

DASSEL ELEMENTARY NEWSLETTER

Rob Nudell, Principal

www.dc.k12.mn.us

February, 2010

FROM THE PRINCIPAL'S DESK...

rob.nudell@dc.k12.mn.us

by Rob Nudell



The goal of Dassel Elementary School is to have our students model the Character Pillars daily, which include:

- Respect
- Responsibility
- Resiliency
- Integrity
- Compassion
- Understanding
- Diversity

A major focus is on stopping bullying in our school. In a bullying situation there are often many people involved. Here are the definitions of those involved:

Target: this is the person that is being bullied

Bully: this is the person that is taking the power away from the Target and creates a situation of bullying

Henchman: this is the person(s) that goes along with the bully and may also tease the Target

Supportive Bystander: this is the person(s) that stands up for the Target and removes them from the situation

This year's focus is on the "Supportive Bystander". The Supportive Bystander can help stop bullying by supporting the Target. A Supportive Bystander:

- Tells the bully to "please stop"
- Suggests to play a different game
- Steps between the target and the bully
- Tells the bully "we are leaving"
- Gets help from an adult

Recently, students and staff at Dassel Elementary celebrated the Olweus Kick-Off, in an effort to stop

bullying. The Dassel Elementary students recited the Anti-Bullying Pledge and Song to show their support for stopping bullying. Students from DCHS National Honor Society conducted a role play of how a Supportive Bystander can help to stop bullying. Students clearly understand that bullying is not acceptable and that we should do whatever possible to stop it at school and everywhere.



I recently was reading an article about another topic; "teasing". Sometimes people think teasing is fun and playful, however, teasing is usually mean and hurtful to others. Here are some of the highlights of the article:

Does your child tease a lot? Parents often overlook seriously aggressive behavior. Listening to the comments your child makes and watching your child's interactions with peers can help determine whether you have a teaser in the making. If so, take action.

Monitor your child's Internet activity. With e-mail, instant messaging, and chat rooms, the Internet has become the newest teasing forum. Talk with your child about appropriate use of these communication methods. Make sure your child avoids using the Internet to spread rumors, damage reputations, or humiliate others.

Is your child a silent victim? Many victims are too ashamed to tell their parents. Pay attention to changes in your child's behavior and social activities (e.g., loss of appetite, sleeplessness, headaches, nervousness, school avoidance) and let your child know that he or she can talk to you if someone is being cruel to them.

Be prepared. Children are most likely to pick on others who are, or who come across as, weaker or different. If your child is getting teased, inform them to tell the other child to stop; walk away; and if it continues, to tell an adult.

Strength in numbers. Boys and girls with a good group of friends are less likely to be the victim of teasing. Help your child cultivate a group of buddies. Encourage social and group activities – from Scouts to sports teams – to give your child peer support.

Please take some time to talk with your child(ren) about bullying as well as teasing and how to stop it. Working together, we can make a difference!



FROM THE MEDIA CENTER...

by Pam Dille

I Love to Read Month's Ugly Book Cover Contest



An old expression regarding the merits of a book's contents and the cover is: "You can't judge a book by its cover." Unfortunately, this does not always hold true in the eyes of young readers. Some books in our media center have great, award-winning content with the misfortune of very unattractive covers. These books may have initially come with a lack-luster cover or at some point were rebound with a plain brown or green cover. From our experience, these

books are rarely checked out in spite of enthusiastic recommendations from staff to media center patrons.

The media center is challenging our young readers to spruce up some of these "uglier" books by creating new, attractive covers or book jackets. Students who want to express their artistic talents may pick up a pre-cut template on which to draw, color, or paint a new cover for one of these books. At the end of February, we will vote for the best new covers from the submitted entries. We are looking forward to seeing the artistic interpretations of these books. We hope once the new covers are applied, these books will just "fly off the shelves."



This plain brown cover contains the lovely story of *Lentil* by Robert McCloskey. Lentil is a young boy growing up in small town U.S.A. in the 1940's. Lentil is a vocally challenged boy, but finds musical expression through learning how to play the harmonica. There are many sweet scenes of small town life and a good lesson for all: Have a joyful heart and don't complain.



