January 22. New updated Course Description Guides were given to all ninth through eleventh graders; they are made available for younger students if desired. The registration guide is also placed on the Osakis website and made available for all students through Schoology. Registration seems early, but is necessary for creating a Master Schedule of classes and determining teachers' daily schedules as well. Students in grades 9 -11 register online under their Skyward account. Please call the high school office if you have questions about the registration process. We want all pre-registrations completed by February 6 so that we can proceed with scheduling and start the ACCUPLACER testing for students wanting to take some of the college courses offered at Osakis.

APPLY, APPLY, APPLY!!!

This is the time to really get serious about earning some free money. Apply for scholarships! Most colleges offer awards to incoming freshman with deadlines around February 1 - March 15. Check with those institutions first, then look at other opportunities. **Seniors receive updates daily on Schoology**

with any new scholarships I receive and there have been many coming in. Also, find some helpful scholarship tips and links under Financial Aid Resources on the school web page www.osakis.k12.mn.us – Services & Support – Counselor – College News & Scholarships - check out the menu on the left for help with all financial aid needs. All seniors will be given the Local Scholarship Packet with applications this March. You will never receive the scholarship you don't apply for!!!

Attention juniors whose parents are serviced by Stearns Electric...want an all-expense paid trip to Washington, DC June 15 - 20, 2019?

Stearns Electric Association is seeking applicants for this all-expense paid trip to Washington, D.C., for the 2019 Youth Tour, June 15-20, 2019. For over 50 years, electric cooperatives have sponsored high school students from across America to visit the nation's capital and meet their members of Congress. You could be part of this tremendous opportunity. The Youth Tour provides a forum for teens to meet and interact with their peers from other rural communities, as well as key legislative, regulatory and government figures. The Youth Tour delegates will explore historic sites including Arlington National Cemetery, Capitol Hill Tour, Mount Vernon, Lincoln Memorial, Washington National Cathedral, the U.S. Supreme Court and Smithsonian Institution. Students will see their government in action, cruise the Potomac, meet their congressional leaders, explore the museums, spend a day on Capitol Hill, and mingle with other teens from across the nation. We combine leadership opportunities with just plain fun! There will be little time for sleep but lots of time for interaction and meeting new friends.

Eligibility: To be eligible, the student must meet the following requirements:

*Entrant is currently a high school junior or senior, and his or her parent/guardian is a Stearns Electric member.

*Entries must include a completed application, a letter of recommendation from a teacher/advisor, and a 300 word written essay on the benefits of the Cooperative model for electric service.

Rules:

*Please don't cut and paste off of a Google search – be original, be creative.

*Essays may be submitted in either hard copy or electronic formats to Stearns Electric Association.

*Each essay must be accompanied by a cover page displaying the entrant's name, date of birth, school and grade, parent's or guardian's name, address, and telephone number. Available online at www.stearnslectric.org or from Mrs. Bergquist.

*Essays must arrive at Stearns Electric Association **no later than FEBRUARY 15, 2019.**

TEST DATES Coming Up!

Minnesota Comprehensive Assessments (State Testing):

The **Minnesota Comprehensive Assessments** are the state tests that help districts measure student progress toward Minnesota's

Academic Standards and meet the requirements of No Child Left Behind. The reading and mathematics tests are used to determine whether schools and districts have made adequate yearly progress toward all students being proficient. Reading and mathematics tests are given in grades 3-8, 10, and 11. The science MCA tests are given in grades 5, 8, and 10.

All students grades 3 - 8 and 11 will be taking the **MCA Math Test** online (not paper/pencil). Some great advantages to online testing are that all students can choose to have questions read to them through headphones, it's still untimed so students can go slowly and double-check their answers, and results will be calculated much sooner. Although there are no longer practice tests offered, as in the past, there are "Item Samplers" and "Student Tutorials" which teachers will be having students complete online prior to testing.

The **MCA Reading Test** for grades 3-8 and 10 will also be online. Although students can't have questions read to them through headphones, the test is untimed so students can go slowly and double-check their answers. Results will be calculated much sooner, like they are for math. Although there are no longer practice tests offered, as in the past, there are "Item Samplers" and "Student Tutorials" which teachers will be having students complete online prior to testing. These tests will also take place between March 5th and May 4th.

