



Cokato Elementary News

October 2011



Paragraphs from the Principal
Mrs. Force

We're off to another great start! I look forward to a productive and action-packed school year.

Kindergarten students roamed the hallways last week in pursuit of the Gingerbread Man. While traveling through the building, they learned to find their way around the building. Waiting for them back in their classrooms were delicious cookies fresh from the oven.

Our first grade students have adjusted nicely to all day, every day school. Their teachers have been assessing what the students remember from kindergarten and are moving ahead to help all of them become solid readers.

Second graders ended the month of September with their traditional "Hoedown Day". It's a delicious way to learn about folk tales with the Johnny Appleseed story, sample different types of apples, make apple pies, and sponge paint trees through the seasons.

Students in third grade have enjoyed getting to know all of the teachers at their grade level when they switch classes in the afternoon for technology, health, art, social studies, and science. Students have taken their fall NWEA tests and will set goals for improving those scores by spring.

Last, but not least are the senior members of our school--the fourth graders. Their environmental study at Collinwood Park was highly successful! It's exciting to learn both inside and outside the classroom! Soon we will be mailing home the results of their third grade MCA assessments. Parents will be receiving these as soon as they arrive from the Minnesota Department of Education.

This is just a brief summary of a few of the learning opportunities our students have had this month. What is even more terrific is the fact that this is only the beginning!

Please stop by, call, or email us if you have any questions or suggestions. Join with us in "Celebrating Success" all year long!

Lorene



We welcome Mrs. Pamela Bayerl to Cokato Elementary. She and her husband Scott, owner of B&B Tire and Auto Repair in Winsted, have two daughters and live near Silver Lake.

Mrs. Bayerl is one of almost 800 Minnesota Reading Corps members serving in Minnesota.

The Minnesota Reading Corps is an AmeriCorps program which is a national service program. The goal of Reading Corps is to help every child in Minnesota become a successful reader by the end of third grade. Research shows that students that perform at or above target levels in third grade will continue to succeed in learning.

Mrs. Bayerl will be working with students in grades 1-3 in the areas of phonemic awareness, phonics, and fluency. She wants to help the students be the best readers they can be so they can succeed in life!

In her spare time, Mrs. Bayerl likes to read, go camping with her family, and spend time with friends.

For more information about Minnesota Reading Corps, visit the website www.mnreadingcorps.org

Cokato Elementary School
200 5th St. SW
Cokato, MN 55321
Phone: 320-286-4100 Ext. 1300
Fax: 320-286-4131
[www. dc.k12.mn.us](http://www.dc.k12.mn.us)



Media Messages

Pam Osterberg

Come “Book a Trip”! Our media center has a new theme– we are traveling! Many new books have arrived that will take you to many different places. How many new places will you travel to this year?

Each classroom has a weekly scheduled check-out time. During this time students are introduced to various types of children’s literature and learn how to access materials for recreation and information. The weekly visit to the Media Center is much more enjoyable for students if they return their books on time as they are not allowed to check out books until books are returned.

- Kindergarten students are allowed 1 book
- 1st and 2nd grade students are allowed 2 books
- 3rd and 4th grade students are allowed 3 books

One exception to this is when students are working on a project; they are welcome to check out additional books. Students are also invited to stop in and exchange books throughout the week if they finish their books early -- We want them to have books in their hands!



Students in Mrs. Berggren’s second grade class enjoy their first books of the school year!

When your child is ill:

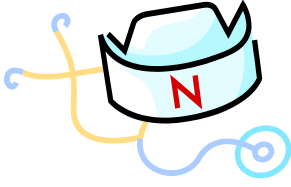
Please notify either the child’s teacher or the Cokato Elementary School office when your child will not be in school due to illness, appointments, or other commitments. If we do not hear from you, we will call home to verify that the child is home.

To call the school dial: 320-286-4100 Ext. 1300. You may use the following chart for an extension number for your child’s teacher.

