

# DASSEL ELEMENTARY NEWSLETTER

Debbie Morris, Principal

[www.dc.k12.mn.us](http://www.dc.k12.mn.us)

March, 2011

## FROM THE PRINCIPAL'S DESK...

Debbie.Morris@dc.k12.mn.us

by Debbie Morris



I'm not sure why it is that when I think about March, I think about leprechauns and rainbows. Maybe those thoughts come from my childhood, or from my years in education that have allowed me to share the tradition of Irish folklore with sooooo many others. Maybe it is the thought of gold at the end of a rainbow that peaks my interest (finding instant riches), or better yet, my admiration for the pure splendor of a rainbow?!?! Hmmmm.....I'm not sure, but all this talk of leprechauns and rainbows does cause me to reflect on students and learning.

As you know a leprechaun is a fairy in Irish folklore, usually taking the form of an old man/little young child, clad in a red or green coat. Leprechauns are known for partaking in mischief, spending all their time making shoes, and storing away coins in a hidden pot of gold at the end of the rainbow. Can an analogy be drawn to students and learning by looking at the life of a leprechaun? Let's see..... The wee folks at Dassel Elementary are always busy working on reading, math, science, social studies, spelling, projects, homework, manners, social skills, etc. Is there a little mischief along the way?!? You bet, and I am not just talking about the students. ☺ Do we have fun along the way? You bet! Are lessons about school and life being learned along the way? You bet! Capturing what motivates a child and helping them work towards a 'pot of gold' can take on many different opportunities. Riches can be seen through academic accomplishments, a gold star on the paper, a smile, a 'high-five', a hug from a friend, the sounds of joyous laughter, and ultimately

SUCCESS in life!! There is a magical feeling when everyone works together and cares enough to discover the hidden riches of a child's world. We are fortunate to have a rich tradition of celebrating students during our March parent/guardian/teacher conference week. We look forward to seeing our wee young ones' greatest supporters during the week of March 14<sup>th</sup>!

Let's talk about a rainbow..... Some have described a rainbow as "one of the most spectacular light shows observed on earth." There is something to be said for thinking of sunlight spreading out into a majestic spectrum of colors. It is the sun always behind you when you face a rainbow that allows the rainbow to display its beauty. Have you ever thought that children are like rainbows, filled with a multitude of radiant gifts and talents just waiting to shine? Who allows a child/student to display their inner beauty? Who supports them and 'shines' on them from afar? Well, I know, it is the amazing parents, guardians, educators, caring adults, and other important members of a family/community that allow the 'spectacular beauty' of a child to shine for everyone to enjoy.

Aaaaaah, March, sure brightens up the place with everyone letting their light shine!

## FUN MARCH READING

available at Dassel Elementary

*The Hungry Leprechaun* – Mary Calhoun

*Jamie O'Rourke and the Big Potato: an Irish Folktale* – Tommie DePaola

*Leprechaun Tales* – Yvonne Carroll

*Leprechauns Never Lie* – Lorna Balian

*The Shamrock Scare* – Courtney Tyo

*That's What Leprechauns Do* – Eve Bunting



## BINGO FOR BOOKS

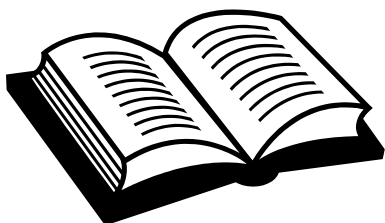


Dassel Elementary School held a fun and exciting Bingo for Books event on Tuesday, January 25<sup>th</sup>. This event, which was co-sponsored by the Dassel-Cokato PTA, was a family friendly night for elementary students and their families. February was “I Love To Read” month, and this event kicked off our love of reading in Dassel in a very positive way.

Students and staff were invited to bring in new or gently used books to use for the event. Tickets were sold at the door, which could then be used to purchase a game of bingo, a slice of pizza, glass of lemonade or a cookie. Slices of pizza, which came from Dassel Entertainment Center and Jimmy’s Pizza, were a popular item along with the cookies from Jay’z Bakery in Dassel.

The books that were donated were divided by age and reading level. Thanks to an overwhelming response of donated books, every child and adult left the event with a book in their hand.

The school looks forward to hosting another BINGO for Books evening next year!!



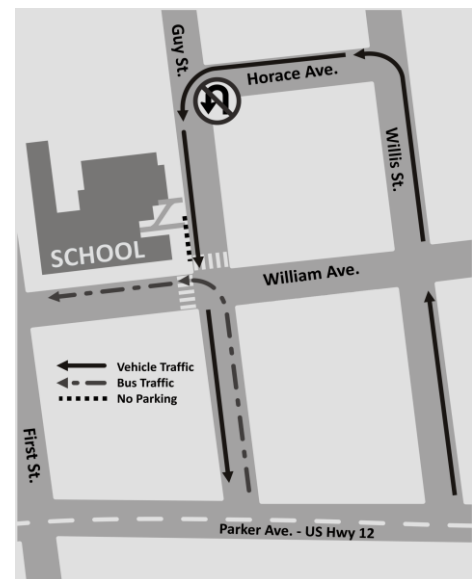
## KEEPING STUDENTS SAFE

Two safety heroes have come to save the day ...