The exciting classic, *Swiss Family Robinson*, by Johann Wyss is hiding behind this ugly yellow, green, and brown cover. A family is shipwrecked and marooned on an island. As they wait to be rescued, they prove to be both ingenious and industrious as they build a home with many fantastic amenities.

PARENTS...

If you have a change of plans and you cannot reach your child's teacher, please call the office and talk to a live voice. Remember, there could be a sub in the classroom who doesn't have access to that teacher's phone/email messages.

HEADLINES IN SCHOOL HEALTH ...

by Christine Lawyer, LSN

Happy Belated Head Lice Month!!



September was National Head Lice Awareness/Prevention Month. For any of you who missed the celebration, I will recap the highlights. I have been quite busy researching and educating myself about head lice. I find this

topic fascinating and am delighted to pass on what I have learned! First I will give credit to my many sources of information: Minnesota Department of Health, National Association of School Nurses, American Academy of Pediatrics, Centers for Disease Control and the Harvard School of Public Health. I have also been in contact with other Licensed School Nurses in Wright County.

Important Points

1. The worst problem associated with head lice is adult attitudes.
2. Head lice do not spread diseases like ticks and mosquitoes can.
3. Head lice are “host specific”, they will not infest your pets.
4. Head lice and their eggs soon die if separated from the human head.
5. Carpets and furniture are not usual sources of infestation.
6. Direct physical head to head contact is the usual method of transmission.
7. Head lice do not jump, hop or fly but can crawl quickly.
8. Lice are fragile, and the chance of being transmitted on hats and combs is unlikely.
9. Having head lice is not a serious medical condition, but over treatment with chemicals is.
10. Over reactions to head lice can lead to fumigating classrooms, schools, busses etc...this is expensive and unnecessary.

It is important to periodically check your child at home for head lice. Head lice do cause scalp

itching and seem to prefer the warmth of the scalp above/behind ears and in the hairline at the back of the neck. A lice infestation should not be a source of embarrassment to either parent or child since lice can and do infest anyone. The important thing is to treat promptly and correctly. There are many products available over the counter. Wright County Public Health recommends a product called Lice Free which is pesticide free.

Please call or e-mail me or the Health Assistant in your child’s school to let us know if your child has head lice. We can assist you with the identification of lice or their eggs and treatment options. We will also check you if you would like. We are very good at finding the little buggers!!! My Health Assistants and I have a contest to see who can find and catch the biggest louse. I am proud to say that I currently hold the title. If we do find head lice on a student during school hours, the student’s parents will be notified and the student will be sent home. The student can return to school after treatment and my Health Assistants or I will recheck their scalp.

I am happy to answer any questions or concerns you may have about the beloved Head Louse. I hope you all had a terrific Christmas break....and if any of your little ones participated in sleepovers during break I recommend you check them for head lice. You can schedule a “family beauty shop” night and have fun going through everyone’s hair!

Christine Lawyer RN, BSN

Licensed School Nurse

ISD # 466

320-286-4100 ext. 1804

Christine.Lawyer@DC.k12.mn.us

Health Assistants:

Mary Vollen	Cokato Elementary	ext. 1305
Barb Holly	Dassel Elementary	ext. 1506
Jo Bender	Middle School	ext. 1605

**In partnership with our communities,
Dassel-Cokato Public Schools
will provide all learners opportunities
designed to maximize their potential
and promote lifelong learning.**

FROM THE CORNER OF THE COOK'S...

Doris Kyllonen, Head Cook



The month of February is a time to think about your heart in many different ways--use your heart to be kind to a friend and make room in your heart to become a new friend to someone who may need one.

We also should think about ways we can keep our hearts healthy so we can have happy, healthy bodies. We need to eat healthy food, exercise, keep snacks healthy, and take time to have fun.

