



Cardinal Country Highlights

Upsala Area Schools District #487

Every Student ... Every Day

FALL 2023



Postage paid by
Upsala Lions Club

District: (320) 573-2174

K-12: (320) 573-2175

(320) 573-2176

SEEING RED



**Summer
workers
give the
school a
new look!**

Superintendent's Corner



Referendum Results and Next Steps

On August 8, 2023, the Upsala School Board conducted a special election to ask district residents to approve a bond referendum for construction and improvements of Upsala School. The ballot consisted of two questions, the first identifying significant

deferred maintenance projects primarily involving upgrades and improvements to the HVAC and roofing systems of the school building. The second question involved construction of additions to provide space for learning and student support programs.

600 voters cast ballots on election day with 397 voting Yes for Question 1 and 203 voting No. Regarding Question 2, 289 voted Yes while 307 voted No. The passing of Question 1 will provide funds for the maintenance projects, however, the proposed space additions included in Question 2 will not take place at this time. Thank you to all the voters who expressed their support for Question 1 and Question 2. Although Question 2 did not pass, we appreciate your voice and the direction that you have provided with this special election.

So, what's next? Now that the election is completed, we will first have to officially canvass the results and

certify the election. Once this is completed, we will begin working on the financial component of the projects. This involves working with our financial advisors to start the process of selling the bonds that will provide the funding for all of the improvements that will be made to the building.

We will also begin working with our construction management team to complete the design process for the projects. We will begin seeking bids and contracts for the improvements in the early Fall which includes ordering materials and finalizing project plans. We anticipate the construction and improvements will begin in the Spring of 2024 with an anticipated completion in August of 2024. I do not anticipate that any of the project work will interfere with the 2023-2024 school calendar, however, we can't control when materials and contractors will be able to complete the work. We will continue to provide you with updates on the projects throughout the school year.

Again, I would like to say thank you to the voters who supported the bond referendum questions. As we begin a new school year, I assure you that we will strive for excellence in providing the best education possible for every student of UAS. I am looking forward to seeing our hallways and classrooms full of energy and excitement as students return to school.

Cardinal Pride!

*Vern Capelle, Ed.S.
Superintendent*

Welcome New Staff!

Kerry
Osberg

ART

Avery
Jackson

1ST GRADE

Brooke
Schleicher

BEHAVIOR
INTERVENTIONIST

Madalin
Koetter

PARAPROFESSIONAL



Greeting UAS Families,

The 2023-2024 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 30th for all families Prek-12. 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 30th!

The school day will be from 8:15 to 3:12. All students 7-12 will be dismissed at 3:12 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 be free of charge for all students! We are asking all families to fill out the educational benefits form. The state is still using this information as part of their funding formula.

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!

Avery Jackson-1st Grade

Madalin Koetter-Paraprofessional

Jessica Johnson-Spanish Long Term Sub

Brooke Schliecher-Behavioral Interventionist

Kerry Osberg - Art

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

AWESOME WAYS TO HELP UPSALA AREA SCHOOLS

If you shop at a Teal's grocery store, PLEASE turn your receipts into our school. Our school receives 1% back from Teal's. It is a great way to help out our school.

Another way to help out our school receive money is by downloading the box top app on your phone. After you download the app you will need to pick Upsala Area School so the money comes to our school. Finally, you can scan your receipts. You only have 14 days to scan your receipt. If you choose not to download the app. PLEASE consider getting your receipts to the school within a couple days and a staff member will scan them. WE only have 14 days from the receipt to scan them in.

The school also receives money from Loaves 4 Learning. Please cut the UPC or send the bread bag to school, and we will cut the UPC off. The UPC's are on the Village Hearth bread, Country Hearth Bread, Artisan Hearth, New England, Pan-O Gold, & Family Choice bread. For more information you may go to Loaves4Learning.com

If you have any questions, you may contact Karen Kobylinski at kkobylinski@upsala.k12.mn.us



LOOK FOR BOX TOPS ON HUNDREDS OF PRODUCTS!

For the most current list of products, visit the [Box Tops App](#)



SCAN: If you see this label, **do not send it to school.** Use the Box Tops app to scan your store receipt within 14 days of purchase. The app will find participating products and instantly add Box Tops to your school's earnings online.

