## November 2022

## **Martin County West**

### **Welcome to November, Maverick Families!**

Did you know research has shown a strong relationship between gratitude and good health? A 2021 article by Harvard Medical Schools is titled "Giving Thanks Can Make Your Happier" and is an overview of recent studies that have shown that "gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships." How marvelous that giving thanks creates a circle of good things that produce more to be grateful for which gives you more good things and on and on it goes! Thanksgiving has long been my favorite holiday for many food-based reasons; I love it even more now knowing that being thankful is so good for us.

To get this month started off right, I want to share the first things that pop into my head when I think of all we at Martin County West Schools have to be thankful for this year. Here are some highlights:

- This very newsletter! It represents the work of so many highly skilled and deeply dedicated staff who are committed to our mission of providing an engaging education that includes an excellent classroom environment and fantastic activities and opportunities for people of all ages. Our staff could work in many other places but they have chosen MCW and we are a better place for it.
- Great conditions for harvest! As an agricultural community that grows crops for the whole world, it is fun to see the landscape change every day as farmers use all those amazing machines to make plants into food and fuel.

- A supportive community! This
  community goes so far above and
  beyond paying the taxes that fund our
  schools. It is heartwarming to think
  about all the many neighbors who
  volunteer for events, make donations,
  purchase items for fundraisers, cheer
  our students on when they're on the
  field, court, and stage, serve on
  committees, slow down when they see
  buses, and so much more.
- Our veterans! We save the eleventh day
  of the eleventh month as a day to
  express our gratitude for the veterans
  who have served our country to protect
  the ideal of freedom for all.
- Election day! The ability those of voting age have to participate in our democracy through free and fair elections is something to be treasured. I am thankful for the people who step up to run for elected office to represent us and ensure that the government works for us. I appreciate each of our seven school board members.
- Our students and their families! Most of our staff would probably say they do their job so our students can do the important work of learning. From bus drivers to paras to teachers to superintendents, our whole reason for coming to work every day is to serve our students and the families that entrust them to us.

I hope you find much to be grateful for during this Thanksgiving season.

Sincerely, Cori Reynolds, Superintendent

### **School Closings and Late Starts**

There will be days that school will be starting late and/or cancelled due to the weather conditions. We will use our **School Messenger** system along with calling the following radio/tv stations.

KSUM	AM	1370	Fairmont
KFMC	FM	106.5	Fairmont
WCCO	AM	830	Mpls
WCCO	TV	Ch 4	Mpls
KKOJ	AM	1190	Jackson
KKOJ	FM	105.7	Jackson
KSTP	TV	Ch 5	Mpls
KEYC	TV	Ch 12	Mankato

It would be greatly appreciated if you did not call the school during the time that decisions are being made, since the phones are all needed to gather information and make calls.

If you are not eligible for School Messenger you may receive weather related announcements by signing up at KEYC TV.

- 1) Google KEYC TV school closings
- 2) Select School Closings Sign Up KEYC
- 3) Follow instructions for signing up.



Remember to **vote**Tuesday, November 8
at your designated polling place.

Three school board members will be elected for a term of 4 years.

Candidates that have filed are:
Sarah Rohman
Nathan Vrieze
Danielle Wilmes

### **Dates to Remember**

### Friday, November 4

End of 1st Quarter

## **Tuesday, November 8** Election Day

## **Thursday, November 10**

K-6 P/T Conferences 4-8 PM

### **Thursday, November 17**

K-12 P/T Conferences 4-8 PM

### Wednesday, November 23

Early Dismissal – Students will be dismissed at 12:15 PM

### <u>Thursday, November 24 and</u> Friday, November 25

Fall Break - No School



# MCW JR/SR High School November Newsletter

#### Dates to Remember

- \*End of 1st Quarter November 4th
- \*Veterans Day Program November 11th, Jr/Sr High School Gym at 9:00am
- \*Parent Teacher Conferences at Jr/Sr High School November 17, 4p-8p
- \*Early Dismissal for students on November 23rd
- \*Fall Break, November 24th-25th

Mid-Quarter of 2nd Quarter December 7th

- \*Early Dismissal December 14th
- \*Winter Break December 23rd to January 2nd
- \*Upcoming Early Outs January 25, February 15, and March 15

Hello MCW families,

As we enter November, we wish to thank all the students, parents and caregivers for their continued support. We are close to wrapping up one quarter of the year! Our teachers have sent out mid-term reports in October, please continue to work with your students and their classroom teachers as needed to ensure students are successful in their learning. Also, don't forget Infinite Campus offers a variety of ways to check student grades and receive notifications for low grades and missing work, take advantage of those features! Conferences will take place at the Jr/Sr High School from 4pm to 8pm on November 17th, we look forward to making in-person connections with all of our families that evening.

