



Cardinal Country Highlights

Upsala Area Schools District #487

Every Student ... Every Day

FALL 2021



Postage paid by
Upsala Lions Club

District: (320) 573-2174

K-12: (320) 573-2175

(320) 573-2176

GETTING READY FOR

FALL!





2021-2022 School Year Preparations

The 2021-2022 school year is almost upon us and we have been busy preparing for our students and staff to return. As you know, the 2020-2021 school year presented us with unprecedented conditions for operations and programs. To state that we persevered through the last school year is an understatement. Once

again, I have to give a lot of credit to our students and our staff for their resiliency throughout this pandemic. Needless to say, I think we're all ready to leave the 2020-2021 school year and the COVID pandemic behind us as we look toward the 2021-2022 school year. At the time of this writing, we are preparing for a traditional school year without the need for face coverings and other pandemic protocols in place. We will implement specific practices to ensure the health and safety of our students and staff based on guidance from Morrison County Public Health, the MN Dept of Education (MDE) and the MN Dept of Health (MDH) which will include appropriate spacing, reduced class sizes and enhanced cleaning and sanitizing of all areas of our building. In addition, we are planning for a distance/blended learning option for students based on guidance from MDE. More information on the options available will be forthcoming as we finalize the specific details.

In preparing for the upcoming school year, we are also planning to implement a wrap-around school age child care program. The program will be designed to provide before and after school child care for UAS students. More information will be forthcoming as we finalize the details of the program.

Application for Educational Benefits- We Need Your Help

You may or may not be aware, but one of the annual tasks we ask of you is the completion of the Application for Educational Benefits. This form allows families to apply for benefits that include Free and Reduced Lunches. In addition to providing the students with this benefit, the MN Dept of Education uses the completion of this application as a factor in determining the amount of funding our District receives. In short, the more applications we have completed, the more funding we receive. This funding stream has been negatively impacted by the pandemic and in order to restore our funding to pre-pandemic levels, we need you to complete this form. Forms are available on the District website and will be available during our back to school activities and open house. If you have questions or need assistance in completing the application, please contact the District office at 320-573-2174. This process is completely private and confidential.

Maintenance and Capital Improvement Projects.

Every summer, our summer maintenance crew is busy preparing the facilities for the return of students and staff. This summer, in addition to our annual deep cleaning tasks, we have also added some maintenance projects as part of our long-term facilities maintenance plan. This plan, required by State statute, enables the District to use funding specifically dedicated for facilities maintenance to maintain, and prevent erosion of, existing facilities. This revenue stream has enabled the District to complete essential projects without redirecting funding away from other programming. We are very fortunate that our District has quality facilities for our students and community members and one of our major goals is to maintain our facilities in the best possible condition for many years to come. Our projects this summer include cleaning and polishing the commons floor, gym floor finish re-coats, repair of the retaining wall by the loading dock, flooring replacement, roof repair and replacement, and replacement of a significant number of window coverings throughout the building. We have a number of additional capital improvements and major maintenance items to complete and we need your help. We will be asking District voters to approve our capital facilities project plan this November with another bond referendum question. I assure you that we are not asking for extravagance, but to meet the needs that were identified through a facility needs assessment. These projects are too large for us to plan for using long-term facilities maintenance funding alone. The project plans include additions to the building and facilities to enhance security and efficiency of use. The maintenance projects include necessary replacement/upgrades of roofs, HVAC systems, and classroom spaces. One of the main strategic goals of our District is to be fiscally responsible with the funding we receive. I believe that we have met this goal each year and will continue to do so in the future. More information on the specifics of the capital projects will be provided in the near future. Stay tuned.

Each year, as the first day of school approaches, I get excited for the potential of what's to come. This year even more so. I am excited to see our students return, and to meet the new students that will join our school community. I get excited to see our classrooms active and busy again. I get excited to watch our students compete and perform, and to share in their successes throughout the year. One of my favorite quotes is from tennis player Arthur Ashe, who said, "Success is a journey, not a destination. The doing is often more important than the outcome." I am blessed to be able to share this journey with our students and community and look forward to another great school year. As always, please feel free to contact me with any questions or concerns that you may have.

Vern Capelle
Superintendent



Greeting UAS Families,

The 2021-2022 school year is right around the corner! At the time I am writing this for the district newsletter, it looks like we could see a normal start to the school year.

