



Cardinal Country Highlights

Upsala Area Schools District #487

Every Student ... Every Day

FALL 2022



Postage paid by
Upsala Lions Club

District: (320) 573-2174

K-12: (320) 573-2175

(320) 573-2176

New Playground a Reality!



**Thanks to
all donors
and
volunteers!**



Welcome to the 2022-2023 School Year

The 2022-2023 school year is quickly approaching and very soon we will be welcoming back our students and staff for another year. Here are a few updates for you regarding the upcoming school year.

Centennial Anniversary

This year will mark the 100th anniversary of the first graduating class from Upsala Area Schools! The Class of 1923 consisted of the following 5 graduating seniors; Vivian Anderson Carlson, Gladys Lundeen Madson, Effie Jorgenson Olson, Alma Peterson Swanson, and Astrid Larson Adams. This year we are anticipating a graduating class of 23 students. Plans are underway to celebrate the centennial anniversary throughout the school year with a culminating celebration during our commencement ceremony on May 26, 2023. We will be seeking volunteers to help guide the planning and execution of our celebration. Be on lookout for more information to come in the near future.

Playground

The new playground is nearly complete as all the equipment and surface material has been installed. Some additional landscaping will need to be completed before the project is complete and we hope to have this completed in the next few weeks. The new playground equipment will provide an area for students to actively play and will be accessible to all students. I'm very excited to see our students using the playground this year and hear their thoughts about the new playground

equipment. Plans are in place to upgrade the ball court/skating rink as well. These upgrades will take place in the near future.

Education Benefits Application

As we prepare for the start of the school year, I am requesting that all families complete the application for educational benefits. A significant portion of our state funding is based on the number of applications that are submitted on behalf of our students. Simply stated, the more applications completed, the more funding we will potentially receive. The application only takes a few minutes to complete and your personal information is private and confidential. We will have a station set up during Open House with staff available to assist you in completing the application. Students that have completed an application will have their technology fee waived for the school year. The application can also be found on the school website. If you have any questions, please contact the District office at 320-573-2174.

Each year, as the first day of school approaches, I get excited for the potential of what's to come. 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.

Vern Capelle, Ed.S.
Superintendent

Every Student  ... Every Day



Greeting UAS Families,

The 2022-2023 school year is right around the corner! Here is some information to help prepare you for the new school year.

Open house will be in person from 4 to 8 on August 31st. That evening we will also have

7th grade and 7-12 new student orientation at 6pm in the auditorium. 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. I hope to see everyone on the 31st!

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.

We will be offering before and after school care for school aged children in grades Prek-6. If you are interested in having your child enrolled in Cardinal Club, please contact the main office.

This year, lunches will no longer be provided free of charge. Lunch prices will be:

- Milk -.35
- EC-6 - \$2.60
- 7-12 - \$2.75
- Adult - \$4.50

Fees can be paid online or by check or cash in the main office. Breakfast will continue to be free for students.

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.

We have some new staff this year!
Dylan Zimmermann-Activities Director
Kaye Nienaber-3rd/4th Grade Teacher
Jessica Johnson-Spanish Long Term Sub
Candace Stangl-Speech
Makayla Brenner-Paraprofessional

Please welcome them to the district!

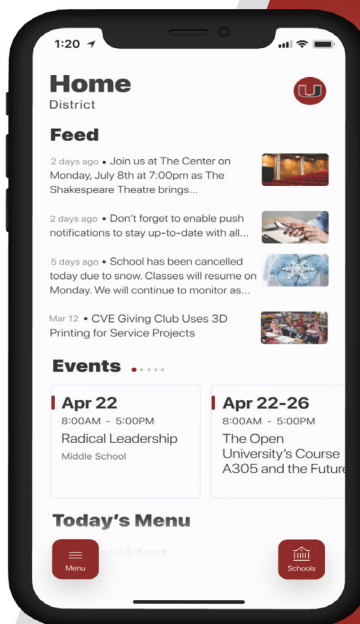
I hope everyone enjoys the rest of the summer!

