

COMMUNITY ED... IN THE LOOP

THE OFFICIAL NEWSLETTER OF COMMUNITY EDUCATION, ISD 361



Register Online:
<https://isd361.revtrak.net/RW-community-ED/>

Call Community Education:
(218)283-2571 ext. 1186

Office Location:
1515 11th Street
Int'l Falls, MN 56649

Email:
ramdahl@isd361.k12.mn.us

Director:
Rachel Amdahl

WHAT COMMUNITY ED HAS TO OFFER YOU...

Community Education works in collaboration with community members and organizations to create lifelong learning opportunities that are responsive to community needs and enhance the quality of life in our evolving and diverse community. We invite all children, adults, and families to take advantage of the educational opportunities community education has to offer. You'll find a variety of classes, activities, and programs designed to keep you and your family engaged. Stay in the loop by liking our Facebook page: Community Education of International Falls or going on our website: www.isd361.k12.mn.us/Communityed click on Programs, Community Education and you will find our calendar, flyers and this newsletter. Stay in the Loop and get involved.

Instructors Wanted!

We are looking for new instructors to teach spectacular specialty classes. Have you ever considered sharing your talent and passion with others? Submit your class proposal for consideration by calling Community Education (218)283-2571 ext. 1186

*DIY creations, knitting, stained glass, woodworking, painting, drawing, painted wooden signs, photography, sewing, quilting, scrapbooking, computers, blogging, web-site design, Excel or Microsoft programs, Quickbooks, exercise or fitness, yoga, pilates, Zumba, fixing small motors, hair, make-up, nails, sports of any kind, parenting or life skills, self-defense, writing, book clubs, financial planning, safety courses, foreign language, cooking, baking, music lessons, **THE POSSIBILITIES ARE ENDLESS!**

You design the class.

You decide the time.

You decide the date.

You decide the cost.



We take care of the advertising.

We register all of the participants.

We collect the fees.

We pay you bi-weekly.

We would love for you to join our team!



Follow Community Ed on Facebook:

Community Education
of International Falls

*Updated daily with
flyers on upcoming
events, photos, and
info to help you stay in
the loop.

POOL PARTIES

The FHS Pool may be rented out for private swim parties. Cost is \$50 for no more than 25 swimmers per lifeguard. Parties requiring a second lifeguard will be charged an additional \$15 per hour.

Pool Parties can be held on Saturdays from 12pm to 1pm or 12pm to 2pm. *All parties are subject to lifeguard availability and must be arranged in the Community Education Office 5 days prior to the party date.

Hallway rental for food/beverages, games and gift opening is also available for a \$20 fee. You may come in 30 minutes prior to decorate. Tables and chairs are provided. Clean up must not exceed 15 minutes after the party rental time.

No refunds will be given unless we are properly notified 2 days prior to the party date. All parties must be paid in full 5 days prior to the party date, as well.





**COMMUNITY
EDUCATION
FALL
CHALKBOARD
workshop**

Register Online:
[https://isd361.
revtrak.net/RW-
community-ED/](https://isd361.revtrak.net/RW-community-ED/)

Call Community
Education:
(218)283-2571
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1515 11th Street
Int'l Falls, MN
56649



REGISTER ONLINE:
[HTTPS://ISD361.REVTRAK.NET
/RW-COMMUNITY-ED/](https://isd361.revtrak.net/RW-COMMUNITY-ED/)

9-23-19 | 6PM | FHS 224
COST: \$35
CONTACT COMMUNITY ED
218-283-2571 EXT. 1186
1515 11TH STREET
INT'L FALLS, MN 56649



**FALL CHALKBOARD WORKSHOP
WEDNESDAY, SEPT. 18, 2019
6 PM - 8 PM COST: \$25
FALLS HIGH SCHOOL ROOM 224**

Create a chalkboard from a re-purposed
cupboard door. We have all sizes to choose
from and will have a variety of garland and
ribbon to make it one of a kind!

A COMMUNITY EDUCATION WORKSHOP



HOME SIGN

**MONDAY, OCT. 21, 2019 6PM-8PM
FALLS HIGH SCHOOL ROOM 224
COST \$25
*SIGN IS APPROX. 10WX30L**



Register by calling: (218)283-2571 ext. 1186
Community Education or sign up online at:
<https://isd361.revtrak.net/RW-Community-ED/>
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HALLOWEEN WREATH

NOTE: EACH WREATH WILL BE SIMILAR BUT NOT EXACTLY LIKE
THE PICTURE SHOWN. YOU WILL CHOOSE FROM A VARIETY OF
HALLOWEEN DECOR TO GLUE TO YOUR TIE WREATH.