One of the foods which can be a healthy choice is the essential yam. In America, the terms "yam" and "sweet potato" are used almost interchangeably. Many consumers don't realize there is actually a big difference between the two. To start with, they aren't even botanically related. In Africa, true yams form the bases of mashes in many countries, and they are eaten as a starch throughout the continent. So crucial to African cuisine are yams that in Guinea, the word for yam is the same as the verb for "to eat". Throughout Africa, many countries hold annual yam festivals to celebrate this important crop. A tuber native to Africa, the yam was one of the first foods cultivated domestically on the planet, and its origin dates back more than 10,000 years. Sweet potatoes, on the other hand, are related to the morning glory, and are native to the Americas. In the US, produce markets often refer to their deep orange-hued sweet potatoes as yams, but in truth, real yams are not orange at all (and thus, don't contain the beta carotene of sweet potatoes). Instead, their color ranges from white to pale purple on the inside flesh. The outer, bark-like covering varies from light to very dark brown, and can even be quite hairy.

Yams can grow to weigh more than 100 pounds and measure up to seven feet in length. Of course, few are left in the fields to attain such substantial size; most yams at the marketplace are pre-cut into

chunks and pieces rather than sold as whole tubers. Nutritionally, yams provide their consumers with a good source of vitamin B6, potassium, manganese, vitamin C, and dietary fiber. They also offer Omega-3 fatty acids. Why not add yams or sweet potatoes to your choices of foods that would be good to your heart? Happy eating!

Enjoy your February, remember the famous faces of the month, and make some good choices for the health of your heart.

We will chat next month.



MEET A NEW STAFF MEMBER



Hi, my name is Kim Putnam. This past September I had the privilege of joining a great team of people at Dassel Elementary, as a Special Education Paraprofessional. What an awesome place to be. Each day offers something new, with my main focus helping students to be the most successful they can be in their time here. I help students with reading, writing, math, science, music, etc., all of which makes my days very challenging, interesting and fun all at the same time.

My husband, daughter, and I make our home here in Dassel, and have been part of this great community for almost 14 years. As a family we like to spend our time camping, hiking, swimming, sledding, playing board games, gardening, and reading, as well as spending time with family and friends.

I look forward to all the days ahead and the wonderful experiences that they will bring here at Dassel Elementary.

**AAA
RAINBOW OF TALENTS**



We are excited that AAA has started again! We look forward to seeing all of the great projects and performances. It always makes us proud to see the many talents

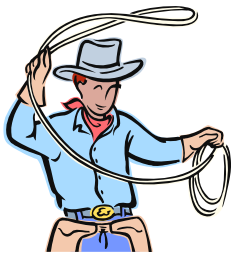
of our students.

This year the performances will be on Thursday, February 18th, at 10:20 a.m. for the K-2nd grade and 1:00 p.m. for the 3rd-4th grades. Community members are welcome to come to either performance. We have extended the project viewing time to go until 5:00 p.m. on that same day. We hope you can join us to support the time and talents of our students.

All first through fourth grade students should have received an information packet that includes all of the dates and times. Please be sure to read through it, and feel free to contact your child's teacher if you have any questions. We hope that every student chooses to participate to show their unique strengths and abilities!



**KINDERGARTEN ROUND-UP
MARCH 23rd AT DASSEL ELEMENTARY**



Kindergarten Round-up is scheduled for Tuesday, March 23rd, 3:30 p.m., at Dassel Elementary. If you have a child who is eligible to attend kindergarten next fall (age 5 on or before September 1st) you

should be attending the Round-Up activities. We will be sending letters out the first part of March to give you more information. If your child is eligible, and you do not receive a letter or you know of

someone new in the area, please contact Marlyce Erickson (286-4100 ext. 1500) at school.

**FROM THE PHYSICAL EDUCATION
TEACHER...**

*by Patti Jo
Erickson & Amanda Berg*



February 12 has been slated for our Jump Rope For Heart event. Students will be devoting physical education time to jumping rope in an effort to raise money for the American Heart Association (AHA). This time is also used to raise awareness of the importance of exercise in the fight against heart disease. You should have received information about the event a few weeks ago. To review, the fund raising portion of this event is **OPTIONAL**. All students, however, will be jumping for health and fitness during physical education. Collection envelopes can be turned in anytime, but the deadline is February 12. Please contact us at extension 1534 if you have any questions. Feel free to come in and enjoy the fun.