Happy November and GO MAVERICKS! ~Autumn Welcome

<u>Veterans Day Program</u> - Veterans day is November 11th, a day to honor military veterans of the United States Armed Forces. A program to be held at the Jr/Sr High School is being planned to be held in the gym at 9:00am.

**Report Cards** - Report cards will be sent home on November 11th for Quarter 1

7th & 8th Grade Interventions - Students' successes in junior high build a foundation for success in future high school years. Through classroom performances and monitoring of MCA and FastBridge assessments, students 8th grade have been identified that could benefit from some additional support in math and reading (guardians will be notified prior to students receiving services). This support will be delivered to students with instruction tailored to their needs. Students will receive interventions during a time when students use computerized software programs to practice skills taught in the classroom; no regular education class time will be missed. Mrs. Clarey and Mr. Rotunda will provide these interventions. There will be close progress monitoring to determine when each student has met their learning objectives. We believe that by providing small group instruction designed to meet individual needs we will be successful in helping all students show growth and perform at grade level in reading and math. The goal for the start of these interventions will be the first week of November.

<u>Cheesecake Fundraiser</u> - October 20th - November 3rd seniors will sell cheesecake cupcakes. These delicious treats will arrive in time for Thanksgiving festivities if you choose to support the fundraiser. The profits of this fundraiser are used to fund senior students' senior trip.

Musical - Footloose will be the Jr/Sr High School Musical. The show will be put on at the Sherburn Theater on November 18th & 19th at 7pm and November 20th at 2pm. To attend, adults will cost \$7, students \$5. Biny Claussen has been hosting rehearsals since mid-September preparing for this exciting and fun event! Be sure to plan and come and see the show!

#### Reminders

- Please call the school to update contact phone numbers if they change.
- If your student is absent, please call or email Molly or Lisa in the office ASAP
- If a student is sick, they must be fever free for 24 hours before returning to school.
- Have a concern? Please notify the teacher first, if not resolved then notify the principal.

<u>Stay Informed</u> - The <u>District webpage</u>, 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 <a href="https://www.facebook.com/mcwJHSHschool">https://www.facebook.com/mcwJHSHschool</a> LIKE US!

## Trimont Elementary

November, 2022

### Dates to Remember:

Nov. 10 - Parent Teacher Conferences, 4:00-8:00 p.m.

Nov. 17 - Parent Teacher Conferences, 4:00-8:00 p.m.

Nov. 23 – Early Dismissal

Nov. 24-25 - No School

**Trimont Elementary School Office** Hours 7:30am - 4:00pm. 507-639-2071



ollow us on Facebook at MCW Trimont Elementary **Facebook** 

Michele Baker **Trimont Elementary** Principal michelebaker@mcwmavericks.org

Parent Teacher Conferences – The upcoming parent teacher conferences provide families and teachers with a great opportunity to check in on student progress toward yearly goals. We look forward to seeing you in the building either November 10<sup>th</sup> or November 17<sup>th</sup> from 4:00 p.m. – 8:00 p.m.

**Book Fair** – The book fair will run from November 9<sup>th</sup> – November 18<sup>th</sup> Information will be coming home with students the beginning of November and is also available on the District website. The book fair will be open on both evenings of parent teacher conferences. Books make great Christmas gifts and if you would like to keep your book selections a secret, we can help you with that. Books also make great gifts to classrooms, libraries and Title I programs as well. Check out the eWallet option this year to make cash-free purchases rather than sending money to school with your student.

**<u>Students and Social Media</u>** - Our students are exploring new worlds in communication through the use of technology. Each day brings a variety of avenues for student communication through such as Snapchat, Instagram, WhatsApp and many more.

As parents, we find that keeping ahead of the game in the digital world can daunting. It can help when we understand the basics. Knowing what they are, why they're popular and what problems can arise when these apps are not used responsibly can make the difference between a positive and negative experience for your child.