320-286-4100 Tele. Ext. #	Staff Name
1348	Abrahamson, Jean
1318	Ardoff, Julie
1341	Barton, Mike
1324	Bayerl, Pam
1332	Berggren, Brice
1311	Berggren, Gail
1337	Bertram, Jenny
1326	Bussler, Laura
1339	Chap, Carissa
1334	Charger Kids Club
1346	Custodians
1328	Doering, Stacey
1344	Franklin, Rachel
1339	Glur, Kristin
1314	Hanson, Lori
1340	Heinonen, Todd
1323	Johnson, Kathy
1347	Johnson, Lynda
1321	Kaczmarek, Cindy
1310	Karlgaard, Christine
1307	Kitchen
1306	Krueger, Kelly
1325	Kusler, Pat
1345	Luhrs, Sarah
1312	Melquist, Michelle
1313	Meyer, Jen
1327	Morris, Mary Kay
1356	Munson, Jodi
1329	Nelson, Lee
1331	Osterberg, Pam
1352	Pierce, Irene
1335	Searles, Jean
1336	Sickmann, Heidi M/W/F
1338	Snider, Katy
1355	Sorgatz, Stacy
1322	Spires, Amanda
1342	Stangland, Lori
1349	Terpstra, Sarah Tues/Thurs
1300	Van Zuilen, Megan
1315	Weinandt, Ryan
1333	Weber, Sam
1304	Force, Lorene
1305	Health Office

Headlines in School Health

~Kelly Krueger, LSN



Vision and hearing screening will begin in October. Screening guidelines from the Minnesota Department of Health (MDH) are followed. MDH recommends screening students in 5th and 7th grade. We will also include children in which a vision or hearing concern is brought to our attention by parents, teachers or students. A re-screening will be held for those students who do not pass the initial screening. If, at this point your child does not pass, you will receive a referral letter recommending your child be seen by his/her health care provider. If you do not receive a letter by the end of November, your child has passed and no follow up is necessary.

Good vision and hearing is an essential key to learning. It is very important to conduct screening so that any problems can be detected at an early age. The screening is not diagnostic; only an indication to whether a possible problem may be present. Further evaluation by your health care provider will be needed to determine if a problem exists. If you have specific concerns regarding your child, please call me at x1804.

We are always in need of volunteers to help with this process! If you would like to help, please call me and I will add you to the volunteer list. Thank you in advance!



Notice to parents from the Transportation office:

We will soon be transitioning to the new transportation coordinator, Kevin Miller. He will not recognize voices or know which bus students ride; so when leaving a message, to be relayed to drivers, be sure to leave detailed information. We need the students first and last names and the bus number they ride. If it's a common name to this community, please say "The Sam Johnson family will not be riding bus # ___ this morning...or today"...not just "The Johnson's." Thanks for your help.



Salutations from the Social Workers:



Sarah Terpstra
320-286-4100
ext. 1349

What a great start we had to the school year! Heidi Sickmann and I would like to introduce ourselves and tell what we can offer students at Cokato Elementary. Both Heidi and I meet with students either individually or in groups. In these groups, we work on social skills, friendship issues, and self-esteem, along with other situations that arise throughout the school year. We also help students who are having problems on the bus, playground, or in their classroom. Essentially we want to be one of the connections between home and school. If you are having concerns, frustrations or struggles at home we can also be a resource. If your child is struggling in any of these areas or having difficulty adjusting to school, please feel free to give one of us a call.



Heidi Sickmann
320-286-4100
ext. 1336

We Welcome New Staff Members:

Tina Thompson



My name is Christina but I go by Tina. I was born and raised in Cokato, south of town. I attended school in the DC district and enjoyed every minute of it. Outside of school and work, I enjoy spending time with my family which includes, my husband, Nathan, children, Kyleah, Aubrie and Parker. We live in the house I grew up in south of Cokato. I look forward to making all kinds of new friends and many memories.

