



# Cardinal Country Highlights

Upsala Area Schools District #487

*Positive Attitudes Create Excellence*

**WINTER 2019/20**



Postage paid by  
Upsala Lions Club

District: (320) 573-2174

K-12: (320) 573-2175

(320) 573-2176

## UPSALA AWARDED STEM GRANT



At halftime of the USA vs Royalton football game Upsala Area Schools was presented a grant of \$25,000 from Farmers Grow Rural Education Program sponsored by the Bayer Fund. Upsala was one of 142 schools across the United States to receive a grant.

The program works to better prepare students for agriculture related fields of STEM (science, technology, engineering and math).

The grant Upsala School District received was used to purchase a water jet. It is similar to a plasma cutter, but the difference is rather than using a lot of electricity and heat it uses water. It has a very fine sand particle that is put through a high pressure system that shoots down and erodes glass or metal.

Changes have been made to the curriculum and students will use the water jet to create a variety of projects and gain highly-marketable skills.

Pictured are Bayer representative Spencer Richardson, agriculture teacher Gretchen Schleper, and technology teacher/coordinator Curtis Robertson. Schleper and Robertson are very thankful to the farmers who nominated the school district. Without their nomination the grant would not have been possible.

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### UPCOMING EVENTS

- 11/25 5-12 Band Concert
- 11/25 Potspot After School
- 11/27 Early Out
- 11/27 Blood Drive
- 11/28 NO SCHOOL
- 11/29 NO SCHOOL
- 12/2-6 CE Driver's Training 6-9
- 12/9 7-12 Choral Concert
- 12/14 ACT Test
- 12/16 K-6 Holiday Concert
- 12/23-1/3 WINTER BREAK
- 1/11 FFA Hosting Event
- 1/11 Elem Basketball Tournament
- 1/13 Potspot After School
- 1/17 End Of Quarter
- 1/18 Elem Basketball Tournament
- 1/20 NO SCHOOL (Teacher Inservice)
- 1/25 FFA Hosting Event
- 1/25 Elem Basketball Tournament
- 2/14 NO SCHOOL (Teacher Inservice)
- 2/14 Babysitting Workshop
- 2/17 NO SCHOOL
- 3/6 Kindergarten Roundup



## Superintendent's Corner



As I am writing this article, I am looking out my office windows at a cool, crisp, sunny November afternoon. Even though we have been experiencing an early cold snap, I find it hard to imagine that our Minnesota winter weather is right around the corner and it won't be long until we see sub-zero temps and

snowstorms.

Each year, one of the most common questions I am asked is how we make decisions to have late starts or closings due to inclement weather. While this is not always an easy decision to make, I want to assure you that the safety of our students and staff is our first concern when deciding to delay or close school for the day. The Upsala Area School District develops a plan that we follow when making weather related decisions. Our plan relies on basic principles of safety which includes the steps we will take to make our decision, how we will communicate our decision with our stakeholders, and how we will connect with other school districts in the region. The purpose of this article is to communicate our plan with our families and community members.

The decision to close, or start late, begins at the moment there is a predicted storm or prior to 5:00 am on the morning of the storm. I begin gathering information about the weather and road conditions from various sources, such as the Minnesota Department of Transportation, Morrison County Public Works, National Weather Service (NWS) for our region, and area Superintendents, as well as consulting with our custodians and transportation staff. I also will get out and drive the roads myself to gauge the conditions.

Even with all this information, the decision to close or delay is still a very difficult one to make and I am certain there will be times when others will disagree with my decision. I cannot guarantee that I will make the correct decision every time, but I will guarantee that the decision to close or delay school will be in the interests of the safety of our students and staff. I will also make every effort to do so in a timely fashion that will minimize any disruptions

to the schedules of our families. Depending on the snowfall and current conditions, and how soon plows may be on the roads, I will attempt to make this decision by 5:45 am at the latest.

Once a decision has been made to close, start late, or close early; communicating this decision to parents and staff is critical. Upsala Area Schools will rely on our JMC messaging system to begin pushing out notifications of our decision as soon as possible. The JMC system will send text, email, and voice messages out based on your account preferences. For this reason, it is very important that you check your JMC account to make sure that your contact information is up to date. Please contact the main office if you need assistance with your JMC account. Due to changes to the REMIND system, we will no longer be using REMIND as a District communication tool. We will also post messages on the District website and social media accounts. In addition, we will post announcements on the following news media outlets: WYRQ, KLTF, and KFML Radio - Little Falls; WCCO & WCCO Radio 830 - Minneapolis; KASM Radio - Albany; KCLD, KZPK, and KCML - St. Cloud; KSTP & KSAX - Alexandria; KMSP Fox 9; KEYL Radio - Long Prairie; SC Times Website; and KARE 11. When we communicate the decision to close, start late, or close early; we will attempt to include all the details for parents, students, and staff. Please understand that the media outlets may not include all the details when they distribute the announcement. In the event that we close school for the day, or if we close early, due to severe weather, all extra-curricular and after school activities will also be cancelled or postponed.

In addition, we encourage all families to have their own plan for school closings or delays. Communicate this plan with your children. Being prepared is the best possible way to avoid potential problems in the event that any type of school closing occurs, as this is bound to happen.