The **MCA Science Test** is given to all students in grades 5, 8, and 10. This test will also be online. As with math and reading tests, students will make use of the "Item Samplers" and "Student Tutorials" to become familiar with the testing procedures. Osakis will be testing students in May.

Parents can get more information on all MCA tests by visiting the MDE website at education.state.mn.us, contacting Tim Larson (District Assessment Coordinator) at tlarson@osakis.k12.mn.us. Parents can help their students to prepare by:

1. Having student present on test days (no dentist or doctor appts., etc.)
2. Encourage a good night's sleep and a healthy breakfast to start the day.
3. Go to <http://education.state.mn.us/MDE/fam/tests/index.htm> to find resources, practice guides, and other tips for test taking.

ACT Test is given in April 2019

A reminder to parents of juniors – the **optional** ACT Test that is being offered to juniors who signed up by the December deadline will be given during the school day on **Tuesday, April 2.** This is not a requirement for graduation, but it is an opportunity for your student to take the ACT **free of charge.** The ACT is used for college admission and placement as well as used in qualifying for scholarships at many colleges. Contact Mrs. Bergquist with any questions!

Nurse Notes

Angie Baker



February is National Children's Dental Health Month; March is National Nutrition Month

Dental health and good nutrition are both very important to children and adults alike. Brushing and flossing twice daily can start a routine that will be helpful to children for the rest of their lives. Children also need to see a dentist on a regular basis. It is time well spent when you discuss good dental health habits with your children. Using the right toothbrush is important. It is important that a child-friendly, small-headed brush is used, and it should have soft, round-ended filaments. Brushing should occur twice daily, once upon waking and again before bed. The main cause of tooth decay is the frequency that sugar is consumed. Consumption of sugary foods and drinks should ideally be restricted to mealtimes and should be limited to a maximum of four times per day. There is a correlation between the consumption of carbonated drinks and dental decay. Most fizzy or carbonated drinks contain phosphoric acid, carbonic acid and citric acid which cause chemical erosion of the tooth enamel. It is advised that consumption of carbonated drinks is kept to a minimum.

And speaking of sugar, March is National Nutrition Month. I think most of us try to provide ourselves and our children with nutritious foods, but there are times in our busy lives where it is easier to have a quick meal that is not always the most nutritious. The American Dietetic Association (www.eatright.org) is a great place to read and find wonderful things about nutrition and ideas on how to improve it. Here are some tips:

- Provide calm, pleasant meal times where adults and children can talk together
- Explore a variety of flavors and foods from different cultures and cuisines
- Share an appreciation for healthful food, lovingly prepared and shared with others
- Teach basic skills for making positive food choices away from home

Sometimes a very simple act can have important, long-lasting benefits, like having family meal times. Eating and talking together helps do the following: foster family unity, prevent behavior problems at home and school, enhance academic success, improve nutrition, and promote healthy weight for kids.

With that impressive list of benefits, it's worth making the time and effort to enjoy more family meal times each week. Look for easy ways to add just one family meal to the schedule. It's also a good idea to get kids involved in nutrition, and it can happen anywhere: your kitchen, the grocery store or a community garden. Every trip through the supermarket can be a nutrition

lesson. Kids can learn to categorize food into groups: grains, fruits, vegetables, milk foods and meat/beans. As children get older, they can help plan the menu at home and then pick out the foods to match the menu items while shopping. Nutrition is just one of many reasons to have a garden. The process of planting, watching over and harvesting a garden provides opportunities for children to learn lessons and enjoy physical activity, while reaping the fruits (and vegetables) of their labor. Plus, if you start planning a garden now, it will give you something fun to look forward to when the snow melts! If you have any questions about this or anything that is going on in the health office, feel free to contact me at 320-859-2191 ext 1193 or email me at abaker@osakis.k12.mn.us.

2018-19 Grades K-12

Music Department Performance Dates

Feb.