Jed Reedy



I was born in Fridley, MN. My family moved to Brainerd when I was 10. While I was in school, I played hockey, football and volleyball. After graduating from Brainerd HS, I went to Central Lakes College and earned a degree in Criminal Justice. My wife, Anna and I live in Annandale, Mn. I love working with kids and enjoy almost any outdoor activities.

Kristina Mortenson



I was born and raised in Dassel, where I currently live with my parents and my 5th grade brother. I have worked at Peterson Pharmacy in Dassel and now work at the Dassel Nursing Home and Cokato Elementary School. I am currently enrolled at Ridgewater College in Hutchinson.

Jennifer Schoening



I grew up on a farm by Green Isle, MN. My school days were spent at Arlington-Green Isle now known as Sibley East. I live with my husband Ryan, and our two children, Spencer a 4th grader, and Morgan a 2nd grader, north of Dassel. I feel I am a supportive caring person and will help out wherever I can. In my spare time I enjoy reading, cooking/baking, gardening and being with my family.

Coming Events:

October:

6	Exotic Animals Lyceum 1:00-1:45
7	Dassel-Cokato Homecoming
9	Fire Prevention Week
13	K-2 Visit the Fire Station
14	Vision Screening– Grades 1 and 3 Hearing Screening– Grades K and 2
20 & 21	No School– Education MN

November:

4	Picture Retakes for K-4
4	Vision and Hearing rescreening
11	Veteran's Day Program 10:00 am
11	No Kindergarten– conferences
15 & 17	Elementary Conferences 4:00-7:00
18	NO SCHOOL– Elementary Only AM Teacher Planning 12:30—3:30 Conferences
24 & 25	Thanksgiving Vacation

December:

1	End of Grading Period
2	NO SCHOOL Staff Development/Teacher Planning
13	Grades K-2 Christmas Program 1:15 Matinee - PAC 7:00 PM Evening Concert - PAC
23-Jan. 2	Winter Break

January:

3	Classes Resume
16	No School -Staff Development

Safety Patrol News...

Starla Powers Patrol Advisor



A huge thanks to the patrol members, parents, teachers and staff who have helped to make the start of our school year successful! It takes many team members to keep our students safe.

We had Deputy Sherber with us at our first patrol meeting. He trained us in our duties as patrol members, emphasizing the important part we play in the safety of our fellow students. It is a big job, and I am excited to have so many of you willing to be a part of our program. We took our oath as patrol members at our school wide kick-off to the year.

Already we have seen changes in the weather. I was happy to see hats, gloves and warm clothes on those days they were needed. Dressing appropriately for the weather will make the job easier.

Again, thanks for an awesome start!

PTA[®]

everychild.onevoice.[®]

The mission of the Dassel-Cokato PTA is to foster communication between schools and families as well as support-

ing children in their work of learning. The Dassel-Cokato PTA hopes to create a collaborative effort with the schools, community, and parents/guardians to ensure a quality, well-rounded education for the children in the D-C area.

Mark your calendars to join us for the next PTA meeting, Thursday, October 6th, 6:30-8:00 in the high school media center. Our guest presenter will be, Deb Griffiths, Director of Communications and Community Outreach for Schools for Equity in Education. Deb is a parent of three boys in the Centennial school district. Frustrated with the loss of educational opportunity for her children, she spent time researching why our schools continue to struggle financially. She soon became a parent advocate and chair of Centennial Legislation Action Committee, a community group that advocates at the state capitol on educational issues. She has a passion for assisting parents and community members to advocate for their children and their schools. She will answer our questions about school funding and help clarify Minnesota's complex system of funding K-12 education. All community members are welcome!

If you have any questions about this meeting or the PTA please email chargerpta@yahoo.com.

