



# *Cardinal Country Highlights*

Upsala Area Schools District #487

*Every Student ... Every Day*

**FALL 2020**



Postage paid by  
Upsala Lions Club

District: (320) 573-2174

K-12: (320) 573-2175

(320) 573-2176

# **WELCOME BACK!**





## WELCOME BACK CARDINALS!!

Finally. After 5 ½ months without students, we are extremely excited to welcome students back to school on September 8th. The past months have brought about many changes due to the COVID-19 pandemic and we will have to implement many new practices

throughout the 2020-2021 school year. Even with all the modifications and adaptations that we will put in place, having the halls and classrooms of our school filled with students will be a welcome site. The daily routines will be changing, but one constant will remain...we will strive to provide high levels of learning and care for Every Student...Every Day!

As you are aware, we have been busy this summer developing multiple learning plans for 3 possible scenarios that we may be asked to implement this year. The 3 learning scenarios are:

- In-Person Learning
- Hybrid Learning - a blend of in-person and distance learning.
- Distance Learning

During the 2020-2021 school year, we will be expected to transition from one scenario to another based on local COVID-19 case rate data. We will be working closely with county public health officials to analyze the most timely data to make these determinations. Our primary goal is to provide in-person learning for all students as long as we can accomplish this while safeguarding the physical and mental health of our students and staff. If case rate data dictates that we transition away from in-person learning plans, we will implement our hybrid and distance learning plans with a focus on maintaining the continuity of learning for all students in an equitable manner. Students and parents/families have the option to choose a distance learning plan if not comfortable returning to school for in-person learning.

As mentioned above, safeguarding the physical and mental health of all students and staff is a high priority as we implement our learning plan. Health precautions we will be implementing in order to accomplish this are:

- Daily at-home screening of students and staff for COVID-19 symptoms - individuals will stay home if exhibiting symptoms
- Requiring face coverings for all students and staff -

- with accommodations where necessary
- Social distancing throughout the school building - signage will be placed throughout the school building
- Limitations on large group gatherings and capacity in large spaces.
- Routine hand washing and sanitizing.
- Enhanced cleaning/disinfecting/sanitizing routines
- Minimizing student movement throughout the school day
- Restricting building access to students and essential personnel only

I realize that some of these precautions may create inconveniences that we are not accustomed to, however, in order for us to pursue an in-person learning experience for our students, we must take the necessary steps to reduce the potential for local increases in COVID-19 cases. In addition, we have to prepare to mitigate transmission within the building in the event that one of our students or staff members contracts the virus.

The 2020-2021 school year will bring new experiences for all of us including a number of practices that we are required to implement. You may review our learning plans in the UAS Re-Entry Blueprint. As we progress through the school year, some of these practices will most likely need to be modified or adapted as new information becomes available. We are asking for your patience and understanding as we move forward in implementing our plans. One thing that is for certain, we will maintain our focus on our students and provide them with the best educational experiences possible every day. Our success depends on teamwork...all of us; students, staff, parents, etc, working together to ensure that the school year is successful. I am looking forward to working beside each of you every day in order to accomplish our goals. Please contact me if you have any questions or concerns. Cardinal Pride!!

*Vern Capelle*  
Superintendent





Greetings UAS Families, Here we are, another school year upon us! No doubt the 20-21 school year will be one like no other we have ever seen. There are many changes that we will experience this school year. The intent of these changes is to make sure that our students can return to school safely.

Many things will be different when students return to school. One of the big changes that we are implementing is a block schedule at the 7-12 grade level. The main reason for this is that in a block schedule classes are 90 minutes long. Therefore, we will have less student movement and interaction throughout the school day. One term you want to become familiar with when it comes to block schedules is the term “skinnies.” Skinnies are when students have two classes during one block. For example, if your child takes any College in Schools classes, they will have two college classes per block. On the junior high side, our 7th and 8th grade students will have skinnies first period for band, choir, art, and agriculture/shop courses. If students have one class in the ninety minute block, they will complete one years worth of course work in one semester. All students in grades 7-12 will receive their schedules in the mail before the start of the school year. Students can also log into JMC and see their schedules for the 20-21 school year. They can also contact me if they want to make schedule changes via email or phone. Students can make changes to their schedules up until September 14th.

Another change that we are implementing is how we move about the building during the school day. Students will be dismissed in a staggered fashion to prevent crowds of students from forming and keep hallways from being crowded. We will also be staggering bus drop off times so we do not get large groups of students coming in the main entrance at one time. Once in the building, students will report to their classrooms. Dismissal time at the end of the school day will be staggered as well.

Parent pick up and drop off will look different than it did in the past. At the time of this letter, the details are still being worked out. Parents will be notified on what the procedure will be. No students will be allowed in the building until 8am unless they have prior approval from administration.

The last major change I will discuss in this letter is the mask policy. Masks will be required for everyone in the building. All people who enter the building will need to have an approved face covering. Refusal to wear a mask will result in disciplinary action spelled out in the dress code policy.

As big as a challenge it has been to create all these changes, they are all worth it if it means getting our students safely back in the building! We as a staff are excited to have students back in our classrooms!