They will be indicating the need for drivers to slow down while traveling along the school zone on County Road 4 (west side of the school). You can be a ‘safety hero’ too by helping us with the following procedures:

1. For safety reasons. Students should NOT be dropped off or picked up in the bus loading zone (front of the school).
2. Students being dropped off or picked up should do this on the east side of the building. (see map below)
3. Do not park and/or wait in the Pick Up Zone during loading and unloading times – 7:00 a.m. to 8:00 a.m. and 2:00 p.m. to 4:00 p.m. Please do not double park or wait in the middle of the street.



# CALENDAR OF EVENTS

2011		MARCH					2011
SUN	MON	TUES	WED	THURS	FRI	SAT	
		1 	2  5:00 – 8:00 DQ Art Work Mrs. Opsahl's 2 <sup>nd</sup> Grade Class	3	4 End of 2 <sup>nd</sup> Trimester  Lake Wobegon Brass Band 7:30 P.M.	5	
6	7 Staff Development Day  <b>NO SCHOOL</b>	8	9	10	11  Conferences for Kindergarten Only	12  Nice People Dancing to Good Country Music 7:00 P.M. DHC	
13  Nice People Dancing to Good Country Music 2:00 P.M. DHC	14  <b>NO STARS</b>	15  Elem. Conferences 5:00-8:00 p.m.	16  5:00 – 8:00 DQ Art Work Ms. Hall's 1 <sup>st</sup> Grade Class	17  Elem. Conferences 5:00-8:00 p.m.	18 <b>NO SCHOOL FOR ELEM. ONLY</b>  Elem. Conferences 12:30-3:30	19  Nice People Dancing to Good Country Music <b>March 18 &amp; 19</b> 7:00 P.M. DHC	
20	21	22  Kindergarten Round-Up 3:30-5:30	23	24	25	26	
27	28 <b>No School SPRING BREAK</b>	29 <b>No School SPRING BREAK</b>	30 <b>No School SPRING BREAK</b>	31 <b>No School SPRING BREAK</b>			

**FROM THE SCHOOL SOCIAL WORKER'S  
DESK . . .**

*by Carmen Tschida*



The following article from the SAMHSA's National Mental Health Information Center, describes the many challenges children and adolescents may experience in their daily lives. Mental health disorders will interrupt a student's ability to function with daily life

tasks and make it difficult for them to learn. For more information or the complete article – please refer to the following website:

<http://mentalhealth.samhsa.gov/publications>. If you have questions or concerns feel free to contact me at ext. 1507.

**Mental, Emotional, and Behavioral Disorders Are Real**

Young people can have mental, emotional, and behavioral problems that are real, painful, and costly. These problems, often called "disorders," are sources of stress for children and their families, schools, and communities.

The number of young people and their families who are affected by mental, emotional, and behavioral disorders is significant. It is estimated that as many as one in five children and adolescents may have a mental health disorder that can be identified and require treatment.

Mental health disorders in children and adolescents are caused by biology, environment, or a combination of the two. Examples of biological factors are genetics, chemical imbalances in the body, and damage to the central nervous system, such as a head injury. Many environmental factors also can affect mental health, including exposure to violence, extreme stress, and the loss of an important person.

Families and communities, working together, can help children and adolescents with mental health disorders. A broad range of services is often necessary to meet the needs of these young people and their families.

**The Disorders**

Some examples of particular mental, emotional, and behavioral disorders that may occur during childhood and adolescence can include: anxiety, severe depression, bipolar, attention deficit/hyperactivity, learning disorders, conduct disorder, eating disorder, autism and schizophrenia. All can have a serious impact on a child's overall health. Some disorders are more common than others, and conditions range from mild to severe. Often, a child has more than one disorder (U.S. Department of Health and Human Services, 1999).

**Treatment, Support Services, and Research: Sources of Hope**

Now, more than ever before, there is hope for young people with mental, emotional, and behavioral disorders. Most of the symptoms and distress associated with childhood and adolescent mental, emotional, and behavioral disorders can be alleviated with timely and appropriate treatment and supports.

In addition, researchers are working to gain new scientific insights that will lead to better treatments and cures for mental, emotional, and behavioral disorders. Innovative studies also are exploring new ways of delivering services to prevent and treat these disorders. Research efforts are expected to lead to more effective use of existing treatments, so children and their families can live happier, healthier, and more fulfilling lives.

**Important Messages About Children's and Adolescents' Mental Health**

- Every child's mental health is important.
- Many children have mental health problems.
- These problems are real and painful and can be severe.
- Mental health problems can be recognized and treated.
- Caring families and communities working together can help.