Open house will be in person from 4 to 8 on September 1st. That

evening we will also have 7th grade and 7-12 new student orientation at 6pm. You should have received a letter with information regarding orientation. If you have not and are a new student or are a current student going into 7th grade, please contact the main office.

All pick up and drop off will be at the main door (door A) and all other entrances will be locked. There will be no more pick and drop off at the elementary entrance. Parents will be able to pick up their child(ren) in the main commons at dismissal time.

The school day will be from 8:15 to 3:10. All students 7-12 will be dismissed at 3:10 and Prek-6 will stagger their dismissal as they have in the past.

High School will return to the 7 period day with WIN time built in.

We will be offering daycare for school aged Prek-6. More information will be shared with families in early August.

Breakfast and lunch will remain free for the 21-22 school year. If you have a negative lunch account from prior years please pay that in full or make arrangements with the office for a repayment plan.

If you have any transportation changes for the upcoming school year, please notify the office as soon as possible so our drivers can get their routes sorted out.

As the school year nears, we will be sending out a letter to all families in the district with more information and a finalized plan for the 21-22 school year.

I hope everyone enjoys the rest of the summer!

Take care,
Nick Klug,
K-12 Principal
Upsala Area Schools

Every Student...



... Every Day!

**HIGH SCHOOL
SPORTS
PRACTICES
BEGIN**

AUGUST 16

Contact the school office
if you have questions

May Students Of The Month

ELEMENTARY STUDENTS OF THE MONTH

Ms. Peterson
Owen Fuchs
Lynell Larson

Ms. Wolbeck
Levi Stuns
Wesley Tschida

Ms. Bengston
Logan Ley

Ms. Fuchs
Wayne Bloom

Ms. Duclos
Cam Loudon

Mr. Van Sloten
Drew Benson

Mr. Riitters
Riley Kerfeld
Bella Warga

Ms. Thell
Nevaeh Thompson

Ms. Klosowski
Lucy Aleckson

Music
Evan Swanson
Abby Rakotz

Phy Ed
Riley Klasen
Evan Swanson

Art
Leah Fruechte

Library
Carter Harren

SR HIGH STUDENT OF THE MONTH



Olivia Peterson

Subject Students of the Month:
English: Audrey Thomas
Math: Michael Blonigen
Social Studies: Brooke Opatz
Science: Claire Arvig
PE: Hailie Luedtke
Health: Alex Blonigen
Ag/Voc Ed: Jeremy Mugg
Technology: Brayden Bushaw
Art: Claire Arvig
Music: Aliah Warga
FACS: Dylan Yurczyk
World Language: Mitchell George

JR HIGH STUDENT OF THE MONTH



Allie Maciej

Subject Students of the Month
English: Kira Poppenhagen
Math: Vance Benson
Social Studies:
Science: Yovanni Juarez Lucio
PE:
Health:
Ag/Voc Ed: Aiden Brannan
Art: Hailie Luedtke
Music: Kira Poppenhagen

Activity Students of the Month

Boys Track: Michael Young, Girls Track: Alyssa Young
Softball: Gracie Leners, Drama: Olivia Hollermann

U OCT 3-8

HOMECOMING 2021



"A" HONOR ROLL

Grade 12

Noelle Allord
Myra Arvig
Tanisha Dingmann
Tommaso Filagrana
Carter Johnson
Shelby Krebs
Olivia Peterson
Audrey Thomas
Zoe Wiegers
Michael Young

Grade 11

Rachel Ainali
Brooklyn Bense
Kristine Biniek
Christen Fouquette
Gracie George
Luke Harren
Katerina Jensen
Logan King
Levi Lampert
Bennet Pundsack
Christian Ripplinger

Grade 10

Andrew Aleckson
Silas Arvig
Paige Gerads
Alexis Gilbertson
Ryan Johnson
Madalin Koetter
Tyson Leners
Hannah Luedtke
Emma Scepaniak
Savannah Stumpf
Aliah Warga
Natalie Wensmann
Mikal Woidyla Wood

Grade 9

Claire Arvig
Bryce Binek
Noah Boeckermann
Brenna Graves
Jacob Gunderson
Daniel Kokett
Dillon Krebs
Isabelle Leners
Monica Nienaber
Brooke Opatz
Erica Roske
Alyssa Young

