

# The Silverstreak Connection

May 2022

Osakis, Minnesota

## 2022 Honor Students

*Osakis High School will be graduating 22 Honor Students this year. Here, in their own words and listed alphabetically are their thoughts.*



Hello! My name is **Hannah Dierks**. I am the daughter of Jennifer and Cory Dierks. My future plans are to attend Alexandria Technical and Community College to obtain my associate's degree in LPN and RN. Furthermore, I would like to attend a university to receive my bachelor's and master's degrees. Unfortunately, I didn't participate in any extracurricular activities. However, I spent my time attaining my CNA certification and working at Galeon. Throughout high school, the major award I won was being on the A honor roll. My best memory in high school was when Mrs. Leuthner got sidetracked and talked about her boyfriend experiences. One of her stories that stands out to me the most is when she told the story of meeting her Harley Davidson biker boyfriend at a gas station. I will never forget her crazy stories. Following that, the things I will miss most about high school are the fun times in class, especially Mrs. Leuthner's, and the time spent with friends and close peers. The greatest challenge my classmates and I will face after the completion of high school is leaving our friends and peers and experiencing the big world without them close by. The advice I have for the underclassmen is to cherish the time you have left in high school because once senior year arrives, it disappears very fast.

My name is **Lara Drum**, daughter of Toni and Kyle Drum. Next year I will be attending the University of Minnesota, Morris. While at Morris I will be studying elementary education in hopes of becoming an elementary teacher in the future. For my whole high school career, I have played volleyball and softball. Starting this year I also participated in select choir. The best memory that I have from high school is from volleyball senior night where all of us seniors got to play together and we won. I will miss how nice everyone is and how

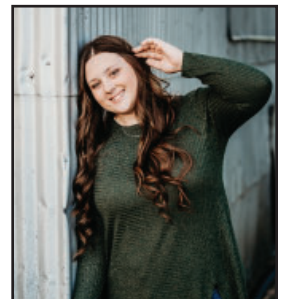


willing everyone is to help each other. After graduation will be tough, but I feel that the biggest challenge will be getting used to life without seeing everyone. The best advice that I can give to the underclassmen is to never let anyone judge or dictate your life because it is the only one you have.



My name is **Mackenzie Fiskness**. I am the daughter of Jed and Amber Fiskness. After graduation, I will be attending NDSU to major in crop and weed science with an emphasis in agronomy and minor in agribusiness. Throughout high school, I was involved in cross country, band, and 4-H. While in school I have routinely been on the A honor roll. My favorite memories come from all the experiences that occurred outside of a classroom such as field trips for fun days. I am going to miss the time spent with my friends and the sense of normalcy that we have grown accustomed to. After graduation, I think the biggest challenge our class is going to face is the entire aspect of figuring out things on our own. No matter what we do to prepare beforehand, life after graduation is going to be much different than what we are used to. We are not going to have the same support from our classmates and everyone around us that we have had for the last thirteen years. My advice to the underclassman is to learn to accept criticism. In everything you do, there is always going to be room for improvement, or another person is going to have suggestions on how you could do something differently. It is important to have an open mind and understand that there are people who want to help you succeed. It is important to know how to take criticism from those people without getting upset and hurt and actually try to improve.

Hello! My name is **Alexis Froemming**. My parents are Jon and Tonya Froemming. My future plans are to attend the University of St. Thomas to study English/History. During High School I participated in volleyball. Some awards I received while in high school were the Silverstreak Award, Academic in Athletics, and I was on the A Honor Roll.



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My best high school memory was playing with the girls on the volleyball team. I believe the greatest challenge that my classmates and I will face after graduation is adapting to new climates of people. My advice to underclassmen is to not rush through high school, you'll miss it when it's over.



My name is **Kennedy George**. I am the daughter of Chris and Jenni George. After high school, I plan to attend North Dakota State University (NDSU) and major in nursing. Throughout high school I have been fortunate enough to participate in tennis, softball, FCCLA, and leadership group. I have been privileged to receive the Academic

All-state award for tennis my junior and senior year and for softball my junior year. I also received the All-conference award for tennis my sophomore, junior, and senior year. I was awarded the All-Section Award and All-Conference Honorable Mention for softball my junior year, as well. My best high school memory was when nine of my classmates and I traveled to Washington, D.C. through the Close-Up organization this past March. The things I will miss most after graduation will be seeing my friends every day at school and participating in extracurricular activities throughout the school year. I will also miss seeing the wonderful teachers and staff. I believe that the greatest challenges my classmates and I will face after graduation are not seeing our peers every day and having to adjust to a new environment. My advice to the underclassmen is to try and enjoy your time in high school and make the most of your experiences. Although it may not seem like it at times, high school really does fly by.

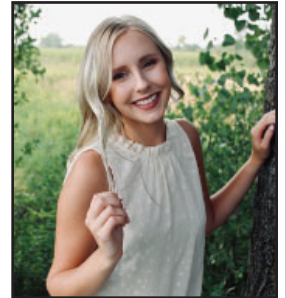
Hello! My name is **Katie Helm** and I am the daughter of Kevin and Jani Helm. My future plan is to attend higher education to earn a bachelor's degree in finance. During high school the extra-curricular activity I was involved in was golf. My best high school memory would have to be going to state for golf. I believe the greatest challenge that my classmates and I will face is managing our finances. In closing, my advice to underclassmen is - Don't stress over the little things.