## FROM THE PHYSICAL EDUCATION TEACHERS...

by Patti Jo Erickson & Dan Krause



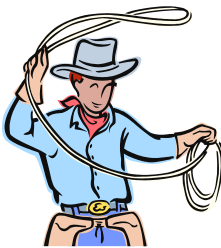
February was a busy month in Physical Education. Jump Rope for Heart, held on February 14, was again a success. Students learned about the risk factors of heart disease, how to prevent heart disease, and the warning signs of stroke and heart attack. Our school collected over \$6,000 for the American Heart Association during the event, and everyone had a good time jumping. Thanks for the support of such a worthwhile program. Also, huge thanks to the team of ladies who counted the money and filled out reports. Congratulations to our top fund-raisers: Dylan Sluis and Dustyn Terning.

The trimester has come to an end, which means report cards will be marked and shared at conferences. Some of the skills we focused on this trimester were jumping rope, skating (for grades 2-4), throwing and catching, dribbling, and striking. We continue to work on the positive behaviors of responsibility, respect, sportsmanship, cooperation, and effort. We also work on physical fitness regularly in class.

As a parent, I know it is not always easy child moving. However it is crucial to their health and development. Thanks for all you do to encourage physical activity with your child.



### KINDERGARTEN ROUND-UP



Kindergarten Round-up is scheduled for Tuesday, March 22<sup>nd</sup>, at 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 1<sup>st</sup>) you should be attending the Round-Up activities. We sent letters out the middle of February to give you more information. If your child is eligible, and you did not receive a letter or you know of someone new in the area, please contact Marlyce Erickson (286-4100 ext. 1500) at the school.

## BOB GASCH VISITS STUDENTS ON FEBRUARY 3<sup>rd</sup>



*Bob Gasch telling a story to the 2<sup>nd</sup> grade classes*

Storyteller, Bob Gasch, visited Dassel Elementary to kick off "I Love to Read Month". Bob has told stories for 39 years, from Alaska to Texas and the Rocky Mountains to Northern Ireland.

In kindergarten and second grade, Bob told "The Story of Dr. Seuss". In first grade, he told "Aesop's Fables" about common animals who show us simple bits of wisdom. Third grade was entertained with "All Aboard, America's Trains." A trip back to the days when traveling by train was THE way to go. And fourth grade was told "Stories From Along the Rio Grande".

You can learn more about Bob Gasch, the storyteller, on his web-site: [www.gaschstories-puppets.com](http://www.gaschstories-puppets.com)

### CONFERENCE DATES



Tuesday Evening,  
March 15<sup>th</sup>

Thursday Evening,  
March 17<sup>th</sup>

Friday Afternoon,  
March 18<sup>th</sup>

Daycare is provided during conference times:  
5:00 – 8:00 on Tuesday & Thursday evening  
12:30 - 3:30 on Friday afternoon

## FROM THE VOLUNTEER CORNER...

by Mary Neu



March is a month when the weather seems to keep us guessing. Did it come in like a lion? Will it go out like a lamb? Helping our children is somewhat the same theory. Did I talk to my child like a lion or a lamb? Our attitude when working with our

students has a large impact on how they will respond to learning. It is great to see, through volunteering, how our positive attitude can influence the students. They smile when we smile!

Thank you to the wonderful volunteers that helped with AAA! It was another successful event thanks to the support of volunteers, parents and hard work on the part of the students participating.

Keeping kids successful is a focus of our school. We welcome you to participate in the learning environment here at Dassel Elementary. Please feel free to call me if you have questions or would like to schedule some volunteer time in our school. (ext.1518)

Enjoy the month of March, the ever-changing weather, and the joy of learning with your child. Your attitude will affect both your child and you!

Needs list:

- Kemps Give'Em Five milk caps
- Land O Lakes milk caps
- Kindergarten Round-Up helpers



*"We cannot always build the future  
for our youth,  
but we can build our youth  
for the future."  
Franklin D. Roosevelt*

## FROM THE COOK'S CORNER...

Doris Kyllonen, Head Cook



Happy St. Patrick's Day! Are your Irish eyes smiling? I sure hope so.

The AAA projects were amazing, and "Jump Rope for Heart" was terrific -- maybe you made a new friend for Valentine's Day.

Spring break is approaching soon. Spring is a wonderful time to work on exercise, my last topic for good health. Everyone can benefit from regular exercise. Kids who are active enjoy these benefits: stronger muscles and bones, a leaner body because exercise helps to control body fat, less chance of becoming overweight, lower risk of developing type 2 diabetes, lower blood pressure and blood cholesterol levels, and a better outlook on life. Also, kids who are physically fit sleep better and are better able to handle physical and emotional challenges, from running to catch a bus to studying for a test. Enjoy some healthy exercise daily.

A person who had a very unique way with words, Dr. Suess, had some advice on the art of eating, which can be applied to making healthy food choices. (Incidentally, his birthday was March 2nd). These lines are from the book "Green Eggs and Ham":

"I do not like green eggs and ham!"

"I do not like them, Sam-I-am."

"You do not like them, so you say."

"Try them! Try them!"

"And you may."

"Try them and you may, I say."

Go green -- keep your Irish eyes smiling!