The schedule is as follows:

8:30-9:00	1 Silverberg and Karlgaard
9:15-9:45	1 Hall and Opsahl
10:30-11:30	4 th grade
12:45-1:30	2 nd grade
2:00-2:45	3 rd grade



**ARE YOU READY FOR SOME COOL
TREATS AND GOOD EATS?**



The Dassel Elementary students will be proudly displaying some of their artwork at the local Cokato Dairy Queen on Wednesdays, February 3rd and 17th. Cokato elementary students' artwork is showing on the other Wednesdays.

Stop in between the hours of 5:00 – 8:00 p.m. and 15% of the profits during that time will be donated to our schools! So stop by, get a

fun treat or something good to eat and support our schools, too!

FROM THE VOLUNTEER CORNER...

by Mary Neu



Wonderful events are planned for both our students and families during the month of February. It is a month that many of us seem to enjoy because we take time to tell people that we care for them! I want to take this time to tell the volunteers that they are appreciated! Thank you for finding time in your schedule to support our students and staff through your efforts both here at school and at home!

February is the month of AAA. The Arts and Academic Awards program is a great opportunity for students to show their talents from an area outside of the classroom. Please read the AAA packet carefully for details. If you have questions, please feel free to contact me or the classroom teacher.

Jump Rope for Heart is coming, too! Parents are invited to jump rope a few times if you'd like! The students enjoy the day and really find it funny to see that the "old" people know how to do this, too! I will need some parent volunteer help, too!

February is also "I Love to Read Month". We have lots of fun planned with an Olympic theme! Call me!

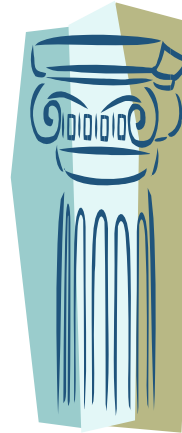
Please consider volunteering in our school. It is a great way to see your school in full swing! We all win in this event. (my extension is #1518)

Needs list:

- AAA performance judges Thursday, Feb. 3rd
- AAA decorating Wednesday, Feb. 17th
- AAA project judges Thursday, Feb. 18th
- Jump Rope for Heart Helpers
- "I Love to Read Month" readers

*"We are rich only through what we give, and poor only through what we refuse."
-Anne-Sophie Swetchine*

GOLDEN RULERS OF THE MONTH FOR JANUARY



Every day of school, the students at Dassel Elementary are involved in CARE groups from 9:45 – 10:15. During this time, they have a snack and juice/milk break and are engaged in a lesson about character education. This year we are focusing on the character pillars of respect and responsibility. One of the activities we do each month is to have the students in each of the nine CARE groups select a Golden Ruler of the Month to represent their group. They are asked to vote for a member of their CARE group who continually displays all six character pillars and demonstrates the Golden Rule: "Treat others as you would like to be treated".



The students selected for the month of January were:

Back Row: Naomi Johnson, Lydia Niemela, Clara Cady, Dylan Hillmyer

Front Row: Emma Huikko, David Kivisto, Braden Siltala, Addison Stenmark, Ben Lindquist

PLEASE REMEMBER
TO KEEP YOUR
CHILD'S EMERGENCY
CARD UP-TO-DATE
AT ALL TIMES.

3rd GRADE ENRICHMENT CLASS

This group of third graders learned about electronic circuits as they read diagrams and assemble various projects using the circuit components.



MUSIC NOTES...

by Sarah Miller



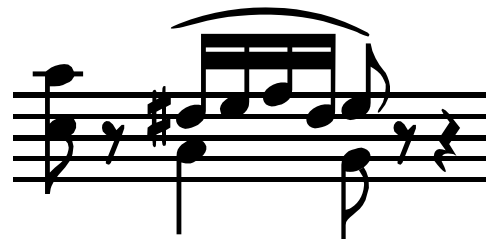
Congratulations to kindergarten, first, and second graders on an amazing Christmas program this year! Thank you to all of the teachers, staff, and volunteers who had a hand in helping with the program. Thank you to the parents and community

for being so supportive of your students!