1	Pep GBB	7:00
19	Pep BBB	7:00
21	Pep GBB	7:00
28	Pep GBB - high seed	TBD

March

2	Pep GBB - St. John's	TBD
5	Pep GBB St. John's	TBD
7	Pep BBB high seed	TBD
8	Pep GBB - St. Cloud	TBD
9	Pep BBB - Concordia	TBD
12	Pep BBB - Concordia	TBD
15	Pep BBB - Concordia	TBD
20	Band Contest - Battle Lake	All Day
27	Sr. Choir Large Grp Contest B.L.	All Day

April

5 or 6	UMM Jazz Festival - TBD	All Day
10	Solo & Ens. Band/Choir - Ashby	All Day
15	Spring Choir Concert	7:00

May

2	Starry Night	7:00
4	State Music Contest - Fergus Falls	All Day
6	Band Concert	7:00
7	ES Band Concert & 4th grade	7:00
22	Elem. Gr 5-6 Musical	1:45 & 7:00
24	Graduation	7:00
27	Memorial Day Parade/Program	10:00

June

23	Osakis Festival Parade	1:00
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High School Activities

Brad Hoffarth, Activities Director



We Are Silverstreaks

An important byproduct of extra-curricular events is that schools and communities grow together in support and appreciation of school-based activities. Osakis School students and staff have appreciated the increasing number of fans that have been attending our winter activities. The essential impact that our community members can have on our students has the power to stay with them for many years. Remembering that high school events are learning experiences for student-athletes reinforces the importance of teaching our students positive sportsmanship.

Positive sportsmanship reminders for fans:

- Know and respect the rules of the event.
- Cheer in a positive, supportive manner for Osakis students and coaches. Do not cheer against the opposing team.
- Show respect for the opposing student athletes, coaches and fans before, during and after the event.
- Be a positive role model through your attitude, actions and words.
- Respect the decisions of the officials, whether you agree with them or not.
- Recognize and appreciate outstanding effort and accomplishments of all student athletes.
- Win with class; lose with dignity.

Fans are encouraged to wear red to help the Osakis crowd be more visible. Osakis Silverstreak apparel, including “We Are Silverstreak” t-shirts, is available to be purchased from the school store during all home events. Proceeds from the sale of items from the school store are used to help provide safe and positive experiences for all Osakis High School students. Osakis fans are also encouraged to get a piece of red tape from an Osakis High School student to place over their cell phone light for introductions at home events. The goal is to turn our gym red. We want to do our part, as a supportive community, to show our students and coaches that we celebrate and support their efforts, regardless of the final score of a game or meet.

Parent-Teacher Conferences

Wednesday, March 6
3:15-6:15

Spring Athletic Registrations

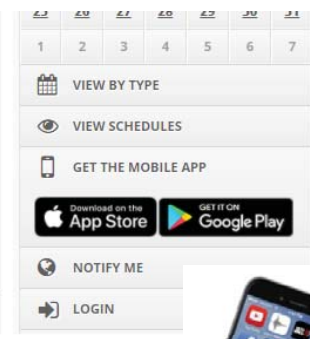
This is a reminder that registration is open for all winter sports. If you have already registered and paid your fee, you don't need to do anything more. Parents, if you registered your student for a fall sport but not a winter sport, you will need to log back in to your account and do so. You will not need to fill out the MSHSL or Osakis Eligibility form if you have already done so when you registered in the fall.

If your child was not in a fall sport, please follow these steps. You will need to watch Positive Sport Parenting at <http://nfhslearn.com>. To do this, you will need to create and register an account. Once you have completed registering, search for Positive Sport Parenting. You will need to order the course – this course is free but you will still need to go through the process as if you are purchasing it. You will not need any payment information. Follow the instructions to access the course. Once you have completed the course, you will receive a certificate of completion. Please print the certificate or take a picture with your phone and have your student bring it to the coach the first day of practice.

To register your student for a winter sport go to the Activities tab near the top of the school website and click Register for an Activity and follow the instructions listed. Make sure that you click the “Pay Later” option – you will either need to pay via Payscale.com or with cash or check in the District Office. Once you have completed your submission, either print or take a picture of the confirmation and have your student bring it to the coach the first day of practice.