We'll chat again in April.



## ATTENTION ALL CAMPBELL'S SOUP LABEL SAVERS



*Remember the change in the collection of soup labels!*

We need to save the little section of the labels that has the UPC bar code and the cute little face of the Campbell's Soup child. So, please change the way you take the labels off of the cans and keep the UPC code intact.

If you have any questions about what to save, just send us the **complete label** and we will have our wonderful volunteers cut the labels for us!

Thanks for your help! Keep on collecting!



2011-2012

### PLAY N-LEARN PRESCHOOL REGISTRATION



Preschool registration for 2011-2012 will begin on March 8, 2011 and will be open until April 7, 2011. Please pick-up a registration form at the Early Childhood Center or download one from [www.dc.k12.mn.us/ecfe](http://www.dc.k12.mn.us/ecfe) starting March 8.

All children must be 3½ to 5 years of age on or before September 1, 2011 to qualify for preschool for 2011-2012.

The registration form must be completed and returned with a \$25 registration fee by April 7<sup>th</sup>. If needed, a lottery will be drawn after the deadline. Families will be notified of their preschool placement for next fall by April 14<sup>th</sup>.

For more information please contact the Early Childhood Center at 320-286-4120.

## KEMP'S MILK CAPS AND LAND O LAKES MILK CAPS



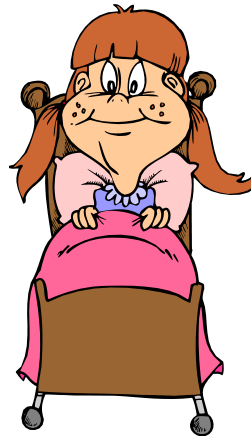
We continue to collect the milk caps and codes from cartons of milk for redemption! Please rinse them before sending them in! It may be a little more time on your end, but it certainly makes a difference in the volunteer office if they are rinsed before they get to me! Thanks for saving them for the students of Dassel Elementary!



## HEADLINES IN SCHOOL HEALTH...

*by Kelly Krueger, LSN*

### ILLNESS REMINDER



D-C is seeing a variety of illnesses this winter including influenza, strep throat, and stomach viruses. This is just a reminder to please be diligent in keeping your children home when they are ill.

It is the school's policy that children who are experiencing fevers of 100 or greater, are vomiting or have diarrhea remain home for 24 hours after the last episode. Please do not give your child Tylenol or ibuprofen to reduce a fever and then send them to school...even if they are feeling better. The purpose of this policy is to minimize the spread of illness.

It is also much appreciated when parents report what illness or symptoms their child is experiencing; this helps us to track illness patterns. Some illnesses, like influenza and pertussis (whooping cough) need to be reported to the Department of Health.

Thank you for all you do to keep our students healthy!

## FROM THE MEDIA CENTER...

by Carla Halvorson, Media Specialist

### Raising a Reader

#### From PBS 'Between the Lions' Show



How do you raise a child to be an enthusiastic and consistent reader? TV, videogames, computers, and other modern distractions sometimes make it difficult for children to focus on reading. Here are some strategies that the diligent parent can use to help motivate a child to read. Try them all -- what doesn't work one day may work well the next.

- Visit your local library often. Get your children their own library cards. Try a story hour or other free event at the library.
- Check out the local bookstore. A book or gift certificate always makes a terrific gift.
- At the library, let your child choose some of the books.
- Let your child see you reading, whether it's the newspaper, a magazine, or the latest bestseller.
- Encourage older children to read to their younger brothers and sisters. Or have the whole family set aside some time to read together!
- Show your child how people use reading all the time. Read aloud street and store signs, maps, billboards, menus, and labels on packages.
- Create a library for your child of new or used books. Look for affordable books at yard sales, secondhand book stores, and library book sales.
- Set up an area in your home where a variety of reading materials are within easy reach. Encourage writing by including paper, crayons, pens and pencils.
- Subscribe to a children's magazine. Read it with your child every month.

- Carry books to read to your child wherever you go - at the doctor's office, in line at the store, or on a long car ride. (You can also listen to stories on tape.)
- Encourage a love of words by playing rhyming and word games, singing silly songs, or writing poems and stories together.
- Talk about daily activities or tell stories about your family or culture to help children develop their language skills.
- Visit the *Between the Lions* web site ([pbskids.org/lions](http://pbskids.org/lions)) for more on children and reading.

**Dassel-Cokato**

**PTA**<sup>®</sup>

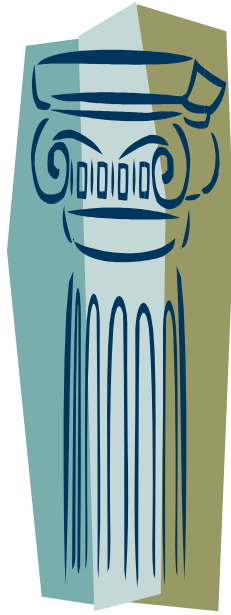
*everychild.one voice.*<sup>®</sup>

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.