To keep students safe and protect them from unnecessary risk the following are some suggestions for parents:

- \* Educate yourself about social media
- \* Establish an age limit
- Check privacy settings regularly
- \*\* Create ground rules
- Get to know your child's habits
- Keep the computer in a central location
- \* Limit cell phone use
- Teach kids about an online reputation
- \*\* Talk to kids about online dangers
- \*\* Set a good example
- Get to know the technology

Remember, you don't have to be a tech expert to talk to your children about technology. The conversation should be about your expectations when they're online.



In reflection of this past month many good things have happened. Schedules are running smoothly and students are settling into their learning roles. In addition to learning, there has been no shortage of fun and kindness events. Sherburn elementary has continued to honor students for their positive behaviors and choices through the student of the week events & Maverick Pride Fall Festival. Be sure to follow our elementary schools on Facebook to see the recognition of these students. This past month the community has also shown kindness and generosity; classroom volunteers, classroom donations and

community educators have shown up in our schools. Our staff and students appreciate these community efforts, if you ever feel you have something to offer that you think can help, do not hesitate to reach out to someone on our elementary team. -Nickole Bowie

## **End of the Quarter**

On November 4th, quarter one will be complete. Report cards will be sent out to families on November 11. Please look the report cards over and seek clarifications if needed from classroom teachers.

### **Parent - Teacher Conferences**

On November 10th and 17th, parent - teacher conferences will be held at the elementary school. The conference times will be from 4pm to 8pm. Watch for communication from your child's teacher to arrange a conference time.

Conferences are a great opportunity to discuss your student's progress as well as develop future plans to increase successes.

Conference

### **November NO SCHOOL Dates**

November 23rd there will be at 12:15pm early dismissal, no afternoon school. November 24-25th is fall break, no school for students all day for both days.

## **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 <a href="https://www.facebook.com/sherburnelementary">https://www.facebook.com/sherburnelementary</a> LIKE US!

## **Upcoming Events**

- ★ 11/4/22 End of Quarter 1
- ★ 11/10/22 K-6 Parent Teacher Conferences 4p 8p
- ★ 11/17/21 K-12 Parent Teacher Conferences 4p 8p
- ★ 11/23/22 Early Dismissal Staff Workshop, Shuttle Buses 12:15, Route Buses 12:30
- ★ 11/24 & 11/25 Fall Break, No School



## NOVEMBER...IN COMMUNITY EDUCATION + RECREATION



## Preschool - 6th Grade Dance Class

It's not to late! Dance classes are being held on Wednesdays in the Sherburn Community Center (below the theater). Recital day is planned for April 29 at 11:00 AM. Classes are available for Preschool to Kindergarten students for 3:30 - 4:15 PM, 1st to 3rd grade students from 4:30-5:15 PM and 4th to 6th grade students from 5:30 - 6:15 PM. Dance will be split into 2 sessions. Each session will cost \$150.00. Ballet, tap and jazz dance skills will be offered. Register on the MCW CER webpage and make your payment on SchoolPay, or drop it off at Sherburn Elementary School.

## **Tasty Tacos:**

You don't have to wait until Tuesday to enjoy this Mexican meal! Join holistic nutritionist, Jackie Mart, in preparing this taco inspired line-up for kids!

On the Menu:

Baked Taco Cups Chicken Ranch Tacos

7-Layer Taco Dip

Hosted on Wednesday, November 23, 2022 from 1:00—2:00 PM in the High School Foods room.

The cost is \$35.00.

Register on the MCW CER webpage.





Come learn to code and change the world...
Join a Girls Who Code Club!

Join Celia Simpson from 3:30 to 5:30 PM at the Trimont Elementary School every Tuesday and Thursday in November and December. At a Girls Who Code Club, you will practice new skills by completing fun and simple online coding tutorials, and build community through interactive activities with the rest o your club. Our 3-5th grade Clubs help build the foundational skills and understanding of computer science concepts and sisterhood through reading, discussion and coding activities. Register on the MCW CER page.

## MCW Community Education & Recreation

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



Martin County West will be hosting an 8-week session of Early Childhood Family Education. Programming will start the week of October 17 and run through the week of December 12. The cost is \$30.00 per family for the entire 8 week session. Classes are offered on Tuesday Evenings and Wednesday and Friday mornings. Attend as many as you'd like!