**THURSDAY, OCT. 10, 2019 6 PM - 8 PM
FALLS HIGH SCHOOL ROOM 224 \$25**

REGISTER ONLINE: [HTTPS://ISD361.REVTRAK.NET/RW-COMMUNITY-ED/](https://isd361.revtrak.net/RW-COMMUNITY-ED/)
OR CALL COMMUNITY ED: 218-283-2571 EXT. 1186 OUR OFFICE IS
LOCATED AT: 1515 11TH STREET, INT'L FALLS, MN 56649



FEELIN' CRAFTY? JOIN US AND MAKE THIS..

Give Thanks Frame

JAZZ UP YOUR THANKSGIVING DECOR
BY MAKING A SIMILAR HOLIDAY FRAME.

THURSDAY, NOVEMBER 7 | 6 P.M.
FHS ROOM 224 COST: \$20

Register online or call Community Ed (218)283-2571 ext. 1186
<https://isd361.revtrak.net/RW-community-ED/>

Community Education Office:
1515 11th Street, Int'l Falls, MN 56649

Farmhouse Wreath:

COME AND CREATE YOUR OWN UNIQUE WREATH.
THERE WILL BE A VARIETY OF FLOWERS & RIBBON TO
CHOOSE FROM OR FEEL FREE TO BRING YOUR OWN.

WEDNESDAY, NOVEMBER 20, 2019 | 6PM TO 8PM
FALLS HIGH SCHOOL ROOM 224 | COST: \$30



REGISTER ONLINE: [HTTPS://ISD361.REVTRAK.NET/RW-COMMUNITY-ED/](https://isd361.revtrak.net/RW-COMMUNITY-ED/) OR
CALL COMMUNITY ED: 218-283-2571 EXT. 1186 OUR OFFICE IS LOCATED AT:
1515 11TH STREET, INT'L FALLS, MN 56649

September 2019 through May 2020

OPEN SWIM Falls High School Pool

Adult Lap Swim: Monday thru Friday 6:30 am to 7:30am

Family Open Swim: Tuesdays and Thursdays 7 pm to 8 pm and
Saturdays 10 am to 12 pm

*We also offer Water Fitness Classes, Swim Lessons (Group and Private) and Pool Parties. Inquire at the Community Education Office (218)283-2571 ext. 1186.

Families, children, and adults are welcome to come and swim in the pool. All children under the age of 10 must be accompanied by an adult.

Pool is closed on "no school days" or scheduled swim meets. Check the online school calendar for exact dates.

Please purchase a swim ticket in advance for regular open swim or lap swim. A ten punch swim ticket (\$20) can be purchased in the Community Education Office.

COMMUNITY EDUCATION

Our office is located at Door #5 of Falls High School, 1515 11th St, Int'l Falls
Find us on Facebook: Community Education of International Falls

Water Fitness

AT THE

pool

No-Impact Water Workouts for
Getting Fit, Building Strength and
Rehabbing from Injury
Water Fitness classes provide a
high resistance workout while
placing less stress on muscles &
joints. This non-impact workout
requires no swimming skills & is
ideal for everyone regardless of
your fitness level. Join us for a fun
workout!

- Mondays & Wednesdays 6PM - 7PM
- September 9 through December 18
- Falls High School Pool
- Instructor, Donna Gedney
- \$46 for 8 sessions (purchase a punch card in the Community Ed. Office, 1515 11th Street, Int'l Falls, MN 56649)
- Register Online at <https://isd361.revtrak.net/RW-Community-Ed/> or Call 283-2571, Ext. 1186 to sign up.

COMMUNITY EDUCATION
ISD 361

A NO IMPACT WORKOUT
GET FIT, BUILD
STRENGTH AND
REHAB FROM INJURY

Firearm Safety Course

Required Field Day

Date: Saturday, October 5, 2019

Time: 8 am to 4 pm *For students age 11-17

Place: Falls Trap Range. See map on backside of flyer.

What to Bring: A copy of your certificate of completion and wear proper clothing based on the weather.

*Lunch will be provided—hot dog, chips, snack and a beverage.