Hello, I am **Carsten Jacobson**, son of Angela and Eric Jacobson. I plan on going to Embry-Riddle Aeronautical University to pursue a bachelor's degree in Aerospace engineering. I am more than a nerd, I also participated in football, wrestling, and trap shooting. I have

been nominated for the Future Medical Leaders of America Award of Excellence, accepted to the National Academy of Future Physicians, selected for membership in the National Society of High School Scholars, and received a distinguished academic achievement award. My best high school memory happened in the last week of junior year when a dozen of us stayed in the lounge to play *Just Dance* and *Mario Kart Wii* all week! I will miss the fun times like this we have had. We will face the challenge of college debt and classes. My suggestion for the younger classmen is to apply for scholarships NOW there are plenty open to you, take advantage of the free money!

Hi! My name is **Alexis Johanson**. I am the daughter of Jeff and Stacia Johanson. My future plans are to attend MSU, Moorhead to earn a bachelor's degree in finance and following that a master's degree in business administration. During high school, I participated in volleyball, basketball, track and field, student council, leadership group, and 4-H.



The awards I received in high school were as follows: the Triple 'A' Award, A honor roll, Academic All-state, basketball conference MVP, and basketball and volleyball all-section. My favorite high school memory would have to be our senior night game this year when our coach put all six of us seniors on the court to battle out and win a close game. I will miss playing sports and cheering in the student section at games. The greatest challenge we will face after graduating will be finding our purpose in life. Making something of our degrees and finding out where we fit in this life will be a challenge. My advice to underclassmen would be to enjoy it all. Go to the games, go to the dances, participate in activities, join an extracurricular you normally wouldn't, and just have fun!



My name is **Emily Kallstrom**. My parents are Jen and Bob Kallstrom. After high school, I plan to attend Minnesota State University, Moorhead to obtain my bachelor's degree in secondary social studies education and become a high school history teacher. In high school, I spent a lot of time being involved in the Osakis community. I have worked two local jobs, as well as volunteered for different local groups and church activities. In high school, I was in band and choir. I was a band officer during my senior year. My biggest academic achievement is having been on the A Honor Roll since I began high school. My best high school memories are when we went to different places like Ely for the wolf trip, the quarries, and the Sauk River. I enjoy getting outside, and these trips were collaborative and enjoyable, creating a fun atmosphere to learn. I will not have the chance to do something like that again, so I will cherish those memories. I will miss the Silverstreak community and

all the amazing people that helped me become who I am today. I will also miss being in pep band. I loved being part of a community like band and attending our school's sporting events. I anticipate the challenge of independence and entering adulthood after graduation for me and my peers, but I trust that we have been taught the necessary skills to succeed in life after high school. My advice to the underclassmen is to live with a heart of humility. Having a humble heart, in all that you do, will allow you to grow more than you could imagine. Always know that there is someone who knows more about something than you. You will always have someone in some position of authority over you. There is always more to learn and always room for improvement. With that said, go through life with a humble heart and always strive to get to the next level. Be ready to learn from those around you. Live humbly, always learning, always growing, always improving. Humility is the key to success.



My name is **Alexis Kay Klimek**, daughter of Chad Klimek and Judy Lawson. After graduating from high school, I will be attending Minnesota State University of Moorhead (MSUM) for finance and business. Throughout my high school career, I have been a part of the basketball program and the Osakis softball

program. I have received one award in basketball - the Silverstreak Award. Good high school memories are the many field trips we got to go on such as the trip to Ely, Valley Fair, and incentive day activities. My most memorable moment for me would have to be the softball playoffs last year. We played some good games and got to walk through the Dairy Queen drive-through in Albany, go to the splash pad in St. Cloud next to where we played, and went to Olive Garden. I will miss the interactions with teachers and classmates every day. I believe that the greatest challenge my classmates and I will have is the adjustment to our new lives this coming fall. My advice to the underclassmen would be to take advantage of the time they have left in high school. Go to sporting events and dances, hang out with friends and have fun.

My name is **Logan Lipke**, and I am the son of Molly and Jeff Lipke. I am attending Cedarville University in Cedarville, OH this upcoming fall, and I am pursuing a degree in music composition. Following, I intend to be employed in film scoring or audio engineering. I am also considering obtaining a Master of Divinity in a seminary following the completion of my undergraduate degree, which could entail the occupations of a pastor and/or theological scholar. I participated in several extracurriculars at Osakis, including golf, jazz band, FCA, and the news team Silverstreak Stories. Significant awards I achieved in high school include a 5th place finish in the state for the VFW Voice



of Democracy Essay Contest in 2019 and a nomination to the MMEA All-State Jazz Band 2021-2022 for electric guitar. I am convinced that the most critical threat to every class, generation, and society is deception and a distortion of the truth, be it in politics, religion, education, or any other field. As Osakis is a community steeped in practices of faith, I entreat my peers, teachers, underclassmen, and community not to neglect the only sure bastion of truth: the Scriptures. In these we find exhortation to love one another, work hard, be humble, and do all for the glory of God.

Hi! My name is **Averie Mounsdon** and I am the daughter of Jason and Carrie Mounsdon. After graduating high school I plan on attending Southwest Minnesota State University. I am majoring in art education with a minor in studio arts. The activities that I have been involved in during high school include



softball, volleyball, varsity volleyball manager, archery, band, student council, JO volleyball, and 4-H. Some of the awards I have received in high school include being on the A honor roll and getting the 2020 Minnesota DNR Commissioner's Youth Conservation Award. My best high school memory would have to be when the volleyball seniors all went to a senior escape room this year. I think that the greatest challenge my classmates and I will face is not being able to see each other and ask our other classmates questions. We have basically grown up with each other so not being able to rely on our classmates is going to be hard. My advice to underclassmen is to enjoy this time while you have it and cherish these moments no matter how bad they might seem. When I entered 7th grade I couldn't wait to be a senior and graduate. Now that I am a senior, I wish time would have moved slower so that I got more time with my friends and classmates. The moments you have in high school you will never get to make again. No matter how bad or good today or tomorrow is, you will never be able to remake the memories of that day.