Grade 8

Evelynn Aleckson
Dominic Eggert
Hailie Luedtke
Allie Maciej
Brayden Mack
Corryn McDermond
Samantha Pilarski
Kira Poppenhagen
Jack Primus
Beau Ripplinger
Isabel Ripplinger
Dakota Soltis

Grade 7

Paul Blonigen
Aiden Brannan
Holly Johnson
Austin Klein
Meeli Krueger
Brayden Leners
Courtney Roske
Isaiah Sobiech
Riley Westbrook

"B" HONOR ROLL

Grade 12

Paige Binek
Anna Blonigen
Darcey Hayes
Olivia Hollermann
Emma Kremers
Ethan Moon
Matthew Pundsack
Journey Wenker
Dylan Yurczyk

Grade 11

Michael Blonigen
Kaitlyn George
Abigail Klein
Chloe Mayer
Micah Ripplinger
Kylie Roerick
Taylor Soltis

Grade 10

Mitchell George
Emmalee Hollermann
Axel Johnson
Nicholas Kulla
Molly Leners
Hunter Steuck
Bryce Westrich

Grade 9

McKenna Graves
Kaylea Loscheider
Madison Tschida
Aden Warga
Dylan Warga
Dustin Yurczyk

Grade 8

Keyona Carlson
Liliana Daniel
Nicholas Guthrie
Dakotta Hartsock
Eli Johnson
Eric Landowski
Eli Roerick
Joseph Steuck

Grade 7

Vance Benson
Jacob Brinkman
Isabelle Klug
Riley Middendorf
Kalaeb Rene
Jack Sowada
Mackeel Wenker
Victoria Wiechmann
Noah Zinniel



Meet the New Staff



HAILEIGH SALES

Ms. Sales grew up in Swanville and will be a first grade teacher and varsity volleyball coach. She enjoys spending time with friends and family, being outside and shopping.



KARISA JUSTEN

Ms. Justen was born and raised in Rogers, MN and will be teaching 5th & 6th grade reading along with AVID. She loves camping where she can go fishing & swimming, as well as going for walks and listening to audio books.



MADELYN ZASTROW

Ms. Zastrow was born as raised in Long Prairie and will be the 3rd/4th grade reading teacher. She enjoys spending time with family and friends, hunting and fishing, and trying new things!



DONNY EHRENBERG

Donny joins our custodial staff this year. He was born in Minneapolis but was raised right here in Upsala. He enjoys hunting, ice fishing and 4 wheeling.

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: Tissues, Pencils, 2 Container of disinfecting wipes

