



# Martin County West

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

## Important Dates:

- > April 15—School Board Meeting
- > May 14—Election Day
- > May 27—Memorial Day—No School
- > May 30—Last Day of School K-12
- > May 31—1/2 Day Teacher Workshop

## Dear Maverick Families,

The calendar turning to April means not only means those spring flowers can have more confidence that they won't be snowed on; it also means that early voting is opening in the special election about our school buildings. Voters residing in the Martin County West School District boundaries can begin requesting absentee ballots on March 29 and, starting when we open for business at 7:30am, early voting in person at the Central Office on April 1. Election day will be on May 14 with polling places in Dunnell, Sherburn, Trimont, and Welcome

The plan the school board is asking residents to vote on has changed a bit from what was on the November ballot. School board members studied the results of the November election, considered what they heard from community members, and

examined the school district's needs for fiscal sustainability, quality learning spaces for all, and maximizing efficiencies. They sharpened their pencils and shrunk the plan down a bit: some spaces are a bit smaller and they have removed the auditorium from question 2 with the hopes that it can be built sometime in the future. Question 1 about a new building for all our students in preschool to grade 12 is now \$64.7 million and Question 2 for an auxiliary gym to replace what the district lost with the closing of Welcome is \$2.04 million.

We have a couple of ways for everyone to get information about this project as they consider how to vote. First, our website ([martin.k12.mn.us](http://martin.k12.mn.us)) has all details about the project, including a

calculator for you to find out what the tax impact on your property is expected to be. If you have a question that isn't answered there, email it to [buildingproject@mcwmavericks.org](mailto:buildingproject@mcwmavericks.org) and we will find the answer and get it to you.

Another option for finding out more about the project is our Community Information Open Houses. The unexpected return of winter rescheduled our first date and it will now be on Thursday, April 4, 5-7pm at the High School. All the people working on this project, from the school district's financial advisor to the architect and construction manager, will be present to share information and answer your questions. You will be invited on a self-guided tour of the building to see for yourself the challenges we

have and to explore the possibilities. There will be a second open house on Monday, April 29. Come any time 5-7pm on April 4 or April 29.

Whatever your preferred method of understanding what you are voting on is, I hope you will employ it now for this important election about the future of our school district. Our mission as a school district is to provide an engaging education that nurtures learned who are confident critical thinkers prepared to contribute to an ever-changing world. This is a great opportunity for you to participate in that mission in whatever way you think is best.

In partnership for learning and growing,  
Cori Reynolds, Superintendent

## MARTIN COUNTY WEST SCHOOL DISTRICT

## COMMUNITY INFORMATION OPEN HOUSE

Martin County West High School  
16 West 5th Street, Sherburn  
APRIL 4 OR APRIL 29, 5-7PM



[Jr/Sr High](#)

[Trimont Elem](#)

[Sherburn Elem](#)

[Reading Specialist](#)

[Community Ed](#)

[FFA/Ag Dept.](#)

[Meal Menus](#)



# MCW JR/SR High School April Newsletter

## DATES TO REMEMBER

### April

- Spring Break  
Mar 28 - Apr 2
- Administrative Professionals Week: April 22-26
- Mid Quarter of 4th Quarter April 30

### May

- School Lunch Provider Appreciation Day May 3
- Prom May 4
- Teacher Appreciation Week: May 6-10
- School Nurse Appreciation Day May 8
- No School, Memorial Day May 27
- Last Day of School for Students May 30
- Last Day of School for Staff May 31 (½ Day)

### June

- Graduation Commencement June 2

Hello MCW Families, April is packed with testing, spring sports, the spring play, prom planning, a Teen Truth Assembly, and mid quarter assessments. On April 1st, there will be 41 school days left; let's ensure our students are well-rested and prepared to excel in their exams and final quarter. Your support is invaluable in their success. GO MAVERICKS! ~Autumn Welcome.

**ACT/ASVAB/Accuplacer** - April 9th ACT or ASVAB or Accuplacer (11th Grade ONLY)  
11th Graders will have signed up for one of these three tests to complete based on their post-secondary plans. In general, these are the guidelines for test choices.