Hello! My name is **Luke Nessman**. I am the son of Nichol and Mark Nessman. My plans for the future include getting my bachelor's degree in economics at Mankato State University and eventually becoming a financial analyst for a bank. The main activities I participated in during high school were football, golf, and DECA. One of my biggest achievements from that time was placing second in the Business Ethics category in DECA. My best high school memory was in 10th grade Spanish when Señor Johnson took some of the boys to AJ's Cafe for "el dia de chicos". The thing I will miss the most after I graduate is seeing all the people that I would not normally see. I think the biggest challenge that my classmates and I will face will be adjusting to college life and all that it

entails. The best advice I can give to underclassmen is to be yourself. Don't try to change who you are for someone else; always be true to who you are and do what you want.



I am **Amelia Rajdl** daughter of DJ and Patty Rajdl. This fall I plan to attend Bemidji State University to major in social work. Throughout high school, I was a part of the volleyball team, prom committee, student council, softball team, yearbook committee, and tag-teamed hosting two successful blood drives at the school. My favorite high

school memory would probably be going on the Close-Up trip with my friends and seeing all of the history our nation's capital has to offer. I am definitely going to miss the overall community that we have in Osakis but I am going to miss seeing my friends everyday the most. Once my classmates and I graduate I believe our greatest challenge will be having to face the world on our own. Most of us have been in the same building for the past 13 years, walking the same hallways, and seeing the same teachers. By the time August hits our world is going to be flipped upside down. To the underclassmen of Osakis, live in the now. Don't worry about the future too much, everything will fall into place. You're in high school, have fun and make memories, because it goes way faster than you'll ever imagine.

Hello! My name is **Zander Redning**. I am the son of Bennie and Rebecca Redning. My future plans are to attend Concordia College in Moorhead with a double major in computer science and mathematics. The extracurricular activities that I participated in were knowledge bowl, jazz band, and archery. My best high school memory and what I will miss after graduating is going to Abundant Life Coffee with friends after school. The greatest challenge my classmates and I will face after graduation is finding our way in this big wide world. My advice to underclassmen would be that even though the times might be rough and you feel like it's not worth it to keep your grades up, keep pushing and striving to hit the highest mark you can; you'll thank yourself later.



Hello, my name is **Tessa Stanek**. My parents are Rich and Shelly Stanek. My future plans are to attend Bemidji State University. There I will major in exercise science and will be competing in Division II track and field. I will further my education to become an athletic trainer. In high school I participated in tennis, basketball, and track. I have

received awards for all of my sports. In tennis I received Prairie Conference All-Conference Honorable mention and the Most

Improved Player award. In basketball I received the Prairie Conference All-Conference, Most Improved Player two years in a row, and most steals award. For track I received Prairie Conference MVP, Will-to-Win award, and Most Valuable athlete award. I also was blessed to go to the state track meet three times, so far, in my high school career. My favorite high school memory would have to be winning the True Team State Championship for the first time in Osakis High School history. Having all of my fellow classmates working together and celebrating the win together was the best feeling. The thing I will miss the most about high school would be going to sporting events, dances, and being with my friends. After graduating high school my classmates and I will struggle with such a big change. Not only is it a big change, it is a new stepping stone. Some people might be scared, sad, excited, or might feel all of them. My wish is that we all exceed our expectations and goals we have set for ourselves. My advice to the underclassmen is to enjoy every moment that you can. Time flies and it is only a matter of time before you are in our shoes. My other advice is to give the younger kids attention, it makes a huge difference in their lives. I feel like it was just yesterday when I was a little 7th grader looking up to the big seniors.



Hi! I am **Lexi Spsychalla**, the daughter of Lance and Sue Spsychalla. After high school, I will be attending the University of North Dakota to pursue a master's degree in communication sciences and disorders to become a speech and language pathologist. Throughout high school, I participated in the extracurricular activities of tennis,

basketball, track, leadership group, project 4 teens, and FCCLA. Some awards I received in high school include Will-to-Win in track, All-Conference Academic in tennis, basketball and track, and All-State Academic in tennis and basketball. I also received All-Conference & All-Conference honorable mention in tennis. In FCCLA, I received state and national honors. My favorite high school memories include going on the Close-Up Washington, D.C. trip with my classmates and traveling to team section and state tournaments in tennis. After graduation, I will miss seeing my classmates and the kind teaching faculty that devoted their time to giving my classmates and I the best education. I feel that the greatest challenge my classmates and I will face after graduation will be the uncertainty of experiences and challenges we will encounter. However, I believe that my classmates and I have every tool needed to accomplish great things in the future. My advice to the underclassmen is to make the most out of every moment in high school because before you know it, you'll be walking through the Osakis High Schools hallways one last time and entering into a new world filled with endless opportunities.



Hi, my name is **Emma Tenhoff**, and I'm the daughter of Stacy Tenhoff. After I graduate, I will be attending The University of Minnesota, Rochester for a bachelor of science in health sciences. Afterward, I plan on attending medical school for an MD degree program. During high school, I mainly participated in track and cross country and achieved the A-honor roll consistently throughout. My favorite memory is listening to Mrs. Leuthner's crazy stories and getting stickers in Mrs. Maddock's class. The biggest challenge that my classmates and I will face will be leaving home and adjusting to the real world. My advice to any underclassmen is that it's okay to make mistakes because you have plenty of time to improve. Rather than stressing about an upcoming test, take this time in high school to make memories and cherish the friendships that you have.