Finally, we ask that all community members be more safety conscious at bus stops and when driving near school. Keeping our students safe as they go to and from school is a collective effort and on slippery roads that means slowing down and being aware. As always, if you have any questions or concerns, please do not hesitate to contact me at 573-2174 or [vcapelle@upsala.k12.mn.us](mailto:vcapelle@upsala.k12.mn.us).

Thanks for your support.

*Vern Capelle*

[www.upsala.k12.mn.us](http://www.upsala.k12.mn.us)



Greetings!

It has been an exciting start to the 2019-2020 school year! There has been a lot of action at Upsala Schools to begin the year.

Our fall sports teams have concluded their seasons. Volleyball, football, tennis, and swimming have all come to an end. I want

to take a moment to congratulate all our student athletes at all levels on their accomplishments this fall season! The dedication these student athletes exhibit is truly amazing! Thank you athletes and coaches for representing the community of Upsala with pride!

In other exciting news, a group of staff members from our elementary are kicking off fundraising efforts to build a new playground here at Upsala Area Schools! The current playground does not have a lot of life in it and it is time to upgrade. There will be fundraising efforts taking place throughout the year! The plan is in its early stages and we are looking for parents and community members who want to be part of the playground committee. If you are interested, please contact the school.

Speaking of new things, both our gym floors had some work done to them this summer. The New or as many people refer to it the Big Gym had the floor redone with new logos and a different design. The old gym had the floor redone as well and new bleachers were installed. Both of the facilities look great!

A few reminders for families:

-Please remember to contact the school when your child is absent. Call the front office before 9am and let them know that your child will not be in school.

-With it being hunting season, please remind your children to check their pockets for ammunition and other hunting materials. These things are not allowed on school grounds and we want to avoid any unnecessary situations. If your child drives, please make sure they do not have firearms in their vehicles. Again, we want to avoid any unnecessary situations.

As always, if you have any questions, concerns, or ideas please call me 320-573-2175, contact me by email: [nklug@upsala.k12.mn.us](mailto:nklug@upsala.k12.mn.us), or stop in the office.

Stay Warm,

*Nick Klug, K-12 Dean of Students*

# Dollars for Scholars



Upsala Area Dollars for Scholars would like to thank the Upsala Lions Club for their donation of \$2,500. Thank you for supporting the graduating class of 2020. This donation will be used to assist them in achieving their academic dreams!

Thank you to everyone who supported the Fall Walk-A-Thon. We raised a total of \$611.56.

If you are interested in becoming a volunteer on the DFS committee, please call the school office at 320-