- **ACT** - Plan to attend a 4 year university.
- **Accuplacer** - Plan to attend a 2-year technical college (unless automatically accepted, if so, plan to take the ACT or ASVAB).
- **ASVAB** - Plan to go into the workforce and/or military.

**MCA Testing Schedule** - MCA's are MN state mandated tests for students. MCAs at the Jr/Sr High School will take place in April this year. It is important that students take tests seriously and show learning growth from their past years' scores.

- |  |   |
|--|---|
| • April 9th,10th,11th (7th Gr Reading)   | • April 23rd,24th,25th (7th Gr Math)        |
| • April 9th,10th,11th (8th Gr Reading)   | • April 23rd,24th,25th (8th Gr Math)        |
| • April 16th,17th,18th (10th Gr Reading) | • April 30th, May 1st,2nd (8th Gr Science)  |
| • April 16th,17th,18th (11th Gr Math)    | • April 30th, May 1st,2nd (10th Gr Science) |

**National Honor Society Induction** - On April 5th at 10:30am, we will welcome 12 new members to the MCW National Honor Society. This is exciting and honorary for the qualifying students. Families of newly inducted members are invited to attend this event at the Jr/Sr High School.

**Administrative Professionals Week** - April 22nd - 26th, we honor our school administrative professionals, Lisa & Molly at the Jr/Sr High School, Carolyn F at the Sherburn Elementary and Carolyn K at Trimont Elementary. These members of our staff keep all of the buildings' operations on track. We appreciate their hard work and dedication to our staff and students.

**Teen Truth at MCW** - On April 26th, MCW will host a Teen Truth assembly. Teen Truth is a renowned organization that focuses on school culture, substance misuse, and mental health among students. This event is sponsored by Martin County Substance Abuse Prevention Coalition. TEEN TRUTH's school assemblies offer customized programming that has been trusted by 1,000's of schools across North America. At the assembly, Brandon McCall will present a message of hope, connection, and resilience to students! Brandon McCall is a Teen Truth motivational speaker and a youth football coach who loves to help teens find their voice. At the assembly, age appropriate, engaging storytelling, real-world examples, and audience participation to teach students how to identify different forms of social-emotional pressures. TEEN TRUTH motivates students to be the difference on campus and in life. During this assembly, students will have the opportunity to engage in a thought-provoking discussion about school culture, mental health, and substance misuse within our school community. The presentation will empower students to address these issues and become catalysts for positive change. We look forward to this opportunity with hope it produces more student leaders that will make positive impacts going forward at MCW High School!

**MCW Fan Gear** - Help fund the Jr/Sr prom from <https://dstrophiesmn.com/mcw-schools/>

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

- Stay home for fevers >100.3, diarrhea, vomiting, & coughs that disrupt breathing/activities.
- Come to school if naturally fever free, no diarrhea, & no vomiting for 24 hours.
- If your student stays home for illness (or any reason), please notify the school ASAP.

**Stay Informed** - Visit the **District webpage** at [www.martin.k12.mn.us/](http://www.martin.k12.mn.us/) Please check in regularly for updates. And, LIKE US on Facebook at <https://www.facebook.com/mcwJHSHschool>

# Trimont Elementary

April, 2024

## Dates to Remember:



April 3 – Classes Resume  
April 10 – Jump Rope for Heart

Trimont Elementary  
School Office  
Hours 7:30am - 4:00pm.

507-639-2081



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

Michele Baker  
Trimont Elementary  
Principal  
[michelebaker@mcwmavericks.org](mailto:michelebaker@mcwmavericks.org)

### April's Monthly Theme -

We are excited to focus on **Courage** this month! One way to think about Courage is *"choosing what is helpful, right, and kind even when it is hard or scary."* Courage is 1 of 3 traits we will focus on throughout the year that helps students **Be Strong**. Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

### Maverick Minds: Math, Science and Success -

There is still time to join in the after school program at Trimont Elementary on Monday, Tuesday and Thursday through the month of April. **Mav Minds** consists of a structured after-school study time and an academic session in *math* and *science*. Call the Trimont office if you are interested in signing your 3-6<sup>th</sup> grade student up for this program.