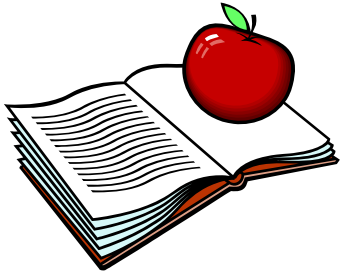
A little update on what we are learning:

- ◆ **First graders** are experiencing musical comparatives through stories, songs, and games.
- ◆ **Second graders** are reviewing notes and rests, gearing up for some new notes.
- ◆ **Third graders** have been practicing singing pitches and learn a new note that shows four sounds to a beat.
- ◆ **Fourth graders** are learning note names on the staff to get ready for recorders. Look for more recorder information soon!

Hope you've had a great start to the New Year!



I LOVE TO READ MONTH



February is “**I Love To Read**” month, and we are planning lots of special activities to celebrate here at Dassel Elementary. Be sure to check the calendar in this

newsletter for ways your child can participate.

Dassel-Cokato

PTA

everychild.onevoice.

Still need some Charger gear? You're not too late! The D-C PTA continues to sell Charger apparel as our fundraiser. The funds raised enable us to donate to our schools, such as money for books for the elementary schools upcoming reading events and funds for a 2nd grade science presentation.

Sweatshirts and t-shirts are available to order in either of these designs:



Items are available in both adult and youth sizes.

- ◆ Hooded Sweatshirt:
\$22 – available in navy, white, gray and red
- ◆ Zip Sweatshirt:
\$22 – available in navy, white, gray and red
- ◆ Long Sleeve T-Shirts:
\$15 – available in navy, white, gray and red
- ◆ T-Shirts:
\$12 – available in navy, white, gray and red
- ◆ Sweatpants:
\$13 – available in navy, gray and red
- ◆ Skull caps:
\$10 – one size fits most
- ◆ Baseball adjustable caps:
\$12

If you would like to place an order please call Krista Cates 320-221-4011 or email to chargerpta@yahoo.com.

Upcoming Meeting

The D-C PTA meets the first Thursday of each month. **The next meeting is Thursday, February 4th from 6:30-8:00 in the high school media center.** All community members are welcome to attend!

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

If you have any question about the upcoming meetings or would like to simply talk to someone about PTA, please contact our Membership Committee Chair, Tonia Olsen at 275-3275. You may also write or email at:

Dassel-Cokato PTA
P. O. Box 632
Dassel, MN 55325
chargerpta@yahoo.com



PARENTS & EDUCATORS OF THE GIFTED & TALENTED

Rather than mailing The Talented Times, either by US mail or e-mail, a link on the school web site has been set up for parents to access.

CHECK OUT

the January edition of

THE TALENTED TIMES

<http://www.dc.k12.mn.us/dassel/odyssey/index.html>

UPCOMING COMMUNITY EDUCATION ACTIVITIES

To register or get more information visit us online
at www.dc.k12.mn.us or call us at 286-4120.



Friday Night Out - Gr. 1-6 - \$9/night

COMMUNITY EDUCATION YOUTH ACTIVITIES

Friday Night Out, Gr. 1-6 \$9/night

Friday, January 22
6:30-10:00 p.m. – Meet in MS Commons
Movie: Shark Tales

Friday, February 26
6:30-10:00 p.m. – Meet in MS Commons
Movie: Cheaper By the Dozen

Imagination Station - Gr. K-2 - \$39

Dassel: Thursdays, Jan. 28, Feb. 4 & 11
3:15-4:45 p.m.
Dassel Elem. Room 213 (1/28/10) &
Lunch Room (2/4/10 & 2/11/10)

Cokato: Thursdays, Feb. 25, Mar. 4 & 11
3:15-4:45 p.m. - Cokato Elem. Large Gym

Games & Sports Sampler - Gr. 2-4 - \$17

Tuesdays, Feb. 23, Mar. 2, 9, 16
3:15-4:30 p.m. - Dassel Elem. Large Gym

Floor Hockey - Gr. 2-4 - \$17

Tuesdays, Feb. 23-Mar. 16
3:15-4:30 p.m. - Cokato Elem. Large Gym

Fun with Duct Tape - Gr. 2-5 - \$15

Thursday, February 11
3:15-4:45 p.m. - Cokato Elem. Rm. 139

Other Upcoming Events

Tae Kwon Do
Clay Camp
Swimming Lessons
4th Grade Ski Night

PRE-REGISTRATION Required

To register or for more information visit
www.dc.k12.mn.us/commed or call us at 286-4120.