# September Students Of The Month

## ELEMENTARY STUDENTS OF THE MONTH

Ms Peterson  
Emry Zinniel

Ms Wolbeck  
Payton Kiley

Ms. Bengston  
Avery Servatius

Ms. Fuchs  
Dominic Stuns

Ms. Eichers  
Andrew Eggert

Mr Van Sloten  
Carter Steinhofer

Mr. Riitters  
Aubree Roerick

Mr. Drill  
Abby Carlson

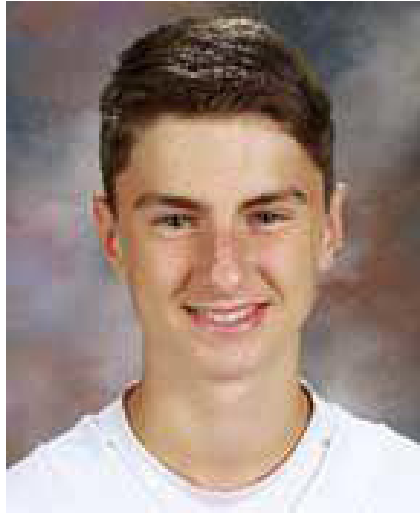
Ms. Klosowski  
Aiden Brannan

Music  
Megan Becker

Phy Ed  
Gavin Blenker  
Leah Fruechte

Art  
Riley Kerfeld

## SR HIGH STUDENT OF THE MONTH



Collin Prom

### Subject Students of the Month:

English: Anders Aleckson

Math: Audrey Thomas

Social Studies: Christen Fouquette

Science: Jessi Lange

PE: Angel Vazquez

Health: Natalie Wensman

Ag/Voc Ed: Julia Peterson

Technology: Silas Arvig

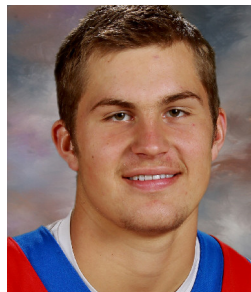
Art: Harley Panek

Music: Micah Ripplinger

FACS: Amber Biniek

World Language: Bennet Pundsack

AVID: Hunter Steuck



**FOOTBALL**  
Michael Lange

## JR HIGH STUDENT OF THE MONTH



Hailie Luedtke

### Subject Students of the Month

English: Keyona Carlson

Math: Eli Johnson

Social Studies: Evie Aleckson

Science: Brenna Graves

PE: Brayden Bushaw

Health: Dominic Eggert

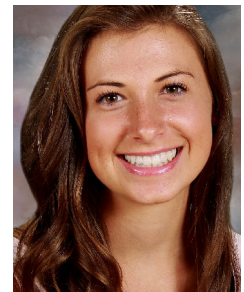
Ag/Voc Ed: Jack Primus

Art: Bryce Binek

Music: Brayden Mack



**VOLLEYBALL**  
Abby Ripplinger



**TENNIS**  
Emily Press

## ELEMENTARY STUDENTS OF THE MONTH

Ms Peterson  
Logan Ley

Ms Wolbeck  
Charlie Hallermann

Ms. Bengston  
Riley Winter

Ms. Fuchs  
Josie Roerick

Ms. Eichers  
Morgan Ripplinger

Mr Van Sloten  
Emily Ripplinger

Mr. Riitters  
Dalton Welinski

Mr. Drill  
Vincent Eggert

Ms. Klosowski  
Holly Johnson

Music  
Lainey Tschida

Phy Ed  
Sierra Bense  
Austin Klein

Art  
Andrew Eggert

Library  
Connor Bladow

## SR HIGH STUDENT OF THE MONTH



Alex Roerick

### Subject Students of the Month:

English: Rebeka Snedker  
Math: Austin Wensmann  
Social Studies: Tanisha Dingmann  
Science: Luke Harren  
PE: Silas Arvig  
Health: Jacob Lezer  
Ag/Voc Ed: Bryson King  
Technology: Raymond Kokett  
Art: Shannon Johnson  
Music: Collin Prom  
FACS: Devin Prokott

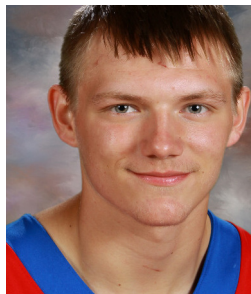
## JR HIGH STUDENT OF THE MONTH



Kira Poppenhagen

### Subject Students of the Month

English: Jack Primus  
Math: Jacob Gunderson  
Social Studies: Monica Nienaber  
Science: Dillon Krebs  
PE: Samantha Pilarski  
Health: Brandon Mugg  
Ag/Voc Ed: Brenna Graves  
Art: Evie Aleckson  
Music: Lois Wardlaw



**FOOTBALL**  
Nate Graves



**VOLLEYBALL**  
Rachel Ainali



**TENNIS**  
Julia Peterson



**DRAMA**  
Anna Blonigen

## Upsala Robotics

The Upsala Robotics Team, UC-Botics, took a Venture North to Thief River Falls this year for their annual “Northern Minnesota Robotics Conference” (NMRC) Championship event. This year Mr and Mrs. Robertson took 9 Students from Upsala to compete in a game called “Deep Space”. The same game that was played last spring when the team went to Duluth. The Conference event put Upsala up with 18 other schools from NorthWest Minnesota and North Dakota.



UC-Botics made their way into finals as a first round pick for the #2 Seed Alliance. The Alliance was made up with UC-Botics along with Team 876 - Thunder Robotics From Hatton-Northwood, ND; and Team 3754 - Trek North Robotics From Bemidji, MN. After some difficult matches, the alliance played in the Consolation round match against the First Seeded Team. After a very aggressive and challenging round, UC-Botics and their alliance partners took home an overall 3rd Place Victory and a plaque commemorating the placement.

UC-Botics also received recognition at the NMRC Championship event by earning the “Engineering Inspiration” Award. This award was given for the team’s dedication and diligence of sharing the love and joy of STEM and Robotics with other teams around the state, and for being a shining light and beacon for other teams to draw inspiration from.

UC-Botics has participated in the NMRC and the championship event since its inception in 2017. The NMRC is also the first conference in the state of Minnesota Officially recognized by the Minnesota State High School League. The NMRC is now 28 member teams strong and covers over 35,000 square miles. Mr. Robertson currently is listed as the Vice President for the Conference.





Elementary band is in full swing. Fall has been full of 5th graders working towards playing with the 6th grade for the first concert. Practicing daily always help students succeed. 6th grade is working on finishing up Book 1. By the end of the year, all students should strive to be in Book 2.

Junior High Band and Choir students have been working on playing and singing in large groups and individually. Some of these students are ready to play the pep band music with the high school

band and are welcome to do so. Some of the choir songs will be sung with the high school choir at the concert.

Senior High Choir has started off with a small group that sings beautifully together and enjoys singing at the end of every day.

Senior High Band has had many pep band performances already this year. They are working on different fundraising efforts to help fund their tour to New York in March of 2020. Thank you for purchasing croissant sandwiches.