Speech Students: Tissues and Disinfecting wipes

Replenish supplies as needed

<p>Kindergarten Box of Eight Crayons 1 Glue Bottle Many Glue Sticks 6 #2 Pencils 6x9 Pencil Box Scissor Backpack Blanket Or Kinder Mat - NO large blankets or sleeping Bags Large Tissue Box Clorox Disinfecting wipes Quart or Gallon Baggies <i>DO NOT need: Headphones or extra shoes for PE</i></p>	<p>3rd & 4th Grade 24 #2 Pencils Scissors Pencil Box OR Zippered Pocket 2 Wide Ruled Notebooks Blue Folder Yellow Folder Red Folder Black 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 1 - 2 0 2 2 F i r s t D a y S e p t e m b e r 1 s t i s O p e n H o u s e 4 p m - 8 p m</p>	<p>All Middle & High Schoolers 6 #2 Pencils 1 Notebook with Perforated Pages for each class 1 Folder or Binder with Pockets for each class Markers & Highlighters Glue Stick Pens Red Blue Black Scissors Colored Pencils Ruler 3 Ring Binder Protractor & Compass 2+ Pink Erasers Non-Spiral Notebook Scientific Calculator with Probability - T184 Recommended or Graphing Headphones 50+ Notecards 3 Mechanical .7 Lead Pencils Sharpie 2 Wooden Pencils 1 Book Cover HS Math Classes T1 84 is used on MCAs AVID 9th Grade AVID & Math Supplies will be provided WIN Class Tissue Box</p>	<p>Tech/Engineering Classes Safety Glasses Hand Sanitizer Ag/Shop Classes Safety Glasses Required Calculator Tape Measure Pliers (Welding Class only) Sturdy Ruler Mechanical Pencils NO LOOSE CLOTHES OR HAIR Welding Students: Non-Flammable Clothing & Closed shoes - NO SHORTS 11th & 12th Grade English Bring own Computer otherwise one will be provided 7th/8th Grade Art 4 wooden pencils 1 pencil bag or box to stay in the 1 folder 1 sketchbook (non-lined) 1 sharpies 1 black ballpoint pen HS Fine Art 4 wooden pencils (not mechanical) 1 pencil bag or box to stay in the art room 1 folder 1 sketchbook (non-lined) 2 sharpies 2 black ballpoint pen Ice Cream bucket Access to a camera (phone, point-and-shoot, DSLR) HS PE Classes GYM Clothes: T-shirt, shorts, sweats, socks, shoes for gym only Deodorant Towel / Shower Items</p>
<p>1st Grade 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 & Colored 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>5th & 6th Grade 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 &/OR Markers Highlighter Non-Point Scissors 1 Glue Stick 4 Notebooks 1 1/2" 3 Ring Binder Pocket Folders For Each Class</p>		<p>Special Items for FACS & ART: Classes will send home a notice of any additional Fees or Project Supplies needed prior to Project start Date - all other supplies are listed</p>	
<p>2nd Grade Backpack (No Wheels) 48 #2 Pencils 2-3 Pink Erasers 4oz Glue & 4-5 Glue Sticks Earbuds / Headphones Scissors 12" Ruler with Centimeters Crayons & Markers Pencil Box 3 Folder with Pockets Whiteboard eraser 6 Expo Fine Tip Markers Large Tissue Box Clorox Disinfecting wipes</p>	<p>Calculator 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>			

Free/Reduced Price Meals

Dear Parent/Guardian:

Our school provides healthy meals each day. Breakfast costs \$_____ ; lunch costs \$_____.

Your children may qualify for free or reduced-price school meals. To apply, complete the enclosed Application for Educational Benefits following the instructions. A new application must be submitted each year. At public schools, your application also helps the school qualify for education funds and discounts.

State funds help to pay for reduced-price school meals, so all students who are approved for either free or reduced-price school meals will receive school meals at no charge. State funds also help to pay for breakfasts for kindergarten students, so all participating kindergarten students receive breakfasts at no charge.

Return your completed Application for Educational Benefits to:

[insert address]

Who can get free school meals? Children in households participating in the Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Food Distribution Program on Indian Reservations (FDPIR), and foster, homeless, migrant and runaway children can get free school meals without reporting household income. Alternatively, children can get free school meals if their household income is within the maximum income shown for their household size on the instructions.

To apply for free school meals, please complete the Application for Educational Benefits form.

COMMON QUESTIONS:

I get WIC or Medical Assistance. Can my children get free school meals? Children in households participating in WIC or Medical Assistance do not automatically qualify for free meals. Children may be eligible for free or reduced-price school meals depending on other household financial information. Please fill out an application.

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).

May I apply if someone in my household is not a U.S. citizen? Yes. You or your children do not have to be U.S. citizens for your children to qualify for free or reduced-price school meals.

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. For seasonal work, write in the total annual income.

Will the income information or case number I give be checked? It may be. We may also ask you to send written proof.

How will the information be kept? Information you provide on the form, and your child's approval for meal benefits, will be protected as private data. For more information see the back page of the Application for Educational Benefits.

If I don't qualify now, may I apply later? Yes. Please complete an application at any time if your income goes down, your household size goes up, or you start getting SNAP, MFIP or FDPIR benefits.

Please provide the information requested about children's racial identity and ethnicity, which helps to make sure we are fully serving our community. This information is not required for approval of school meal benefits.

If you have other questions or need help, call [phone number].

Sincerely,

How to Complete the Application for Educational Benefits

Complete the Application for Educational Benefits form for school year 2021-22 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, 2021 through June 30, 2022.

