



Martin County West

Connected to the Past, Celebrating the Present, Cultivating the Future

Dear Maverick Families,

Congratulations! We have now officially survived the first month of the school year! It's always busy and exhausting to start a new year but this year has provided some additional challenges for us to navigate: road construction, a bus driver shortage, and all the fun and excitement of homecoming. The football game didn't end how we'd like it to on homecoming but the rest of the week was a great way to close out the month of September. I even think the chili was especially tasty this year.

There will be no shortage of activities and events during the month of October. Our elementary students are selling chocolate bars that help fund things like field trips. Our volleyball, football, and cross country teams will continue their seasons with games and meets at or close to home. Our high school students will be out in the community doing service projects during MCW Gives Back day.

While families are enjoying a break in mid-October, our teachers will be immersed in new learning for the year. High School

teachers will be learning about how to integrate technology into their classroom instruction now that students in grades 9-12 all have a district-issued device. Elementary, Special Education, and English teachers will be learning what science tells us about how brains learn to read. These topics will be the focus for all the workshop days this school year.

As staff and students do their work inside our school buildings, crews are already at work outside in preparation for the next steps in the building project. They have been taking soil samples and surveying the grounds at the high school. Meanwhile, survey work is also being done at the Welcome building as the architects prepare the documents that companies will need in order to bid on a demolition project there, a project I hope begins before the end of 2024.

I wish you and your family a cozy October and hope to see you at our MCW events this month.

In partnership for education,
Cori Reynolds

Important Dates:

- > October 3—Midquarter
- > October 17-18—MEA—No School
- > October 21—Teacher Workshop—No School
- > November 8—End of First Quarter
- > November 14—K-6 Conferences 4-8pm
- > November 19—K-12 Conferences 4-8pm
- > November 27-29—Fall Break

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MCW JR/SR High School

October 2024 Newsletter

Dates to Remember

- MEA Oct 17-18 No School
- Teacher Workshop Oct 21

2024-2025

No School Days

- Early Dismissal Nov 8
- Fall Break Nov 27-29
- Teacher Workshop Dec 20
- Winter Break Dec 23 - Jan 1
- Early Dismissal Jan 24
- Presidents Day Feb 17
- Staff Workshop Mar 7
- Early Dismissal Mar 28
- Spring Break Apr 18 - Apr 21
- Teacher Workshop May 23
- Memorial Day May 26
- Last Day of School May 30

FAFSA Virtual Informational Sessions in October, More Info At:

<https://sites.google.com/view/minnesotagoestocollege/for-students/attend-a-virtual-event>



Stay Informed by visiting the District webpage,

<https://www.martin.k12.mn.us/> and LIKE US! on our Facebook page at <https://www.facebook.com/mcwJHSHschool>

Hello MCW families,

The first month of the 2024-2025 school year is complete! There were lots of memories created in this short amount of time having already celebrated Homecoming. Students have adjusted to their schedules and are learning daily thanks to our amazing staff of teachers and support professionals. As a safety reminder to all, don't forget to break for school buses when the lights are flashing! In addition, when buses are in our school parking lots, please wait to enter the parking lot or use street parking and street access. Student safety is a number one priority. Happy October and GO MAVERICKS! ~Autumn Welcome

Pictures

- **Orders** - View and order at <https://shop.iostenspix.com/login>. MARTIN COUNTY WEST HIGH SCHOOL, Event Code: FE28224, Also Needed: Student Lunch ID
- **Retakes** - Picture retakes are scheduled for October 22nd, 8am - noon. All students unhappy with their original picture or missed the first picture day have the opportunity to retake their school photo at this time. Please do not wear green as it interferes with the green screen.

October Fundraisers

- Seniors will be selling cheesecake cupcakes. These delicious little treats will arrive just in time to be served at your Thanksgiving festivities if you choose to support the fundraiser. The profits of this fundraiser are used to fund senior students' senior trip.
- FFA students will be selling fruit, meat, cheese and butter braids. This fundraiser profits the FFA and supports a variety of activities that the FFA participates in over the year.