At the February meeting we had Mr. Brian Stoll from Wright County Probation Services tell us about some of the things we as parents should be aware of with our children and their cell phone use. The presentation was insightful and had great information. If you were unable to attend but are still interested, please contact Melissa at 275-3394 to request copies of some of this great information.

Our next regular meeting will be held Thursday, April, 7<sup>th</sup> where we will be discussing high school courses, Advanced Placement classes, Post Secondary classes, and scheduling at the high school in general. Mr. Jennissen, the high school Principal and Mr. Tool, the high school Guidance Counselor will join us to talk about these important years of our children's education. We will meet at 6:30 in the high school media center. We hope to see you there!

## GOLDEN RULERS OF THE MONTH FOR MARCH



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 compassion and integrity. 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 were:  
**Back Row:** Kaitlin Eggert, Brynn Olsen, McKenna Wills, Gavin Tormanen, Nolan Marttinen  
**Front Row:** Ella Richards, Ava Erickson, Kailie Ailie, Luke Fonkert

Don't judge each day  
by the harvest you reap,  
but by the seeds you plant.

## UPCOMING WINTER COMMUNITY EDUCATION ACTIVITIES

To register or if you have questions call  
Community Education at 286- 4120  
or get more information by visiting us online at  
[www.dc.k12.mn.us](http://www.dc.k12.mn.us)



## YOUTH OPPORTUNITIES

### WINTER SOFTBALL CLINIC (Grades 1-6)

This clinic will provide the basics of hitting, proper fielding techniques, aggressive base running, and the technique of throwing and catching a softball. The 4-6 graders will spend their extra half hour learning about and working on pitching and catching skills.

#### Activity #5505A - Grades 1-3

Saturday, March 19

8:30-10:00 am • HS West Gym

Early Bird Fee: \$12; Fee after March 11: \$17

#### Activity #5505B - Grades 4-6

Saturday, March 19

10:00 am-12:00 pm • HS West Gym

Early Bird Fee: \$14; Fee after March 11: \$19



### ASA TRAVELING SOFTBALL

(Ages 10 & under -18 & under)

This is competitive play for those girls who wish to play traveling softball this upcoming summer. The season will run from early June through late July. Note: There will be another opportunity for 3rd & 4th graders this summer to play in the in-house league if they prefer not to play this more competitive option. Check the upcoming Summer Community Ed. brochure for more information. To sign up for the 10 & under ASA league, it is suggested that participant has prior softball experience and they may have to attend the tryout day. For additional information please check out the DCSA website at: [www.dasselcokatosoftball.com](http://www.dasselcokatosoftball.com)

**Practice Schedule:**

Practices will be held at the HS/MS fields and begin the end of May. Dates and times-TBD

**Game Schedule:**

Mondays and Wednesdays- Beginning early June-late July

**Registration Day:**

Register on March 19 and sign up for a chance to win door prizes. Bring a copy of birth certificate when signing up.

Saturday, March 19

9:00 am-1:00 pm • Dassel Entertainment Center

**Tryout Day:**

Players may have to participate in a tryout day depending on number of registrants received per grade level. You will be contacted in advance if tryouts are necessary.

Thursday, March 24

6:00 pm • HS West Gym

**Activity #5500E - (10 & under)-Grades 3 & 4**

Early Bird Fee: \$50, Fee after March 20: \$70

*Registration/Cancellation/Refund deadline:  
Friday, April 15*



**MAD SCIENTISTS (Grades K-4)**



Calling all scientists! Learn about electricity, how to make your own bio-plastics and much, much more! No boring stuff here! Conduct your own amazing experiments where you, the scientist, will be learning, experimenting, and

playing with science!

**Activity #2122**

Monday, March 28

9:00-11:00 am • Cokato Elem Rm #124, Door E

Fee: \$10

*Registration Deadline: Friday, March 18*

**TEA PARTY (Grades K-4)**



Sit down for a fun time of “tea” and treats while learning the importance of etiquette and table manners. The goal is to make a difference in the choices we make, focusing on

etiquette, character, confidence and having fun! You are welcome to dress up for this tea party special event!

**Activity #2123**

Monday, March 28

1:00-3:00 pm • Cokato Elem Rm #124, Door E

Fee: \$10

*Registration Deadline: Friday, March 18*



**FRIDAY NIGHT OUT (Grades 1-6)**

Gather in the Middle School Commons and your first activity will be a dip in the pool - don’t forget your towel! We will then move back to the Commons for a snack and your choice of games or a fun craft project to complete and take home. Then it’s off to watch a movie! **Maximum 50.**

**Activity #3008B**

Friday, March 11 • 6:00-9:30 pm

Drop off and Pick up: MS Commons, Door I

Movie to be shown: Sky High

Fee: \$9, Pre-registration is required.

*Registration Deadlines: Friday, March 4*



**SPRING BREAK POOL PARTY (Grades 1-6)**

Come meet some new friends, swim in the pool, play fun games, and watch a movie in the PAC, our own movie theater! Pizza and beverages will be provided.