### Concert Dates

5-12 Band Concert - Monday, Nov. 25, 7:30 pm

7-12 Choral Concert - Monday, Dec. 9, 7:30 pm

K-6 Elementary Concert - Monday, Dec. 16 (see the next page for times)

# Drama Club

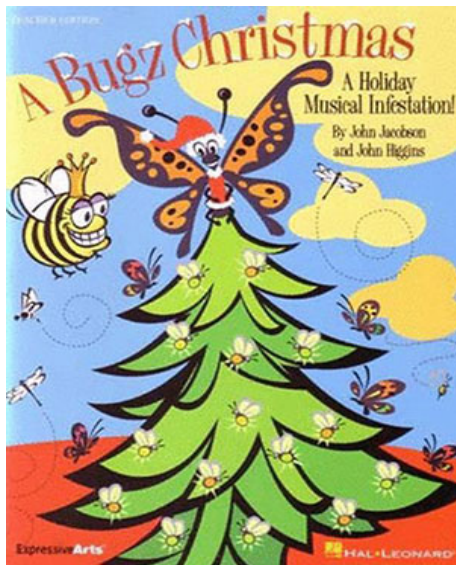
After a 20-year absence Upsala will once again be participating in the MSHSL One-Act Play competition.

We are still waiting for our official section assignment, but the sub-section contest will likely be January 25, with the top plays advancing to the section contest a week later.

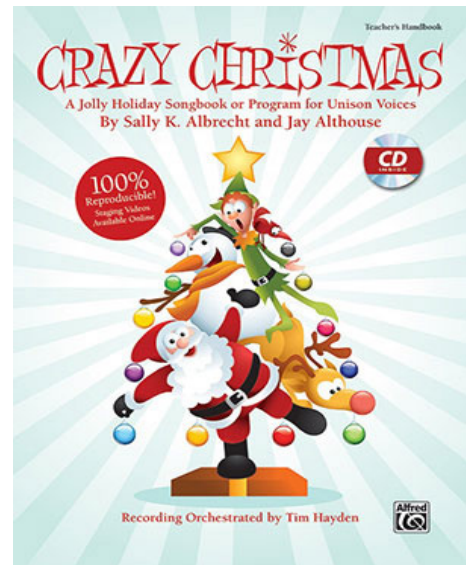


## Elementary Music

This year's Upsala Elementary Christmas Musicals will be held on Monday December 16, 2019



**Grades K-3 - A Bugz Christmas**  
by John Jacobson and John Higgins  
12:30 pm & 6:30 pm



**Grades 4-6 - Crazy Christmas**  
by Sally K. Albrecht and Jay Althouse  
1:15 pm & 7:15 pm

The bugz are back and ready for the annual Christmas program infestation! The carpenter bees have built the sets, and the silk worms have made the costumes. OH NO! The termites just chewed up the Christmas tree decorations and ate the lights!

What are the bugz to do? See how some special little guests light the way to a grand finale of "The Twelve Bugs of Christmas!"

Everything's wild at the North Pole this time of year! Join the fun as Santa, the Elves, the Reindeer and all of the students go crazy for Christmas!

### Kindergarten Roundup



Upsala Elementary School will hold its annual Kindergarten Round Up on Friday, March 6th.

Registration for the Class of 3033 will begin at 8:15 a.m. for all children who are interested in attending Kindergarten at Upsala Elementary next fall.

Kindergarten Round Up is for both parents and children and will run from 8:30 - 11:30 a.m. Parents and children are also invited to stay for school lunch, which will be served at 11:00 a.m.

Area families interested in learning more about the Kindergarten program offered at Upsala Elementary are invited to attend. Please call the Upsala School office with any questions at 573-2175.



Knowledge bowl is a team trivia competition open to students in grades 7-12. Meets take place during the school day against schools from the Region 5 area. Each meet consists of a 60-question multiple-choice written round followed by four oral rounds of 45 questions each. Questions are a mix of every discipline area, including Minnesota history and general knowledge of current events.



Seventh through ninth grade students are coached by Mindy Klosowski. They compete in the junior high bracket, which consists of three round robin meets and a chance to attend a regional meet at the end of the season. The fee to be part of the junior high team is \$20 per student.

Tenth through twelfth grade students, coached by Jennifer Henry, compete at the senior high level, with a chance to earn their way to the State Tournament. Senior high fees are \$35 per student.

Registration forms are available from the knowledge bowl coaches. All forms and fees are due no later than December 4, 2019. Practices will begin December 17 and continue weekly after winter break through the end of the season. Team members are required to attend practice each week. Meets will be held in Staples during the months of January through March. The State Tournament takes place in early April.

If you have questions about knowledge bowl, please call or email!

Jennifer Henry (senior high coach)	<a href="mailto:jhenry@upsala.k12.mn.us">jhenry@upsala.k12.mn.us</a>	320-573-2176, ext. 145
Mindy Klosowski (junior high coach)	<a href="mailto:mklosowski@upsala.k12.mn.us">mklosowski@upsala.k12.mn.us</a>	320-573-2176, ext. 131

## You Can Help...

### Donate Items for Phy Ed & Health

We are looking for some smaller size stuffed animals or beanie baby type things to use for tossing and throwing games. You can drop them off at the school office.

We are also looking for an area rug and some comfy chairs or beanbag chairs for the health room, to use for innovative learning. If you have something you would like to donate we could come and pick it up. Just give the school a call and leave me a message @ 320-573-2174 ext. 113.

### Help Support The Northern Minnesota Robotics Conference!

When you make amazon purchases, use Smile. [amazon.com](https://www.amazon.com/Smile), and sign in choosing the "Northern Minnesota Robotics Conference" as the non-profit you would like to support.