Upsala Grades 7-12 Supply List 2023-2024

Open House August 30, 2023 from 4:00-8:00 PM

*Tennis shoes required for all grades to be worn during recess and PE

GRADE 7 & 8		
✓	QTY	ITEM DESCRIPTION
	24	#2 Pencils
	1	Pack of Mechanical Pencils
	7	Notebooks w/perforated pages
	7	Folders
	1	Pack of Highlighters
	1	Pens- Red, Blue & Black
	1	Pack of Colored Pencils
	1	Pencil Pouch
	2	Glue Sticks
	1	Ruler
	1	3 Ring Binder
	1	Scissors
	1	Scientific Calculator w/Probability (Casio is preferred)
	1	Headphones
	3	Sharpies
	1	Large Tissue Box (for Advisory)
	1	Disinfecting Wipes (for Advisory)

GRADE 9		
✓	QTY	ITEM DESCRIPTION
	24	#2 Pencils
	1	Pack of Mechanical Pencils
	1	Notebook w/perforated pages (one for each class)
	1	Folder (one for each class)
	1	Pens- Red, Blue & Black
	1	Pack of Colored Pencils
	1	Ruler
	1	Scissors
	1	Headphones
	2	Large Tissue Box
	1	Clorox Disinfecting Wipes
	2	Glue Sticks
	1	Graphing Calculator (TI84 is preferred)
	1	Headphones
	3	Sharpies
	1	Large Tissue Box (for Advisory)
	1	Disinfecting Wipes (for Advisory)

AVID will provide 9th grade students with: Binders, a Pencil Pouch, Dividers and Highlighters

GRADE 10, 11 & 12		
✓	QTY	ITEM DESCRIPTION
	24	#2 Pencils
	1	Pack of Mechanical Pencils
	1	Notebook w/perforated pages (one for each class)
	1	Folder (one for each class)
	1	Pack of Highlighters
	1	Pens- Red, Blue & Black
	1	Pack of Colored Pencils
	1	Pencil Pouch
	2	Glue Sticks
	1	Ruler
	1	Scissors
	1	Graphing Calculator (TI84 is preferred)
	1	Headphones
	3	Sharpies
	1	Large Tissue Box (for Advisory)
	1	Disinfecting Wipes (for Advisory)

SPECIAL EDUCATION		
✓	QTY	ITEM DESCRIPTION
		Many Pencils
	1	Ream of Printer Paper
	4	Glue Sticks
	1	Large Tissue Box
	1	Disinfecting Wipes

PHYSICAL EDUCATION		
✓	QTY	ITEM DESCRIPTION
		T-Shirt
		Shorts
		Sweatshirt & Sweatpants
		Deodorant
		Shoes for PE only
		Socks
		Towel & Shampoo

*A lock is provided for each student

TECHNOLOGY & ENGINEERING CLASSES		
✓	QTY	ITEM DESCRIPTION
	1	Safety Glasses

Please bring the following items to class (already listed):
Notebook, Folder, Pencils, Headphones

AGRICULTURE & SHOP CLASSES		
✓	QTY	ITEM DESCRIPTION
	1	Safety Glasses
	2	Pink Erasers
	1	Tape Measure
	1	Pliers (Welding classes only)

Please bring the following items to class (already listed):
Notebook, Folder, Sturdy Ruler, Mechanical Pencils, Calculator

*ALL CLASSES: NO LOOSE CLOTHING OR HAIR
*Welding: Non-Flammable Clothing & Closed Shoes, NO SHORTS

7TH & 8TH GRADE ART		
✓	QTY	ITEM DESCRIPTION
	1	24 pack Colored Pencils
	1	10 pack Crayola Markers

HIGH SCHOOL FINE ART		
✓	QTY	ITEM DESCRIPTION
	1	Pack of #2 Wooden Pencils (8-24)
	1	24 pack Colored Pencils
	1	Set of 12 Colored Sharpies

*A notice will be sent home for any fees or additional project supplies needed

FCS		
*A notice will be sent home for any fees or project supplies needed		



UPSALA AREA SCHOOLS
415 S MAIN STREET
UPSALA, MN 56384

Spring Semester Honor Roll

"A" HONOR ROLL

Grade 12

Silas Arvig
Madalin Koetter
Hunter Steuck
Natalie Wensmann
Mikal Woidyla Wood

Grade 11

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

Grade 10

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

Grade 9

Aiden Brannan
Jacob Brinkman
Hannah Heesen
Holly Johnson
Austin Klein
Isabelle Klug
Brayden Leners
Isaiah Sobiech
Jack Sowada