Patrol of the Month

Kiersten Heaver



This is Kiersten's second year as a patrol member, and she is someone I knew I could count on to help get the year off to a safe start. When Kiersten is scheduled for duty I know she will be on time, be dressed appropriately, and will take

the job seriously. Her behavior is consistently above the line and she sets a great example for fellow students to follow.

Thank you Kiersten! We appreciate all you do at Cokato Elementary!

Cokato Elementary Homecoming Festivities

Schedule of Events:

Monday, October 3: "Favorite Sports Team Day"

Dress in your favorite sports attire
(jerseys, caps, etc.)

Tuesday, October 4th: "Crazy Hair Day"

Style your hair as crazy as possible

- Volleyball Game vs. *GSL* 7:00 PM
- Cross Country at Chaska Invitational 3:20 PM

Wednesday, October 5th: "Hat Day"

Wear your favorite hat

Thursday, October 6th: "Farmer Day"

Dress like a farmer

- Girls Swimming/Diving vs. Hutchinson
6:00 PM

Friday, October 7th: "Charger Spirit Day"

Wear your charger colors

- Face painting booths before school
- Pep Rally during the school day
- Football game vs. Litchfield 7:00 PM





Volunteering.....

MaryKay Morris, Volunteer Coordinator

MaryKay.Morris@dc.k12.mn.us

320-286-4100 ext. 1327

The first month of school has flown past! We have been busy matching volunteers with the great volunteer opportunities here at Cokato Elementary. Thank you everyone that has let me know they would like to volunteer this year. We have had a great response from parents! Remember, anyone can be a volunteer, a parent, grandparent, or other community members. There are volunteer opportunities for all kinds of time commitments. There are many one time special events, volunteering regularly in the classroom, volunteering with copying, binding or laminating, this is a huge time saver for the teachers, allowing them to have more time for their students as well as helping with projects from home. Feel free to contact me anytime to learn more.



Dairy Queen Kids Night

Every Wednesday is Kids Night at the Cokato Dairy Queen. Art made by one of the elementary classes will be on display at the DQ for the community to enjoy. The DQ will donate 5% of the sales from 5:00-8:00p.m. that night to our elementary schools. What a fun and tasty way to contribute to our school. Thank you, Dairy Queen!

The upcoming Cokato classes that will be on display are:

- Wednesday Sept 21 – Heinonen
- Wednesday Oct 5 – Ardoff
- Wednesday Oct 19 - Kusler

Dassel Elementary classes will display art on the alternate Wednesdays.

Birthday Table: BIRTHDAY TABLE



We will be continuing the Birthday Table again this year for grades 1 – 4. Each student with a birthday during the month will receive an invitation to the Birthday Table about one week prior to the date (summer birthdays will be celebrated ½ birthday month). The birthday student is invited to bring a guest to the table. The guest can be any number of parents, grandparents, younger siblings, or other special person, OR the birthday student can invite ONE school friend. Please talk about this choice with your child so that they understand they can bring one or the other. Students will go to lunch during their regular lunchtime but can sit at the Birthday Table with guests. All guests will enjoy a birthday treat.

Guests that come for lunch will need to sign in at the office and can then go down to the lunch room to meet the birthday student. Please bring exact change of \$3.15 for each adult lunch, and \$1.60 for preschoolers. Exact change is important since the kitchen staff does not have change. Please contact Mary Kay Morris if you have any questions.

October Birthday Table is Thursday, Oct 27.

Lunch times:

Kindergarten: 11:25

1st grade: 11:55

2nd grade: 12:15

3rd grade: 11:45

4th grade: 12:25

Adult lunches \$3.15, student lunches \$1.60

Keep Collecting:



BOX TOPS – Clip Box Tops from participating products, each worth ten cents, and have your student write their name on the back of the Box Top before they put them in the Box Tops drop box at school. A drawing will be held for the Box Tops each month for small prizes. Winners will be announced during morning announcements.