As always, if you have any questions or concerns, please contact me at school by phone 320-573-2175 or by email at [nklug@upsala.k12.mn.us](mailto:nklug@upsala.k12.mn.us)

Take care,  
*Nick Klug, K-12 Principal*



# May Students Of The Month

## ELEMENTARY STUDENTS OF THE MONTH

Ms. Peterson  
Raelyn Gross

Ms. Wolbeck  
Irria Theisen

Ms. Bengston  
Aleah Wolbeck

Ms. Fuchs  
Ruby Klug

Ms. Eichers  
Landon Carlson

Mr. Van Sloten  
Madison Goebel  
Ellie MacArthur

Mr. Riitters  
Abbi Eggert  
Owen Sobiech

Mr. Drill  
Anne Ripplinger

Ms. Klosowski  
Kalaeb Rene

Music  
Gabriel Hoffman

Phy Ed  
Dawson Floan  
Lucas Gerads

Art  
Gabriel Hoffman

Library  
6th Grade TAs

## SR HIGH STUDENT OF THE MONTH



Hayden Edstrom

### *Subject Students of the Month:*

English: Kris Biniek

Math: Rachel Ainali

Social Studies: Tyson Leners

Science: Anthony Nienaber

PE: Tabitha Oliver

Health: Hannah Luedtke

Ag/Voc Ed: Paige Gerads

Technology: Levi Lampert

Art: Hayden Edstrom

Music: Olivia Peterson

FACS: Ali Harren

World Language: Haley Opatz

AVID: Tyson Leners

## JR HIGH STUDENT OF THE MONTH



Beau Ripplinger

### *Subject Students of the Month*

English: Peyton Gerads

Math: Mason Eishens

Social Studies: Corryn McDermond

Science: Brayden Mack

PE: Dustin Yurczyk

Health: Allie Maciej

Ag/Voc Ed: Madison Tschida

Art: Hailie Luedtke

Music: Kira Poppenhagen

**WE WILL COME BACK STRONGER**

#WeWillComeBackStrongerMN

**Upsala  
Area  
Schools**

# Spring Semester Honor Roll

## "A" HONOR ROLL

### Grade 12

Amber Biniak  
Peyton Guthrie  
Raymond Kokett  
Laura Lange  
Michael Lange  
Constanca Lobo  
Tabitha Oliver  
Haley Opatz  
Collin Prom  
Abigail Ripplinger  
Alex Roerick  
Brandon Rohde  
Isaiah Wardlaw

### Grade 11

Noelle Allord  
Myra Arvig  
Anna Blonigen  
Anthony Boeckermann  
Tanisha Dingmann  
Nicholas Herzog  
Carter Johnson  
Shelby Krebs  
Grace Maciej  
Olivia Peterson  
Matthew Pundsack  
Audrey Thomas  
Journey Wenker  
Austin Wensmann  
Zoe Wiegiers  
Michael Young

### Grade 10

Rachel Ainali  
Brooklyn Bense  
Kristine Biniak  
Emily Blonigen  
Michael Blonigen  
Hayden Edstrom  
Christen Fouquette  
Gracie George  
Luke Harren  
Abigail Klein  
Levi Lampert  
Jessica Lange  
Chloe Mayer  
Julia Peterson  
Bennet Pundsack  
Christian Ripplinger  
Micah Ripplinger  
Kylie Roerick  
Taylor Soltis  
Nyah Walker

### Grade 9

Andrew Aleckson  
Silas Arvig  
Mitchell George  
Paige Gerads  
Alexis Gilbertson  
Axel Johnson  
Madalin Koetter  
Molly Leners  
Tyson Leners  
Hannah Luedtke  
Emma Scepaniak  
Savannah Stumpf  
Natalie Wensmann  
Bryce Westrich  
Mikal Woidyla Wood

### Grade 8

Bryce Binek  
Hunter Boeckermann  
Noah Boeckermann  
Brayden Bushaw  
Peyton Gerads  
Brenna Graves  
McKenna Graves  
Jacob Gunderson  
Daniel Kokett  
Dillon Krebs  
Kaylee Kremers  
Isabelle Leners  
Kaylea Loscheider  
Monica Nienaber  
Brooke Opatz  
Yesenia Payne  
Erica Roske  
Madison Tschida  
Alyssa Young  
Dustin Yurczyk

### Grade 7

Evelynn Aleckson  
Keyona Carlson  
Dominic Eggert  
Nicholas Guthrie  
Dakotta Hartsock  
Eli Johnson  
Eric Landowski  
Hailie Luedtke  
Allie Maciej  
Brayden Mack  
Corryn McDermond  
Brandon Mugg  
Samantha Pilarski  
Kira Poppenhagen  
Jack Primus  
Beau Ripplinger  
Isabel Ripplinger  
Eli Roerick  
Dakota Soltis  
Lois Wardlaw

## "B" HONOR ROLL

### Grade 12

Adam Blonigen  
Shanna Campbell  
Mathew Ellison  
Shayla Ganz  
Nathan Graves  
Aliison Harren  
Shannon Johnson  
Ethan LaRue  
Gage Loudon  
Carver McDermond  
Devin Prokott