Grade 8

Lucylee Aleckson
Lynn Arvig
Emily Ashbrook
Abigail Carlson
Allison Cymbaluk
Vincent Eggert
Annalee Gerads
Caleb Guthrie
Quinn Guthrie
Lydia Kokett
Landon Krebs
Nolan Kuepers
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

Grade 7

Braxton Allie
Trygg Aleckson
Bianca Mrozek
Evan Pipenhagen
Aubree Roerick
Owen Sobiech
Richelle Thompson
Dalton Welinski

"B" HONOR ROLL

Grade 12

Andrew Aleckson
Paige Gerads
Axel Johnson
Ryan Johnson
Tiago Leite
Molly Leners
Hannah Luedtke
Savannah Stumpf

Grade 11

Claire Arvig
Lukus Daniel
McKenna Graves
Joseph Guthrie
Daniel Kokett
Madison Tschida
Aden Warga

Grade 10

Lilieana Daniel
Nicholas Guthrie
Dakotta Hartsock
Eric Landowski
Corryn McDermond
Brandon Mugg
Kira Poppenhagen

Grade 9

Sierra Bense
Vance Benson
Paul Blonigen
Meeli Krueger
Desiree Kuhl
Jake Leners
Courtney Roske
Mackeel Wenker
Victoria Wiechmann
Noah Zinniel

Grade 8

Ethan Ashbrook
Noah Ripplinger
Devin Schulte

Grade 7

Emma Dickinson
Avery Hallermann
Addisyn Hovland
Skyler Landowski
Raven Nienaber
Ethan Young
Elyn Zinniel

ELEMENTARY

Mrs. Peterson: Peyton Willing
Mrs. Wolbeck: Jayden Kuhl
Mrs. Bengston: Emma Loudon
Mrs. Kruzel: Hailey Kiley
Mrs. Fuchs: Emma Bartkowicz
Mrs. Duclos: Owen Fuchs
Mr. Van Sloten: Trevor Thompson/Aiden Voller
Mrs. Nienaber: Anna Zolotoryova
Mr. Riitters: Josie Roerick
Ms. Thell: Natalya Goulet
Ms. Justen: Emily Ripplinger
Music: Abby Rakotz
PE: Noah Gerads & Dahlton Erickson
Art: Morgan Ripplinger

HIGH SCHOOL

SH Student of the Month: Isaiah Sobiech
JH Student of the Month: Lucylee Aleckson
English: Holly Johnson & Addisyn Hovland
Math: Samantha Pilarski & Owen Sobiech
Soc. Studies: Lukus Daniel & Owen Smith
Science: Eric Landowski & Zoey Leners
PE: Hunter boeckermann, Dan Kokett & Dan Gunderson
Health: Meeli Krueger & Aubree Roerick
Ag/Voc. Ed: Austin Klein, Skyler Landowski, Owen Sobiech
Technology: Brayden Bushaw
Art: Monica Nienaber & Addie Scepaniak
Music: Evelynn Aleckson & Lynn Arvig
FCS: Dillon Krebs

MAY STUDENTS OF THE MONTH

Cafeteria Connection

Connecting you to your child's school lunchroom

IT'S MORE THAN A SCHOOL MEAL APPLICATION

There has been a positive shift towards providing **universal free meals** for school lunches across several states. While this is a significant step forward in ensuring students have access to nutritious meals, it's important not to overlook the continued significance of filling out free/reduced meal applications.

The school meal applications are used for so much more than just certifying students for free or reduced-price school meals.

FILLING OUT AN APPLICATION CAN HELP YOU AND OUR SCHOOL BY:

- **School Funding.** May provide additional funding for state and federal programs and services at our school.
- **Athletics.** May result in free or discounted fees to participate in activities.
- **Internet Access.** May qualify your family for discounted rates on home internet service.
- **Academic Tests.** May qualify you for reduced registration fees for AP, SAT, and/or ACT tests. May also qualify you for discounted rates associated with college admissions.



Every eligible form counts and adds valuable resources to our school.

Submitting your school meal application helps ensure that all students and their families can access these key benefits.

It's easy! Completing an application takes less than 10 minutes and you only need to complete one application per family. Applications are completely confidential and will not be shared outside of the school district's office. No Social Security number is required.

Thank you for taking the time to submit your application!