Instructor: Darrin Kittelson

- COST: \$5.00 per student— Make Checks payable to ISD #361 when you fill out the pre-registration paperwork for the DNR. This will be done in the Community Education Office at Falls High School ((You will pay the DNR online a fee of \$24.95 for the online portion. An additional \$7.50 will be paid to the DNR online following successful completion of the class.))
- Students will also be required to attend a practice shooting session at the Field Day event.
- All students must complete an online training before coming to the Field Day. Students must be 11-17 years of age. *Website has other options for 12 year olds if you would like to take the course you may.
- The online class takes a few hours to complete so plan ahead to allow sufficient time to complete the training.
- Print out the certificate of completion at the end of the training and bring it to class with you.
- Students must purchase an the online training class through the MN DNR website. Visit: <http://www.dnr.state.mn.us/safety/firearms/index.html> Click on: HunterCourse.com and proceed from there.
- Please pick your child up on time. Be sure to thank your dedicated instructors. They are volunteering their time for this training.
- These classes are for students who are at least 11 years old; however, students will not receive their certification until age 12.



Community Education (218)283-2571 ext. 1186

1515 11th Street, Int'l Falls, MN 56649

Mondays: November 11, 18 and 25

3:30 pm to 5pm

FHS Room 224 *Bring a snack

Certified Instructor: Rachel Amdahl

\$45 payable in advance to ISD361

SAFE SITTER

- Childcare Skills
- Safety Skills
- First Aid and Rescue Skills
- Life and Business Skills



CALL: (218)283-2571 EXT.1186 TO REGISTER
OR STOP BY COMMUNITY ED AT 1515 11TH STREET,
INT'L FALLS, MN 56649 *DOOR #5 OF FHS.
ONLINE: [HTTPS://ISD361.REVTRAK.NET/RW-
COMMUNITY-ED/](https://isd361.revtrak.net/RW-Community-Ed/)

FOR STUDENTS 11 YEARS OF AGE
AND UP.

*CLASS IS LIMITED TO 8
STUDENTS SO REGISTER EARLY—
CLASSES FILL UP FAST!!

SAFE ON MY OWN

Safety Class for Kids



KIDS AGES 9-13
\$15 class fee

MONDAY,
SEPT 16, 2019
FHS Room 224

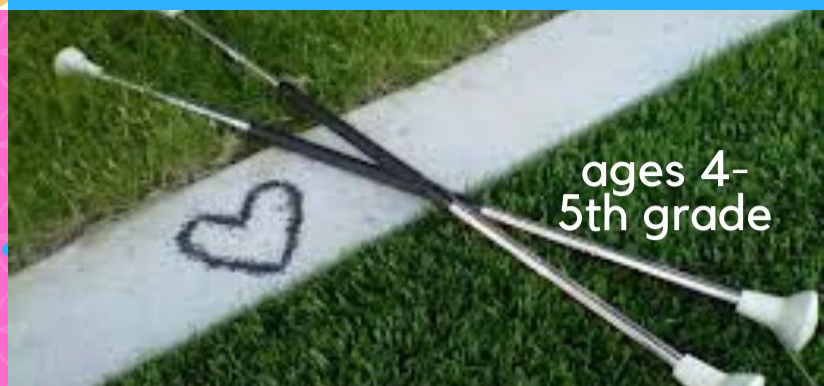
3:30 TO 5 PM
Bring a Snack.

Will your child be staying home for a few hours after school this year? Is she/he prepared to handle an emergency should one arise? This course helps ensure that your child's experience of being home alone will be safe and positive. Designed with children ages 9 to 13 in mind, this course covers important safety topics including stranger safety, phone safety, calling 9-1-1 and first aid. Each child will receive a workbook to keep for future reference.

Call Community Education at 283-2571 ext. 1186 to register. REGISTER ONLINE: <https://isd361.revtrak.net/RW-Community-Ed/> Checks should be made payable to "ISD 361". Community Education, 1515 11th Street, Int'l Falls, MN 56649

*Pre-registration and Pre-Payment is required for all classes unless noted.
**No refunds will be given unless Community Education is properly notified 2 days prior to class.

Find Community Education on Facebook: Search—Community Education of International Falls
Or find a full catalog of our offerings online at: www.isd361.k12.mn.us/communityed



ages 4-
5th grade

BATON LESSONS

INSTRUCTORS:
HEATHER
MCBRIDE & RAIJA
BERGSTROM

Mondays at 4:30-5:30pm in the Falls
Elementary School Gym: Oct. 7, 21, 28, Nov 4,
11, 18, (Tuesday, Nov. 26), Dec. 2, 9, and 16.