October is College Knowledge Month in MN

ways to highlight college as a possible pathway during the month of October. There is a college expo on Wednesday, October 2nd for juniors and seniors that are interested. Also, college representatives are scheduled to come in throughout the month to meet with students that would like to know more. Students and families are encouraged to use this QR code to access colleges with free applications during the month October. It also will provide many other college prep resources.

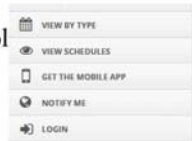


Mr. Neduzak is planning a variety of for our students



Activities Calendar - Access the activities calendar for grades 7-12 on the school webpage → Calendars → Activities Calendar. To schedule notifications for specific activities, follow these steps.

- Option 1: On the Activities Calendar website, go to "Notify Me." Enter account username and password OR create an account. Follow steps to add the activities you'd like notifications for.
- Option 2: Download the App called "Activity Scheduler." Select state and school (Martin County West). Go to "My Teams" and select the teams you'd like notifications for.



Activity Scheduler Sports

Custodian Appreciation - October 2nd is Custodian Appreciation day! Please acknowledge our custodial staff for their service to keeping our buildings clean and operational. At the Jr/Sr High School, we thank Jeremiah, Trent, Lee, and Gerald for their work!

Student Sick? Know When to Stay Home and When to Come to School?

- Stay home if a student has a fever over 100.4, has diarrhea, is vomiting, or has a cough that disrupts normal breathing or activities.
- Come to school if a student is fever free for 24 hours without fever reducing medicine, 24 hours after the last episode of vomiting or diarrhea.

MCW Trimont Elementary

Dates to Remember:



Trimont Elementary

Office hours
7:30 a.m. – 4:00 p.m.

Oct. 3 –
Mid Quarter

Oct. 17-18 –
No school
MEA Break

Oct. 21 –
No School (Teacher
workshop)



Follow us on
Facebook at [MCW
Trimont Elementary
Facebook](#)

October, 2024

ATTENDANCE MATTERS

Regular School Attendance at school helps to:

Reduce stress through providing regular structure for students and families.

Social Emotional support making it easier to connect with friends and teachers.

Student Achievement and success in later life.

We are working to make the environment at Trimont Elementary a place where everyone feels welcome and supported. We will do our best to listen and partner with you so that our children have a successful year. Let's work together to:

Keep Healthy – Make sure students get adequate sleep, eat well and exercise.

Keep Connected – Be sure to call the school office if your child is unable to come to school due to illness. If you are not certain whether to send your child to school due to illness, call Nurse Megan Morgan to discuss the situation.

Keep Learning – If your child has to stay home due to illness, contact your child's teacher to develop a plan for learning at home and making up missing work.

Cell Phones "Away for the Day" To help maintain a focused and respectful learning environment at Trimont Elementary, students are encouraged not to bring cell phones or other electronic devices including smart watches, and earbuds/air pods to school. If students choose to bring these items to school they will need to **remain in student backpacks/lockers during the academic school day, including morning recess and lunch**. Students who need to be in contact with their family during the academic day are to ask permission to use one of our school phones. Parents are welcome and encouraged to contact our main office if there is a message that needs to be relayed.

World's Finest Chocolate Sales!!!

In support of the student activities funds for our elementary schools, we will be selling chocolate bars through World's Finest Chocolate from Sept. 25 – October 11th. The candy bar fundraiser helps us incorporate fun and engaging educational field trips and experiences for students each year. We had great success with selling chocolate bars last year and hope you will support this amazing fundraiser once again this year.



National School Bus Safety Month

October is National School Bus Safety month, a time to emphasize the importance of safety for our children as they travel to and from school. The school bus is one of the safest modes of transportation, but we all play a role in ensuring that it remains that way. Here are some important reminders to keep our students safe:

Be Visible: Encourage your children to stand at least 6 feet away from the curb while waiting for the bus. Wearing bright or reflective clothing can also help them be seen.

Stay Alert: Remind students to stay focused and avoid distractions like phones or headphones while waiting for the bus or crossing the street.

Follow the Rules: Reinforce the importance of following the bus driver's instructions and remaining seated while the bus is in motion.

Use Caution When Boarding and Exiting: Children should wait for the bus to come to a complete stop before getting on or off. If they need to cross the street, they should always look both ways and wait for the driver's signal.