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

*Do you have
our mobile app yet?*

It's everything Upsala Schools,
in your pocket.

Documents · Events · Staff Directory · Alerts · News



School Supplies List

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

Kindergarten	3rd & 4th Grade	2 0 2 2 - 2 0 2 3 F i r s t D a y S e p t e m b e r 6 t h O p e n H o u s e 4 p m - 8 p m	All Middle & High Schoolers	Tech/Engineering Classes
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	5th & 6th Grade Issued School Planner will be supplied to each student Pencil Box OR Zippered Pouch 12 #2 Pencils w/Erasers 4 Red Ink Pens Colored Pencils AND Markers 4 Highlighters Non-Point Scissors 2 Large OR 4 Small Glue Sticks 1 Single Subject Spiral Notebook (Must be 3-Hole Punched) 1 Pk Loose Leaf Notebook Paper (Must be 3-Hole Punched)		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 art room 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	
2nd Grade Backpack (No Wheels) 24 #2 Pencils 2-3 Pink Erasers 4oz Glue & 4-5 Glue Sticks Earbuds / Headphones Scissors 12" Ruler with Centimeters Colored Pencils Markers Pencil Box 3 Folders with Pockets 2 Expo Fine Tip Markers Large Tissue Box Clorox Disinfecting wipes	Expo Multi Colored Markers with Eraser 3rd & 4th Grade 24 #2 Pencils Scissors <i>Pencil Box OR Zippered Pocket</i> 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 Protractor Calculator Highlighter 2 Pairs of Earbuds		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 (7-8th Grade), TI84 (9-12th Grade) Headphones 50+ Notecards 3 Mechanical .7 Lead Pencils Sharpie 2 Wooden Pencils 1 Book Cover HS Math Classes TI 84 is used on MCAs AVID 9th Grade AVID & Math Supplies will be provided WIN Class Tissue Box	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 art room 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
Special Items for FCS & 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				

FALL SPORTS SCHEDULES



FOOTBALL SCHEDULE

(All home games in Swanville at 7pm
except Oct 14 which is 1:30pm in Upsala)

Fri, Sep 2 vs Maple Lake
 Fri, Sep 9 @ BOLD
 Fri, Sep 16 @ KMS
 Fri, Sep 23 vs BBE
 Fri, Sep 30 vs ACGC
 Fri, Oct 7 @ Browerville
 Fri, Oct 14 vs LPGE
 Wed, Oct 19 @ Kimball

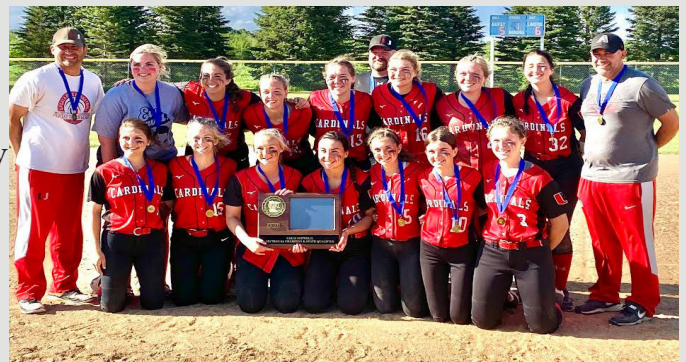
VOLLEYBALL SCHEDULE

Mon, Aug 30 vs Kimball
 Thu Sep 1 vs Pillager
 Tue, Sep 6 vs Osakis
 Thu, Sep 8 vs Browerville
 Tue, Sep 13 @ LPGE
 Thu, Sep 15 @ Swanville
 Sat, Sep 17 Crosby-Ironton Tournament
 Tue, Sep 20 vs Royalton
 Thu, Sep 22 @ Osakis
 Tue, Sep 27 @ Bertha-Hewitt
 Thu, Sep 29 @ Browerville
 Sat, Oct 1 Mora Tournament
 Tue, Oct 4 vs Swanville
 Thu, Oct 6 vs Pine River-Backus
 Tue, Oct 11 vs LPGE
 Mon, Oct 17 vs Holdingford
 Thu, Oct 20 Upsala Tournament