As you make a purchase a portion of the proceeds gets donated to the Conference and directly benefits the Upsala Robotics Team.

A cartoon illustration of Santa Claus in a red suit with white trim, carrying a large red gift box and a green gift box. He is surrounded by Christmas decorations like snowflakes, trees, and ornaments. The background is green with white patterns.The logo for Lions International, featuring a blue circle with a white 'L' in the center, surrounded by a gold border with the words 'LIONS' at the top and 'INTERNATIONAL' at the bottom.

**UPSALA LIONS 2019**

# **Breakfast with Santa**


**Saturday, December 7  
8:30-11:00 a.m.**

## **Upsala School Cafeteria**

**13 and over 6.00 | 6-12 4.00 | 5 and under FREE**

Visit with Mr. and Mrs. Santa Claus and have your picture taken | Yummy Breakfast | FREE Sleigh Rides for everyone (bring warm clothes) | Bake Sale | Wee Shop Christmas Shopping for the 'lil ones

# School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Long John or yogurt vgranola Pizza Crunchers v/Sauce (K) or Ham on latbread, Green Beans, bread slice (J/HS) fresh veggies, variety of fruit	*Cherry Frudel or Uncrustable PB & J *Chicken Strips or Bosco Sticks w/sauce (K) Green Peas, bread slice (J/SH) fresh veggies, variety of fruit	*Mini pancakes or Oatmeal Breakfast Bar *Tator Bowl (K) or Salisbury Steak, mashed potatoes w/gravy, corn, dinner roll, variety of fruit	*Bagel w/Cream Cheese or Poptart *Chicken Patty (K) or Pizza Burger on a Bun, baked beans, fresh veggies, variety of fruit	*Oatmeal Bar or Yogurt *Cheese Quesadilla or Mandarin Orange Chicken w/Rice (K) bread slice, 4 way veggie, variety of fruit
9	10	11	12	13
French toast sticks or Banana Bread Slice Lasagna Rollup or Corn Dog (K), Steamed beans, fresh veggies, variety of fruit	*Dutch Waffle or Poptart. *Pulled Pork or Hamburger(K) on a bun, potato salad, green beans, variety of fruit	*Cinnamon roll or Cold Cereal. *Choice of Sub Sandwich, sandwich fixings, Southwest chili, crackers (J/HS), fresh veggies, variety of fruit	*Apple frudel or poptart *Italian Pasta (K) or Egg Roll, carrot coins, bread slice (J/HS), fresh veggies, variety of fruit	*Snack Bread w/string cheese *Taco in a Bag (K) or Chicken Fajita, taco fixings, corn, variety of fruit
16	17	18	19	20
Breakfast Bar or Incrustables Pepperoni Pizza (K) or Turkey Croissant, 4 way veggie, fresh veggies, variety of fruit	*Apple frudel or Banana Bread Slice *Mini Corn Dogs(K) or Chicken Nuggets, tiny whole potatoes, fresh veggies, variety of fruit	*Snack Bread w/string cheese or Blueberry muffin *Scalloped Potatoes w/ Ham & Breadstick (K) or BBQ rib on a Bun, green beans, fresh veggies variety of fruit	*Assorted Bagels or Oatmeal Breakfast Bar *Spaghetti w/meat sauce(K)or Chicken Alfredo, steamed broccoli, fresh veggies, variety of fruit	*Apple Frudel or Poptart *Hot Dog on a Bun (K) or Turkey Flat bread, baked beans, fresh veggies, variety fruit
23	24	25	26	27
NO SCHOOL	NO SCHOOL		NO SCHOOL	NO SCHOOL
30	31			
NO SCHOOL	NO SCHOOL			

## Upsala December

All meals served meet the nutritional standards established by the USDA. Menus are subject to change.

Lunch Prices 2019-2020	
Elementary	\$2.40
Secondary	\$2.55
Adult	\$4.00
Milk	\$0.35
Doubles Card (14)	\$14.15

\*One extra item is \$1.02 (per day ticket only). Purchase a doubles card for \$14.15. If your child takes two or more milk, add \$0.35 per additional milk.

November Totals for 15 days	
Elementary	\$36.00
Secondary	\$38.25

Lunch payments are due on the first school day of each month. Check your balance online at <http://lmc.upsala.k12.mn.us/Parent>

**Breakfast is served FREE for all students!**

Salad bar is served every day for the SH Lunch line.  
**Don't forget** - take at least 1 fruit or veggie and 3 items total, so your meal counts as a complete lunch.

**Non-discrimination Statement**  
The recipients wish to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue SW, Washington D.C. 20250-9410 or call toll free (866) 632-9992.



At Upsala Community Education our goal is to provide opportunities for people of all ages and to enrich their lives through many different offerings beyond the regular school day and school year. We work with other groups including civic, non-profits and local businesses to enrich the lives of our community members.

**If you have a talent, interest, or area of expertise; consider sharing your talents or interests with your community by becoming a Community Education instructor.**

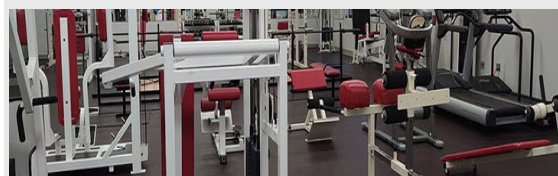
Please refer to our Registration/ Policies for questions about Out-of-District registration or email [dancheney@upsala.k12.mn.us](mailto:dancheney@upsala.k12.mn.us).