**Activity #3003**

Wednesday, March 30

10:00 am-2:00 pm • Meet in the MS Commons

Departure: Dassel Elem. Main Door: 9:30 am  
Cokato Elem. Door D: 9:45 am  
Return: Cokato Elem. Door D: 2:10 pm  
Dassel Elem. Main Door: 2:20 pm  
Early Bird Fee: \$11; Fee after March 23: \$16



## ADULT OPPORTUNITIES

### TWO-STEP DANCE INTRO



This intro class is designed for new dancers or those with very little dance experience.

#### Activity #2807

2 Thursdays, March 10 & 17  
7:00-8:30 pm  
3/10/11 in Dassel Elem. Small Gym, Door A &  
3/17/11 in Middle School Commons, Door H  
Fee: \$25/couple



### MORE TWO-STEP DANCE

This class is a continuation of the Two-Step Intro class.

#### Activity #2808

3 Thursdays, March 24-April 14 (No class 3/31)  
7:00-8:30 pm • Dassel Elem Sm. Gym, Door A  
Fee: \$35/couple



### MAKING MEDICINAL HERBAL TEAS

Learn how to incorporate nourishing teas into your life to employ the healing power of plants.

#### Activity #7934

Thursday, March 10  
7:00-8:30 pm • HS FACS Room #114, Door C  
Fee: \$22



### SQUARE FOOT GARDENING

Square Foot Gardens produce delicious produce but require no tilling, no digging and very little weeding!

#### Activity #1752

Thursday, March 17  
7:00-8:00 pm • HS Art Room #31, Door C  
Fee: \$7



### HEARTSAVER CPR

This 3 hour course will certify (or recertify) individuals in Cardio CPR and foreign body airway obstruction.

#### Activity #7600B

Monday, March 14  
6:30-9:30 pm • HS Room #24, Door D  
Fee: \$35



### INTERMEDIATE YOGA



This class is geared for students who have participated in at least one prior yoga session or those that have their own yoga practice.

#### Activity #7701B - Spring Session

6 Mondays, March 7-April 11  
6:00-7:00 pm • Centennial Rm, Cokato Library  
Fee: \$33



## UPCOMING ARTS ASSOCIATION EVENTS

### LAKE WOBEGON® BRASS BAND Friday, March 4, 7:30 pm



**BACK BY POPULAR DEMAND!** Having received a standing ovation following their first performance at the PAC in 2005, the 30-member band returns with a diverse program of marches, classical, quasi-jazz, and popular selections. The Lake Wobegon® Brass Band of Anoka was formed to showcase the unique sound and style of the British-style brass band's instrumentation, and to perform those compositions written, arranged or transcribed for this unique instrumentation. (LAKE WOBEGON® is used by permission of Garrison Keillor and Minnesota Public Radio.) Visit: [www.lwbb.org](http://www.lwbb.org)

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

**Location:** D-C Performing Arts Center

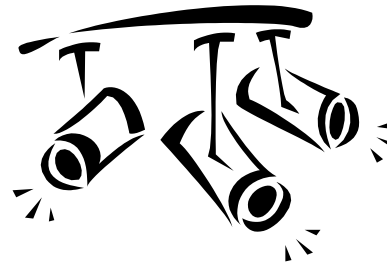
**Reserved Seating at the PAC**

**Tickets on sale now!**

**Information and Ticket Purchases:** D-C Community Education, 286-4120

## NICE PEOPLE DANCING TO GOOD COUNTRY MUSIC

D-C Community Theatre Production  
March 12, 18, 19 at 7:00 pm  
& March 13, 2:00 pm



Eve, who lives over the Nice People Dancing to Good Country Music Bar, is paid a visit by her niece, Catherine, a novice nun who's

been asked to leave her convent. Roy, an honest if simple fellow from the bar downstairs, wants to court Catherine whether she's a nun or not. Jim, the owner of the bar, tries to give him the real insight of what love does to a man. Eve feels she should give her niece the benefit of her experiences with men before allowing her to venture back into the mad modern world. What follows is both romantic and very funny! Enjoy a dessert and beverage following the performance.

**Tickets:** \$15, includes dessert

**Location:** Dassel History Center and Ergot Museum

**Information and Ticket Purchases:**

D-C Community Education, 286-4120

*This activity is made possible in part by a grant from the Southwest Minnesota Arts and Humanities Council (SMAHC) with funds appropriated by the State Legislature.*



**Tickets sold through  
Community Education.  
Call 286-4120. For more  
information visit  
[www.dc.k12.mn.us/pac](http://www.dc.k12.mn.us/pac)**

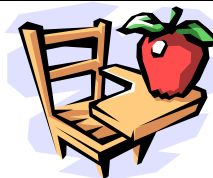
### SOME THINGS TO PONDER...

- Why does round pizza come in a square box?
- Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going?
- What disease did cured ham actually have?
- Why is it that people say they "slept like a baby" when babies wake up every two hours?
- Why are you in a movie, but you're on TV?
- Can you cry underwater?
- Did you ever notice that when you blow in a dog's face, he gets mad at you, but when you take him for a car ride, he sticks his head out the window?