Hello! My name is **Mara VanNyhuis** and my parents are Lee and Kellie VanNyhuis. After high school, my plan is to attend the University of North Dakota to study pre-physical therapy. I plan to major in kinesiology and hope to get accepted into the physical therapy program after I complete the prerequisite courses.

The extracurricular activities that I have been involved in are tennis, basketball, track, leadership group, FCCLA, and student council. A few awards that I have won throughout my high school career are conference MVP and Academic All-state for the 2021-2022 tennis and basketball seasons along with being a national FCCLA qualifier in 2020 and 2021. My favorite high school memory is competing in sports with some of my best friends. We have shared some great and very funny memories over the years, and that is something I will definitely miss after high school. I feel that the greatest challenge my classmates and I will face is having to start our lives in the real world. We will face many new challenges on our own and will have to learn to adapt to change. My advice to underclassmen is to always give your all into the things that you are passionate about and don't be afraid to make mistakes. Just enjoy high school because before you know it, you will be getting ready to graduate, as well.

Hello! My name is **Laureen Walter**. I am the daughter of Nathan and Angela Walter. I am planning to attend NDSU or SDSU this fall. At this time my major is undecided, but I am deciding from agribusiness, finance, political science, and dairy production. I have been involved in FFA, FCCLA, student council, knowledge bowl, project 4 teens, 4-H, and served as the boy's basketball manager. I received



national awards for FCCLA and regional awards for FFA. My favorite high school memory is hosting the Harvest Pack event this year. After graduation I will miss spending each day with my classmates. I believe the greatest challenge my classmates and I will face is creating our own lives beyond Osakis. My advice to underclassmen is to enjoy every moment of high school before it all comes to an end.



My name is **Carter Watnaas** and I am the son of Aric and Lisa Watnaas. I plan on attending the University of Minnesota, Morris to earn a degree in secondary education with an emphasis in history while also playing football. I mainly participated in football, basketball, and baseball throughout high school and made many memories along the

way. While playing football I earned all-district and all-section awards while also earning the most-outstanding-receiver in the district. In basketball I earned all conference and in baseball I had fun on the bench. My favorite memory from high school was attending a football camp in Bemidji. That camp consisted of many things such as getting stuck in an elevator, watching Wyatt Sell win a team race, and spending time with the guys. I will miss wandering around the school with my friends and looting Hanna and Lyndsey's rooms for fruit snacks everyday. I think that the greatest challenge for me and my classmates will be adapting to a normal life. These last few years have been anything but normal and it just seemed weird having a somewhat normal schedule this year. My advice to underclassmen is to have fun. Maintaining good grades is important, but you are only in high school once. Join sports and clubs. Don't be afraid to have fun when the opportunity presents itself.

Hello, my name is **Anna Woidyla**.

I am the daughter of Michael and Nancy Woidyla. I will be attending the University of North Dakota to major in nursing. After completing my undergraduate degree, I hope to become a nurse practitioner. In high school, I participated in knowledge bowl, project 4 teens, FCCLA, and student council. Some of my biggest



accomplishments in high school were getting gold on my FCCLA projects as well as advancing to state and nationals multiple times. I have also been on the A honor roll throughout high school. Some of my favorite memories while in high school were being involved in extracurriculars and going on trips with my friends and peers. After graduation I will miss my classmates and the Osakis faculty as they encouraged me academically and made school an enjoyable experience. I think the greatest challenge my classmates and I will face after graduation is adversity while making a life of our own. My advice to underclassmen is to get involved, work hard, say "yes" to new opportunities, talk to new people, and have fun because time moves faster than we think.

## Superintendent's Message

*Randal Bergquist*



As we progress towards the end of the school year, I thought I would share what Osakis Public School has planned for the late spring and summer months. The Osakis School Board has approved the building of a new bus garage and the completion of 5 new tennis courts. The purchase of land for these existing projects

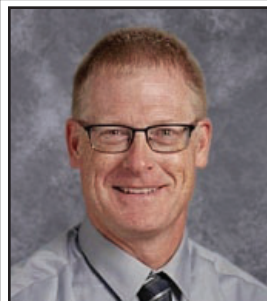
has been completed through both the City of Osakis and Douglas County. At the writing of this article, the weather has put a damper on moving forward with these extensive projects, however, hopefully, the weather will turn better soon and cooperate.

The current bus garage is old and in need of repairs and will eventually be demolished. The new bus garage will be located approximately one block south of the Osakis School. This new bus garage will enable us to continue running our own busses without having to contract out. This updated bus garage will also allow us to continue on a rotation plan for new busses to replace old busses and for them to be housed in a more appropriate setting. Busses are a key component of any school district and we want to keep our busses in good condition to ensure that our students are able to attend school and extra-curricular activities in a safe manner - especially with the uncertainty of Minnesota weather.

The Tennis court project is going to be an ongoing project throughout the summer months, as well; we are hoping they are completed by the start of the 2022-2023 school year. Our tennis program for both girls and boys is growing and these new tennis courts will give our students the opportunity to play tennis in a timely manner, whether it be for practice or hosting events. Also, our tennis courts will have the required markings/lines for our younger generation who might be learning. We are also going to utilize these tennis courts for pickleball, a sport that has gained attention in the last couple of years. Community partnerships and engagement are crucial to the overall education of our students. The addition of these new tennis courts will enable our students, community, and individuals to utilize this area for competitive activities or for just plain leisure.

## Secondary Update

*Brad Hoffarth, Secondary Principal*



### Fine Arts

Students in grades 7 - 12 displayed their artistic abilities during Starry Night on Thursday, April 28 and the Spring Band and Choir concerts on Monday, May 2. Students and staff have dedicated countless hours to refining artistic skills that are appreciated by people of all ages. Students will perform during the annual Memorial Day ceremony on

Monday, May 30. This event will take place at 11:00 at the Osakis Lion's Park where the Osakis VFW Post 7902 Armed Forces Memorial is located.