### Grade 11

Paige Binek  
Shanna Dobmeier  
Darcey Hayes  
Alice Hebig  
Olivia Hollermann  
Angelena Horvath  
Ana Juarez-Lucio  
Damon Kleve  
Gavin Koetter  
Emma Kremers  
Gracie Leners  
Wil Leners  
Jonathan Mayer  
Ethan Moon  
Rebeka Snedker  
Dylan Yurczyk

### Grade 10

Kaitlyn George  
Logan King  
Riley Morrison  
Jake Muellner  
Jeremy Mugg  
Anthony Nienaber  
Emily Press  
Tyler Smieja  
Peyton Soltis  
Karlee Warga  
Wyatt Woidyla

### Grade 9

Ryan Johnson  
Max Lange  
Ty Poppenhagen  
Braedan Rene  
Hunter Steuck  
Aliah Warga

### Grade 8

Nathan Breth  
Lukus Daniel  
Alexis Eggert  
Mason Eischens  
Joseph Guthrie  
April Kimlinger  
Aden Warga  
Dylan Warga

### Grade 7

Lileana Daniel  
Olivia Kleve  
Joseph Steuck

# Meet the New Staff

## MS. THELL



Elizabeth "Izzy" Thell

What will you be teaching?  
5th Grade

Where were you born and raised?  
St. Joseph, MN

Where did you go to college/get your teaching license?  
College of St. Benedict

What hobbies/interests do you have outside of school?  
Reading, biking, traveling, camping, and fishing

Any thoughts about the upcoming school year?  
This upcoming school year will be challenging, but I am excited to start my first year of teaching.

## MS. TIFFANY



Hannah Tiffany

What will you be teaching?  
I will be teaching 7th, 8th, 9th, and 12th English.

Where were you born and raised?  
I was born and raised in Spearfish, South Dakota; although I spent all of my summers in Minnesota.

Where did you go to college/get your teaching license?  
University of Minnesota Duluth. I loved it so much!

What hobbies/interests do you have outside of school?  
D&D (Dungeons & Dragons), watching movies & TV shows, reading books, listening to music, writing, & dancing.

Any thoughts about the upcoming school year?  
I am very excited to meet my students and grow as an educator.

# School Supplies List

## Upsala Area Schools

### School Supplies

Upsala Area schools encourages each student to apply for and maintain a library card at Great River Regional Library. Please visit your local branch library to apply for a library card or update your existing card

**All PE classes' require a pair of tennis shoes to be worn during PE class**

*Special Education & Speech Students: Tissues, Pencils, 2 Container of disinfecting wipes*

*Speech-Language Pathologist Students: Tissues and Disinfecting wipes*

### Replenish supplies as needed

<p><b>Kindergarten</b>                  Box of Eight Crayons                  1 Glue Bottle                  Many Glue Sticks                  6 #2 Pencils                  6x9 Pencil Box                  Scissor                  Backpack                  Small Rug                  Blanket Or Kinder Mat - NO large blankets or sleeping Bags                  Large Tissue Box                  Clorox Disinfecting wipes                  Quart or Gallon Baggies  <b>DO NOT need: Headphones or extra shoes for PE</b></p>	<p><b>3rd &amp; 4th Grade</b>                  24 #2 Pencils                  Scissors                  Pencil Box OR Zippered Pocket                  2 Wide Ruled Notebooks                  Blue Folder                  Yellow Folder                  Red Folder                  Balck Folder                  Crayons                  Colored Pencils                  Markers                  Backpack (No Wheels)                  3 Glue Sticks                  Ruler                  Large Tissue Box                  Clorox Disinfecting wipes                  Highlighter                  2 Pairs of Earbuds                  Expo Multi Colored Markers with Eraser</p>	<p>2 0 2 0 - 2 0 2 1 F i r s t D a y S e p t e m b e r 8 t h</p>	<p><b>All Middle &amp; High Schoolers</b>                  6 #2 Pencils                  1 Notebook with Perforated Pages for each class                  1 Folder or Binder with Pockets for each class                  Markers                  Glue Stick                  Pens                  Scissors                  Colored Pencils                  Ruler                  3 Ring Binder                  Protractor &amp; Compass                  2+ Pink Erasers                  Non-Spiral Notebook                  Scientific Calculator with Probability - TI84                  Recommended or Graphing Headphones                  50+ Notecards                  3 Mechanical .7 Lead Pencils                  Sharpie                  Sketchbook                  2 Wooden Pencils                  1 Book Cover                  Pencil Box or Bag</p>	<p><b>Tech/Engineering Classes</b>                  Safety Glasses                  Hand Sanitizer  <b>Ag/Shop Classes</b>                  Safety Glasses Required                  Calculator                  Tape Measure                  Pliers (Welding Class only)                  Sturdy Ruler                  Mechanical Pencils  <b>NO LOOSE CLOTHES OR HAIR</b>  <b>Welding Students: Non-Flammable Clothing &amp; Closed shoes - NO SHORTS</b>  <b>English Class</b>  <b>11th &amp; 12th Grades</b>                  Bring own Computer otherwise one will be provided  <b>HS PE Classes</b>                  GYM Clothes: T-shirt, shorts, sweats, socks, shoes for gym only                  Deodorant                  Towel / Shower Items  <b>HS Math Classes</b>                  TI 84 is used on MCAs  <b>AVID 9th Grade</b>                  AVID &amp; Math Supplies will be provided  <b>WIN Class</b>                  Tissue Box  <b>Special Items for FACS &amp; ART:</b>                  Classes will send home a notice of any additional Fees or Project Supplies needed prior to Project start Date - all other supplies are listed on the left</p>
<p><b>1st Grade</b>                  4oz Glue                  6 Large OR 9 Small Glue Sticks                  2 Folders with Pockets                  1 1" Binder with front sleeve                  24 (or Less) Box of Crayons                  8 Basic Color Markers                  10 #2 Pencils                  2 Pink Erasers                  2 Expo Fine Tip Markers                  6x9 Pencil Box                  1 Spiral Notebook                  Scissors                  Paint Shirt                  Backpack (No Wheels)                  Large Tissue Box                  Clorox Disinfecting wipes                  Sandwich or Quart Baggies</p>	<p><b>5th &amp; 6th Grade</b>                  Issued School Planner Will be supplied to each student                  Pencil Box OR Zippered Pocket                  6 #2 Pencils with Erasers                  3 Mechanical .7 lead Pencils                  4 Red Ink Pens                  Colored Pencils &amp;/OR Markers                  Highlighter                  Non-Point Scissors                  1 Glue Stick                  4 Notebooks                  1 1/2" 3 Ring Binder                  Pocket Folders For Each Class                  Calculator (big display)                  Protractor and Compass                  12" Ruler with Centimeter Earbuds                  2 Large Tissue Boxes                  Clorox Disinfecting wipes                  Backpack (No Wheels)                  Deodorant for PE                  Tennis Shoes for PE</p>		<p><b>STUDENTS</b>                  Please Supply Mask, Hand Sanitizer, &amp; Tissues</p>	
<p><b>2nd Grade</b>                  Backpack (No Wheels)                  24 #2 Pencils                  2-3 Pink Erasers                  4oz Glue &amp; 4-5 Glue Sticks                  Earbuds / Headphones                  Scissors                  12" Ruler with Centimeters                  Crayons &amp; Markers                  1 Wide-Rule Notebook                  Pencil Box OR Zippered Pocket                  2 Folder with Pockets                  2 Expo Fine Tip Markers                  Large Tissue Box                  Clorox Disinfecting wipes</p>				