The Upsala Lady Cardinal Softball team had a very successful season! For the first time in the program's 35 year history the Cardinals advanced to the state tournament by winning the Section 6A title game over New York Mills 6-5 in 11 innings! They also won the Prairie Conference for the 2nd time in team history. The team finished with a 20-5 overall record and with many team and individual awards. The team would like to thank all the local businesses who donated goodies and meals for their trip to state, their parents for all their support, and the Upsala Fire Department and Morrison County Sheriffs Office for the escort on the parade through town.

Pictured

Front Row: Isabel Ripplinger, Isabelle Leners, Taylor Soltis, Abby Klein, Hannah Luedtke, Hailie Luedtke, Madalin Koetter.
 Middle Row: Co-Head Coach Joey Fuchs, Manager Natalie Wensmann, Erica Roske, Alexis Gilbertson, Paige Gerads, Allie Maciej, Brenna Graves, Molly Leners, Co-Head Coach Nick Klug.
 Back Row: Assistant Coach Aaron Fisher



Spring Semester Honor Roll

"A" HONOR ROLL

Grade 12

Rachel Ainali
Brooklyn Bense
Kristine Biniek
Yasmine Crowe
Gracie George
Luke Harren
Abigail Klein
Levi Lampert
Bennet Pundsack
Christian Ripplinger
Taylor Soltis

Grade 11

Silas Arvig
Paige Gerads
Axel Johnson
Madalin Koetter
Natalie Wensmann

Grade 10

Claire Arvig
Bryce Binek
Noah Boeckermann
Natasha Crowe
Brenna Graves
Jacob Gunderson
Dillon Krebs
Isabelle Leners
Monica Nienaber
Brooke Opatz
Erica Roske
Alyssa Young
Dustin Yurczyk

Grade 9

Evelynn Aleckson
Dominic Eggert
Eli Johnson
Hailie Luedtke
Allie Maciej
Brayden Mack
Samantha Pilarski
Jack Primus
Beau Ripplinger
Isabel Ripplinger
Dakota Soltis

Grade 8

Sierra Bense
Aiden Brannan
Jacob Brinkman
Holly Johnson
Austin Klein
Meeli Krueger
Brayden Leners
Isaiah Sobiech
Jack Sowada
Victoria Wiechmann

Grade 7

Lucylee Aleckson
Lynn Arvig
Emily Ashbrook
Abigail Carlson
Allison Cymbaluk
Vincent Eggert
Annalee Gerads
Olivia Klasen
Lydia Kokett
Landon Krebs
Samuel Laliberte
Calvin Leners
Zoey Leners
Brenden Mack
Genevieve Mrozek
Alexa Pilarski
Carson Primus
Anne Ripplinger
Addie Scepaniak
Owen Smith
Matthew Tschida
Emily Wiechmann
Nicholas Young

"B" HONOR ROLL

Grade 12

Christen Fouquette
Kaitlyn George
Logan King
Chloe Mayer
Micah Ripplinger
Kylie Roerick
Tyler Smieja
Peyton Soltis
Nyah Walker
Karlee Warga

Grade 11

Mitchell George
Nicholas Kulla
Molly Leners
Tyson Leners
Hannah Luedtke
Jacob Roerick
Emma Scepaniak
Hunter Steuck
Savannah Stumpf
Bryce Westrich
Mikal Woidyla-Wood

Grade 10

Brayden Bushaw
Lukus Daniel
Peyton Gerads
McKenna Graves
Daniel Kokett
Madison Tschida