### American Red Cross Blood Drive

The American Red Cross will be conducting a blood drive at Osakis High School on Friday, May 13. This is the third year that the student-organized event will take place at our school. The blood drive provides staff, as well as students who meet age and parent permission requirements, with a way to help others by donating blood. This is an important event for our student leaders and it allows all students and staff to see the direct connection between our school and the community.

### FFA Tractor Drive

On Friday, May 13, the Osakis FFA Chapter will be taking part in a drive-your-tractor-to-school day. A number of students will drive their tractors to school to help celebrate the rich agricultural history of our community. Our school is stronger because of widespread community support. We want you to know how much we appreciate what you do for students throughout the community.

### Community Pride

Our students, staff, and community members have been working together to prepare our community for a busy summer. Plans are in place to have staff and students from the junior and senior high classes work with community members to complete a variety of projects around the city of Osakis on Wednesday, May 18. We are excited and proud of the opportunity for community stakeholders and students to work side by side in an effort to better the community. Projects will range from routine spring clean-up and maintenance to art murals and the construction of picnic tables.

### Graduation

The class of 2022 is nearing the end of their educational journey at Osakis Public School. This class has spent the last thirteen years working to develop the skills needed to succeed in the next chapter of their lives. Students have a variety of educational and career goals that will take them across the globe. Our school has a rich history of producing graduates who possess people skills, academic skills, and a work ethic that allows them to thrive wherever they chose to settle. You are invited to recognize the class of 2022 during the week of May 23. Senior Awards Night will take place on Monday, May 23 at 7:00 p.m. in the auditorium and our graduation ceremony will take place at 6:00 p.m. on Friday, May 27 at the football field. The graduation ceremony will be followed by a parade around our community allowing graduates and their families to be recognized by those not able to attend the graduation ceremony. In the event of inclement weather, the graduation ceremony will take place in

Osakis Fine Arts Auditorium

## The Phantom Of The Music Room

A Mysterious Musical

5th & 6th Grade  
Thursday, May 19th

Performances:  
2:10 p.m. & 7:00 p.m.

the High School Gym.

Be prepared to keep a close eye on the school district webpage and school district social media accounts, as new developments and updates containing the latest information about our students, staff, and school will continue to be posted.

Together “We are Silverstreaks.”

Brad Hoffarth  
High School Principal  
Phone: 320-859-2191 Ext. 1300

## Student Accomplishments



Osakis seniors Josh Waltzing (left) and Caleb Goodwin (right) have been busy in the Agriculture Shop. This self-dumping hopper will be used to store and transport scrap metal with ease. A special thank you to Shane Schmidt, Brad Zimmel, and others for their assistance on the project.  
Good Job!



5th graders Jaylyn Lusty, Madison Stier, Morgan Will, Mary Beach, Abby Will, and Skyler Larson competed in a regional Math Masters competition in Alexandria on Friday, April 22. They placed 13th out of 24!

In the fact drill round, Morgan Will got 9th out of 110 students and received a ribbon!

For individuals, Abby Will got 15th and Skyler Larson got 11th out of 110 students and received ribbons!

Congrats and great job to them all!

## Elementary Update

*Shad Schmidt, Elem. Principal*



Osakis Elementary Families,

As another school year comes to an end and we near summer I want to thank you for another wonderful school year. It was nice to have a more “normal” year and I look forward to what the 2022-2023 school year will have in store. It is our honor and privilege getting to work with your children each day.

May is a busy month at school, filled with field trips, graduations, and music performances. The track and field day is scheduled for Friday, May 27 with May 31 being the make-up day, if necessary. In the UK, May is National Smile Month so please share a smile with someone. The last day of school is June 1 with a 1:00 dismissal time.

In early June, you will receive your child’s report card for the year and a school supply list for next year. June is a great time to make a summer reading list and see how many books you can cross off before summer is over. The longest day in terms of daylight is Tuesday, June 21. **Reminder** - school will begin on Wednesday, August 31 for the 2022-2023 school year.

Some fun summer facts: July is national ice cream month and the “dog days of summer” refers to July 3 - August 11. August 3 is National Watermelon Day. Watermelon is actually a vegetable in the cucumber family and not a fruit. After you eat some watermelon, you can gather around the campfire and enjoy a S’more. August 10 is National S’mores Day. Regardless of what you do this summer, please do it with family and make the most of it.

Enjoy your summer!



6th graders Kellan George, Kaden Bolstad, Logan Dehne, Madison Stigman, Lexy Marthaler, and Hudson Levin competed in a regional Math Masters competition in Osakis on Friday, March 4. They competed against 13 teams from the area and 67 individuals.

They completed a timed fact drill, four rounds of individual problems, and three team rounds.

Congratulations to these students!

## High School Activities

*Pat Kalpin, Activities Director*



### 50th Anniversary of Title IX

June 23, 2022 marks the 50-year anniversary of Title IX being implemented into law. On June 23, 1972, this civil rights law brought equity and educational opportunities for girls and women. “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied benefits of, or be subjected to discrimination under any educational program or activity receiving Federal financial assistance.” This signing did not have an immediate impact on girls’ sports at the high school level. In fact, it was not until 1975 when regulations were issued which required high schools to comply within three years. Many of the schools were already on board and took the opportunity to provide athletic opportunities for all students prior to the 1978 deadline. The MSHSL has been providing Title IX information to its member schools throughout this past school year through their monthly *Connect* online magazine to celebrate the 50-year anniversary of Title IX. In reading these articles the past eight months, it got me thinking about what it was like at Osakis High School in the early 70’s for girls and what the opportunities were for them. I recently had a conversation with long-time physical education and health teacher Nancy Hoff who came to Osakis during the 1971-1972 school year. She shared some great insight into what the opportunities were for girls and the changes that were made after Title IX was implemented into law. The goal of this article is to provide information a few years before Title IX was implemented up to the first year of interscholastic competition for girls. Below is an approximate timeline of sports opportunities for girls starting with the 1971-1972 school year.