### How to register for classes online

1. Visit our webstore <https://upsala.revtrak.net>
2. Click the **Community Ed** button
3. Select the **program**
4. Select the **class** you want to register for
5. Select the **Click here to register** link
6. In the sign-in screen
  - a. Enter your email address and password if you are a returning customer. **OR**
  - b. If you do not have an account, select **create account**
    - i. Enter your contact information
    - ii. Create a password
7. The participant window will open. Select the participant's name and complete the required fields.
 

If your child's name does not appear in the participant's list, select **A New Person** Enter their name and click submit. Proceed to fill out the required fields
8. If you have another child to register, click on **Continue to Shop**. If you are finished, click **Checkout** to add your class to the shopping cart and make payment. Your shopping cart window will open.
9. Verify the information for accuracy and click **Go to Checkout**.
10. Verify your registrations. Enter the payment information and click **Place Order** Payment will be processed. Your receipt can be viewed and printed.
11. **View & Print Receipt** Click Log out in the lower left corner. Credit card statements will show payment made to the school district.

### Weight Room



Our weight room is more than just weights! We have ellipticals, stationary bikes, treadmills and more. It is all housed in a clean safe environment for your workout. Students must be 12 or older to use the workout facilities.

**Weight Room Hours:**  
November 5th, 2019- May 14th, 2020  
Tuesdays & Thursdays (student contact days) 7:00 - 9:00 pm

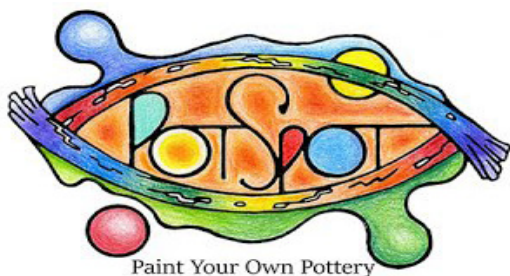
**Weight Room Fee:**  
\$2 Adults / FREE to current UAS students (no pre-registration necessary)

**Volunteer Attendant:**  
Tim Valencia-Louden

No Open Weight Room on November 28th, December 24th, 26th & 31st, January 2nd or April 9th

No one is allowed to use the facilities without a trained staff person on duty. All lifters must have someone capable spotting them to prevent injury.

*Potspot*



Fuel your creativity with PotSpot Paint Your Own Pottery. After school sessions happen several times throughout the school year.

Cost is \$15 each and they bring all the supplies. PotSpot brings your project back to their shop to be kiln fired, and then return them to the school in about 2 weeks.

Sessions are after school from 3:15 - 4:30.



**Nov 25, 2019 - Owl Bowl**



**Jan 13, 2020 - Snowman Mug**

Register Online!

*Adult Volleyball*

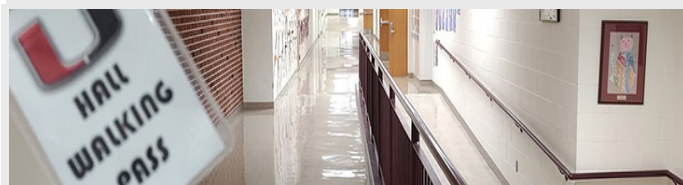


Adult open gym volleyball has been running on Sunday evenings from 6:30 - 8:00 in the new gym.

Interest has been good enough to keep the program running through the holidays, so there is still time to participate!

Participants must be out of high school.

*Hall Walking*



The Upsala Area School halls will be open for walking before and after school on days when school is in session starting Monday, October 14 through Friday, March 27. There is no charge, but you must pre-register with Upsala Community Education to receive your 2019-20 HALL WALKERS BADGE, rules and map for designated walking area.

No walking when school is not in session or when parent teacher conferences are scheduled.

Adults only, please.

Monday, October 14 - Friday, March 27

\*School contact days only

Before School: 7:00 - 8:00 am

After School: 3:30 - 8:00 pm

PLEASE NOTE: Hall walking badges must be worn when walking so employees know your purpose each time you are in the building.

# Registration & Policy Information

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**Register Early** Please register by noon on the deadline indicated, so we can make enrollment decisions. If there is not a deadline listed, please register at least 3 business days in advance. Late registrations will be accepted provided space is available with a \$5 late fee.

**If registering with a paper, please use one form per student and staple together with the total for all on the last form.**

**Are you registered?** If you provided an email you will automatically get a confirmation invoice. If there is an error on your registration invoice, please let us know ASAP. We will only contact you for cancelled or rescheduled classes.

**Adult Programs** Unless otherwise noted, Adult Programs are open to ages 16 and older. (Parental signature is required until 18.)

**Inclement Weather** No classes or activities will be held when school has been cancelled or closed early due to bad weather. Please check our website [www.upsala.k12.mn.us](http://www.upsala.k12.mn.us) or follow us on social media for cancellation notices.