In order for your students to participate on the first day of practice they must have paid their participation fee, completed online registration, attended the August 12 Athletic Registration meeting, or completed the NFHS Positive Parenting module and have a current physical on file with the Osakis School District.

Please call Shari Klukken 320-859-2191 ext.1168 if you have any questions.



To stay up to date with activities please use the Remind Me and rSchool apps.

Weather-related announcements for activities will be sent out via these apps.



Activity Scheduler

FREE Mobile App

Get the App at your App store by searching Scheduler. This mobile calendar allows you access to your school's Calendar, Schedules, the latest Scores.

Need Support? Email: support@rschoolhd
M-F from 7am-8pm central.

Tech Corner

Integrationist - Stan Moore



Does Your Family Have a Healthy Media Diet?

If you are like many parents, you feel a little overwhelmed with all the media flying at us these days. With the amount of time we spend online, it's no surprise that companies target us (and our kids)

to sell products and improve what they do. And it's hard not to want to have some kind of device or social media connection with the world. Because of this, families are experiencing a major shift in family dynamics. It's a constant balancing act, knowing what is considered too much and even concerned that if your children don't know enough about it, will they still be prepared for the types of jobs they'll see in the future?

So how does your family's media diet look?

According to Common Sense Media, A healthy media diet balances activities (games, social media, TV), time (15 minutes? three hours?), and choices (YouTube, Minecraft, Star Wars) with offline activities (sports, face-to-face conversations, daydreaming). At some point, kids will be able to manage their own media diets. In the meantime, these tips can help set them up for success.

1. Choose the Good Stuff

Only select shows, movies, and games that are age appropriate. Many digital providers offer age ratings for shows, movies, and games to help families make educated decisions. Be careful not to just assume kids will make wise media decisions.

2. Watch, Listen, and Play Together

Whenever you can, watch, play, and listen with your kids. Ask them what they think of the content. Share your values, and help kids relate what they learn in the media to events and other activities in which they're involved. With older kids, you can draw them out by sharing stuff from your social media accounts (Twitter, Snapchat, Instagram, Facebook, etc.).

3. Walk the Walk

Be a role model. When kids are around, set an example by using media the way you want them to use it. Keep mobile devices away from the dinner table, turn the TV off when it's not being watched, and use a DVR to record shows to watch later. Keep distractions to a minimum. You probably tell your kids to turn their phones off during homework time, so get rid of the stuff that distracts you, too. Hide your apps so they don't display, set your phone to "do not disturb," or shut down your devices during important family time. Turn off work. Many parents feel they need to be constantly accessible to their jobs. But that's stressful, frustrating, and not realistic. Set boundaries for work time and family time.

4. Nurture Good Habits

Start good habits early. Start when your kids are young by setting screen limits that work for your family's needs and schedule. Get your kids to help plan a week that includes stuff they have to do and stuff they like to do, such as schoolwork, activities, chores, reading, family time, and TV or gaming.

5. Set Rules and Stick to Them

Establish time limits and tech-free zones in your home. Set rules that fit your family, such as "no devices during dinner," "no social media during homework," or "all screens off before bedtime." The secret to healthy media use is to establish time limits and stick to them. Once these guidelines are in place and are consistent, kids will respect them and probably expect them too.

RESOURCES FOR FAMILIES:

Common Sense Media (Website & App)

Common Sense Media (CSM) is a non-profit organization that provides education and advocacy to families to promote safe technology and media for children.

Plugged-In (Website & App)

Plugged In is a Focus on the Family publication designed to shine a light on the world of popular entertainment while giving families the essential tools they need to understand, navigate, and impact the culture in which they live.

Local Facebook Page - Osakis Community Education - Creating Digital Leaders

This Facebook Page is to inform parents locally about digital media being talked about in the school and community. Many of the posts will come from sites that have recommendations and advice in this area.