Prior to 1974, the opportunities for girls at Osakis High School, in sports, was provided through a club called G.A.A. (Girls Athletic Association). This club provided intramural sport opportunities in basketball, volleyball, track, and tennis; it consisted of only Osakis High School girls competing against each other. The G.A.A. club was responsible for concessions at home football games and the money raised funded the club. They used the money for needed equipment and supplies to support the sports. Mrs. Hoff commented on how busy she was being the coach for all of those sports. She remembers going from volleyball practices directly to the football field to run the concessions for home football games. 107 girls participated in the G.A.A. club during the 1972-1973 school year. From what I can tell, it was during the 1973-1974 school year when interscholastic competition for girls was introduced at Osakis High School. The sports offered were basketball, volleyball, tennis, and track. Mrs. Hoff was the coach for volleyball, track, and tennis. That first year, there were 25 girls out for basketball, 19 for track, 10 for tennis, and 30 for volleyball; totaling 84 participants. The other activity offered for girls was cheerleading, but that was offered prior to Title IX. Osakis High School no offers eight sports for female athletes. Today, the MSHSL sponsors 18 sports for female athletes along with

numerous other student activities.

The information above might not be an exact timeline of events at Osakis High School as most of this information came solely from old yearbooks. After going through these yearbooks and talking with Mrs. Hoff, I have to admit that as a coach of girl’s basketball the past 24 years; I did not recognize the importance of Title IX and the impact it has made on female athletes. I cannot imagine life without these opportunities that young girls have now. In seeing first-hand the impact that sports and activities have on the overall development of our students, it is important to celebrate and recognize the 50-year anniversary of Title IX and the impact it has had, not only for girls, but ALL students.

## Innovation Corner

*Integrationist - Stan Moore*



### Portfolios and Skill Sets

It is time to start building your portfolio! Gone are the days when simply handing someone a resume will be good enough to land a great job. Our students will be hired by employers looking for people that are eager to learn, reliable, hard-working, and possess skills that showcase their unique abilities. Those skills also need to show the ability to problem-solve, communicate effectively, and learn from failure whether it is big or small.

Starting next school year, our 9-12 grade students will be building a portfolio using XLeap by STEM Fuse; this portfolio will follow them through their high school careers. XLeap is a digital platform to connect our talented students and teachers with real world college and career opportunities. The XLeap platform makes it easy to highlight accomplishments and match individuals with relevant opportunities based on their skills, accomplishments, and market. A formal introduction to XLeap portfolios will begin as early as 7th & 8th grade.

The rewarding challenge in education is preparing students for a world that is ever changing. In order to do this, we need to prepare our students by creating learning environments that promote the following skills:

According to the World Economic Forum, these are the Top 10 Skills of 2025:

1. Analytical Thinking and Innovation (Problem-Solving)
2. Active Learning and Learning Strategies (Self-Management)
3. Complex Problem-Solving (Problem-Solving)
4. Critical Thinking and Analysis (Problem-Solving)
5. Creativity, Originality and Initiative (Problem-Solving)
6. Leadership and Social Influence (Working with People)
7. Technology Use, Monitoring, and Control (Tech Use and Development)
8. Technology Design and Programming (Tech Use and Development)
9. Resilience, Stress Tolerance and Flexibility (Self-Management)



### 10. Reasoning, Problem-Solving, and Ideation (Problem-Solving)

Work environments are changing so fast that reskilling is becoming a common word. Reskilling is the need to learn new in-demand skills on the job. The key is to hone in and recognize the specific types of expertise each of these skills possess - Problem-Solving, Self-Management, Working with People, Technology Use, and Development.

Whether we are at school, home, or anywhere else, finding ways to promote and practice these skills is extremely important for our future. Giving our students the ability to fine-tune and learn quickly from it through the design process will help build a portfolio worthy of attention.

Start working on those passion projects and hone in on the skills that set you apart!

### Kids Heart Challenge Top Earner!



**Liam Shrode** (Kindergarten) raised the most money for the American Heart Association through our annual Kids Heart Challenge (formerly Jump Rope For Heart.)

He raised \$625.00! All of the students that participated in the fund raising did an amazing job. As a whole, the school raised \$9,105.00!

By raising this amount, the physical education department earned \$700.00 in gift certificates to US Games for physical education equipment.

The top earners from each grade will assist the physical education teachers in selecting equipment from US Games for next year.

The top boy and girl fundraiser from each grade will get the chance to be the physical education teacher for the day as a reward for their efforts.

## Nurse Notes

*Angie Baker-Milhausen, LPN*



It is hard to believe another year is almost over. The students have grown and learned so much. I want to touch on something that not all parents know, for next year, that students are not allowed to carry any medication on them. If you would like your child to take a medication at school, there are a few things that are needed. If it is an over-the-counter medication, please send the medication to my office. I need written permission from a parent stating that it is allowed to be given at school. This includes medications like Tylenol or Ibuprofen; this permission will be good for one year unless it is specified differently. If a student is in elementary school, parents will be notified before anything is administered. If it is a prescribed medication, I need a note from the doctor stating that it needs to be given at school along with the name of the medication and the dosage, just having the directions on the bottle is not enough. The original bottle from the pharmacy has to be accompanied by a note from the doctor. If you have any questions about this, please let me know.