## IMPORTANT INFORMATION REGARDING TEACHER REQUESTS FOR 2011-2012

From: Debbie Morris, Principal



It seems hard to believe that we are starting to think about next school year, but that time will come soon. This spring, one of the biggest jobs our staff will be faced with is preparing the class lists for next year. A great deal of thought goes into this lengthy process. Classroom teachers meet several times with the special education teacher, the social worker, the physical education teacher, music teacher, and myself to discuss the placement of students for the following year. Things we feel are very important to consider as we construct those class lists include, but are not limited to:

- ◆ A balance of boys and girls
- ◆ A blend of all ability levels
- ◆ Careful consideration of student personalities and behaviors
- ◆ A mixture of students from all classrooms
- ◆ Placing students together who work well academically, but aren't necessarily friends.


We also realize that parents/guardians know their child's personality better than anyone, and we respect the fact that some parents may want to contribute their thoughts to the process. This spring, if you choose, I am asking that you follow the steps below if you want to give input into your child's placement for next year.

1. Stop by the Dassel Elementary Office to pick up a form to complete. This form is short and will ask you to describe your child and the type of learning style your child has. We carefully consider children's learning styles as we place them in classes for the following year. No teacher name should be put on the request.
2. Return the form to the Dassel Elementary Office by **April 8, 2011**.
3. Please complete a separate form for each child. Only these forms will be accepted. Do not replace these forms with written notes or letters. These forms are good for one year.
4. The new class lists will be posted on the window by the front doors in August of 2011. Once posted, the lists are not subject to change.

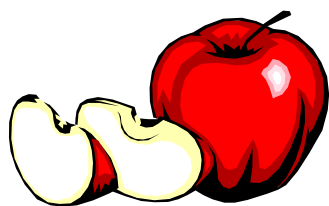
As you can tell, a great deal of time, thought, and effort goes into the formation of class lists each year. We want you to know that all Dassel Elementary teachers are highly qualified and exceptional teachers with whom you can put your trust. I thank you for your cooperation in this matter.

Please call me or stop by if you have a specific concern regarding the placement of your child for the next school year. My number is 286-4100 x 1504.

# MARCH BREAKFAST 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.				
	<b>1</b> Pancakes/syrup Sausage Link Fruit Choice	<b>2</b> Cereal Cinnamon Toast Fruit Choice	<b>3</b> Cinnamon Roll Cheese Slice Fruit Choice	<b>4</b> Cereal Muffin Fruit Choice
<b>7</b> <b>NO SCHOOL</b> <b>Staff Dev.</b> <b>Day</b>	<b>8</b> Cereal Teddy Grahams Fruit Choice	<b>9</b> Waffle Sticks Sausage Link Fruit Choice	<b>10</b> Breakfast Bites Fruit Choice	<b>11</b> Cereal Yogurt Fruit Choice
<b>14</b> Cereal Honey Graham Sticks Fruit Choice	<b>15</b> Omelet Toast Fruit Choice	<b>16</b> Cereal Cinnamon toast Fruit Choice	<b>17</b> Breakfast on a Stick Fruit Choice	<b>18</b> <b>NO SCHOOL</b> <b>FOR ELEM.</b> <b>ONLY</b> (Conferences)
<b>21</b> Apple Strudel Sticks Cheese Stick Fruit Choice	<b>22</b> Cereal Cinnamon Toast Fruit Choice	<b>23</b> French Toast Sticks Sausage Link Fruit Choice	<b>24</b> Cereal Granola Bar Fruit Choice	<b>25</b> Frudel Bar Yogurt Fruit Choice
<b>28</b> <b>NO SCHOOL</b> <b>Spring Break</b>	<b>29</b> <b>NO SCHOOL</b> <b>Spring Break</b>	<b>30</b> <b>NO SCHOOL</b> <b>Spring Break</b>	<b>31</b> <b>NO SCHOOL</b> <b>Spring Break</b>	<b>NATIONAL SCHOOL</b> <b>BREAKFAST WEEK</b> <b>MARCH 7-11</b> ½ pint milk served with each meal

## ANTICIPATED FAMILY FOOD COST FOR THE MONTH OF MARCH

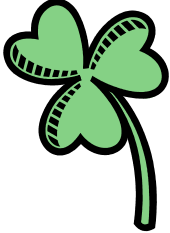


### Grades K-4:

Breakfasts: 17 days x \$ 1.00 = \$17.00  
 Regular Lunches: 17 days x \$ 1.50 = \$25.50  
 Reduced Lunches: 17 days x \$ .40 = \$ 6.80  
 Second Entrée for \$1.00  
 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!