Grade 9

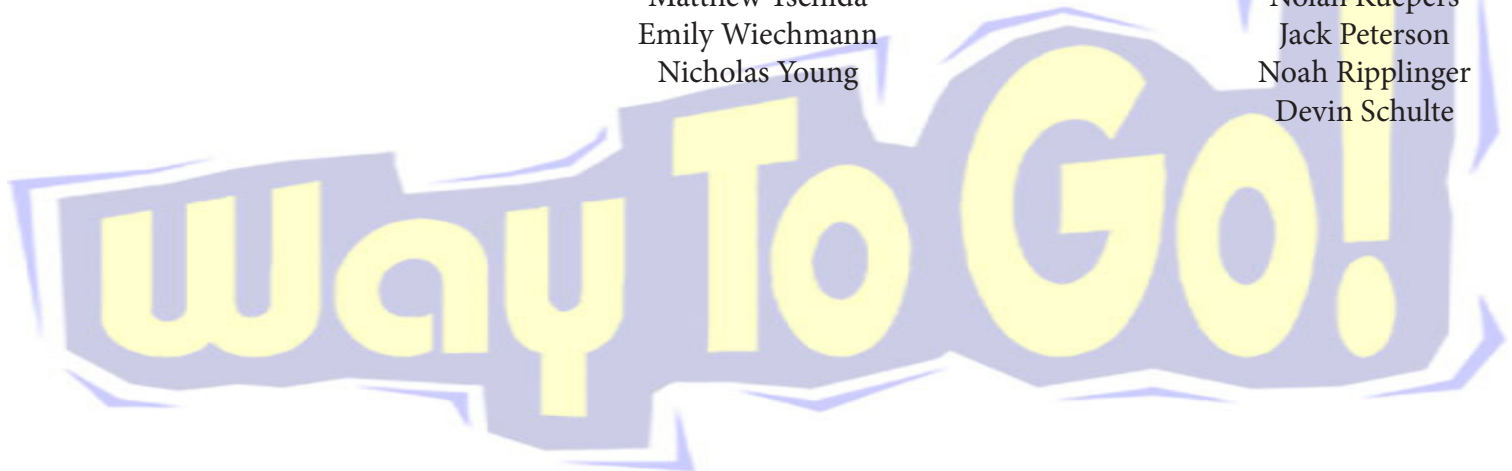
Liliana Daniel
Keaton Gudvangen
Nicholas Guthrie
Dakotta Hartsock
Eric Landowski
Corryn McDermond
Brandon Mugg
Kira Poppenhagen
Eli Roerick
Joseph Steuck

Grade 8

Dominic Blais
Paul Blonigen
Hannah Heesen
Isabelle Klug
Desiree Kuhl
Jake Leners
Riley Middendorf
Kalaeb Rene
Courtney Roske
Lucy Scepaniak
Brice Walker

Grade 7

Ethan Ashbrook
Dallas Bushaw
Sheldon Floan
Lucas Gerads
Caleb Guthrie
Quinn Guthrie
Jacob Kremers
Nolan Kuepers
Jack Peterson
Noah Ripplinger
Devin Schulte



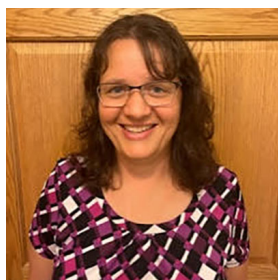
Way To Go!



Dylan Zimmerman

Activities Director / Finance Manager / JV Boys Basketball Coach

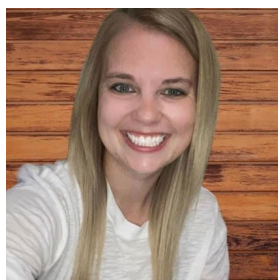
In his free time Dylan enjoys playing sports (of course), being out on the lake, ice fishing, and hunting.



Kaye Nienaber

4th Grade Classroom Teacher

In her spare time Kaye likes to spend time with her family, go fishing, watch her garden grow, and bake.



Makayla Brenner

Paraprofessional

What Makayla likes to do in her free time is spending time with her husband and daughter on their farm.