UPSALA AREA SCHOOLS



APPLICATION FOR EDUCATIONAL BENEFITS

UPSALA AREA SCHOOLS

2023-2024

Dear Parent/Guardian:

Our school offers healthy meals each day. Starting school year 2023-24, we are joining Minnesota's Free School Meals Program. All students can get one breakfast and one lunch free of charge each day at school. Although no application is required to receive this free meal benefit, filling out the Application for Educational Benefits is still important! **Your child(ren) may qualify for other benefits like reduced fees at school. Your application will also help the school qualify for education funds, discounts, and other meal programs.**

To apply, complete the enclosed Application for Educational Benefits and return it by:

Fax: 320-208-9118

Mail: Upsala Area Schools, PO Box 190, Upsala, MN 56384

Applications can also be filled out online on the JMC parents access portal. Select "Register for 2023-2024" then select the link for "Application for Educational Benefits."

Who should complete this application? All families! Also, 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 qualify without reporting household income. Alternatively, children can qualify if their household income is within the maximum income shown for their household size on the instructions.

COMMON QUESTIONS:

I get WIC or Medical Assistance. Can my children qualify? Children in households participating in WIC or Medical Assistance do not automatically qualify. Children may be eligible 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 you to complete an application.

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, 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.

If you have other questions or need help, call 320-573-2174

Sincerely,

Upsala Area Schools

How to Complete the Application for Educational Benefits

Complete the Application for Educational Benefits form for school year 2023-24 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, 2023 through June 30, 2024.

Maximum Total Income

Household size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	26,973	2,248	1,124	1,038	519
2	36,482	3,041	1,521	1,404	702
3	45,991	3,833	1,917	1,769	885
4	55,500	4,625	2,313	2,135	1,068
5	65,009	5,418	2,709	2,501	1,251
6	74,518	6,210	3,105	2,867	1,434
7	84,027	7,003	3,502	3,232	1,616
8	93,536	7,795	3,898	3,598	1,799
Add for each additional person	9,509	793	397	366	183

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.



2023-24 Application for Educational Benefits

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

STEP 1: List ALL Household Members who are infants, children, and students up to and including grade 12 (if more spaces are required for additional names, attach another sheet of paper).
Definition: A Household Member is "Anyone living with you and shares income and expenses, even if not related." 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, MFIIP or FDIPIR? Medical assistance **does not** qualify. If **NO** > Go to STEP 3.
 If **YES** > Enter SNAP, MFIIP or FDIPIR Case Number (between 4-9 digits, do not report EBT card number) _____ then go to STEP 4 (Do not complete STEP 3)

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

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

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

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

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

Names of All Adult Household Members (First and Last)	Gross Earnings from Working at Jobs				Are you Self-Employed or a Farmer?		Any Other Gross Income				
	Weekly	Bi-weekly	2x Month	Monthly	Monthly	Yearly	Weekly	Bi-weekly	2x Month	Monthly	SSI, Unemployment, Public Assistance, Child Support, and others on Page 2
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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STEP 4: Contact information and adult signature. "I certify (promise) that all information on this application is true and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds, and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."
 I have checked this box if I do not want my information shared with Minnesota Health Care Program as allowed by state law.

Printed name of adult signing form _____ Daytime Phone _____

Address (if available) _____ Apt# _____ City _____ Zip _____

SIGN HERE: Signature of Household Adult _____ Date _____

Do Not Fill Out: For School Office Use Conversions to Annualize All Income:	X52	X26	X24	X12	X1	Verified? Attach Tracker	Free After Verified	Reduced After Verified	Denied After Verified
All Total Income (include child and adult income)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Determining Official Signature:	Date: _____								
Confirming Official Signature:	Date: _____								

OPTIONAL: Children's Racial and Ethnic Identities

We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility. 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 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: <ul style="list-style-type: none"> Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) Allowances for off-base housing, food and clothing 	<ul style="list-style-type: none"> Cash Assistance from State or local government Supplemental Security Income Unemployment benefits Worker's compensation Alimony payments Child support payments Veteran's benefits Strike benefits 	<ul style="list-style-type: none"> Social Security Disability benefits Regular income from trusts or estates Annuities Investment income Rental income Regular cash payments from outside household

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

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

Nondiscrimination statement: In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, 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 (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/ad-3027.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.



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 28 (classroom 6-9pm) and Sept 29 (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 will fill 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 dates will likely be the four Saturdays in September from 10:30-noon. It will alternate between Swanville and Upsala. Exact dates and locations not confirmed yet as of this writing. Flag football is now free for Upsala students.