We will perform at the Bronco Boys Basketball
Game the week of Dec. 16. More details to
follow. Cost: \$30

Register: <https://isd361.revtrak.net/RW-Community-Ed/>
Community Education 1515 11th Street, Int'l Falls Door #5
(218)283-2571 ext. 1186

PALS Adults with Disabilities Program:

Coordinator, Sandy LaVigne

(218)283-2571 ext. 1187

slavigne@isd361.k12.mn.us



Monthly activities are planned for community members who are over 18 years of age. The activities are such things as bowling, swimming, crafts, field trips, dances, social events, holiday parties, bingo, sporting events, exercise classes, games, movies and more! Transportation is provided to and from most events. To receive a quarterly sign up form with the list of activities please call the Community Ed Office at (218)283-2571 ext. 1186 and we will put you on our mailing list.



TAGS: teens*active*growing*social
Facilitator: Taylor Sears

This program is about teaching tolerance and acceptance of each other in a fun, safe, and social environment. The program involves teens both with and without developmental disabilities.

Teens must be ages 12 to 18 years of age to participate. Parents/Guardians will be responsible for the transportation of your child both to and from activities. If you have a child who is licensed to drive you may choose for them to provide their own transportation. Monthly activities are planned and are free of charge. However, you must sign up ahead of time.

To receive a sign up form with the list of activities please call the Community Ed Office at (218)283-2571 ext. 1186 and we will put you on our mailing list.



A COMMUNITY ED SPONSORED DAY IN DULUTH

BESTIES DAY OUT

Enjoy a special day in Duluth on Saturday, Oct. 12, 2019 -- attend a yoga & beer class, eat lunch at a brewery, make a soy candle, grab dinner, and cheer on the Bulldogs!

**Limited spaces available. Must be 21 or older. Register Early! Transportation, Yoga/Beer Class, Candlemaking Workshop, and Hockey Tickets provided--You will be responsible for your own food/drink expenses. Trip Cost: \$80*

Besties, Beer, Yoga, Candles, and Bulldog Hockey...



Register by calling: (218)283-2571 ext. 1186

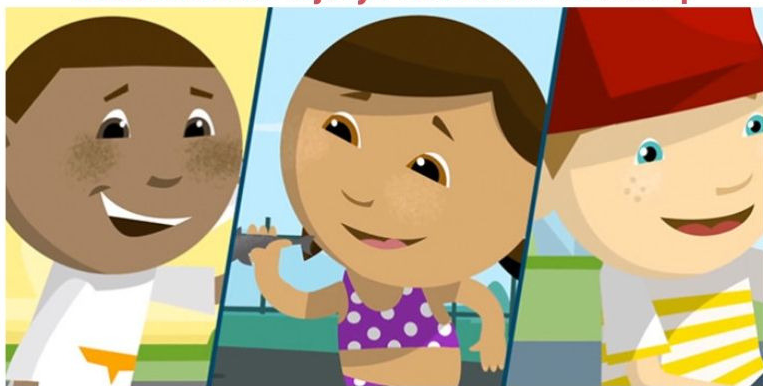
Community Education or sign up online at:

<https://isd361.revtrak.net/RW-Community-ED/>

Office Location--1515 11th Street, Int'l Falls, MN 56649



Kids' Safety: Unintentional Injury Prevention Workshop



This workshop is invites parents, grandparents, caregivers and children ages 2-8 years old to find out what it means to "Be Careful". You will be introduced to the Kids' Safety Squad website along with learning how to recognize dangers and how to avoid them. We hope to see you there!