Jessica Johnson
Spanish

Candace Stangl
Speech

INTRODUCING THE JMC FAMILY APP! The app is designed to help families and schools collaborate and communicate by offering a 360° view of your student's academic and extracurricular world. The jmc Family app will allow you to:

- View student grades and set alerts
- Check meal balances and add funds
- Notify the school of an absence without making a phone call
- Keep up on school events and classroom news
- So much more!

Download this app today from either Apple's App Store or the Google Play Store.



Free/Reduced Price Meals

Dear Parent/Guardian:

Our school provides healthy meals each day. Lunch costs \$2.60 for EC-6th grade and \$2.75 for 7-12th grade. The Covid-19 school lunch waiver has expired so the 22/23 school year will be back to normal.

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:

In person: 415 Main Street Upsala, MN 56384

Mail: PO Box 190 Upsala, MN 56384

Applications can also be filled out online on the JMC parents access portal. Select “Register for 2022-2023” then select the link for “Application for Educational Benefits.”

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 320-573-2173.

How to Complete the Application for Educational Benefits

Complete the Application for Educational Benefits form for school year 2022-23 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, 2022 through June 30, 2023.

Maximum Total Income

Household size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	25,142	2,096	1,048	967	484
2	33,874	2,823	1,412	1,303	652
3	42,606	3,551	1,776	1,639	820
4	51,338	4,279	2,140	1,975	988
5	60,070	5,006	2,503	2,311	1,156
6	68,802	5,734	2,867	2,647	1,324
7	77,534	6,462	3,231	2,983	1,492
8	86,266	7,189	3,595	3,318	1,659
Add for each additional person	8,732	728	364	336	168

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.

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"/>

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) List all Household members not listed in STEP 1 (including yourself) even if they do not receive income. Include children who are temporarily away at school or in college.	Gross Earnings from Working at Jobs				Are you Self-Employed or a Farmer?		Any Other Gross Income				
	Weekly	Bi-weekly	2x Month	Monthly	Report income before deductions or taxes in whole dollars (no cents).	Net income from Farm or Self-Employment. Do not duplicate elsewhere.	Weekly	Bi-weekly	2x Month	Monthly	SSi, Unemployment, Public Assistance, Child Support, and others on Page 2
	<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:		X1	X2	X4	X6	X12	X24	X36	X52
All Total Income (include child and adult income)		Annualize	Monthly	2X Month	Bi-weekly	Monthly	2X Month	Bi-weekly	Weekly
\$		<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:		Household Size:		Categorical Eligibility		Free After Verified		Reduced After Verified	
Confirming Official Signature:		Household Size:		Categorical Eligibility		Free After Verified		Reduced After Verified	
Date:		Date:		Date:		Date:		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

Sources of Child Income	Examples
<ul style="list-style-type: none"> Earnings from work Social Security <ol style="list-style-type: none"> 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

Sources of Income for Adults

Earnings from Work	Public Assistance / Alimony / Child Support	All Other Income
<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: <ol 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, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online

at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) **mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or (2) **fax:** (833) 256-1665 or (202) 690-7442; or (3) **email:** program.intake@usda.gov

This institution is an equal opportunity provider.

5th grade students have completed summer band lessons and sound great. If any other 5-12 grade student would like to play an instrument, it is never too late to start. All it takes is extra practice to jump in with their peers.

The music department will team up with others at school and build a relationship with the new assisted living community. This is something we have always wanted to do but it was not feasible to take a bus to Albany or Little Falls. We will now have the opportunity right across the street.

The USA Community Chorus is once again sponsoring a Choral Festival in Upsala. Choirs, singers and “singing cowboys/girls” will gather for the 2022 choral festival with Dr. Cory Evans, Director of Choral Activities at Utah State University and Associate Director of the American Festival Chorus.

The theme for this year’s festival will be “Songs of the Old West and Old Westerns.” This often neglected genre is a favorite of Dr. Evans. It also contains a wide range of music from the tight harmonies of Bob Nolan (The Sons of the Pioneers) and Stan Jones (“Ghost Riders in the Sky”) to simple folk melodies (“Home on the Range” Whoopie Ti Yi Yo” et al) making it an ideal opportunity for both experienced choirs and those that are rebuilding following the pandemic lockdowns to participate. This year’s festival is scheduled for Saturday, 15 October. It should be a fun-filled day of learning about and working with this important genre of purely American music!