KEMPS and LAND O'LAKES MILK LIDS – Save the specially marked lids from Kemps and Land O'Lakes products. Each lid is worth five cents. Please RINSE the milk caps and have your child put them in the milk lid collection box at school.



CAMPBELL'S LABELS Clip the UPC code from the participating Campbell's products and have your child bring them to school. Each label is worth 1 or 5 points. These points are collected and then used to purchase products from the Campbell's school catalogue. The play-ground staff is able to order playground balls, jump ropes and other things for the students to use during recess.

INK CARTRIDGES AND CELL PHONES – Recycle your old printer ink cartridges and cell phones at school. This is a great way to help the environment by recycling and turning you trash into cash for our school!

Cokato Elementary Goes Green!

Each month, Cokato Elementary sends home a school newsletter to every family, which we are happy to do. When one stops to consider how many reams of paper it takes to produce the newsletter, it isn't very environmentally friendly. Here's what we have planned for this year. The newsletter is always posted online at www.dc.k12.mn.us/cokato. Many families would prefer to read the information electronically. For one thing, it's always easy to find on the website instead of hiding in someone's backpack! We are still willing to publish the newsletter for families who would like a hard copy. We just need to know what you'd like us to do for the remainder of the year.

Please complete the form below and let us know your preference. If you change your mind partway through the year, we'll make that change for you. Thank you for helping us save some trees!

Sincerely,

Lorene Force

Our family would like to discontinue receiving a paper copy of the monthly newsletter. We'll read it online.

Our family would like to receive the monthly newsletter. We understand that one copy per family will be sent home with the oldest in the family.

Family Name

Dassel-Cokato Community Education

Register online at www.dc.k12.mn.us/commed or call

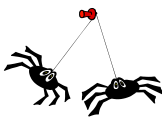
Community Ed. at 320-286-4120.

Youth Opportunities

SPOOKY CRAFTS (Grades 1-4)

Jennifer Todnem, Instructor

Just in time for Halloween! Create some fun crafts including a spooky hanging spider, monster magnets and a creepy hand! All supplies and an after school snack will be provided. Maximum 15



Activity #2214

Tuesday, October 25

3:15-4:30 pm

Cokato Elem. Cafeteria

(pick up at East door & ring bell)

Early Bird Fee: \$12, Fee after October 18: \$17

CLAY CAMP (Grades K-5)

Nikki Jo Black, Instructor



Pottery and sculpture handmade by your child will truly capture their imagination! Students will be given 1.5 pounds of red and white earthenware clay and taught basic hand-building techniques.

Glazes are food safe, so projects may include covered jars, baskets, mugs, bowls or a sculpture reflecting your child's interest. The artwork will be fired and glazed by the instructor and returned back to the Community Education office within four weeks. Dress for a mess! Parents can register and make a project also!

Activity #2205

Monday, October 24

3:15-4:45 pm

Dassel Elem, Room #121, Door A

Early Bird Fee: \$29, Fee after October 17: \$34

MESSY & GROSS FUN (Grades 1-4)

Jennifer Todnem, Instructor

Calling all boys and girls who like things that are gooey and sloppy! You'll have a chance to create and experiment with gooey and slimy mixtures up to your elbows. You'll learn why mixtures act the way they do. Be sure to dress so you can get messy. An after school snack and all supplies will be provided. Maximum 10

Activity #2215

Monday, November 14 (New Date!)