**The Osakis FFA Chapter continues to grow!
Thirty members are looking forward to
activities in March and April.**

Asset Builders (cont., from page 3)

Kirsten Mathwig said that Darrin Mathwig, her older brother, builds assets in her and in other family and friends and co-workers. He builds Asset #11- Family Boundaries: Family has clear rules and consequences and monitors

the young person's whereabouts. He does this by treating others with respect and letting them be independent, by respecting others' privacy and not sharing personal issues and/or events, and by being supportive of others' dreams, ideas, and wishes. He also builds this asset by not peer pressuring others into doing something they don't want to do. This asset is important because it helps youth understand and respect others' boundaries. It will help them create better and long lasting relationships with others. It helps them respect others and not judge others for being themselves. It helps them to be honest with themselves and others.

He also builds Asset # 26 - Caring: Young person places a high value on helping other people.

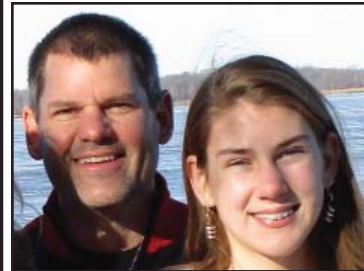
Darrin builds this asset because he hugs his grandparents when they leave. He calls people to let them know when he arrives at his destination. He gives people a helping hand when needed. He listens to others and helps cheer them up when they are down. This asset is important because it will help youth learn to be polite to others and it shows them how to love each other and how to help others out when needed. It also shows them how to talk to people when they have problems and feel down.

Braden Blaisdell has named his youth group leader, Jake Cruze, as his Asset Builder. Braden says Jake builds assets in many other kids from youth group, along with his daughters Everleigh, Kaia, and Stella, as well as other friends and family. The first asset that Jake builds in Braden is Asset #18 - Youth Programs: Young person spends one or more hours per week in sports, clubs, or organizations at school and/or in the community. Jake builds this asset in Braden by teaching the kids about religion while helping them find their values. Braden says that this asset is important in helping youth succeed because it connects youth with more grounded adults who can help give context in difficult situations faced by his younger generation. The second asset that Jake builds in Braden is Asset #19 - Religious Community: Young person spends one or more hours per week in activities in a religious institution. Jake builds this asset in



Braden by going to church and helping the

church out as well as the students. This asset is important in helping youth succeed because it provides a moral framework to start with when making small and major life decisions. That framework is very difficult to get outside of that context.



Madi Lipke commented, "Someone once said, 'Children are great imitators, so give them something great to imitate.' I completely agree, and that's why I am writing about one of my favorite

people to imitate, or in other words, my Asset Builder. My Asset Builder is my dad. My dad builds assets in me by setting a good example for me to live by every day. One of the biggest assets my dad builds in me is Asset #1 - Family Support. Family Support means a teen's family life provides high levels of love and support. My dad builds Family Support in me by making time together as a family a daily priority. He also limits distractions from spending time as a family like TV, computers, and phones. He supports me in everything I do: school, sports, music, etc. My dad is always there when I need him. Family Support is important to my future success because family is the core of our society. Many of the problems we face in our society occur because over time, our nation has lost that core. If a teen feels loved and supported, they gain confidence and want to succeed to make their family proud."

Madi continued, "Another asset my dad builds in me is Asset #28 - Integrity. Integrity is when a young person is willing to stand up for what they believe in. My dad builds integrity in me by teaching me his beliefs and encouraging me to hold those beliefs true to myself, too. He challenges me in all situations to stand up for what I believe in and critically evaluate what is going on around me. Integrity is important for youth like me to succeed because it is important for teens to know what they believe in and stand up for what they believe is true. If teens know what they believe in, they can stand against what is wrong and will most likely succeed in life.

I want to thank my family, and most especially my dad, for being such great Asset Builders in my life. I also want to encourage everyone reading this to become an Asset Builder in someone else. Be a positive role model and someone worthy of people's trust. You may not know it, but you could be impacting someone's life every day!"

*Spring Choir
Concert*

Monday, April 15

*Junior High Choirs
7:00 pm*

*Senior High Choirs
7:45 pm*

ECFE Classes

Tuesday 9:00 A.M. - 11:00 A.M.
Thursday 9:00 A.M. - 11:00 A.M.
Thursday 6:00 P.M. - 7:30 P.M.