### Spring MCA Assessments -

Students will be taking the Minnesota Comprehensive Assessments during March and April.

Grade 3 Reading – April 4-5

Grade 4 Math – April 9-10

Grade 6 Reading – April 11-12

Grade 5 Math – April 16-17

Grade 6 Math – April 18-19

Grade 3 Math – April 23-24

Grade 5 Science - May 1-2

### Bike Riders to Trimont-

As the weather gets nice, we encourage students who live nearby to ride their bikes to Trimont Elementary. A few quick reminders to all students riding bikes to school:

- PLEASE WEAR A HELMET! Helmets consistently save lives and prevent life changing injuries. If you wear a helmet to school and it doesn't fit in your locker, we will make room for it in the office. Your health and well-being is our top priority.
- Walk bikes on the sidewalks and bus loading area in front of the building. Riders should walk their bikes to a crosswalk when coming and going from school. **DO NOT WALK OR RIDE BETWEEN BUSES OR CARS IN THE PARKING LOT!**
- Bikes need to be parked in the bike rack, and should be locked for safe keeping. MCW is not responsible for any stolen bikes.



### Teen Truth Assembly -

On April 26, Trimont Elementary and the MCW Jr. Sr. High School will be hosting assemblies presented by *Teen Truth*, a renowned organization that focuses on school culture, substance misuse, and mental health among students. These assemblies are designed for students in grades 5-6 and are sponsored by Martin County Substance Abuse Prevention Coalition. More information about these assemblies will be sent to parents of students in grades 5-12 soon. If you have any questions, please give us a call.





## April Newsletter

Sherburn Elementary



# COURAGE

is choosing what is  
helpful, right, and kind  
- even when it's hard or scary

PuttPutt  
People

### CONVERSATION STARTERS

- CAN YOU SHARE OR SHOW WHAT IT MEANS TO HAVE COURAGE?
- WHAT ARE STRATEGIES YOU HAVE USED THIS WEEK TO HELP YOU FOCUS? (TAKING A DEEP BREATH, IGNORING DISTRACTIONS, ASKING QUESTIONS IF YOU NEED HELP)



### STRATEGIES TO FOCUS OUR MINDS:

- BREATHE IT OUT (TAKE A NICE DEEP BREATH AND PAY ATTENTION)
- MOVE IT OUT (GET A DRINK OR GET SOME WIGGLES OUT, THEN REFOCUS)
- IGNORE OR MOVE AWAY FROM DISTRACTIONS





## PRESCHOOL OPEN HOUSE

Who:

For incoming 3 and 4 year olds who are interested in attending preschool next year.

What:

A time to see the room and meet the preschool teachers.

Where:

Sherburn and Trimont

Why:

To check things out and fill out paperwork to be on the list to attend preschool

When:

April 23, 2024

5-6:30PM



## KINDERGARTEN ROUNDUP

Who:

For incoming kindergarten students who are interested in attending kindergarten at MCW next year.

What:

A time to see the room and meet the preschool teachers.

Where:

Sherburn Elementary

Why:

To check things out, fill out paperwork, meet the staff, and to turn in paperwork.

When:

April 25, 2024

5-7PM





## SPRING REMINDERS

Some days it is still cold in the morning or may get cold in the afternoon. Please send appropriate clothing with your child so they will be comfortable outside at any time of the day.

Bus safety is important. Please make sure to talk to your child about sitting nicely on the bus, using inside voices, and keeping their hands and feet to themselves so everyone can ride safely.

There are a lot of fun activities coming up this Spring. Please make sure to check your child's bag and any sort of communication system used by your child's teacher so that you and your child are in the loop with what is happening at school.