Monday & Wednesday; September 30 & October 2, 2019 from 6-8pm at the FHS library. *Adults only on 9/30. Adults and kids on 10/2. Cost is \$25 per family. Registration deadline is Sept. 16 in order to receive your free safety book. Instructor, Tony Jaksa

Register: <https://isd361.revtrak.net/RW-Community-Ed/>
Community Education 1515 11th Street, Int'l Falls Door #5
(218)283-2571 ext. 1186

DEFENSIVE DRIVING **\$20**

**MONDAY, SEPT. 16, 2019
9AM**

**RAINY RIVER COMMUNITY
COLLEGE THEATER**

INSTRUCTOR: PETE GOMAN

**MAKE ALL CHECKS PAYABLE
TO ISD 361. FEE MUST BE
PAID IN ADVANCE. NO
REFUNDS WILL BE GIVEN
UNLESS COMMUNITY
EDUCATION IS PROPERLY
NOTIFIED 2 DAYS PRIOR TO
THE CLASS START DATE.**

INITIAL COURSE: 9am

THIS COURSE IS FOR THOSE DRIVERS 55 YEARS OLD OR OLDER THAT HAVE NOT TAKEN THIS COURSE IN THE PAST AND WOULD LIKE TO RECEIVE A 10% DISCOUNT ON THEIR CAR INSURANCE.

REFRESHER COURSE: 9am

A REFRESHER IN DEFENSIVE DRIVING IS NEEDED EVERY 3 YEARS IN ORDER TO CONTINUE TO RECEIVE 10% OFF ON YOUR CAR INSURANCE. THIS CLASS IS FOR PARTICIPANTS THAT HAVE PREVIOUSLY TAKEN THE INITIAL COURSE.

**CALL: (218)283-2571 EXT.1186 TO REGISTER
OR STOP BY COMMUNITY ED AT 1515 11TH STREET, INT'L FALLS,
MN 56649 *DOOR #5 OF FHS.
ONLINE: [HTTPS://ISD361.REVTRAK.NET/RW-COMMUNITY-ED/](https://isd361.revtrak.net/RW-Community-Ed/)**



Save 10% on your car insurance



First Aid and CPR Training Courses

KATHY SATHER, AMERICAN HEART INSTRUCTOR IS OFFERING THE FOLLOWING SAFETY COURSES THROUGH COMMUNITY EDUCATION, ISD 361. PARTICIPANTS WILL RECEIVE A 2 YEAR CERTIFICATE UP ON COMPLETION OF THE COURSE WHICH INCLUDES ALL MATERIALS AND SUPPLIES.

AMERICAN HEART HEARTSAVER ADULT CPR AND AED

MONDAY, October 7, 2019

4 PM TO 9 PM IN THE FALLS HIGH SCHOOL ROOM 130

AMERICAN HEART HEARTSAVER INFANT/CHILD CPR AND AED

MONDAY, October 7, 2019

4 PM TO 9 PM IN THE FALLS HIGH SCHOOL ROOM 130

IN ORDER TO TAKE THIS CLASS YOU MUST REGISTER FOR ADULT CPR AND AED.

AMERICAN HEART ADULT HEARTSAVER FIRST AID

TUESDAY, October 8, 2019

4 PM TO 9 PM IN THE FALLS HIGH SCHOOL ROOM 130

****COST: REGISTER FOR 1 CLASS= \$45, 2 CLASSES= \$80, 3 CLASSES= \$130**

REGISTER BY CALLING COMMUNITY EDUCATION AT (218)283-2571 EXT. 1186 OR
ONLINE AT [HTTPS://ISD361.REVTRAK.NET/RW-COMMUNITY-ED/](https://isd361.revtrak.net/RW-Community-Ed/)

Call Community Education
to arrange for an instructor.
(218)283-2571 ext. 1186

PRIVATE SWIM LESSONS

AVAILABLE FOR ALL AGES

Eight 1/2 hour lessons at
a times and dates that
are convenient for you
and your certified
instructor.



ECFE Open House and Registration

Monday, Sept. 9, 2019

6:00 pm to 7:00 pm

Falls Elementary School Room 2

ECFE is for parents and children

birth-5 years old. Come and see

what ECFE is all about!

Early Childhood Family Education Classes:

Classes are offered on Mondays from

8:30am-10am and 6pm-7:30pm. Tuition

is \$30 per quarter and \$15 for each

additional child.

Join us for our first ECFE Event Planning

Meeting on Wednesday, September 25, 2019 at

6pm. Contact Mandi Baron (218)283-2571 ext. 1273

for location details or more information. We

welcome new members all year long!

ECFE FALL EVENT



ECFE Spooktacular Event and Trick or Treat Night

Thursday, October 24, 2019

Games, Food, Crafts, Prizes, Photos, and Fun in the FHS Cafeteria from 6-7pm and Trick or Treat in the FHS Lobby. Booths will be decorated and community organizations will be handing out treats!

Children birth to age 5 and siblings are invited to attend!

\$5 per family

WHAT IS ECFE?