There are several things over the summer that need to be considered, such as when vaccines and a physical are needed. To start kindergarten, children need 5 DTAP, 4 IPV, 3 Hep B, 2 MMR, and 2 Varicella vaccines - please have a copy for the school to keep on file. It is a smart choice to have a record of your children's immunizations with you at home in case there is a question. People know that if the clinic has a copy, that is enough, but there will be several times that you will need them throughout their lives and it will make things easier if you have a copy also. When students start 7th grade they will need to have an update of TDAP and their first Meningitis vaccine if they have not received their 2nd Varicella dose. If your child has had chicken pox there is no need to have the Varicella vaccine, but please make sure that the school is notified of when the child had them. There is also a Meningitis vaccine that is required after a student is 16 years old. Any student that wants to participate in a sport is required to have a physical; this physical will be required before any student will be allowed to participate in any way. Each physical is good for 2-3 years depending on their ability and health. The regular schedule is 7th and 10th grade but that can all change depending on when the doctor wants them to return for their next physical.

I hope everyone has a wonderful and safe summer. Please remember, if anything changes with your child's health or medication over the summer, notify the school. We want students to be as safe and healthy at school as they are at home. If you have any questions, please feel free to contact me. During the summer, I will check my voicemail periodically, but my email will be checked on a more regular basis. I will return to school the week before school actually starts in the mornings and can be reached at 320-859-2191, ext. 1193 or [abaker@osakis.k12.mn.us](mailto:abaker@osakis.k12.mn.us).

## MENTAL HEALTH

Missy Bergquist, Laura Radtke,  
Lindsey Hinnenkamp, & Hanna Lundeen



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

Missy Bergquist - Guidance Counselor  
Ext. 1304 mbergquist@osakis.k12.mn.us  
Laura Radtke - Psychologist  
Ext. 1218 lrادتke@osakis.k12.mn.us  
Lindsey Hinnenkamp - Social Worker  
Ext. 1227 lhinnenkamp@osakis.k12.mn.us  
Hanna Lundeen - Behavioral Interventionist  
Ext. 1225 hlundeen@osakis.k12.mn.us

Since we are well into Quarter 4 and it is May, this is the last newsletter for the school year and it is time to think about summer! During summer break, there is usually less stress for our students. However, summer is also a time in which there is often less support for our students as school mental health resources are not available. A frequent conversation that we have with student individually or when we talk in classes is.... **WHAT ARE YOUR COPING TOOLS?** This sounds so basic, however, students often do not think through and identify strategies that help them problem solve, calm, or relax. We usually tell students they should have a minimum of 10 coping tools, some that are easy, brief, and can be used anywhere, and some that take more planning and time. Some can be as easy as a piece of gum. Below are coping tools that students often identify;

Exercise, Food (popcorn, chocolate, etc.)  
Gum  
Fidgets (squish balls, putty etc. We provide these to students as needed in school)  
Pets  
Talking to parents, friends, relatives  
Deep breathing  
Muscle relaxation  
Positive thinking  
Positive self-talk (“do not say anything to yourself you would not say to your best friend”)  
Positive TV shows or movies  
Sports  
Naps (with caution... too much sleep is not good)  
Baths  
Using humor  
Certain games  
Art projects  
Drawing  
Coloring  
Poetry  
Journaling

Reading  
Legos  
Puzzle like tasks (puzzles, Rubik’s cube, etc.)  
Music  
Massages  
Baking

*Overall, coping tools should be things that are positive and that the student like. Therefore, if you notice your child or teen seeming stressed out over the summer, remind them of some of these strategies.*

## Counselor’s Corner

Melissa Bergquist



### SENIORS:

**Senior Awards Night:** Seniors should be busy continuing to fill out scholarship applications! Many of these scholarships will be given out at **Senior Awards Night on Monday, May 23 at 7 pm.** All family and

friends are invited to come celebrate the great accomplishments of our seniors!!!

**College Classes & Transcripts:** Seniors will receive a packet with information regarding how to request Official College Transcripts during their senior checkout process (last day of school). This request should be made in June, once seniors have received their OHS report cards. The request must be made online, come from the student, and fees may apply. Be sure to request transcripts from each college—UMC, M State, ATCC, or other colleges if taking Online College in the High School courses. Transcript request forms are also available on each college’s website.

### ALL STUDENTS:

**College Visits/Job Shadows:** Summer is a great time for juniors/almost seniors to get out and explore future options! Look into visiting a variety of campuses from 2 or 4 year, private or public, big city to small town. Bring a list of questions to ask! Also, think about arranging a job shadow in a career area(s) you may be interested in pursuing over the summer. If visits aren’t an option, maybe send an email or make a phone call. Many local experts enjoy sharing their knowledge and experiences!

**2022-23 Class Registration:** Registration for next year’s classes for grades 7-12 has been completed. Take time to sit down with your child to discuss classes they have scheduled as they look ahead to next year. Students can view their future schedules on Skyward. Parents will also receive a copy with the end-of-the-year report card. If you have any questions, please call the high school office at 320-859-2191.



## Osakis Agriculture Education/ FFA Report:



Welcome to Agriculture Class! We have been very busy in both the agriculture classroom and in FFA.

Second semester is known for being a very busy time for agriculture education departments. FFA week, contest practice and preparations, State Convention, and end of the year activities, present many opportunities for students who want to take the reins and give them a go! Credits to the success our FFA chapter has seen can be given to the amazing students we have. Nothing is more incredible than seeing student's genuine excitement for the opportunities such a wonderful organization can bring them.

At the beginning of April, students attended the Region 3 FFA Banquet at Minnewaska High School. Our students were recognized for their exceptional performances at regional competition. Then, onto state!