Talk About Safety: Have open discussions with your children about the importance of bus safety and the rules they need to follow.

Connected to the Past, Celebrating the Present, Cultivating the Future



WHAT'S NEW

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OCT.
2024

Character Trait – Responsibility

This month we are talking about Responsibility. One way to define Responsibility is “taking action and understanding the impact of our choices.” Taking action can mean doing the right thing or completing the tasks you have been assigned. Understanding the impact of our choices means that our actions matter. Positive and responsible actions can help people and irresponsible actions can hurt others.



Pursuit #1

As a family, think of ways in which you might make someone's life a little easier by helping a neighbor or family friend with 1 of their Responsibilities. Could you bring the garbage to the chute or out to the curb? Could you carry things in from the grocery store? Could you invite someone over for a meal or a show?

Pursuit #2

Review Responsibility as a family! Responsibility is taking action and understanding how our choices affect others. Choose 1 household chore (or more!) that requires multiple steps. Then have each member of the family select 1 step to complete to help get the job done! Maybe it is washing the dishes, doing laundry, cleaning the living room, or unloading the groceries – whatever it is, see who can be the quickest or most effective at their task!

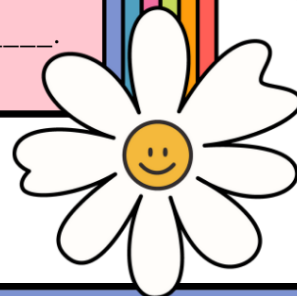
Pursuit #3

We have all demonstrated Responsibility in our lives. Many of us have seen people practice Responsibility in ways that have inspired us. Stories are powerful tools for connecting as a family. Protect time this week to share stories about Responsibility with each other (you can use the story prompts to get started). At the end of the conversation, think of 1 way you can practice Responsibility this week.

Story Prompts:

A time I (or someone else) showed Responsibility was _____.

An act of Responsibility that changed/challenged me was _____.



Attendance

Did you know that absenteeism in the first month of school can predict poor attendance throughout the school year. Half the students who miss 2-4 days in September go on to miss nearly a month of school. In addition, a student's attendance directly correlates with their ability to read proficiently (source Attendance Works). Please be an advocate for your students' school attendance; if students are healthy send them to school! When not possible due to illness, please be sure to let the office staff know that your child will be absent, needs to leave school early, or will be late to school. It is very important that we keep accurate records of attendance.

Bus Safety

Appropriate behavior on the bus is an important part of the school day for many of our students. The ride to and from school can have a big effect on a child's ability to focus during the school day. Transportation to and from school is a privilege, therefore students are expected to follow the behavioral expectations on the bus. These expectations are in place to ensure the safety of students while in transit and preserve a child's readiness to learn.

- Follow driver directions and obey all laws and safety rules for your bus
- Place trash in receptacles
- Use positive tone, volume and language while on the bus
- Stay in your seat facing forward keeping hands & feet to self
- Report suspicious/dangerous behavior and acts of bullying
- Be on Time



Candy Bar Sales

Sales will run from
September 25 to October 1

Stay Informed....

The **District webpage**,
<https://www.martin.k12.mn.us/>
will serve as a hub for all things
related to returning to school
and changes in plans
throughout the school year,
please check in regularly for
updates. Another informative
connection point is our
Facebook page at
<https://www.facebook.com/sherburnelementary>. LIKE US!

Upcoming dates:

- **Kindergarten Field Trip** - Center Creek Orchard October 4th
- **Candy Bar Sales** - September 25 to October
- **Fire Prevention Week** - October 7-11
- **Fall Break** - October 17-18
- **Teacher Workshop** - October 21
- **Early Dismissal** - November 8



Custodian Appreciation

Custodian Appreciation – October 2nd is Custodian Appreciation day! Please acknowledge our custodial staff for their service to keeping our buildings clean and operational. At the Sherburn Elementary School, we thank Jeremiah and Trent for their work!

Picture Retakes

Picture Retakes – Picture retakes are scheduled for October 1st from 8am – 1pm. All students unhappy with their original picture or missed the first picture day have the opportunity to retake their school photo at this time. Please do not wear green as it interferes with the green screen.