CLASSES ARE DESIGNED FOR ANY AND ALL FAMILIES WITH CHILDREN AGES BIRTH THROUGH 5. AT ECFE, WE UNDERSTAND THAT YOU ARE YOUR CHILD'S FIRST AND MOST INFLUENTIAL TEACHER. OUR GOAL IS TO SUPPORT YOU IN YOUR CHILD-RAISING JOURNEY AND IT IS OUR MISSION TO PROVIDE THE BEST POSSIBLE ENVIRONMENT FOR THE HEALTHY GROWTH AND DEVELOPMENT OF YOUR CHILDREN. CLASSES ARE OFFERED ON MONDAYS FROM 8:30AM-10AM AND 6PM-7:30PM IN ROOM 2 AT FALLS ELEMENTARY SCHOOL. TUITION IS \$30 PER QUARTER AND \$15 FOR EACH ADDITIONAL CHILD.

GOALS OF ECFE:

*TO SUPPORT CHILDREN'S OPTIMAL PHYSICAL, INTELLECTUAL, SOCIAL AND EMOTIONAL DEVELOPMENT DURING THE IMPORTANT EARLY YEARS OF LIFE.

*TO ENCOURAGE PARENT INVOLVEMENT IN CHILDREN'S LEARNING, DEVELOPMENT AND EDUCATION.

*TO PROMOTE HEALTHY RELATIONSHIPS AND EFFECTIVE COMMUNICATION BETWEEN PARENTS AND CHILDREN.

*TO HELP PARENTS DEVELOP INFORMED, REALISTIC ATTITUDES AND EXPECTATIONS ABOUT RAISING CHILDREN.

*TO HELP PARENTS BUILD STRONG SUPPORT NETWORKS AND UTILIZE COMMUNITY RESOURCES FOR FAMILIES.

OUR PLAY AND LEARN CLASSES ARE OPEN TO PARENTS/CAREGIVERS AND THEIR CHILDREN, AGES 0-5. ALL CLASSES HAVE MIXED AGES, CHILDREN AND PARENTS SPEND THE FIRST PORTION OF CLASS TOGETHER, LEARNING THROUGH ART, MUSIC, STORIES AND A VARIETY OF DEVELOPMENTAL ACTIVITIES. YOUR CHILD WILL HAVE THE OPPORTUNITY TO BUILD RELATIONSHIPS WITH PEERS AND TO PARTICIPATE IN SMALL AND LARGE GROUP ACTIVITIES, FREE PLAY, TEACHER-LED EXPERIENCES AND A SHORT SNACK TIME. FOR THE REMAINDER OF CLASS TIME, THE CHILDREN'S LEARNING EXPERIENCE CONTINUES WHILE PARENTS MEET TOGETHER TO DISCUSS VARIOUS PARENTING TOPICS. NOT ONLY IS THIS A TIME FOR YOU AND YOUR YOUNG CHILD TO BOND OUTSIDE OF HIS OR HER USUAL HOME ENVIRONMENT, IT IS ALSO A TIME TO CONNECT WITH OTHER PARENTS, TALK ABOUT CONCERNS, EXCHANGE STORIES AND OFFER/RECEIVE ADVICE ABOUT THE STRUGGLES THAT PARENTS OF YOUNG CHILDREN FACE. THIS TIME WILL ALLOW YOU TO FORM FRIENDSHIPS AND A NETWORK OF SUPPORT WITH OTHERS WHO EXPERIENCE THE SAME JOYS AND CHALLENGES OF PARENTING THAT YOU DO.



Sign up by calling FES (218)283-2571 ext. 1275 or come to class and instructor, Mandi Baron will assist you. Open House and Registration is held on Monday, Sept. 9, 2019 from 6-7pm in Falls Elementary School Room 2. It's never too late to join throughout the school year. Hope to see you there!

SCREEN AT 3

In Minnesota, all children are required to complete Early Childhood screening before they enter Kindergarten in a public school. Ideally, children should be screened at 3 years of age. The screening is a check of the child's health and development. Results of the screening help identify health or learning concerns that may require special attention before the child enters kindergarten.

Our screening is held on Thursday, October 10 and Friday, October 11, 2019. Call to schedule an appointment today! (218)283-2571 ext. 1186

Screening Involves: Hearing & Vision Checks, Height & Weight Measurements, Speech & Language Assessment, and Developmental Observations