3:15-4:30 pm

Cokato Elem. Cafeteria

(pick up at East door & ring bell)

Early Bird Fee: \$12, Fee after November 8: \$17

LATE NIGHT WITH THE CHARGES VOLLEYBALL TEAM

(Grades 2-6)

DCHS Volleyball Staff and Players

Join us for a Friday night of fun volleyball activities! Hang out with the varsity volleyball players and coaches and learn the basic fundamentals of the game, including setting, passing, serving, and hitting. You will also get a chance to play some games! The evening will also include other activities like a team photo scavenger hunt and some fun team-building activities. You will enjoy a pizza party while you watch a slide show of the past season's pictures. Wear comfortable clothes such as shorts and t-shirt. All participants will receive a volleyball t-shirt which you can ask the varsity girls to "autograph," if you want! Fee includes pizza, beverage and a shirt. Come and make new friends while you experience the great game of volleyball! **Please include shirt size at time of registration.**

Activity #5117

Friday, October 28

6:30-9:30 pm

HS East Gym, PAC Door

Fee: \$25

Registration Deadline: Wednesday, October 12

BASKETBALL-BOYS & GIRLS TRAVELING LEAGUE (Grades 4-6)

This is competitive play for those 4th - 6th graders who wish to play traveling basketball later this fall. The season will run from November through February. Teams will practice during the week. League and/or tournament play will be decided upon and organized by coaches. Games will be played at various locations and it is the responsibility of parents to transport their child to/from all games and practices. These ball players will also have the opportunity to perform during the half-time of a home varsity basketball game and also get a chance to sit with the varsity players as honorary water boy/girl at home games. Maximum 15 participants per grade/gender *If more than the maximum register, a second team will be considered if feasible.

Practice Schedule: Practices will begin the week of November 7, dates and times will depend on gym availability. A schedule will be sent out 2 weeks before the start of practice.

Game Schedule: Saturdays-TBD with games beginning in December.

Uniform Deposit: \$25, due at time of registration. A separate check must be made payable to DCYBA. Deposits will be given back at the end of the season once uniforms are returned in good condition.

Register Early!: Fees increase \$20 after deadline.

Activity #5148- Grade 4 Girls

Activity #5149-Grade 4 Boys

Early Bird Fee: \$55; Fee after October 21: \$75

Please note: there is another opportunity for grade 4 to play a more recreational program in Jan. and Feb. instead of the traveling option listed above.

Activity #5135- Grade 5 Girls

Activity #5136- Grade 6 Girls

Activity #5137- Grade 5 Boys

Activity #5138- Grade 6 Boys

Early Bird Fee: \$85; Fee after October 7: \$105



ADULT OPPORTUNITIES

HOWARD LAKE STARWATCH PARTY

Mike Lynch

Come out and make the stars your old friends! Catch the wonderful, family friendly celestial show in the skies over Howard Lake. After a brief indoor orientation we'll go outside and get close and personal with our universe. Get to know the constellations like The Big Bear, Cassiopeia the Queen, Cygnus the Swan, Pegasus the Winged Horse and many of the great stories about how they wound up among the stars. These are special features of the fall sky.

We'll use Mike's large reflecting telescopes, including a giant 20" reflector, one of the biggest mobile telescopes in the upper Midwest for close up views of the planet Jupiter, star clusters, nebulae, galaxies, and other wonders in our skies. What's more, you'll get spectacular views of our more distant universe through a brand new state of the art astronomical camera-telescope system that will amaze you!

You'll get a great handout package with user-friendly star maps and constellation charts, websites, a telescope-buying guide and more! You are invited to bring lawn chairs to make yourself comfy.

Dress for the weather, most of this class is held outside 2½ miles from Howard Lake. Directions to star viewing site location will be given at the class.

Activity #1702A-Adults

Activity #1702S-Students

Tuesday, October 18

7:00-9:00 pm

Howard Lake Middle School, Art Room

Fee: \$20-Adult, \$8-Student

Registration Deadline: Monday, October 3

BUILDING AN OUTDOOR ROOM

Joel Karstens, Instructor

Spend an evening with an experienced landscape design specialist learning how to turn your backyard into the dream space you have always envisioned. Create an extension of your home, a new "room" where you can get away, relax, entertain guests and dine al fresco. You will learn dozens of design ideas and fundamental principles to make your do-it-yourself project (or your project installation by professionals) successful and to get the results you really want. We will discuss plans for creating outdoor focal points including fireplaces, water features, specialty lighting, art and sculpture applications. It's not necessary to spend more money; learn to spend it more effectively and your new outdoor room will make your neighbors green with envy. Participants will have the option to buy a 30-40 page workbook for \$5, payable to the instructor, which will allow you to take action with your own project immediately.