COMMUNITY EDUCATION ADULT ACTIVITIES

Hair Braiding - \$15

Monday, February 8
6:30-8:00 p.m. - HS Comm. Rm, PAC Door

Organizing 101 - \$18

Monday, January 25
7:00-8:30 p.m. - HS Room #206, Door C

Good Neighbor Law - \$7/family

Thursday, January 28
7:00-9:00 p.m. - HS Room #501, Door C

Swing Dance - \$47/couple

5 Tuesdays, February 9-March 9
7:00-8:30 p.m. - Dassel Elem. Small Gym

Heartsaver CPR - \$35

Monday, February 1
6:30-9:30 p.m. - HS Room #24, Door D

First Aid - \$35

Monday, February 8
6:30-9:30 p.m. - HS Room #24, Door D

Woodworking - \$50

6 Mondays., Feb. 1-Mar. 15 (no class 2/15)
7:00-9:00 p.m. - HS Room #406, Door H

Aquacise - \$36

8 Mondays., Feb. 1-Mar. 22 (no class 3/29)
7:30-8:30 p.m. - HS Pool, Door A

Aqua Fitness - \$27

6 Saturdays., Feb. 13-Mar. 27 (no class 3/6)

8:30-9:30 a.m. - HS Pool , Door A

Cake Decorating-Beginning - \$35

4 Thursdays, February 4-25

7:00-9:00 p.m. - HS Room #114, Door C

To register or for more information visit www.dc.k12.mn.us/commed or call us at 286-4120.



UPCOMING DASSEL-COKATO ARTS ASSOCIATION EVENTS

Celebration Showcase

Fundraiser for the Dassel-Cokato Arts Association
Enjoy family entertainment provided by local talent!

Sunday, February 14 - 3:00 p.m.

Tickets: Adults - \$12, Youth - \$5

Reserved Seating at the PAC

Neuss Chamber Orchestra

On tour from Neuss Germany!

Sunday, March 14 – 3:00 p.m.

Tickets: Adults - \$15, Youth \$5

Reserved Seating at the PAC

Public ticket sales begin February 1

“The Diary of Anne Frank”

A Dassel-Cokato Community Theatre Production

Performances:

Friday, March 19, 7:30 p.m.

Saturday, March 20, 7:30 p.m.

Sunday, March 21, 2:00 p.m.

Thursday, March 25, 7:30 p.m.

Friday, March 26, 7:30 p.m.

Saturday, March 27, 7:30 p.m.

Dassel History Center & Ergot Museum

Tickets: Adults - \$15, Youth - \$8 (includes dessert!)

Public ticket sales begin February 15

“Bridge Over Troubled Water”

Simon & Garfunkle’s classic album performed by
Collective Unconscious & 17 talented musicians

Saturday, April 10 – 7:00 p.m.

Tickets: Adults - \$20, Youth \$10

Reserved Seating at the PAC

Public ticket sales begin March 1

Cirko Cabaret

Great family entertainment! Show contains
aerialists, acrobatics, juggling, the revolving hoop
& more!

Saturday, April 24 – 7:00 p.m.

Tickets: Adults - \$15, Youth \$5

Reserved Seating at the PAC

Public ticket sales begin March 12

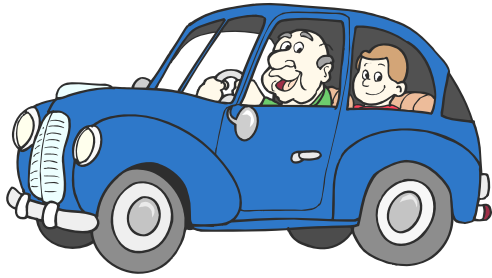
Tickets sold through Community Education.
Call 286-4120. For more information visit
www.dc.k12.mn.us/pac

TEDDY BEAR PARADE







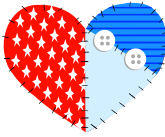
The kindergarteners at Dassel Elementary have been studying bears for the past two weeks. They learned about real bears and bears in fairy tales. The children enjoyed bringing their teddy bears to school on January 22nd as a culminating activity. The children participated in a parade with their bears as they pulled them along the hallways in train cars (decorated shoeboxes) for the student body to see.