Maximum Total Income

Household size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	23,828	1,986	993	917	459
2	32,227	2,686	1,343	1,240	620
3	40,626	3,386	1,693	1,563	782
4	49,025	4,086	2,043	1,886	943
5	57,424	4,786	2,393	2,209	1,105
6	65,823	5,486	2,743	2,532	1,266
7	74,222	6,186	3,093	2,855	1,428
8	82,621	6,886	3,443	3,178	1,589
Add for each additional person	8,399	700	350	324	162

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.

2021-22 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 (V)
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>
						<input type="checkbox"/>

STEP 2: Do Any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, MFIP or FDIPIR? Medical assistance **does not** qualify. **IF NO** - Go to STEP 3. **IF YES** - Enter SNAP, MFIP 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: XXX-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
	<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"/>	\$ _____
	<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"/>	\$ _____
	<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"/>	\$ _____
	<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 _____

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:	X52	X26	X24	X12	X1	Attached Tracker	Household Size:	Categorical Eligibility	Free After Verified	Reduced After Verified	Denied After Verified
All Total Income (include child and adult income)	\$ _____	<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"/>	<input type="checkbox"/>
Determining Official Signature: _____ Date: _____ Confirming Official Signature: _____ Date: _____												

OPTIONAL: Children’s Racial and Ethnic Identities

We are required to ask for information about your children’s race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children’s eligibility for free or reduced price meals. Respond to both Step One, *Ethnicity* and Step Two, *Race*.

Step One: Ethnicity (check one): Hispanic or Latino Not Hispanic or Latino

Step Two: Race (check one or more): American Indian or Alaskan Native Asian Black or African American Native Hawaiian or Other Pacific Islander White

INSTRUCTIONS: Sources of Income

Sources of Income for Children	Examples	Sources of Income for Adults
<ul style="list-style-type: none"> Earnings from work Social Security Disability Payments Survivor’s Benefits Income from person outside the household Income from any other source 	<ul style="list-style-type: none"> A child has a regular full or part-time job where they earn a salary or wages A child is blind or disabled and receives Social Security A Parent is disabled, retired, or deceased, and their child receives Social Security benefits A friend or extended family member regularly gives a child spending money A child receives regular income from a private pension fund, annuity, or trust 	<ul style="list-style-type: none"> Salary, wages, cash bonuses (before deductions or taxes) Net income from self-employment (farm or business) If you are in the U.S. Military: <ul style="list-style-type: none"> Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) Allowances for off-base housing, food and clothing
		<ul style="list-style-type: none"> Cash Assistance from State or local government Supplemental Security Income Unemployment benefits Worker’s compensation Alimony payments Child support payments Veteran’s benefits Strike benefits
		<ul style="list-style-type: none"> Social Security Disability benefits Regular income from trusts or estates Annuities Investment income Rental income Regular cash payments from outside household

The **Richard B. Russell National School Lunch Act** requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced price meals, and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

At public school districts, each student’s school meal status also is recorded on a statewide computer system used to report student data to MDE as required by state law. MDE uses this information to: (1) Administer state and federal programs, (2) Calculate compensatory revenue for public schools, and (3) Judge the quality of the state’s educational program.

Nondiscrimination statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, you have two options: 1. Complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at [Filing a Program Discrimination Complaint as a USDA Customer](http://www.ascr.usda.gov/complaint_filing_cust.html), 866-632-9992. Submit your completed form or letter to USDA by one of the following methods:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: 202-690-7442; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The band is beyond excited to tour to Florida in March. After the cancellation of the 2020 tour because New York shut down the day we were scheduled to depart Upsala, students are getting ready to head to some sunshine in March.

Fundraising state guidelines have changed slightly, but we are still looking for ideas of ways to ease the cost. Parents and students are integral in making this a success. If you have yard work, babysitting, snow shoveling or the like, band members are always looking for ways to raise money. THANKS!

5th grade beginning band students will start in August. They will join the ranks of older siblings, parents and friends who have been part of the band. If you aren't signed up, it's not too late.

6-12 grade- Did you miss joining band? Are you still interested? Contact Mrs. Cheney and you can get started no matter what grade!



Upstage Junior



The Upstage Players are holding a theatre camp from August 16-20 which will end with a production of Disney's Frozen Jr.

24 area students ranging from 1st grade to 11th grade are participating and have already had a couple rehearsals.

Everyone is welcome to attend the performances which should last around an hour and will be Friday, August 20 at

7pm and Saturday, August 21 at 10am.