Student Sick? Know When to Stay Home and When to Come to School?

- Stay home if a student has a fever over 100.4, has diarrhea, is vomiting, or has a cough that disrupts normal breathing or activities.
- Come to school if a student is fever free for 24 hours without fever reducing medicine, 24 hours after the last episode of vomiting or diarrhea.

A collection of camping-themed illustrations floating in the sky. At the top left is a round compass with a red needle pointing North. Next to it is a yellow fish with blue spots. To the right are dark blue binoculars. Below the compass is a yellow lantern with a green handle and a flame inside. To the left of the lantern is a blue flashlight. At the bottom left is a yellow backpack with a green strap and a blue water bottle.


NOVEMBER 14

Let's Go Camping!

MCW Family Engagement Night

**TRIMONT ELEMENTARY
GYM 3:30-7:30PM**

**FAMILY ACTIVITIES, FOOD,
CRAFTS FOR KIDS**

A ground-level illustration of a campsite. On the left is a green pine tree. In the center is a wooden signpost with two arrows pointing right. The top arrow says 'All Invited!' and the bottom arrow says 'Free Event!'. To the right of the sign is a small fire burning on a log. Further right is a green tent.

All Invited!

Free Event!

**Fully Funded by
Title 1.**

Community Education & Recreation

Nickole Bowie, Director • nickolebowie@mcwmavericks.org • 507-764-2336

Martin County West Community Education and Recreation

What do we do?

Martin County West Community Education and Recreation offers a variety of programs and activities aimed at enhancing community engagement and promoting lifelong learning. We typically provide educational classes, recreational activities, sports programs, and events for all ages. This may include everything from youth sports leagues and adult fitness classes to arts and crafts workshops and family events. Our goal is to support personal growth, community involvement, and healthy lifestyles.

"Participating in MCW CER has truly transformed my family's life! We've explored various activities, from art classes to sports leagues, and each experience has enriched our lives. The programs not only promote physical fitness but also foster social connections and personal growth. My kids have gained confidence and new friendships, while I've enjoyed learning new skills and meeting fellow community members. It's a fantastic way to engage with our community and make lasting memories together!"

- MCW Alumni & Parent -

Check out SchoolPay today and see what MCW CER has to offer!

Early Childhood Family Education (ECFE)

Early Childhood Family Education (ECFE) will be starting its fall session on October 8. We would love to see all of our pre-school families and any other families in our community with birth to age 5 children coming to our ECFE program. Classes are offered both during the day and the evening. The cost of the program is \$40 and scholarships are available to families that qualify. This is a great opportunity to meet other families in our community, let your children learn and play, and a chance to ask questions of our parent educator. Sessions run for 7 weeks and you can attend as many classes as you'd like!



Registration can be found on SchoolPay with additional details about the program. Watch the MCW CER Facebook page for updates!

Community Education & Recreation

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Virtual Workshops Fill October Schedules

Martin County West Community Education and Recreation is excited to partner with LeeAnne Krusemark to offer a great collection of life-long learning opportunities. Classes are offered online through a secure Zoom Education link that will be available to registered students with digital handouts being made available to each participant. LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President and guest instructor at more than 200 colleges and other institutions from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. Classes are listed below and more information is available on SchoolPay.

The Business Block:

- ♦ Intro to Medical Terminology
- ♦ Make Money Pet Sitting (after school/work)
- ♦ Earn Extra \$Money\$ Mystery Shopping (post-requisite)
- ♦ *MOST POPULAR* How to Start Any Home Business + 250 Home Business Ideas!
- ♦ Make Money with a Virtual Assistant/Word Processing Business (prerequisite)
- ♦ Beginner's Guide to Starting a FREE Blog
- ♦ \$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing
- ♦ Save \$Money\$ with Extreme Couponing!