**PARENTS WHO
PICK UP & DROP OFF
THEIR CHILDREN**



All parents are asked to pick up their child or drop off their child only on the **EAST** side of the school. For the safety of our students, **do not** pick up or drop off children the west side of school by the school patrol because it makes it very difficult for the patrol to see oncoming traffic. Also do not pick up or drop off while buses are loading/unloading on the south side.

CALENDAR OF EVENTS

2010		 FEBRUARY 						2010	
SUN	MON	TUES	WED	THURS	FRI	SAT			
	1	2 	3 AAA Performance Judging Dairy Queen Night 5:00-8:00 P.M. Ms. Halvorson's 2 nd Grade Classroom	4 PTA Meeting at the High School Media Center 6:30-8:00	5 Hats off to a Good Book ◆ Wear a sports team hat day ◆ Book give away	6			
7	8 Mystery Reader Week 	9 Mystery Reader Week	10 Mystery Reader Week 	11 AAA Performance Practice during Care Group Time Mystery Reader Week	12 Jump Rope for Heart Jump Into a Good Book ◆ Wear sweats/ running clothes ◆ Book give away	13			

14	15  NO SCHOOL <i>Presidents' Day</i>	16 AAA Performance Practice 1 st half of Performers during recess 	17 AAA Performance Practice 2 nd half of Performers during recess All projects due Dairy Queen Night 5:00-8:00 P.M. Mrs. Conely's 2 nd Grade Classroom	18 AAA Project Judging 10:20 Grades K-2 Performance 1:00 Grades 3-4 & Public Performance Projects on Display	19 What's your favorite team? ♦ Wear a team jersey day ♦ Book give away	20
21/28	22  8:45 Stop, Drop, & Read	23  1:35 Stop, Drop, & Read	24  2:45 Stop, Drop, & Read	25  2:05 Stop, Drop, & Read	26 10:30 Stop, Drop, & Read Team U.S.A. Day ♦ Wear red, white & blue ♦ Book give away	27

FEBRUARY BREAKFAST MENU

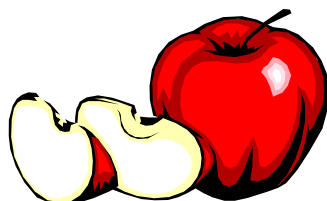
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancakes Sausage Link Fruit Juice	2 Cereal Cinnamon Sticks Fruit Sauce	3 Breakfast Bites Cheese Slice Fruit Sauce	4 Cereal Yogurt Fruit Choice	5 Apple Sticks Cheese Stick Fruit Juice
8 Cereal Muffin Fruit Juice	9 Omelet Toast Fruit Juice	10 Cereal Cheese Slice Fruit Choice	11 Breakfast on a Stick Toast Fruit Sauce	12 Cereal Granola Bar Fruit Juice
15 NO SCHOOL Presidents' Day	16 Waffle Sticks Sausage Link Fruit Sauce	17 Cereal Cinnamon Toast Fruit Choice	18 Bag Lunch Cereal Bar Yogurt Fruit Juice	19 Cereal Muffin Fresh Fruit

22 Pancakes/Syrup Sausage Link Fruit Juice	23 Cereal Cinnamon Sticks Fruit Sauce	24 Breakfast Bites Cheese Slice Fruit Sauce	25 Cereal Yogurt Fruit Choice	26 Apple Sticks Cheese Sticks Fruit Juice
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½ pint milk served with each meal



ANTICIPATED FAMILY FOOD COST FOR THE MONTH OF FEBRUARY



Grades K-4:

Breakfasts: 19 days x \$ 1.00 = \$19.00
 Regular Lunches: 19 days x \$ 1.50 = \$28.50
 Reduced Lunches: 19 days x \$.40 = \$ 7.60
 Extra milks = 35 cents

Please write your child's first and last name on the check or envelope to ensure proper credit to the account. We welcome you to join your child for a meal!