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

After School Sessions



KINETIC SAND CREATION

Come and explore your senses while you make your very own KINETIC SAND. We will be using regular household items to make this fascinating substance. It's mesmerizing, and once in your hands you can't put it down! Friday, September 22nd, Grades K-6

HALLOWEEN COOKIE DECORATING

Come and have some fun with your friends and enjoy some Spooky, Halloween-themed cookie decorating!! At the end of this class you will bring home some very "spookily" decorated Halloween cookies for your family! Monday, October 23rd, Grade K-6

HOT COCOA BOMB CREATIONS

Cocoa Bombs, or glossy chocolate orbs with cocoa, marshmallows, and sprinkles are truly over-the-top way to level up your cocoa game! Once these decadent spheres are plopped inside a mug full of warm milk, the bomb opens up in a dramatic fashion - revealing the goodies inside.

Friday, November 17th, Grade K-6

Upsala Community Education Advisory Council

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



Monday 10-4, Tuesday 2-6, Wednesday 2-8, Friday 2-8, Saturday 10-1

UPSALA PUBLIC LIBRARY- 117 Main St. • Phone: 320-412-2048 • griver.org/events

1,000 Books before Kindergarten

This reading program will increase awareness of the importance of early literacy and to encourage parents to embrace their roles as their child's first teacher. Plus, there will be prizes. Sign up any time! No limit; register at the library. Sponsored by the Friends of the Upsala Public Library.

Books for Babies

Open a library card account for your newborn (age 0-12 months) and receive a FREE book nursery rhymes. Sponsored by the Friends of the Upsala Public Library.



I Spy "Library"

Find out how well you know your local library. Get a slip of hidden in plain sight object photos and cross off the pictures when you find them. Return the slip to the circulation desk for a treat. **September & October - During library open hours.**

Make and Take Crafts

Starting in September we will be making alphabet crafts! Crafts will change weekly. Available each week while supplies last. During library open hours. **During library open hours.**

Would you rather?

Join in the fun and vote for which "you would rather" question? Vote for a new question each week. Look for the book recommendations that follow along with the questions. For tweens, teens and adults. **September & October**

Tech Time

Trouble understanding your laptop, iPad, Kindle or other electronic device? Would you like to download books from the library website or use eBooks but aren't sure how to? Tech help will be on the first Thursday of the Month from 4 to 5 p.m. or other dates/times by pre-arrangement. Pre-registration is required.

Wednesdays, Sept. 6 & Oct. 4 from 4:00 to 5:00 p.m.

Fall Storytimes

Join Miss Jennifer for a fun filled storytime. We will read stories, make a craft, and enjoy a sweet treat. For ages 3 to 8 and their families. Limit 15. Preregistration encouraged.



Happy Apples Tuesday, Sept. 26 from 4:00-4:45 p.m.

Awesome Autumn Tuesday, Oct. 17 from 4:00-4:45 p.m.

Lego Hour Challenge

Inspire your creativity with our challenges. The first challenge is an alphabet challenge, featuring a different letter each month, the second challenge will be announced at the session. For ages 5 to 12. Limit 16. Registration is required for each date.

Wednesdays, Sept. 13 & Oct. 11 from 3:30 to 4:30 p.m.

Creative Card Making

Use various paper crafting techniques to make seasonal and everyday greeting cards. For those who are new to paper crafting, please attend the pre-class to learn the basics of stamping. Anyone wanting a refresher is encouraged to attend. For Adults and Teens. Limit 15. Registration required. Sponsored by the Friends of the Upsala Public Library.

Tuesday, Sept. 19 from 1:30 to 3:30 p.m.



Between the Covers Book Club

Join "Between the Covers" book club for adults the fourth Monday of every month. Refreshments are sometimes provided. Stop in for a copy of the book in print or audiobook (when available) ahead of time.

Mondays, Sept. 25 & *Oct. 30 from 7:00 to 8:00 p.m.

Tjärnblom Concert

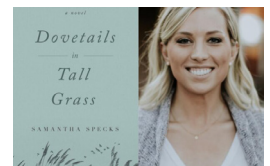
Enjoy traditional Swedish and Scandinavian string tunes performed with a Minnesota flair by Tjärnblom. Tjärnblom is Swedish for "woodland lake flower," and is a Scandinavian-style string band featuring a beautiful blend of Nyckelharpa, Octave Mandolin, Harmonium and Cello. This program was made possible with Arts & Cultural Heritage Funds from Minnesota's Clean Water, Land, and Legacy Amendment.