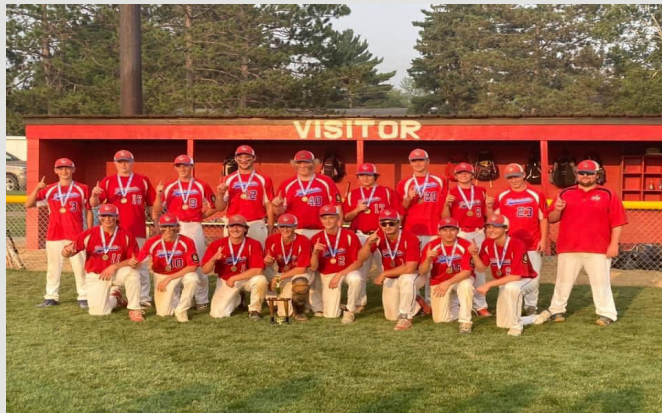
Admission is \$5 and is used to offset the cost of royalties, costumes and scenery.



Junior Legion Baseball

Congratulations to the Patriots Junior Legion Baseball Team, who as of this writing won the Northwest Sub-State Tournament and qualified for the Division II Junior Legion State Baseball Tournament.

The tournament was held in Montevideo August 6-8.



Census Information

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

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.

How to register for classes online

1. Visit our webstore <https://upsala.reytrak.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.

Watch social media and flyers sent home with students for more community education opportunities!

AR - Summer Reading
Class #: SU18 0548
Group: Comm Ed SU1g
Date: 6/4/2019 - 8/1/2019
Days: Tu, We, Th
Time: 9:00 AM - 11:00 AM
Location: Upsala Elementary/Cora Eckstrom Elementary Media Center

CLICK HERE to Register for this Class

Who are you registering?

Please select the person you would like to register:

(self)
 (other)
 A New Person

Address:
City:
State: Zip:
Phone Numbers:
One of the following phone numbers is required to proceed:
Home Phone:
Work Phone:

Activities will be held when school has been cancelled or closed early due to bad weather. Please contact the school to cancel classes if enrollment is below needed minimum. Registrants will be notified and cancellations are announced on our website.
Schools and its employees are not responsible for accidents or injuries resulting while participating.

Add and Go To Shopping Cart **Add and Continue To Shop**

Review & Submit

BILLING EDIT

BILL TO:

ITEMS

AR - SUMMER READING \$0.00
Quantity: 1
06/04/2019 - 08/01/2019 9:00 AM
June 4 - August 1 (no meetings July 1-5) Tuesdays & Wednesdays: 9:00 11:00 am Thursdays: 9:00 9:00 pm Cora Eckstrom Elementary Media Center

PLACE ORDER

Drivers Training



The next session of Drivers Education is scheduled for January.

The dates are Jan 10-14 & Jan 17-21 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.

Adult Volleyball



Adult open gym volleyball is available Sunday evenings from 6pm through approximately 9pm in the new gym.

Sessions started August 1, 2021 and will run through at least mid-November. There is no fee and you do not need to register - just show up!

Upsala Community Education Advisory Council

Vern Capelle (Superintendent/Director), Dan Cheney (Coordinator), Brittany Harren (School Board), Marvin Wensmann (School Board), Kathy Blonigen, Denise Cheney, Elizabeth Gunderson, Karin Nelson, Wendy Rene, Jennifer Servatius, Jessica Wenker

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

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!

FALL SPORTS SCHEDULES



FOOTBALL SCHEDULE

(All home games in Swanville at 7pm except Oct 8 which is 2pm in Upsala)

Fri, Sep 3 @ Maple Lake

Fri, Sep 10 vs B.O.L.D.