**LUNCH**

**SEPTEMBER 2020**  
UPSALA AREA SCHOOLS

BREAKFAST IS FREE FOR ALL STUDENTS! All meals served meet the nutritional standards established by the USDA. Menus subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Happy Labor Day!</b></p> <p>7</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>*Assorted Cereal</p> <p>*Italian Pasta (K-6) or egg roll, carrot coins, fresh veggies, bread stick(J/HS) fresh/canned fruit</p> <p>14</p>	<p>*Yogurt w/granola</p> <p>*Corn Dog(K-6) or Hamburger on a bun, baked beans, fresh veggies, fresh / canned fruit</p> <p>8</p>	<p>*Assorted Fruitdels</p> <p>*Chicken nuggets(K-6) or Turkey wrap, tiny whole potatoes, carrot coins, fresh veggies, fresh/canned fruit</p> <p>9</p>	<p>*Poplart</p> <p>*Taco in a bag (K-6) or Chicken fajita, taco fixings, corn, fresh/canned fruit</p> <p>10</p>	<p>*Waffles</p> <p>*Cheese pizza(K-6) or mandarin orange chicken w/rice steamed peas, fresh veggies, bread slice (HS), fresh/canned fruit</p> <p>11</p>
<p>*Banana Bread Slice</p> <p>*Sloppy Joe on a bun (K-6) or Turkey on flatbread, carrot coins, fresh veggies, fresh/canned fruit</p> <p>21</p>	<p>*Chocolate Chip Muffin</p> <p>*Chicken patty(K-6) or pizza burger on a bun, baked beans, fresh veggies, fresh/canned fruit</p> <p>15</p>	<p>*Unorustibles</p> <p>*California burger(K-6) or BBQ pulled pork, potato salad, 4 way veggie, fresh /canned fruit</p> <p>16</p>	<p>*Assorted Bagels</p> <p>*Tator bowl(K-6) or Salisbury steak, mashed potatoes, corn, fresh veggies, fresh/canned fruit</p> <p>17</p>	<p>*Mini Pancakes</p> <p>*Bosco sticks w/sauce(K-6),or Ham Wrap, seasoned peas, fresh veggies, bread slice (HS), fresh/canned fruit</p> <p>18</p>
<p>*Yogurt w/granola</p> <p>*Hamburger on a bun,(K-6) or Ham Deli on a bun, cheese slice, tri-talers, 4-way veggie, fresh veggies, fresh/canned fruit</p> <p>28</p>	<p>*Poplart</p> <p>*Max Sticks w/sauce(K-6) or Pepperoni Pizza, green beans, fresh veggies, fresh /canned fruit</p> <p>22</p>	<p>*Waffle</p> <p>*Hamburger gravy,(K-6) or pork gravy, mashed potatoes, corn, bread slice (J/HS), fresh/canned fruit</p> <p>23</p>	<p>*Mini Pancake</p> <p>*Hot Dog on a bun,(K-6) Grilled Chicken Patty on a bun, baked beans, fresh veggies, fresh/canned fruit</p> <p>24</p>	<p>*Assorted Snack Bread</p> <p>*Mini Corn Dogs (K-6) or rib patty, 4 way veggie, bread slice, fresh veggies, fresh/canned fruit</p> <p>25</p>
<p>*Assorted Fruitdels</p> <p>*Chicken Strips, (K-6) or Cheese quesadilla, baked beans, fresh veggies, fresh/canned fruit</p> <p>29</p>	<p>*Poplart</p> <p>*Taco in a bag,(K-6)or chicken fajita, taco fixings, corn, fresh veggies, fresh/canned fruit</p> <p>30</p>			