Friday, Oct. 20 at 6:00 p.m.

Author Samantha Specks

Join award winning author Samantha Specks for a discussion of her novel, *Dovetails in Tall Grass*. This book was inspired by the true story of the thirty-eight Dakota men hanged in Minnesota in 1862. The largest mass execution in US history. It is a powerful tale of two young women connected by the fate of one man.



Monday, Oct. 23 at 6:00 p.m.

Halloween Trick or Treat in Upsala

Kids – don't forget to stop by the library in your costume. We will be giving out treat bags filled with a bookmark and candy. While supplies last. Sponsored by the Friends of the Upsala Public Library.

Friday, Oct. 27 from 3:30 to 6:00 p.m.

Cardinal Club

CARDINAL CLUB After School Childcare Program

Upsala Area Schools will be offering a wrap-around school age childcare program for the 2023-2024 school year. The program is available for UAS students enrolled in PreK through Grade 6.

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

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.



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/>

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

2023-2024

July '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					

August '23						
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13	14	15	16	17	18	19
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27	28	29	30	31		

September '23						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

October '23						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November '23						
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19	20	21	22	23	24	25
26	27	28	29	30		

December '23						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Jul 31-Aug 3/7-10	Kindergarten Readiness
Aug 28-30	Teacher Workshop
Aug 30	K-12 Open House (4:00 to 8:00 pm)
Sep 04	Labor Day (No School)
Sep 05	Classes Begin for K-12 Students
Oct 06	Early Release (Staff PD)
Oct 19 - 20	Fall Break
Nov 03	End of Quarter 1
Nov 06	No School (Teacher Trade Day)
Nov 07	Start of Quarter 2
Nov 16 & 20	K-12 Parent Conferences (3:30 to 7:30 pm)
Nov 22	Early Release (Staff PD)
Nov 23 & 24	Thanksgiving Break
Dec 22	Early Release (Trade Day)
Dec 23-Jan 1	Holiday Break
Jan 02	K-12 Classes Resume
Jan 12	End Semester 1/Quarter 2
Jan 15	No School (In-Service)
Jan 16	Start of Spring Semester/Quarter 3
Feb 16	No School (In-Service)
Feb 19	No School (Presidents Day)
Mar 15	End of Quarter 3
Mar 18	Start of Quarter 4
Mar 21 & 25	K-12 Parent Conferences (3:30 to 7:30 pm)
Mar 28	No School (Teacher Trade Day)
Mar 29-Apr 1	No School (Spring Break)
Apr 19	Early Release (Staff PD)
Apr 27	Prom
May 10	Early Release (Staff PD)
May 19	Baccalaureate (Community Covenant - 7 pm)
May 24	Commencement (7:00 pm)
May 24	Early Release - Last Student Day
May 27	Memorial Day - No School
May 28	Teacher Workshop

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

Aug (S)0 (T)3	Jan (S)21 (T)22
Sep (S)19 (T)19	Feb (S)19 (T)20
Oct (S)20 (T)20	Mar (S)19 (T)20
Nov (S)19 (T)20	Apr (S)21 (T)21
Dec (S)16 (T)16	May (S)18 (T)19

Quarters/Semesters		
Quarter 1: Sept 5 - November 3	42 Days	
Quarter 2: November 7 - January 12	41 Days	
Fall Semester = 83 Days		
Quarter 3: January 16 - March 15	42 Days	
Quarter 4: March 18 - May 24	47 Days	
Spring Semester = 89 Days		

- Summer Kdg Readiness
- No School for Students/Staff
- Start/End Quarter/Semester
- Prom/Commencement
- Teacher Workshop/In-Service
- Early Release - Noon Dismissal
- Parent-Teacher Conferences

January '24						
S	M	T	W	T	F	S
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28	29	30	31			

February '24						
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25	26	27	28	29		

March '24						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April '24						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May '24						
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			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June '24						
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						

2023-24 Weather Make Up Days

- First Day - No Make Up
- Second Day - March 28, 2024
- Third Day - April 1, 2024
- Fourth Day - May 28, 2024
- Any additional days will be added beginning with May 29

<p>Administration: Vern Capelle, Superintendent Nick Klug, Principal Dylan Zimmerman, AD Colleen Harren, Business Mgr.</p>	<p>School Board: Marvin Wensmann Dean Peterson Brittany Harren Stephen Roerick Mike Klasen James Warga</p>
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