## UPCOMING DATES

April 1-2 - NO SCHOOL  
April 5 - Swimming during PE  
April 5 - Pizza with the Principal  
April 11 - Statewide tornado drill  
April 23 - Preschool Open House - 5-6:30PM  
April 25 - Kindergarten Roundup - 5-7PM  
April 29 - MCW Referendum Open House - 5-7PM





# ~The Reading Review~

## April Issue

### Great ideas for reading at home!

Ideas or Tips:

- 1- Check out the local library!  
They always have fun new books!
- 2- Check out audiobooks!  
Following along to a book is great idea!
- 3- Read as a family! Everyone takes a page!
- 4- Have books readily available around the house vs the electronic devices!
- 5- Use the electronic devices for reading and educational purposes!

### Recommended Books!

#### **April Picks:**

"The Three R's: Reuse, Reduce, Recycle" by Nuria Roca

"Never Fear, Snake My Dear!" by Rolf Siegenthaler

"Testing Miss Malarkey by Judy Finchler

"The Biggest Test in the Universe" by Nancy Poydar

#### **Character Strong: Courage**

"Mae Among the Stars" by Roda Ahmed

"Gifts from the Enemy" by Trudy Ludwig

"The Superpower Sisterhood" by Jenna and Barbara Bush

Questions or  
Comments?

Email Me:  
[kaylaze@mcwmavericks.org](mailto:kaylaze@mcwmavericks.org)

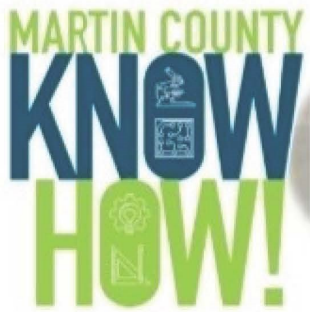
## Community Education & Recreation

Nickole Bowie, Director • [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org) • 507-764-2336



### Preschool Open House

MCW Preschool Open House is set for Tuesday, April 23, 2024 from 5:00 PM to 6:30 PM at Sherburn Elementary and Trimont Elementary. Meet the teachers, get information on Preschool, register for Preschool, introduce learning space to your child! Children must be three years old by September 1, 2024 and be FULLY potty trained (no pull-ups). Scholarships are available for those who qualify. Applications will be available on Open House night.



### MCW Hosts 3rd & 4th Grade Robotics Competition

You can see the robots and the controllers in action starting at 9:00 AM on Saturday, April 13th at MCW—Trimont Elementary School! Come cheer on our young scientists!

### Understanding Trusts

Join MCW CER and Ford & Lustfield Law Office to discuss the in's and out's of Trusts. This is a "NO COST" program available to all community members. April 11, 2024 at the MCW JH/HS Foods Room at 6:30 PM. Registration on SchoolPay is appreciated. Please contact the CER office for more information at 507-764-2336.





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Information & registration on SchoolPay

### MONDAY NIGHT WRESTLING CAMP

May 13 - July 8  
6:00-8:00 PM  
4th to 12th Grade Wrestlers



## BENEFITS OF Swimming

### Build Muscle Mass

Swimming is a sport that moves the whole body, especially the muscles. For that swimming is great for increasing muscle mass.



### Lose Weight

Swimming for one hour can burn about 400-700 calories, which is ideal for those who are on a diet program.

### Controlling Stress

Swimming is proven to improve mood and reduce excess stress levels.

### Healthy For Heart & Lungs

Swimming is the same as cardio exercise, it can increase the flow of oxygen, which is good for the health of the heart and lungs.



## Toad-ally Ready for ECFE!

Join MCW Early Childhood Family Education for the Spring Edition of ECFE. Classes start April 9th and run through May 15th.

Tuesday evening class is from 5:45 to 7:15 .  
Wednesday morning class is from 9:00 to 10:30.

Registration is available on SchoolPay  
with a \$30.00 program fee.

Come as often as you'd like in the 6 week program!

## Community Education & Recreation

Nickole Bowie, Director ♦ [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org) ♦ 507-764-2336

### Learning Unlimited—Adults with Disabilities

Learning Unlimited is a program that provides services, both activities and recreation to adults with disabilities. We are lucky to be a consortium to receive State Aid and Local Levy to support this adult population. There are very few places across the state that are lucky enough to be part of this program. St. James, is the fiscal host that serves these area school districts: Butterfield, Madelia, Martin County West, St. James and Truman. The program is delivered through Community Education and hopes to once again be able to provide services to our adults with disabilities population. If you know of someone who would be interested in participating in this program or volunteer for the program please contact Glenda Becthod at [gbetcthold@isd840.org](mailto:gbetcthold@isd840.org) or one of our participating schools Community Education office (MCW, 507-764-2336).