Dollars for Scholars



Upsala Area Schools Dollars for Scholars is looking for volunteers to help raise money for scholarships for students at Upsala Area Schools.

This is a minimal time commitment. We mainly need help organizing a few events a year. Last year, Upsala Area Dollars for Scholars raised over \$16,000 for scholarships! Without volunteers, we cannot maintain this great benefit for our students and families!

If you are interested or have questions please contact Principal Nick Klug.

Playground

We’re almost there!

Our new playground will be ready by the time students come for Open House and we cannot wait!

A special thanks goes to Roerview Dairy for donating their time and equipment to help lay mulch in August. We had a great turnout of workers to help in the final stages of the build. We couldn’t have made it this far without the support of our wonderful community!



Census Information

Superintendent
Mr. Vern Capelle



Principal
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: ggross@upsala.k12.mn.us

Fax: 320-208-9118

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



Dan Cheney, Community Education Coordinator (dancheney@upsala.k12.mn.us)
<https://upsala.k12.mn.us/page/upsala-community-education>

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.

Firearm Safety



Firearms Safety is scheduled for Sept 15 (classroom 6-9pm) and Sept 16 (field day after school). Students must complete the online hunter safety course ahead of time and bring their passing certificate to class. A parent must also come to the classroom session to sign paperwork. Online registration is free, but filling up quickly.

The goal of this course is to teach potential hunters and other firearm users the safe use and handling of all types of weapons. Individuals who successfully complete the course will be awarded a Minnesota DNR Firearms Safety Certificate.

Flag Football



Youth flag football will be held on four Saturdays from 10:30-noon beginning Sat, Sept 10 in Swanville. It will alternate between Swanville and Upsala (Sept 17 in Upsala, Sept 24 in Swanville, Oct 1 in Upsala). Buddy Day will be in Upsala this year on Sept 22.

Register for Community Education classes
 at the school's web store:
upsala.revtrak.net

Piano Lessons



Learn how to play piano or improve your playing. Lessons are offered in half hour time slots the same time each week for 6 weeks. These fun lessons are individualized for the student. All ages are welcome.

Lessons are on Tuesdays OR Thursdays. Registration is open for fall lessons will start on Oct 4 OR 6.

Potspot



We have a session for PotSpot Paint Your Own Pottery scheduled for Wednesday, October 12 after school. Students will have a choice of fall-themed items to paint.

Cost is \$15 per student. PotSpot will bring your project back to their shop to be kiln fired, and then return the finished project to school.

Upsala Community Education Advisory Council

Vern Capelle, Superintendent/Director	
Dan Cheney	Elizabeth Gunderson
Brittany Harren	Wendy Rene
Marvin Wensmann	Jennifer Servatius
Denise Cheney	Jessica Wenker

Cardinal Club

Upsala Area Schools will be offering a wrap-around school age childcare program for the 2022-2023 school year. The program is available for UAS students enrolled in PreK through Grade 6.



For all the specific policies and guidelines, please download the Cardinal Club handbook on the Upsala Area School's website or call Gina at 320-573-2174.

Hours: Morning Care: 6:45 - 8:00 AM, Afternoon Care: 3:00 - 5:30 PM, Half Days of School: Noon - 5:30 PM

Rates: Morning: \$12 per week full-time (4-5 days per week); \$8 per week part-time (1-3 days per week)
Afternoon: \$32 per week full-time (4-5 days per week); \$22 per week part-time (1-3 days per week)
Morning & Afternoon: \$40 per week full-time; \$30 per week part-time

Cardinal Club 2022-2023 School Year (Preschool - 6th Grade)

First Child's Name _____ Start Date _____

Circle one: Full Time (4-5 days/wk)

Part time (2-3 days/wk)