Activity #1767

Monday, November 7

6:30-9:30 pm

HS Team Planning Room #501, Door C

Fee: \$35

BEGINNING YOGA

Irene Genelin, Instructor

These classes are designed with the beginner in mind. Come and learn about the basic philosophy of yoga. Learn key asanas (postures) and move into them using our breath, which is an extremely powerful tool that is too often ignored. Yoga helps you learn to be present, while also offering stress reduction, more flexibility, and strength. Register soon as the class size is limited to 10 so that the instructor may work one-on-one with each student to address their specific needs. Wear comfortable clothing and please bring a mat, towel or small blanket.

Activity #7721

6 Mondays, October 17-November 28
(No class 10/31)

4:30-5:30 pm

Centennial Room, Cokato Library

Fee: \$50

UPCOMING ARTS ASSN. EVENTS:

Comedy Cabaret with Jason Schommer, Comedian

Local Group: Salty Doggs to also perform

Tickets: \$15

Location: Dassel History Center

General Admission Tickets Now on Sale

Information and Ticket Purchases:

D-C Community Education, 286-4120

PHY ED Fundamentals

Welcome to the beginning of a new school year...a great time to emphasize the importance of physical activity in your child's education, which is vital to his or her health and wellness. Children should accumulate 60 minutes of physical activity per day.

Mr. Berggren and Mrs. Sorgatz, as well as student teacher, Ms. Bakke, have enjoyed getting to know your child during their daily 30 minute physical education class. Ms. Bakke is a student from St. Cloud State and will be in our building until October 19th.

Shoes/Clothes-

Student safety is extremely important in our classroom. It is extremely important that your child comes to class daily with athletic shoes. We do understand that there are a variety of shoe styles and recommend shoes with good arch support, that are tight fitting and provide good grip/traction. We hope to continue going outdoors for class for awhile yet and advise students to be prepared for the quickly changing fall weather. Students who have early morning classes may experience dew or frost which can result in wet socks and shoes. For student comfort, it is advised that students have a spare pair of socks and shoes to change into after class.

Curriculum-

We are excited to have the opportunity to provide quality physical education instruction to your child using current best practice teaching/exercise methods as recommended by national physical education organizations. Our program consists of developmentally appropriate activities that promote maximum opportunities for development of skills, knowledge, health-related fitness, and confidence to develop and adhere to lifelong moving. As with all other subject areas throughout the school district, the physical education curriculum follows national standards and is involved in scheduled rigorous curriculum studies and writing.

Student participation-

Physical education is a curricular subject in your student's day with participation expectations similar to other subjects throughout the school day. If an injury prevents participation in physical education class, it is required that a written note, signed by the parent/guardian, is sent to school for the day. A doctor's note is required for situations when/if a student needs to avoid activity for more than a day.

As with any other academic subject, we encourage you to assist in helping your child develop healthy fitness and moving habits at home and at school. As a parent you can encourage your child to engage in more physical activity after school and on the weekends. Playing with your child will not only motivate the child to be more active, but it will increase your own personal physical activity; that is a win – win situation!

We look forward to an exciting, productive and healthy school year, and would like to invite you to visit our physical education class. You will see children participating in developmentally appropriate activities that will help increase their physical competence, self-esteem and joy of being physically active no matter what their physical abilities may be. By enhancing your child's physical activity education we are certain we will be able to help your child enjoy a lifetime of physical activity and good health. We welcome your support, and hope to see you soon.