Fri, Sep 17 vs KMS

Fri, Sep 24 @ BBE

Fri, Oct 1 @ ACGC

Fri, Oct 8 vs Browerville

Fri, Oct 15 @ LPGE

Wed, Oct 20 vs Kimball

VOLLEYBALL SCHEDULE

Mon, Aug 30 @ Kimball

Fri, Sep 3 @ Pillager

Tue, Sep 7 vs Osakis

Thu, Sep 9 vs Browerville

Tue, Sep 14 vs Swanville

Sat, Sep 18 Crosby-Ironton Tournament

Tue, Sep 21 @ LPGE

Thu, Sep 23 @ Osakis

Tue, Sep 28 vs Bertha-Hewitt

Thu, Sep 30 @ Browerville

Sat, Oct 2 Mora Tournament

Mon, Oct 4 @ Pine River-Backus

Tue, Oct 5 vs LPGE

Thu, Oct 7 @ Swanville

Tue, Oct 12 @ Royalton

Mon, Oct 18 @ Holdingford

Thu, Oct 21 Upsala Tournament

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

2021-2022

Upsala Area Schools Yearly School Calendar

July '21

S	M	T	W	T	F	S
				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 '21

S	M	T	W	T	F	S
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 '21

S	M	T	W	T	F	S
			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 '21

S	M	T	W	T	F	S
					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 '21

S	M	T	W	T	F	S
		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 '21

S	M	T	W	T	F	S
				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

www.upsala.k12.mn.us

Phone: 320-573-2174

Fax: 320-208-9118

Aug 2-5 & 9-12	Kindergarten Readiness
Aug 30 & 31	Teacher Workshop
Sep 01	Teacher Workshop
Sep 01	K-12 Open House (4:00 to 8:00 pm)
Sep 06	Labor Day (No School)
Sep 07	Classes Begin for K-12 Students
Oct 08	Early Release (Staff PD)
Oct 21 & 22	Fall Break
Nov 05	End of Quarter 1
Nov 08	No School (Teacher Trade Day)
Nov 09	Start of Quarter 2
Nov 11 & 15	K-12 Parent Conferences (3:30 to 7:30 pm)
Nov 24	Early Release (Trade Day)
Nov 25 & 26	Thanksgiving Break
Dec 22	Early Release (Staff PD)
Dec 23-31	Holiday Break
Jan 03	K-12 Classes Resume
Jan 14	End Semester 1/Quarter 2
Jan 17	No School (In-Service)
Jan 18	Start of Spring Semester/Quarter 3
Feb 18	No School (In-Service)
Feb 21	No School (Presidents Day)
Mar 18	End of Quarter 3
Mar 21	No School (Mid-Semester Break)
Mar 22	Start of Quarter 4
Mar 24 & 28	K-12 Parent Conferences (3:30 to 7:30 pm)
Apr 14	No School (Teacher Trade Day)
Apr 15-19	No School (Spring Break)
May 06	Early Release
May 27	Commencement (8:00 pm)
May 30	No School (Memorial Day)
Jun 02	Early Release - Last Student Day
Jun 03	Teacher Workshop

Student Days (S) = 172

Teacher Days (T) = 180

Aug (S)0 (T) 2

Jan (S)20 (T)21

Sep (S)18 (T)19

Feb (S)18 (T)19

Oct (S)19 (T)19

Mar (S)22 (T)22

Nov (S)19 (T)20

Apr (S)17 (T)18

Dec (S)16 (T)16

May (S)21 (T)21

June (S)2 (T)3

Quarters/Semesters

Quarter 1: Sept 7 - November 5

42 Days

Quarter 2: November 9 - January 14

40 Days

Fall Semester = 82 Days

Quarter 3: January 18 - March 18

42 Days

Quarter 4: March 22 - June 2

48 Days

Spring Semester = 90 Days

Summer Kdg Readiness

No School for Students/Staff

Start/End Quarter/Semester

Commencement

Teacher Workshop/In-Service

Early Release - Noon Dismissal

Conferences

January '22

S	M	T	W	T	F	S
						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 '22

S	M	T	W	T	F	S
				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 '22

S	M	T	W	T	F	S
						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 '22

S	M	T	W	T	F	S
						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 '22

S	M	T	W	T	F	S
						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 '22

S	M	T	W	T	F	S
						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

2021-22 Weather Make Up Days

- First Day - No Make Up
- Second Day - January 17, 2022
- Third Day - February 18, 2022
- Fourth Day - March 21, 2022
- Fifth Day - April 14, 2022

<p>Administration: Vern Capelle, Superintendent Nick Klug, Principal Mark Herbes, Athletic Director Colleen Harren, Business Mgr.</p>	<p>School Board: Dean Peterson Trevor Soltis Ryan Thomas Stephen Roerick Brittany Harren Marvin Wensmann</p>
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