Circle one: Morning Care

AM: ___ Monday ___ Tuesday

After School Care

___ Wednesday ___ Thursday

Both

___ Friday

PM: ___ Monday ___ Tuesday

___ Wednesday ___ Thursday

___ Friday

Second Child's Name _____ Start Date _____

Circle one: Full Time (4-5 days/wk)

Part time (2-3 days/wk)

Circle one: Morning Care

AM: ___ Monday ___ Tuesday

After School Care

___ Wednesday ___ Thursday

Both

___ Friday

PM: ___ Monday ___ Tuesday

___ Wednesday ___ Thursday

___ Friday

Verify parent contact information & Emergency Contacts are correct with Upsala Area Schools by registering your child(ren) on the JMC parent portal for the year

Other Authorized Pickup People: (Other than what is listed in the JMC parent portal)

Contact Name _____ Phone# _____ Relationship to Child _____

Other Authorized Pickup People: (Other than what is listed in the JMC parent portal)

Contact Name _____ Phone# _____ Relationship to Child _____

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

2022-2023

July '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						

August '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			

September '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

October '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					

November '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			

December '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						

Aug 1-4 & 8-11	Kindergarten Readiness
Aug 29-31	Teacher Workshop
Aug 31	K-12 Open House (4:00 to 8:00 pm)
Sep 05	Labor Day (No School)
Sep 06	Classes Begin for K-12 Students
Oct 14	Early Release (Staff PD)
Oct 20 - 21	Fall Break
Nov 04	End of Quarter 1
Nov 07	No School (Teacher Trade Day)
Nov 08	Start of Quarter 2
Nov 17 & 21	K-12 Parent Conferences (3:30 to 7:30 pm)
Nov 23	Early Release (Trade Day)
Nov 24 & 25	Thanksgiving Break
Dec 23	Early Release (Staff PD)
Dec 24-Jan 2	Holiday Break
Jan 03	K-12 Classes Resume
Jan 13	End Semester 1/Quarter 2
Jan 16	No School (In-Service)
Jan 17	Start of Spring Semester/Quarter 3
Feb 17	No School (In-Service)
Feb 20	No School (Presidents Day)
Mar 17	End of Quarter 3
Mar 20	Start of Quarter 4
Mar 23 & 27	K-12 Parent Conferences (3:30 to 7:30 pm)
Apr 06	No School (Teacher Trade Day)
Apr 7-10	No School (Spring Break)
Apr 29	Prom
May 05	Early Release
May 26	Commencement (7:00 pm)
May 26	Early Release - Last Student Day
May 29	No School - Memorial Day
May 30	Teacher Workshop

Student Days (S) = 172	Teacher Days (T) = 180
Aug (S)0 (T)3	Jan (S)20 (T)21
Sep (S)19 (T)19	Feb (S)18 (T)19
Oct (S)19 (T)19	Mar (S)23 (T)23
Nov (S)19 (T)20	Apr (S)17 (T)18
Dec (S)17 (T)17	May (S)20 (T)21

Quarters/Semesters	
Quarter 1: Sept 6 - November 4	42 Days
Quarter 2: November 8 - January 13	41 Days
Fall Semester = 83 Days	
Quarter 3: January 17 - March 17	42 Days
Quarter 4: March 20 - May 26	47 Days
Spring Semester = 89 Days	

<ul style="list-style-type: none"> Summer Kdg Readiness No School for Students/Staff Start/End Quarter/Semester Prom/Commencement 	<ul style="list-style-type: none"> Teacher Workshop/In-Service Early Release - Noon Dismissal Parent-Teacher Conferences
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January '23						
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 '23						
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 '23						
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 '23						
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 '23						
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 '23						
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

2022-23 Weather Make Up Days
 First Day - No Make Up
 Second Day - January 16, 2023
 Third Day - February 17, 2023
 Fourth Day - April 6, 2023
 Fifth Day - May 30, 2023

<p>Administration: Vern Capelle, Superintendent Nick Klug, Principal Dylan Zimmerman, AD 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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