**Cancellation Policy** We reserve the right to cancel classes if enrollment is below needed minimum. Registrants will be notified and a full refund given. Cancellations and rescheduled games and other activities are announced on our website.

**Refund Policy** We will issue a credit voucher or refund only if you notify the Community Education Office at least 48 hours prior to the beginning of the class. Written requests via email are preferred. Pro-rated refunds may be given for most classes with multiple meeting times. \*Exceptions include trips with advance ticket sales.

**Statement of Release** Upsala Area Schools and its employees are not responsible for accidents or injuries resulting while participating in any activity. Photographs may be taken at events and used for advertising.

**Advisory Council** Vern Capelle, Superintendent; Kathy Blonigen, Chairperson /Community Member; Denise Cheney, Staff /Community Member; Dan Cheney, CE Coordinator; Elizabeth Gunderson, Community Member; Jonathan Leither, Assistant AD/Youth Rec. Coordinator; Carie Leners, Coach/Community Member; Karin Nelson, School Board Member; Wendy Rene, Community Member; Stephen Roerick, School Board Member; Jessica Wenker, Community Member; Jennifer Servatius, Community Member

**Special Needs** If you have special needs such as childcare, wheel chair, interpreter, etc. please call at (320) 573-2175, ext. 173. Every attempt will be made to assist you with advance notice.

**Fee Assistance** Upsala Community Education is committed to serving the residents of our community through affordable learning and enrichment classes. Please email or call the Community Education office for more information about scholarships and/or fee assistance.

**Transportation** Upsala Community Ed does not provide transportation to its activities, with the exception of trips (example Disney on Ice). Other participants may be willing to rideshare.

**Out of District** We welcome participation in our after school and adult activities. Out of district registration (non-UAS student /non-district resident) for athletics is only accepted if there is room on teams after our registration due date with the additional out of district fee. We charge a \$20 per out of district participant fee.

**Income Tax Deduction and Credit for Education Related Expenses** The MN deduction allows parents to subtract from their taxable income up to 2500 for qualifying expenses on behalf of each child in grades seven to 12 and up to 1,625 for each child in grades kindergarten to six. The list of qualifying expenses includes Community Education classes, tutoring and academic summer school and camps.

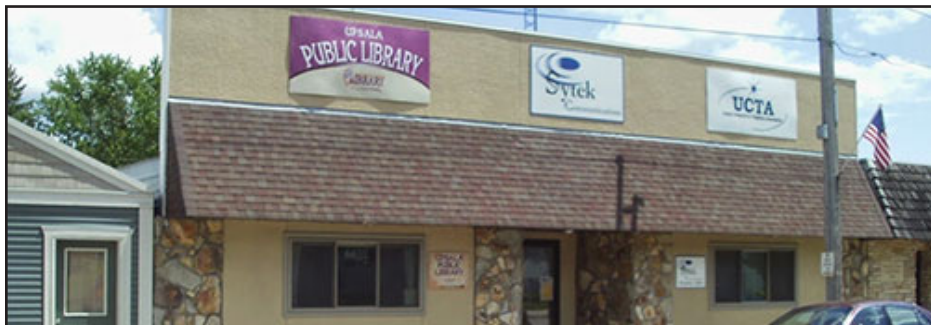
## Community Ed Meetings

Join the advisory board!!! It is low commitment, only four or five meetings a year. Make suggestions for new and current programs.

**All are welcome to attend.** Meetings are held in the HS Cardinal Media Center.

- Next Meeting: TBD

## Great River Regional Library - Upsala



117 Main St. Upsala, MN 56384 - Phone: 320-573-4282 - <https://griver.org>

Mon: 10:00-3:00

Tues: 3:00-6:00

Wed: 2:00-8:00

Thu: Closed

Fri: 2:00-8:00

Sat: 10:00-1:00

### MEET AUTHOR JASON WALZ

Jason illustrates and writes popular graphic novels for young adults and lives in the Twin Cities.

He will talk with high school students about the creative process involved in graphic novel authorship. Jason will speak at Upsala High School. A Legacy event.



### BETWEEN THE COVERS BOOK CLUB



Wish you had someone to talk about your book? Join "Between The Covers" book club for adults the fourth Monday of each month.

Refreshments are sometimes provided. Stop in for a copy of the book in print or on compact disc/sound cassette/ebook (when available) ahead of the date.

### KNITTY GRITTY CRAFT GROUP

Share patterns and problems and solutions to your crocheting, knitting, or quilting projects. For teens and adults.

Fourth Friday of the month from 6-8pm.

Sponsored by Friends of the Upsala Public Library.



### BABYSITTING WORKSHOP

We have a babysitting workshop scheduled for February 14 (9am-3pm) through the Morrison County Extension Office for grades 4 and up

Topics, which will be discussed, include: responsibilities of a babysitter, care, feeding and supervision of children including accident prevention and emergency response.

Please bring a bag lunch.



### SNOWMOBILE SAFETY

Snowmobile safety has not been scheduled this year due to lack of instructor(s).