April 24-26, Osakis FFA members attended the State FFA Convention at the University of Minnesota, Twin-Cities. We are very proud of the representation we had from Osakis! Here are those deserving students who qualified and what they competed in:

**Fish and Wildlife:** Tyler Stier, Gabe Will, Blake Fischer, Brock Marthaler

**Dairy Judging Team:** Ellie Bock, Lynnea Maus, Avery Graff, Jack Bock

**Farm Business Management:** Laureen Walter, Eva Moore, Rachel Moore

**General Livestock:** Amelia Crossley, Madi Douvier, Lyndsey Middendorf, Brooke Euerle

**State FFA Degree Recipients:** Eva Moore and Madi Douvier

**State FFA Band:** Brooke Euerle and Jack Bock

As we prepare to wrap-up our year, students have a few fun events planned for the chapter. On May 13, FFA students and all other Osakis students can participate in Drive Your Tractor to School Day to celebrate a successful year! Students will also be participating in the World Food Prize - Morris Challenge where they will discuss their ideas on improving food production and receive a \$1000 scholarship to University of Minnesota - Morris.

Events coming up this summer that FFA members are excited for include Ag Academy Career Camp for grades 5-8 and the Miracle of Birth Center happening at the Minnesota State Fair.

Make sure to follow our Facebook page 'Osakis FFA' to stay up-to-date with all the new events we think-up. Thank you all for your support toward our Agriculture Education/FFA program at Osakis. We could not do it without you.

## 2022 FCCLA MN State Conference Summary

The 2022 State Conference of Minnesota Family, Career and Community Leaders (FCCLA) celebrated another successful year of projects. The career and technical student organization reimagined a conference during the covid impacted year as a new format allowing members to learn leadership, show their STAR Events (Students Taking Action with Recognition) projects, and celebrate their membership in the organization with state-wide members, alumni, and officers.

The State Officers presented the State FCCLA theme, "Elevate". Keynote speaker Craig Hiller provided messages about leadership and character development. MN FCCLA members also participated in virtual STAR Events, categories both virtually and in person, with many receiving the option to qualify for the National FCCLA STAR Events at San Diego, California in late June. Members were recognized to be National STAR Event Advancers for their efforts in their STAR Events during award announcements.

The following students participated in State FCCLA: Laureen Walter, Anna Woidyla, Madeline Anderson, Lauren Anderson, Hailey Walker, Mara VanNyhuis, Lexi Spychalla, Jaclyn Dietrich, Victoria Hoeper, Bria Hoffarth, Larissa Hoffarth, and Madelyn Collins. Laureen, Anna, Jaclyn, and Victoria all earned Gold medals in their events. Madeline, Lauren, Hailey, Mara, Lexi, Bria, Madelyn, and Larissa all earned Silver medals in their events. Laureen and Anna were National Advancers. Congratulations to everyone for participating!

Students also had the option to attend the MN Twins opening day ballgame and Nickelodeon Universe private event as part of their conference registration. Students had a lot of fun at Nickelodeon Universe.

MN FCCLA chapters take advantage of FCCLA programs and develop leadership skills to prepare them for their multiple adult roles of a family member, wage earner, and community leader. MN FCCLA State Conference is a great opportunity for leadership training and learning employability skills. Minnesota FCCLA is a dynamic and effective student organization that helps young men and women to become leaders and address important personal, family, work, and societal issues through family and consumer sciences education. The mission of FCCLA is to promote personal growth and leadership development through Family and Consumer Sciences education. Focusing on the multiple roles of a family member, wage earner, and community leader, members develop skills for life through character development, creative and critical thinking, interpersonal communication, practical knowledge, and career preparation. For more information about MN FCCLA see the [www.mnfccla.org](http://www.mnfccla.org) website.



**2021-2022 Chapter and Advisor**

**Back row:** Victoria Hoeper, Madelyn Collins, Anna Woidyla, Madeline Anderson, Lexi Spychalla, Mara VanNyhuis, Kelsey McKim (Advisor)

**Front row:** Jaclyn Dietrich, Bria Hoffarth, Larissa Hoffarth, Laureen Walter, Lauren Anderson, Hailey Walker

# POSTAL CUSTOMER

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

**ECFE Parent Facilitator**  
Danielle Kreemer



**ECFE Classes**  
Tuesday 12:30-2:30 P.M. or  
5:30-7:30 P.M.

**Preschool Classes**  
MWF: 8:00 A.M. - 10:50 A.M.  
or 12:00 P.M. - 2:50 P.M.  
or Full Day 8:00 A.M. - 2:50 P.M.  
T/TH: 8:00 A.M. - 10:50 A.M.

Early Childhood Family Education  
THE PATH TO SUCCESS!

Last day of Tuesday/Thursday preschool will be Thursday, May 26th.  
Last day of Monday/Wednesday/Friday preschool will be Friday, May 27th with our program beginning at 10:00 am.

Preschool classes are filling up for the fall of 2022! There are a few openings left. Please call Jan Campbell for more information to find out more.  
Jan Campbell



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

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For additional information call or visit our website at:  
[www.osakis.k12.mn.us](http://www.osakis.k12.mn.us)

Managing Editor/Layout and Design: Timothy Larson



Students participated in the Envirothon competition at Prairie Woods Environmental Learning Center, Spicer on April 19 and the results of their efforts are below.

**Senior High:**

Chris S, Scott E, Connor G, Chase T, Marcus W 4th in presentation, 3rd overall and advance to State  
Brenna M, Paige O 3rd in presentation, 4th overall

**Junior High:**

Gabe W, Tyler S, Brock M, Blake F 3rd overall  
Kolbe K, Kohanna S, Trent R, Brayden L 5th overall