**Lunch Menu**

**Nondiscrimination Statement:** This explains what 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

**MY SCHOOL Bucks** PAY FOR MEALS ONLINE  
MySchoolBucks.com



## *Upsala Area Schools*

Independent School District No. 487  
415 South Main Street  
Upsala, MN 56384

*Serving . . . The Elmdale, St. Francis, and Upsala Area*

Nick Klug  
K-12 Dean of Students  
Elementary: 320-573-2175

Vern Capelle  
Superintendent/Principal of Schools  
District Office: 320-573-2174  
Fax: 320-2175

Colleen Harren  
Head Bookkeeper  
High School: 320-573-2175

Dear Parent/Guardian:

The Educational Benefits is an application we ask that you to fill out each year. The Educational Benefits application determines programs that the school is eligible for this includes but not limited to; Free/Reduced price meals, Pre-school Funding, Summer Food Program, Special Circumstance Funding, other Education Funds and Discounts.

To apply, complete the enclosed application for Educational Benefits following the instructions. It is also available Online through your JMC Parent Portal. Completing the application this way the system does not share income information with the school. The school only sees the approval or denial status and letter. A new application must be submitted each year and will carry over one month into the new year.

Once you qualify for Free or Reduced meals, due to the State Funding those student(s) would receive school meals at no charge. State funds also help to pay for breakfasts for kindergarten students, therefore we are able to extend this service to all students at no charge to our families.

**Who should I include as household members?** Include yourself and all other people living in the household, related or not (such as grandparents, other relatives, or friends).

**What if my income is not always the same?** List the amount that you normally get. If you normally get overtime, include it, but not if you get overtime only sometimes.

**Will the information I give be checked?** Yes, each year there is a verification process the school is required to complete and we may request written proof.

**How will the information be kept?** Information you provide on the form, and your child's approval status for school meal benefits, will be protected as private data. Your child's approval status for school meal benefits may be shared with other nutrition, education or health programs that offer benefits based on approval for school meals. Let us know if you do not want your information shared for benefits from other programs.

Students attending schools that participate in the Community Eligibility Provision, Provision 2 or Provision 3 will receive school meals at no charge regardless of income. Due to yearly verification process an application needs to be received by the school each year. Those families are listed below with brief explanation.

**Directly certified students:** (Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Food Distribution Program on Indian Reservations (FDPIR), Woman's Infant Children's Program (WIC)

**Foster Students:** Children who are recognized through a county or state agency

**Homeless, migrant or runaway students:** Your family is not required to be a U.S. citizen to receive benefits

**Head Start/Even Start/Early Start participants**

**Recipients of the Food Distribution Program on Indian Reservations (FDPIR)**

Return your completed Application for Educational Benefits to:  
Upsala Area Schools, PO Box 190, Upsala, MN 56384

If you have other questions or need help, call Melanie Daniel at (320) 573-2174 Ext. 101.

Sincerely,



Vern Capelle  
Superintendent/Principal

*Positive Attitudes Create Excellence*

## How to Complete the Application for Educational Benefits

Complete the Application for Educational Benefits form for school year 2020-21 if any of the following applies to your household:

- Any household member currently participates in the Minnesota Family Investment Program (MFIP), or the Supplemental Nutrition Assistance Program (SNAP), or the Food Distribution Program on Indian Reservations (FDPIR) or
- The household includes one or more foster children (a welfare agency or court has legal responsibility for the child) or
- The total income of household members is within the guidelines shown below (**gross earnings before deductions**, not take-home pay). Do not include as income: foster care payments, federal education benefits, MFIP payments, or value of assistance received from SNAP, WIC, or FDPIR. Military: Do not include combat pay or assistance from the Military Privatized Housing Initiative. The income guidelines are effective from July 1, 2020 through June 30, 2021.

**Maximum Total Income**

Household size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	23,606	1,968	984	908	454
2	31,894	2,658	1,329	1,227	614
3	40,182	3,349	1,675	1,546	773
4	48,470	4,040	2,020	1,865	933
5	56,758	4,730	2,365	2,183	1,092
6	65,046	5,421	2,711	2,502	1,251
7	73,334	6,112	3,056	2,821	1,411
8	81,622	6,802	3,401	3,140	1,570
Add for each additional person	8,288	691	346	319	160

### Step 1: Children

List all infants and children in the household, their school and grade if applicable, and birthdate. Attach an additional page if needed to list all children. Check the box if a child is in foster care (a welfare agency or court has legal responsibility for the child).