The Writers Block:

- ♦ Beginner's Guide to Using FREE ChatGPT (AI) for Writers
- ♦ Write Your First Novel (in 90 Days!)
- ♦ Be a Better Writer: 10 Easy Tips to Improve Your Writing Now
- ♦ Beginner's Guide to Getting Published
- ♦ Explore 50 Different Self Publishing Options (prerequisite)
- ♦ Comedy Writing: How to Be Funny on Paper and Stage
- ♦ How to Outline and Write Irresistible Romance
- ♦ Introduction to Screenwriting for Television and Movies
- ♦ * BEST REVIEWS * Meet the Agent/Publisher Q&A—Get Your Manuscript Critiqued
- ♦ Using Amazon's Kindle Direct to Self-Publish Your Book for FREE
- ♦ Write a Riveting Mystery, Suspense or Crime Story
- ♦ Explore the World as a Travel Writer
- ♦ Write Your Life Story
- ♦ Writing for Online Blogs, Magazines & Websites



Register on SchoolPay—Scan the code with your phone and it takes you directly to the registration page!

Investment in life-long learning varies from \$25 to \$45 per class.

Internet connection and zoom program (download for free ahead of time) are required and at the participants expense.



Community Education & Recreation

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Benefits of Youth Wrestling

Kids wrestling is important because it builds strength, discipline, and resilience. It teaches teamwork and sportsmanship while helping kids improve their physical fitness and coordination. Wrestling also promotes confidence as children learn new skills and face challenges, fostering a sense of achievement that can carry into other areas of their lives.



PRACTICES WILL BE HELD AT BOTH THE SHERBURN ELEMENTARY SCHOOL AND THE FAIRMONT HIGH SCHOOL ON MONDAYS AND THURSDAYS STARTING NOVEMBER 11TH FOR PREK- 6TH GRADE WRESTLERS

PRACTICE TIMES WILL BE:

LEVEL ONE: 6:00-6:45 PM IN SHERBURN - 5:45 - 6:15 IN FAIRMONT - MONDAYS - \$40
LEVEL TWO: 6:00-6:45 PM IN SHERBURN AND 5:45 - 6:30 IN FAIRMONT - MONDAYS AND THURSDAYS - \$70
LEVEL THREE: 6:45 - 8:00 IN SHERBURN - 5:45 - 7:00 IN FAIRMONT - MONDAYS AND THURSDAYS - \$70
\$150.00 FAMILY MAX.

SIGN UP BEFORE OCTOBER 30TH AND RECEIVE A FREE T-SHIRT!

REGISTER ON SCHOOLPAY



DANCE CLASSES

CLASSES START OCTOBER 9TH

REGISTER ON SCHOOLPAY

WEDNESDAY CLASS TIMES:
3:30 FOR PREK-K
4:30 FOR 1ST-3RD GRADE
5:30 FOR 4TH -6TH GRADE

Benefits of Dance

Dance for kids is a great activity! Dance fosters creativity, it builds confidence and promotes physical fitness. Engaging in dance helps children develop coordination and motor skills while encouraging self-expression and social interactions. It's also a fun way to relieve stress and boost your mood!



MCW FFA and Ag Department

Corn Drive

The Martin County West FFA Chapter will be holding their annual corn drive in October. The corn drive funds a variety of local community projects each year, and helps our chapter support Camp Courage. If you would like to donate and were missed, please contact Jonah Mayo at jonahmayo@mcwmavericks.org or call 507-764-4661.

FFA Membership & Dues

If you haven't done so already, please complete the FFA membership form located at www.mcwffa.theaet.com and pay your FFA dues to the high school office (\$22 for high school members, \$15 for junior high members). Follow Martin County West FFA on Facebook or Instagram for updates on events.

Fruit Sales Kickoff

The meeting to kick off our annual fruit sales fundraiser for 7th-12th grade will be on October 8th. We will be using ONE website this year - myfruitsale.com to sell all of our different items. Contact Mrs. Wohlhuter with any questions.

Upcoming Events

October 8th - Fruit sales kickoff

October 10th - MCW hosts Region 6 Forestry, Soils, Horse and Poultry Career Development Events

October 30th - Fruit sales orders/checks due



The FFA officers led line dancing on the football field for all of the 7th-12th grade students during homecoming week!



BREAKFAST

OCTOBER 2024

Martin County West Schools

Menu is subject to change without notice. Sorry for any inconveniences.