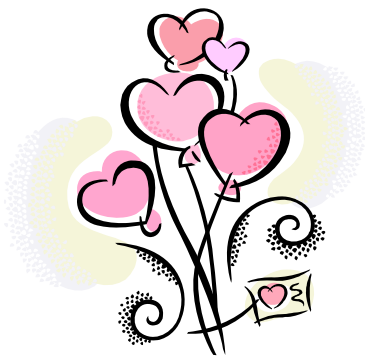
FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.				
1 Pizza Seasoned Corn Bread Slice Fruit Sauce	2 Country Fried Steak Mashed Potatoes/ Gravy Seasoned Carrots Tea Biscuits Fresh Fruit	3 Goulash French Bread Seasoned Peas Fruit Sauce Cookie	4 Grilled Chicken Patty with Noodles & Alfredo Sauce Green Beans Breadstick Fresh Fruit	5 Baked Potato Bar with Chili or Turkey Sandwich with Potato Rounds Veggies Fruit
8 Waffle Sticks / Syrup Sausage Links Tri Tater Oranges Juice	9 Lasagna French Bread Cole Slaw Fresh Fruit Cookie	10 Mini Corn Dogs Oven Fries Broccoli with Cheese Bread Fresh Fruit	11 Taco in a bag with fixings Seasoned Corn Bread Slice Fruit Sauce	12 Meat & Gravy Mashed Potatoes Mixed Vegetables Dinner roll Ice Cream Treat

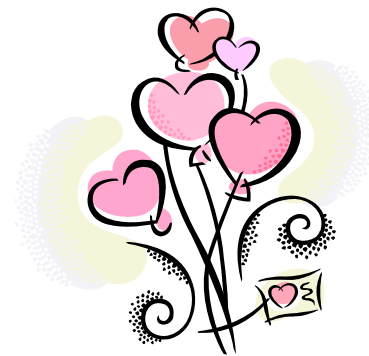
15 NO SCHOOL Presidents' Day	16 Hamburger with fixings Oven Fries Green Beans Fruit Sauce	17 Cheese Pizza Seasoned Corn Bread Choice Fresh Fruit	18 Bag Lunch Turkey Sandwich Bag of Chips Carrot Paks Yogurt	19 Grilled Cheese or Tuna Sandwich Tomato Soup Crackers Veg. Relishes Fresh Fruit
22 Hot Dog/Bun Oven Fries Baked Beans Sauerkraut Fruit Sauce	23 Hot Ham & Cheese Sandwich Batter Bites Carrot Sticks Fresh Fruit	24 Chicken Fajita Rice Pilaf Seasoned Peas Bread Slice Fresh Fruit	25 Cheese Bread with Pizza Sauce Lettuce Salad Fruit Sauce	26 Shrimp Poppers Oven Fries Seasoned Green Beans Bread Choice Fruit Sauce

½ pint milk will be served with each meal --- An additional bread item will be offered with each meal.

VEGGIE VALENTINE



You may not “carrot” all for me
The way I care for you.
You may “turnip” your nose
When I plead with you
But if your “heart” should “beet” with mine
Forever “lettuce” hope
There is no reason in the world
Why we two “cantaloupe.”



Author Unknown

 **Energy Assistance Program**
Minnesota EAP

Money is available to help pay your heating bills

Are you struggling to make ends meet? It is hard with the high cost of basic needs like food, medicine, transportation, and heating. The Minnesota Energy Assistance Program (EAP) helps take a bite out of heating bills and wants to connect you to our services.

EAP serves homeowners and renters paying for heat directly to an energy vendor or indirectly (included in rent to a landlord). Homeowners may also get help repairing or replacing a furnace. Eligibility is based on the past three months of income.

Examples of eligible households are:

Household of 1: last three months income below \$5,423

Household of 2: last three months income below \$7,092

Household of 3: last three months income below \$8,761

Household of 4: last three months income below \$10,430

Grants range from \$100 to \$1,400 depending on family size, income and fuel consumption, with an average grant of about \$600. To get help call **1-800-657-3710** or go to <http://www.staywarm.mn.gov/>