Preschool Classes

MWF: 8:00 A.M. - 10:50 A.M.
or 12:00 P.M. - 2:50 P.M.
T/TH: 8:00 A.M. - 10:50 A.M.
or 12:00 P.M. - 2:50 P.M.

OSAKIS PUBLIC SCHOOL



Early Childhood Family Education
THE PATH TO SUCCESS!

Jan Campbell
320-859-2191 Ext. 1171
Tera Anderson
320-859-2191 Ext. 1169

ECFE Parent Facilitators
Ramona Wippler
Danielle Kreemer

Early Childhood News:

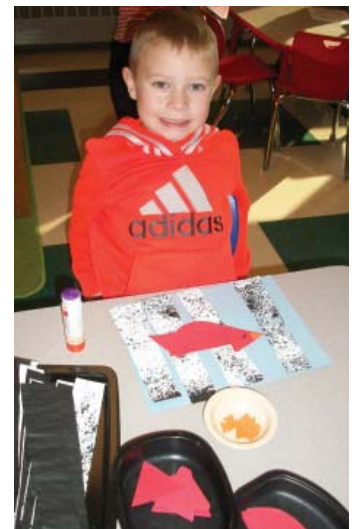
ECFE Happenings

Regular classes resume on Tuesday, February 5
Library trip on Tuesday, February 19
Movie day/night on March 5

Preschool Happenings

Conferences on Monday, March 4

We are still taking applications for both preschool and ECFE!



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56360
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Community Education

Open Gym and Weight Room

The gym and weight room will continue to be open for public use on Sundays from 5:00 p.m. until 7:30 p.m., and on Wednesdays from 6:00 p.m. to 8:30 p.m. Cost per session is \$2.00. Punch cards will be available in the amounts of \$20.00 and \$40.00 and can be purchased at the district office or at open gym or weight room sessions. **All elementary students MUST be accompanied by an adult.**

AARP Defensive Driving Course - Refresher

This is the four-hour class which will be held Monday, April 8, from 5:30 to 9:30 p.m. in the Osakis Public School Media Center. Fee for this class is \$16.00 for members and \$21.00 for non-members. Class size is limited to 30 students and will be canceled if there are fewer than 10 participants signed up. A check must accompany registration. Please register early.

Winter Swimming Lessons

Sign up is on a first come - first, serve basis for elementary students and class size is limited to 10 students. Students will be able to ride the bus to the lessons from school but it is the parents' responsibility to pick up their student on time. All students must be picked up by 4:30. No classes on Wednesdays unless specified. Cost: \$35 per student. A parent-signed waiver is required and will need to be signed the first day of class when you pick up your child.

Levels 1, 3, & 5: Feb 4-14 (Class will be held Wed. Feb 13 as there is no school on Friday, Feb.15)

Levels 2, 4, & 6: Feb 19-Mar. 1 (Class will be held Wed. Feb 20 as there is no school on Monday, Feb.18)

The District 213 Newsletter publishes four issues per year. If you have questions please contact Randal Bergquist, School Superintendent, at 320-859-2191

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For additional information call or visit
our website at:
www.osakis.k12.mn.us

Managing Editor: Mary Leuthner
Layout and Design: Timothy Larson

Pancake Breakfast
Sunday, February 24, 9 - 1:30



Osakis Community Center
Proceeds will benefit OHS student activities

A Handy Reminder!

Did you know that you can use your family Skyward account for many things? You can use it to check your student's lunch balance, make a payment, or limit ala carte purchases. If you need your log-in information, please let either the Elementary or High School office know. Don't forget that there must be a positive lunch balance in order to purchase ala carte items or milk if a person is having cold lunch. Skyward is fast, easy, and convenient!

COMMUNITY EDUCATION REGISTRATION

Advance registration is necessary because each class depends on a minimum number of enrollees to offer that class. Some classes also have maximums. Class registration requires that fees be paid before the first night of class to ensure registration. Please complete the registration form and return it with your check made payable to the Osakis Public School.

Mailing address: Osakis Community Education;
Attn. Shari; P.O. Box X, Osakis MN 56360

Name _____

Phone _____

Class _____ **Fee** _____

Class _____ **Fee** _____

Class _____ **Fee** _____

TOTAL FEE _____