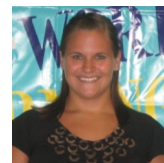
Stacy Sorgatz
stacy.sorgatz@dc.k12.mn.us
320-286-4100 x 1355



Brice Berggren
brice.berggren@dc.k12.mn.us
320-286-4100 x 1332



Nikki Bakke
Student Teacher





OCTOBER BREAKFAST MENU

Cokato Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cereal Trix Cereal Bar Fruit Sauce Milk	4 Mini Pancakes Syrup Smokies Fresh Fruit Milk	5 Cereal Toast/W/Sugar & Cinnamon Fruit Sauce Milk	6 Cinnamon Roll Cheese Stick Fresh Fruit Milk	7 Cereal Muffin Fruit Sauce Milk
10 Breakfast Pizza Fresh Fruit Milk	11 Cereal Grahamy Bear Fruit Sauce Milk	12 Waffle Sticks Smokies Fresh Fruit Milk	13 Breakfast Bites Fruit Sauce Milk	14 Cereal Trix Yogurt Fresh Fruit Milk
17 Cereal Grahamy Bear Fruit Sauce Milk	18 Breakfast Omelet Wheat Toast Fresh Fruit Milk	19 Cereal Toast W/Sugar & Cinnamon Fresh Fruit Milk	20 No School	21 No School
24 Frudel Bar Cheese Stick Fresh Fruit Milk	25 Cereal Toast w Sugar & Cinnamon Fruit Sauce Milk	26 French Toast Sticks W/Syrup Smokies Fresh Fruit Milk	27 Cereal Trix Cereal Bar Fruit Sauce Milk	28 Frudel Bar Trix Yogurt Fresh Fruit Milk
29 Cereal Trix Cereal Bar Fruit Sauce Milk			In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to: Dept. of Agriculture, Washington, DC 20250	



OCTOBER LUNCH MENU COKATO ELEMENTARY SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday
3 WG Pizza Choice Green Beans Pears Bread Choice Milk	4 Country Fried Steak Mashed Potatoes Seasoned carrots Banana Fresh Dinner Roll Milk	5 Taco in a Bag W/Fixings Black Bean Salsa Apple Slices Wheat Bread Milk	6 Salad W/Popcorn chicken Fresh Salad Relishes Peaches Breadstick Milk	7 Hamburger on a Bun Mac & Cheese Fresh Veggies Kiwi Milk
10 French Toast Sticks W/Syrup Smokies Tri Tator Orange Slices Fruit Juice Milk	11 Mini Corn Dogs Oven Fries Broccoli and Cheese Apples Bread Choice Milk	12 Spaghetti / Meat Sauce French Bread Lettuce Salad Watermelon Milk	13 Chicken Fajitas Rice Pilaf Seasoned Peas Peaches Milk	14 Turkey & Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Cranberries Ice Cream Treat Milk
17 Chicken Rice Bowl Broccoli Normandy Mandarin Oranges Bread Choice Milk	18 Turkey Wrap Potato Round Cottage Cheese W/Fruit Milk	19 WG Pizza Seasoned Corn Applesauce Milk	20 NO SCHOOL	21 NO SCHOOL
24 Hot Dog on a Bun Pasta Salad Baked Beans Peaches Milk	25 Hot Ham and Cheese Batter Bites Fresh Veggies/Dip Bananas Milk	26 Pasta Hot Dish Seasoned Corn Dinner Roll Mandarin Oranges Milk	27 Grilled Chicken Breast Mashed Potatoes Green Beans Pears Ice Cream Treat Milk	28 Sub Sandwich W/Fixings Fresh Veggies/ Dip Apples Sunchips Milk
31 WG Pizza Green Beans Pears Bread Choice Milk		National School Lunch Week “Let’s Grow Healthy”	In the operation of child feeding programs, no child will be discriminated against because of race, color, national origin, age or disability. If you believe you have been discriminated against write immediately to: Dept. of Agriculture, Washington, DC 20250	