# MARCH LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, please contact: Tina Palmer, 4852 SW Reardon, Cokato, MN 55321 @ 320-286-4100, x. 1002.				
	<b>1</b> Country Fried Steak Mashed Potatoes Seasoned Carrots Biscuits Fresh Fruit	<b>2</b> Chicken Chow Mein Rice/Noodles Cole Slaw Mandarin Oranges Fortune Cookie	<b>3</b> Chicken Patty on a Bun Potato Rounds Seasoned Carrots Fruit Sauce	<b>4</b> Chili Cinnamon Roll Cheese Stick Veggies with Dip Fruit Sauce Choice
<b>7</b>  <b>NO SCHOOL Staff Dev. Day</b>	<b>8</b> Hamburger / Bun French Fries Vegetable Choice Fresh fruit	<b>9</b> Fish Strips Baked Potato Cole Slaw Fresh Fruit Cookie	<b>10</b> Baked Chicken Mashed Potatoes with Gravy Mixed Vegetables Dinner Roll Sauce	<b>11</b> Grilled cheese or Tuna Salad Sandwich Tomato Soup Veggies / Dip Fruit Sauce
<b>14</b> Popcorn Chicken Scalloped Potatoes Seasoned Peas Fruit Sauce Bread Choice	<b>15</b> Mini corn Dogs French Fries Broccoli & Cheese Fruit Sauce Bread	<b>16</b> Lasagna Lettuce Salad Seasoned Green Beans Fruit Sauce	<b>17 <i>Bag Lunch</i></b> Sub Sandwich with fixings Chips Carrot Paks Fresh Fruit	<b>18</b>  <b>NO SCHOOL FOR ELEM. ONLY (Conferences)</b>
<b>21</b> Hot Dog on a bun Oven French Fries Baked Beans Sauerkraut Fruit Sauce Choice	<b>22</b> Hot Ham & Cheese Batter Bites Seasoned Corn Fruit Sauce Choice	<b>23</b> Chicken Strips Mac & Cheese Seasoned Peas Fruit Sauce Choice	<b>24</b> Pizza Choice Lettuce Salad Fresh Fruit	<b>25</b> Popcorn Shrimp Smile Potatoes Seasoned Green Beans Fruit Sauce Choice
<b>28</b>  <b>NO SCHOOL Spring Break</b>	<b>29</b>  <b>NO SCHOOL Spring Break</b>	<b>30</b>  <b>NO SCHOOL Spring Break</b>	<b>31</b>  <b>NO SCHOOL Spring Break</b>	<b>½ pint milk served with each meal</b>

## HEALTHY SNACKS FOR KIDS

### MUNCHKINS

*Tease little taste buds with bundles of fruit and nuts.*

- 1 ½ cups boiling water
- 1 cup chopped dried apricots
- ¼ cup raisins
- ½ cup chopped pecans
- 2 Tbsp. orange juice

In a bowl, pour boiling water over apricots and raisins and set aside for 30 minutes. Drain well. Mix in pecans and orange juice. Shape into balls and refrigerate. Makes 12 balls.

# REPORT TO PARENTS

## READING

Reading is the fundamental skill for all learning, and elementary school is where children jump on the reading superhighway. In just a few short years, most children go from singing the ABC song to mastering books. To help your children become skilled readers, try these suggestions:

**Read to them.** Reading to your children is the single most important thing you can do to help children develop a love of books and reading. While bedtime is traditionally story time, don't limit yourself. Keep books in your car, in your bag, by the sofa, and even by the bathtub. That way, reading can easily be made part of the day. Also, keep books on low shelves, on the floor, in toy chests, or anywhere else your children can reach them.

**Have plenty of material.** Books aren't the only thing children can read. Posters, maps, magazines, recipes, and newspapers are great reading material. Computer games that emphasize reading skills may also be useful for your school-age children.

**Listen to them read.** From the day your children begin sounding out letters, concentrate on how they're doing. Try to include some "read aloud" time – where they're reading to you – in your everyday routine. You can offer them praise and catch any early problems before they have time to become habits.

**Model good reading habits and limit TV.** Your children need to see that reading is a lifelong skill and a form of entertainment. When you take them to the library to choose books, choose some for yourself, too. If you can, subscribe to the daily newspaper or to

magazines, and discuss articles you have read with your children. This shows children that reading isn't only schoolwork – it's something that's an integral part of everyone's life. Also, limit the amount of time you spend watching television.

**Let them choose.** Within reason, allow your children to choose their own reading material. If they choose what to read, they'll be more likely to actually spend time reading. Get your children their own library cards and entrust them with keeping their books in good shape and returning them on time.

**Ask the teacher.** Ask your child's teacher if your child has areas in which he or she may need extra help. Also, make sure to let the teacher know if you've noticed any reading problems at home. Working with the teacher and school will ensure your child's continued reading success.

**Get excited.** Give your children lots of praise and encouragement when it comes to reading. Show you're excited

about what they are reading and learning.

Finally, here are some great resources for parents interested in finding out more about reading and in helping their children become reading "masters." The International Reading Association promotes literacy ([www.ira.org](http://www.ira.org)); the American Library Association has a wealth of information ([www.ala.org](http://www.ala.org)); and the National Research Council has published Preventing Reading Difficulties in Young Children, which is available online (<http://search.nap.edu/html/prdyc/>).