### Step 2: Case Number

If any household member currently participates in SNAP, MFIP or FDPIR, write in the case number and then go to Step 4. If you do not participate in any of these programs, leave Step 2 blank and continue on to Step 3.

### Step 3: Adult and Child Incomes / Last 4 Digits of Social Security Number

- **Social Security Number/Total Household Members.** An adult household member must provide the last four digits of their Social Security number or check the box if they do not have a Social Security number. Report the total number of household members and ensure all household members are listed individually on the application in the child or adult section as applicable.
- **Child Income.** If any children in the household have regular income, such as SSI or part-time jobs, list the total amount of regular incomes received by all children, and check the box for the frequency: weekly, bi-weekly, twice a month, or monthly. Do not include occasional earnings like babysitting or lawn mowing.
- **Adult income.** Report the names of adult household members and income earned in this section.
  - List all adults living in the household not listed in Step 1, whether related or not, such as grandparents, relatives, or friends.
  - **Gross Earnings from Work.** This is usually the money received from working at jobs where a paycheck is received. For each income, check the box to show how often the income is received: weekly, bi-weekly, twice per month, or monthly.
  - List gross incomes before deductions, not take-home pay. Do not list an hourly wage rate. For adults with no income to report, enter a '0' or leave the section blank. For seasonal work, write in the total annual income.
  - **Are you Self-Employed or a Farmer?** List the net income per month or year after business expenses. Do not list the same income twice on the application. A loss from farm or self-employment must be listed as 0 income and does not reduce other income.
  - **Any Other Gross Income.** List gross incomes before deductions from all other sources, such as SSI, unemployment, child support, public assistance, social security, rental income or annuities.

**Step 4: Signature and Contact Information** An adult household member must sign the form. If you do not want your information to be shared with Minnesota Health Care Programs, check the "Don't share" box in Step 4.

**Optional:** Please provide the information on ethnicity and race that is requested on the second page of the form. This information is not required and does not affect approval for school meal benefits. The information helps to ensure we are meeting civil rights requirements and fully serving our community.

# Free/Reduced Price Meals



## 2020-21 Application for Educational Benefits

Complete one application per household for all children. Please use pen (not a pencil). Mail or return completed form to: (School/District Information)

**STEP 1: List ALL Household Members who are infants, children, and students up to and including grade 12** (if more spaces are required for additional names, attach another sheet of paper).

**Definition:** A Household Member is "Anyone living with you and shares income and expenses, even if not related." Children in foster care are eligible for free meals. Read *How to Complete the Application for Educational Benefits* for more information. Adults over grade 12 living in the same household should be reported in Step 3. If your children attend different districts or charter/nonpublic schools, return an application at each one.

Child's First Name (list all children in household)	MI	Child's Last Name	School	Grade	Birthdate	Foster Child (Y)
NA	NA	NA	NA	NA	NA	<input type="checkbox"/>
NA	NA	NA	NA	NA	NA	<input type="checkbox"/>
NA	NA	NA	NA	NA	NA	<input type="checkbox"/>
NA	NA	NA	NA	NA	NA	<input type="checkbox"/>
NA	NA	NA	NA	NA	NA	<input type="checkbox"/>

**STEP 2: Do Any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, WFP or FDIPIR? Medical assistance does not qualify. If NO > Go to STEP 3.**

If YES - Enter SNAP, WFP or FDIPIR Case Number (between 4-9 digits, do not report EBT card number) \_\_\_\_\_ then go to STEP 4 (Do not complete STEP 3)

**STEP 3: Report Income for ALL Household Members** (Skip this step if you answered 'Yes' to STEP 2)

- A. Last Four Digits of Social Security Number (SSN) of Adult Household Member:** XXXX-XX- **Or Check if Adult has NO SSN:**  **Total Number of All Household Members (Children + Adults)**
- B. Child Income:**

Sometimes children in the household earn or receive income, such as from a part time job or SSI. Please include the TOTAL income received by all children listed in STEP 1. Do not include income received by adults in the box to the right.

Total Income Received by All Children	Weekly	Bi-weekly	2x Month	Monthly
\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**C. All Adult Household Members (including yourself).** For each Household Member listed, if they do receive income, report total gross income only. If they do not receive income from any source, write '0' or leave any fields blank. You are certifying (promising) that there is no income to report. Not sure what income to include here? Flip the page and review "Sources of Income" for information. "Sources of Income" will help you with the Child Income section and All Adult Household Members section.

Names of All Adult Household Members (First and Last)	Gross Earnings from Working at Jobs				Report income before deductions or taxes in whole dollars (no cents).	Are you Self-Employed or a Farmer?			Any Other Gross Income			
	Weekly	Bi-weekly	2x Month	Monthly		Monthly	Yearly	Net Income from Farm or Self-Employment. Do not duplicate elsewhere.	Weekly	Bi-weekly	2x Month	Monthly
NA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
NA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
NA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
NA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____

**STEP 4: Contact information and adult signature.** I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws.

I have checked this box if I do not want my information shared with Minnesota Health Care Program as allowed by state law.