Monday

+New item

Tuesday

Breakfast Pizza

1

Fruit Choice
Juice Choice

Wednesday

Cinnamon Roll

2

Fruit Choice
Juice Choice

Thursday

French Toast Sticks

3

Fruit Choice
Juice Choice

Friday

+Early Riser Hash Brown

4

Fruit Choice
Juice Choice

Assorted Muffins

7

Fruit Choice
Juice Choice

Biscuits/Gravy

8

Fruit Choice
Juice Choice

Pancakes

9

Fruit Choice
Juice Choice

Scrambled Eggs/Toast

10

Fruit Choice
Juice Choice

Yogurt Parfait

11

Granola
Fruit Choice
Juice Choice

Frudel Bar

14

Fruit Choice
Juice Choice

Breakfast Sandwich

15

Fruit Choice
Juice Choice

Pancake on a Stick

16

Fruit Choice
Juice Choice

No School

17

MEA

No School

18

MEA

No School

21

Breakfast Bagel

22

Fruit Choice
Juice Choice

Pancakes

23

Fruit Choice
Juice Choice

Assorted Doughnuts

24

Fruit Choice
Juice Choice

UBR Bar

25

Fruit Choice
Juice Choice

Strawberry Bagel

28

Fruit Choice
Juice Choice

+Ham & Egg Croissant

29

Fruit Choice
Juice Choice

Waffles

30

Fruit Choice
Juice Choice

Banana Bread

31

Fruit Choice
Juice Choice



Breakfast is free to all students if they take the required items. Breakfast include choice of fruits/veggies, meat/ meat alternates, grain, & milk. Must choose 3 items, one being fruit or veggie, to count as a complete breakfast. Grains are at least 51% whole grain. Milk is low-fat or fat free plain or fat free flavored

Fresh and canned fruits and 100% fruit juices are offered every day. Cold cereal is offered every day.

Martin County West Schools are equal opportunity employers.

Monday
Tuesday
Wednesday
Thursday
Friday

Grilled Cheese Sandwich

Tomato Soup
Peas
Fruit Choice

Chicken Nuggets

Mashed Potatoes
Corn
Fruit Choice

Mr. Rib/Bun

Potato Wedges
Fruit Choice

Pizza

Green Beans
Fruit Choice

Rotini Noodles

Spaghetti Sauce with Meat
Green Beans
Garlic Bread
Fruit Choice

Chicken Patty

WG Bun
Steamed Broccoli
*Rice Pilaf
Fruit Choice

***Taco Salad**

**Soft Shell Tacos
Seasoned Beef
Assorted Topping
Fiesta Beans
Fruit Choice

***Pork Patty/Bun**

**Hamburger/Bun
Cheesy Hash Browns
Carrot Sticks
Fruit Choice

Hot Dog/Bun

Cooked Carrots
Potato Wedges
Fruit Choice

Cheesy French Bread

Dipping Sauce
Steamed Broccoli
Fruit Choice
Apple Crisp

Chicken Fajita

Soft Shell Tortilla
Refried Beans
Red/Green Peppers
Fruit Choice

Hot Ham & Cheese/Bun

Scalloped Potatoes
Steamed Carrots
Fruit Choice

No School

MEA

No School

MEA

No School
Orange Chicken

Fried Rice
Stir Fry Veggies
Mandarin Oranges

Pulled Pork/Bun

Baked Beans
Cole Slaw
Fruit Choice

Chicken Alfredo

Rotini Noodles
Steamed Broccoli
Bread Stick
Fruit Choice

Pizza

Green Beans
Fruit Choice

Chicken Gravy

Mashed Potatoes
Biscuits
Corn
Fruit Choice

Walking Taco

Doritos
Assorted Toppings
Fiesta Beans
Fruit Choice

Deli Sandwich

Soup Choice
Cooked Carrots
Fruit Choice

Quesadilla

Refried Beans
*Spanish Rice
Fruit Choice



Lunch Notes: All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light if available. Milks are low fat or fat free. Fresh and/or canned fruits are available every day. Fresh veggie bar available every day. Meals are free for students ONLY if they take the required components. A complete meal consists ½ C of fruit or veggie plus 2 more full meal components. If not taking a complete meal you will be charged ala carte prices. MCW is an equal opportunity employer.