If you have any interest in taking over this class please contact Dan Cheney at the school or by email: [dancheney@upsala.k12.mn.us](mailto:dancheney@upsala.k12.mn.us)



Upsala Area Schools  
 415 South Main Street  
 PO Box 190  
 Upsala MN 56384  
 www.upsala.k12.mn.us

OR CURRENT RESIDENT

Bulk Rate  
 US Postage Paid  
 Non-Profit Org  
 Permit No. 2

### Boys' Basketball

Nov. 27	1:00 PM	Onamia.....	(A)
Dec. 3	5:30 PM	Pine River-Backus.....	(H)
Dec. 5	5:45 PM	Kimball.....	(A)
Dec. 7	1:00 PM	Holdingsford.....	(A)
Dec. 10	5:45 PM	Swanville.....	(H)
Dec. 13	5:45 PM	St. John's Prep.....	(H)
Dec. 19	4:45 PM	Bertha-Hewitt.....	(A)
Dec. 20	TBD	Little Falls Tournament.....	(A)
Dec. 21	TBD	Little Falls Tournament.....	(A)
Jan. 2	5:45 PM	Braham.....	(H)
Jan. 6	5:45 PM	Belgrade-Brooten-Elrosa.....	(H)
Jan. 10	4:45 PM	Isle.....	(H)
Jan. 14	5:45 PM	Osakis.....	(A)
Jan. 17	4:30 PM	Browerville-Eagle Valley.....	(A)
Jan. 21	5:45 PM	Pierz.....	(A)
Jan. 24	1:00 PM	LPGE.....	(A)
Jan. 30	5:45 PM	Osakis.....	(A)
Jan. 31	5:45 PM	Hinckley-Finlayson.....	(A)
Feb. 1	1:00 PM	East Central.....	(H)
Feb. 4	5:45 PM	West Central Area.....	(H)
Feb. 6	5:45 PM	St. John's Prep.....	(A)
Feb. 11	5:45 PM	Verndale.....	(A)
Feb. 14	5:45 PM	LPGE.....	(H)
Feb. 18	5:45 PM	ACGC.....	(H)
Feb. 20	5:45 PM	Osakis.....	(H)
Feb. 28	5:45 PM	Browerville-Eagle Valley.....	(H)

### Girls' Basketball

Nov. 26	5:45 PM	Pierz.....	(A)
Dec. 6	5:45 PM	Osakis.....	(A)
Dec. 7	1:00 PM	Holdingsford.....	(A)
Dec. 10	5:45 PM	Verndale.....	(A)
Dec. 12	5:45 PM	Browerville-Eagle Valley.....	(H)
Dec. 17	5:45 PM	Swanville.....	(H)
Dec. 19	4:45 PM	Bertha-Hewitt.....	(A)
Dec. 20	1:00 PM	Little Falls Tournament.....	(A)
Dec. 21	1:00 PM	Little Falls Tournament.....	(A)
Dec. 27	2:00 PM	Hancock.....	(H)
Jan. 2	5:45 PM	Pillager.....	(A)
Jan. 10	4:45 PM	Isle.....	(H)
Jan. 14	5:45 PM	Kimball.....	(H)
Jan. 16	5:45 PM	LPGE.....	(A)
Jan. 17	4:30 PM	Browerville-Eagle Valley.....	(A)
Jan. 21	5:45 PM	Osakis.....	(H)
Jan. 28	5:45 PM	Belgrade-Brooten-Elrosa.....	(A)
Jan. 30	5:30 PM	Walker-Hackensack-Akeley.....	(A)
Feb. 1	1:00 PM	East Central.....	(H)
Feb. 3	5:30 PM	Pine River-Backus.....	(H)
Feb. 7	5:45 PM	Swanville.....	(A)
Feb. 11	5:30 PM	Hinckley-Finlayson.....	(H)
Feb. 13	5:45 PM	Melrose.....	(H)
Feb. 18	5:00 PM	Minneapolis Edison.....	(A)
Feb. 21	5:45 PM	LPGE.....	(H)

### Wrestling

Nov. 27	4:00 PM	Anoka.....	(A)
Dec. 7	10:00 AM	Andover.....	(A)
Dec. 13	4:30 PM	Brainerd.....	(A)
Dec. 17	5:00 PM	Parkers Prairie.....	(A)
Dec. 20	7:00 PM	Howard Lake-Wavely-Winsted.....	(A)
Jan. 11	9:30 PM	Royalton Invitational.....	(H-R)
Jan. 16	5:00 PM	Quad Meet.....	(H-R)
Jan. 18	10:00 AM	Hutchinson.....	(A)
Jan. 23	5:00 PM	Kimball.....	(A)
Jan. 24	5:00 PM	ACGC.....	(A)
Jan. 28	5:00 PM	LPGE.....	(A)
Jan. 30	5:00 PM	Belgrade-Brooten-Elrosa.....	(A)
Feb. 7	6:00 PM	Pierz.....	(H-R)



<b>Administration:</b> Vern Capelle, Superintendent Nick Klug, Dean of Students Mark Herbes, Athletic Director Colleen Harren, Business Mgr.	<b>School Board:</b> Dean Peterson Karin Nelson Ryan Thomas Trevor Soltis Stephen Roerick Andrew Wensmann
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