Printed name of adult signing form \_\_\_\_\_ Daytime Phone \_\_\_\_\_  
 Street Address (if available) \_\_\_\_\_ Apt# \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

SIGN HERE: Signature of Household Adult \_\_\_\_\_ Date \_\_\_\_\_

Do Not Fill Out: For School Office Use Conversions to Annualize All Income:	All Total Income (include child and adult income)				Verified? Attach Tracker	Household Size:						
	Weekly	Bi-weekly	2X Month	Monthly		Annualize	Categorical Eligibility	Free	Reduced	Denied		
X52	<input type="checkbox"/>	X26	<input type="checkbox"/>	X24	<input type="checkbox"/>	X12	<input type="checkbox"/>	X1	<input type="checkbox"/>	Free After Verified	Reduced After Verified	Denied After Verified
\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Date: _____	Date: _____	Date: _____
Determining Official Signature: _____ Date: _____												
Confirming Official Signature: _____ Date: _____												

### ACT with Writing Assessment

The ACT with writing is a national assessment that provides information to students, their families, and the district, regarding the level of preparedness for postsecondary success. The assessment is given on paper and must be administered on the assigned test date.

Upsala Area Schools will offer this assessment to any senior student in the Class of 2021 on Tuesday, October 6th. Testing will begin promptly at 8:30AM and run until approximately 2:00pm.

If you have questions concerning the test, please contact Jayne Glaser at 320-573-2174.

### Testing Date and Time

October 6, 2020

8:30am - 2:00pm

Upsala High School



## Dollars for Scholars

\*\*\* HELP NEEDED \*\*\*

Upsala Dollars for Scholars is looking for new committee members and leadership. We have successful and fun DFS fundraisers but the time has come for a new group to do this. Please contact Colleen Harren at 320-573-2174 or Karin Nelson at 320-573-2151 with questions or if you would be willing to become a part of this worthy cause.



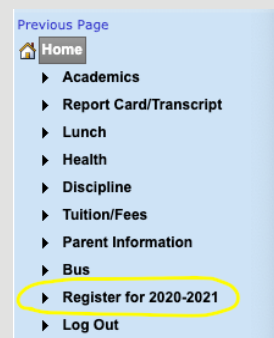
### Please Register For 2020-2021 School Year!

The State has changed a few things this year and we need to make sure your children's information is up to date.

Log into your JMC Parent Portal making sure the School Year is 2020-2021

Then click on Register for 2020-2021 on the left hand side

This is also a great way to fill out the Free/Reduced Lunch form discreetly, the office only sees "Approved" or "Denied" status.

 This is a screenshot of the JMC Student Record Management Software login page. At the top, it says 'JMC INC. STUDENT RECORD MANAGEMENT SOFTWARE'. Below that, there is a dropdown menu for 'School Year' set to '2020-2021'. There are input fields for 'Username:' and 'Password:'. A checkbox labeled 'Change password' is present. At the bottom, there is a 'Language' dropdown set to 'English' and a blue 'Login' button. Links for 'Forgot your password?' and 'Forgot your username?' are also visible.


# Census Information

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Superintendent  
Mr. Vern Capelle



Dean of Students  
Mr. Nick Klug

Upsala Area Schools District 487  
Positive Attitudes Create Excellence

## Census Request

This data is necessary in order to calculate funding for the School Readiness Program (Minn. Stat. 123D.16) and the Early Childhood Family Education Program (Minn. Stat. 124D.135). Districts are required to submit the number of children ages 0-4 as of September 1, of each year, who are residing in their district as of October 1. The deadline for reporting these counts is December 1 of each year.

School District: \_\_\_\_\_ Family Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

County: \_\_\_\_\_

Requesting the following information for your home

Child's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male Female

Child's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male Female

Child's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male Female

Child's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male Female

Child's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male Female

Child's First Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male Female

**Please call with any questions: 320-573-2174**

**Please send the document via**

**In person: 415 main street Upsala, MN 56384**

**Mail: Po Box 190 Upsala, MN 56384**

**Email: [mdaniel@upsala.k12.mn.us](mailto:mdaniel@upsala.k12.mn.us)**

**Fax: 320-573-2173**

<https://sites.google.com/a/upsala.k12.mn.us/community-ed/>



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.

The screenshot shows a multi-step registration form. The top section displays class details: 'AR - Summer Reading', Class #: 5/18 0548, Group: Comm Ed SU/Up, Date: 6/4/2019 - 8/1/2019, Days: Tu, We, Th, Time: 9:00 AM - 11:00 AM, and Location: Upsala Elementary Core Eckstrom Elementary Media Center. A red circle highlights a 'CLICK HERE to Register for this Class' link. The next section asks 'Who are you registering?' with options for '(self)', '(other)', and 'A New Person'. Below this are fields for Address, City, State, and Zip. A 'Phone Numbers' section includes a note that one phone number is required and fields for Home and Work phone numbers. A disclaimer states that activities will be held when school is cancelled or closed due to bad weather, and that registrants will be notified of cancellations. At the bottom, two buttons are circled in red: 'Add and Go To Shopping Cart' and 'Add and Continue To Shop'.

The screenshot shows the 'Review & Submit' page. It has a 'BILLING' section with an 'EDIT' button. Below that is a 'BILL TO:' field. The 'ITEMS' section lists 'AR - SUMMER READING' for \$0.00 with a quantity of 1. It also shows the dates '06/04/2019 - 08/01/2019 9:00 AM' and the location 'June 4 - August 1 ino meetings July 1-5 Tuesdays & Wednesdays: 9:00 11:00 am Thursdays: 6:00 8:00 pm Cora Eckstrom Elementary Media Center'. A green 'PLACE ORDER' button is at the bottom.