### Free Swim extended through May 31, 2024

Every Wednesday through May 31, MCW Swimming Pool will be hosting Free Swimming to all with special abilities. Join us from 6:30 to 7:30 PM each Wednesday. One companion swims free as well.

## Martin County West Indoor Swimming Pool

MCW Pool is a six-lane, heated, indoor swimming pool with a ramp for easy accessibility. Several types of exercises and recreational equipment are available for use and a diving board.

### Notice of Schedule Changes and Pool Updates via Email

If you would like to be on the email list for schedule changes and pool updates, please contact the Community Education Office - (507)764-2336.

### Open Swim

Summer Hours: Monday, Wednesday & Friday from 2:00 - 5:00 PM and Saturday & Sunday 1:00 - 4:00 PM

### Fitness Swim

Mondays, Wednesdays, & Fridays, 6:00-8:00am and 5:30-6:30pm and Saturdays, 12:00-1:00pm

### Water Aerobics

Mondays, Wednesdays, & Fridays, 7:00-8:00am

### Special Needs Swim

Wednesdays, 6:30-7:30pm Anyone with mental, physical, or emotional disabilities is welcome.

### Rental

The pool is available for private rental for birthday parties, church groups, youth groups, any group large or small, starting at \$75. \$25.00 for each additional hour. A \$25.00 deposit paid via SchoolPay will be required at the time of rental request. Refunds for the deposit will be made if MCW CER is unable to meet the needs of the rental request.

1 lifeguard is able to guard up to 25 swimmers. There is an additional \$25.00 fee for each additional lifeguard.

Check the MCW webpage for Rental Request Form to complete online.





# MCW FFA and Ag Department

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## **State FFA Convention**

The State FFA Convention will be held at the University of Minnesota & the MN State Fairgrounds from April 21st through the 23rd.

All FFA members that have qualified for the State Convention have met with advisors and received initial information and permission slips. These are due back to Mrs. Manderfeld by Thursday, April 11th.

Details that have to be taken care of before convention:

- Return permission slips to Mrs. Manderfeld by April 11th (DO NOT include their social security number on the forms)
- Make sure your child has appropriate official dress (see below).
- Make sure their FFA dues are paid (\$22 for high school, \$15 for junior high)
- Pay the convention meal fee AND pay the \$50 convention fee if they did not meet their fruit sales goal (students will be notified on their forms if they need to pay the convention fee).

## **VERY IMPORTANT FOR STATE FFA CONVENTION ATTENDEES:**

**Notes about official dress: All students attending the convention will wear Official FFA dress at all times while at convention activities. At MCW, we take this very seriously. We appreciate the tradition of official dress and what it represents, teaching students that there is a time and a place for professional attire. Official dress for an FFA member includes:**

- An official FFA jacket zipped to the top
- Black slacks and black socks/nylons or black skirt and black nylons
- White collared blouse or white collared shirt
- Official FFA tie or official FFA scarf
- Black dress shoes with closed heel and toe

Special notes:

- Official garb of recognized religions may be worn with Official Dress
- No white t-shirts will be allowed
- **No hats will be worn with official dress.**
- If skirts are worn, they must be of knee length at a minimum
- **No black capris, yoga pants, leggings, athletic pants, etc are allowed.**
- Students are not allowed on stage with incorrect official dress.
- **Students that do not have Official Dress that meets the standards outlined above will have to purchase the correct official dress at their own expense before being allowed to attend/compete in events.**
- If you have any questions about Official Dress, please contact an FFA advisor.