## Drivers Training



As of this writing we have Drivers training back in the classroom this fall.

The dates are Oct 12-16 & Oct 19-23 from 6-9pm.

You can register online. Behind the wheel is included in the cost and can be scheduled with Today's Driving School following completion of the class.

## Firearms Safety



Firearms safety will be September 24 & 25 this fall. You can register online.

The 24th is the classroom session from 7-9pm and parents must attend to fill out paperwork. The 25th will be the field test after school.

Students **MUST** complete the online safety course prior to the classroom session: <https://www.huntercourse.com/usa/minnesota/>

## 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



### FRIENDS OF THE LIBRARY

Join the group that makes the library GO! Help us raise funds and awareness of library programs. Friends meets the fourth Monday of each month.

Perks include meeting authors behind the scenes and hosting great craft classes!



**CURBSIDE:  
YES!**

Call 320-573-4282 When You Arrive

**IN LIBRARY BROWSING:  
YES!**

20-30 Minutes

14 Person Limit in the Library

**COMPUTER RESERVATIONS:  
YES!**

1 Hour Limit Per Day

**MASKS ARE REQUIRED**



**Borrow  
the  
Internet!**

**Checkout  
a mobile  
hotspot  
for FREE  
for 7 days**



**Anyone wishing to check out a mobile hotspot will need to have a current Great River Regional Library account in good standing.**

You can borrow a mobile hotspot for up to 7 days at select locations.

Mobile hotspots are available on a first-come/first-served basis.

Return the mobile hotspot directly to library staff.



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

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

OR CURRENT RESIDENT



[www.upsala.k12.mn.us](http://www.upsala.k12.mn.us)  
 320-573-2174

July 2020						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
August 2020						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
September 2020						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
October 2020						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
November 2020						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					
December 2020						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Aug 3-6, 10-13 Kindergarten Readiness  
 Aug 31, Sep 1-2 Teacher Workshop  
 Sep 2 K-12 Open House • 4:00 to 8:00 pm  
 Sep 7 Labor Day • No School  
 Sep 8 Classes Begin for K-12 Students  
 Oct 9 Early Release • Staff PD  
 Oct 15-16 No School • Fall Break  
 Nov 6 End of Quarter 1  
 Nov 9 No School • Trade Day  
 Nov 10 Start of Quarter 2  
 Nov 12 & 16 K-12 Parent Conferences • 3:30-7:30 pm  
 Nov 25 Early Release • Trade Day  
 Nov 26-27 Thanksgiving Break  
 Dec 23 Early Release • Staff PD  
 Dec 24 - Jan 3 Holiday Break  
 Jan 4 K-12 Classes Resume  
 Jan 15 End Semester 1/Quarter 2  
 Jan 18 In-Service • No School for Students  
 Jan 19 Start of Spring Semester/Quarter 3  
 Feb 12 In-Service • No School for Students  
 Feb 15 Presidents Day • No School  
 Mar 19 End of Quarter 3  
 Mar 22 No School • Mid-Semester Break  
 Mar 23 Start of Quarter 4  
 Mar 25 & 29 K-12 Parent Conferences • 3:30-7:30 pm  
 Apr 1 No School • Trade Day  
 Apr 2, 5-6 No School • Spring Break  
 May 29 Commencement • 1:30 pm  
 May 31 Memorial Day • No School  
 Jun 3 Last Student Day • Early Release  
 Jun 4 Teacher Workshop

Student Days (S) = 172 Teacher Days (T) = 180

Month	S	I	Month	S	I
Aug	0	1	Jan	19	20
Sep	17	19	Feb	18	19
Oct	20	20	Mar	22	22
Nov	18	19	Apr	18	19
Dec	17	17	May	20	20
			June	3	4

**Quarters/Semesters**

Quarter 1: September 8 - November 6 42 Days  
 Quarter 2: November 10 - January 15 40 Days

Fall Semester = 82 Days

Quarter 3: January 19 - March 19 42 Days  
 Quarter 4: March 23 - June 3 48 Days

Spring Semester = 90 Days

January 2021						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						
February 2021						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						
March 2021						
Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
April 2021						
Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
May 2021						
Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
June 2021						
Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Summer Kdg Readiness  
 No School for Students/Staff  
 Start/End of Quarter/Semester

Teacher Workshop/In-Service  
 Early Release - Students dismissed at Noon  
 K-12 Parent-Teacher Conferences  
 Commencement

**2020-21 Weather Make Up Days**

- First Day - No Make Up
- Second Day - January 18, 2021
- Third Day - February 12, 2021
- Fourth Day - February 15, 2021
- Fifth Day - March 22, 2021

**School Board:**  
 Dean Peterson  
 Karin Nelson  
 Ryan Thomas  
 Trevor Soltis  
 Stephen Roerick  
 Andrew Wensmann

**Administration:**  
 Vern Capelle, Superintendent  
 Nick Klug, Dean of Students  
 Mark Herbes, Athletic Director  
 Colleen Harren, Business Mgr.