## Monday

**No School**

1

\*\*high school

**Assorted Muffins**

8

Fruit Choice  
Juice Choice  
Milk

**Yogurt Parfait  
Granola/Graham Crackers**

15

Fruit Choice  
Juice Choice  
Milk

**Strawberry Bagels**

22

Fruit Choice  
Juice Choice  
Milk

**Assorted Muffins**

29

Fruit Choice  
Juice Choice  
Milk

## Tuesday

**No School**

2

**Egg/Toast**

9

Fruit Choice  
Juice Choice  
Milk

**Apple Frudel Bar**

16

Fruit Choice  
Juice Choice  
Milk

**Breakfast Pizza**

23

Fruit Choice  
Juice Choice  
Milk

**French Toast Sticks**

30

Fruit Choice  
Juice Choice  
Milk

## Wednesday

**Waffles**

3

Fruit Choice  
Juice Choice  
Milk

**Pancakes**

10

Fruit Choice  
Juice Choice  
Milk

**Pancake Wrap**

17

Fruit Choice  
Juice Choice  
Milk

**Pancakes**

24

Fruit Choice  
Juice Choice  
Milk

## Thursday

**Breakfast Pizza**

4

Fruit Choice  
Juice Choice  
Milk

**Cinnamon Roll**

11

Fruit Choice  
Juice Choice  
Milk

**Breakfast Burrito**

18

Fruit Choice  
Juice Choice  
Milk

**Banana Bread**

25

Fruit Choice  
Juice Choice  
Milk

## Friday

**Blue Berry Bread**

5

**\*\*Blue Berry Bubble Bread**  
Fruit Choice  
Juice Choice  
Milk

**Breakfast Sandwich**

12

Fruit Choice  
Juice Choice  
Milk

**Biscuits and Gravy**

19

Fruit Choice  
Juice Choice  
Milk

**Cook's Choice**

26

Fruit Choice  
Juice Choice  
Milk

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/or canned fruits and 100% fruit juices are offered every day.

Cold cereal is offered every day





# APRIL 2024

## Martin County West Schools

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

### Monday

No School

1

### Tuesday

No School

2

### Wednesday

**Orange Chicken**

3

Fried Rice  
Stir Fry Veggies  
Fruit Choice

### Thursday

**Tacos**

4

Seasoned Beef  
Tortilla Shells  
Fiesta Beans  
Assorted Topping  
Fruit Choice

### Friday

**Mac & Cheese**

5

Peas  
Fruit Choice  
Apple Crisp

**Popcorn Chicken**

8

Mashed Potatoes  
Gravy  
Corn  
Fruit choice  
Dinner Roll

**Sloppy Joe/Bun**

9

Sweet Potato Fries  
Green Beans  
Fruit Choice

**Spaghetti**

10

Meat Sauce  
Garlic Bread  
Broccoli  
Fruit Choice

**Hot Ham/Bun**

11

Scalloped Potatoes  
Cooked Carrots  
Fruit Choice

**Chicken Fajita**

12

Tortilla Shell  
Rice  
Red/Green Pepper  
Refried Beans  
Fruit Choice

**Nachos**

15

Meat & Cheese  
Assorted Topping  
Fiesta Beans  
Fruit Choice

**Chicken Patty/Bun**

16

Rice Pilaf  
Cooked Carrots  
Fruit Choice

**Turkey Sub**

17

Assorted Toppings  
Sun Chip  
Potato Salad  
Fruit Choice

**Grilled Cheese**

18

Tomato Soup  
Peas  
Fruit Choice

**Pulled Pork/Bun**

19

Baked Beans  
Wedges  
Fruit Choice

**Italian Dunkers**

22

Dipping Sauce  
California Blend  
Fruit Choice

**Hotdog/Bun**

23

Baked beans  
Sun Chips  
Fruit Choice

**Hamburger/Bun**

24

Oven Fries  
Green Beans  
Fruit Choice

**Pizza**

25

Green Beans  
Carrot Sticks  
Fruit Choice

**Chicken Strips**

26

Mashed Potatoes  
Gravy  
Corn  
Fruit Choice  
Dinner Roll

**Chicken Alfredo**

29

Rotini  
Garlic Bread  
Broccoli  
Fruit Choice

**Cook's Choice**

30

Fruit Choice  
Veggie 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.