## Game Club

## HAVE A SNACK + PLAY SOME GAMES

- 3rd Monday of every month, Novt-May
- \* 3:15-4:30 PM
- Sherburn Elementary School Library
- Open to K-3rd Grade
- Max of 10 kids
- Class Instructor: Cori Reynolds
- \$5.00 per student per month



## Red Bull Wrestling Information/Registration Night: November 3 at 6:00PM @ MCW Sherburn Elementary



- Practice November 7 until February 23; Monday & Thursday;
   PreK-3 6-6:45 PM 4-6th 6:45-8 PM
- Practice will be held at Sherburn Elementary AND Fairmont High School; a schedule will be issued with final practice details, including locations.
- \$40.00 per wrestler, family maximum of \$80.00
- At least 3 tournaments, paid for through the club
- Singlets are available with a refundable deposit

## MCW Community Education & Recreation

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

## Yoga Classes with Mary Janssen

Tuesdays and Thursdays at 4:15 pm in the Sherburn Elementary Music Room. 1-hour class for all levels (modifications will be given throughout). Yoga is a full-body practice that can improve strength, flexibility, balance, mindfulness, and more. \$5 per class. Please bring your own mat and water. You may also want to bring (optional) a blanket, blocks, and strap if you have them and wish to use them.





## Let it Snow

Bring the kids for a children's hands-on cooking class perfect for snowy days!

We will be making a few healthy recipes the kids can easily make on their own.

### On the Menu:

~ Coconut Snowballs ~ Frosty Sugar Cookie Smoothie ~ ~ Sweet Cinnamon Tortilla Snowflakes ~

Hosted on Wednesday, December 28, 2022 from 2-3 PM in the High School Foods room.

The cost is \$35.00. Register on MCW CER webpage.

## MCW Pool

Martin County West offers a six lane heated indoor pool with an easy accessibility ramp.

### Fitness swims:

Monday-Wednesday-Friday 6:00-8:00 AM & 5:30-6:30 PM Saturday 12:00 -1:00 PM.

Self directed swim laps or exercise, including water aerobics.

### Open swim:

Saturday & Sunday 1:00-4:00 PM

Open for all to swim and play!

### Special needs swim:

Wednesday 6:30-7:30 PM

Anyone with physical, mental or emotional disabilities are welcome.

If you are interested in Private Swimming Lessons, give us a call, arrangements can be made!

The pool is available for rental time to host a fun birthday party, youth activity, or family event! Call 507-764-2336



## MCW Community Education & Recreation

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

## Marvelous Munchies: Trail Mix

Join local holistic nutritionist, Jackie Mart, for a hands-on children's class!

We will be mixing up a few mouth-watering, grab-and-go treats you can take with you to snack on anytime, anywhere!

On the Menu:

~ Sweet N' Salty ~ Monster Cookie ~ Brain-Boosting

Hosted on Wednesday, December 28, 2022 from 3:30-4:30 PM in the

High School Foods room.

The cost is \$35.00. Register on the MCW CER webpage.

## Learning Unlimited

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 Becthold at gbecthold@isd840.org or one of our participating schools Community Education office (MCW, 507-764-2336).

MCW Community Education & Recreation

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



Developed by Special Olympics Minnesota, SOfit offers individuals with intellectual disabilities a journey toward improved health through comprehensive wellness education and regular physical activity. Participants leave each session with the knowledge and skills to make healthy life choices. This three-week wellness program will provide an opportunity to learn, discuss and practice physical activity, nutrition, social and emotional wellness.

Participants can bring 1 staff/person to assist them free of charge.

Winter Session is Tuesdays, February 14 to 28.

Check out and register on Fairmont Community Education Website.

# Martin County West Community Education & Recreation

Information and helpful tips:

Check out <a href="www.martin.k12.mn.us">www.martin.k12.mn.us</a> under the Community Education tab for program updates.

Use "School Pay" to submit payments for CER programs, school lunches, and many other school programs.

Pool Hours are posted on the website; you can schedule Pool Parties with the CER office.

Are you interested in learning something? Let us know what your interests are!

## Lifeguard Training:

Martin County West Community Pool is looking for lifeguards!
Lifeguard Certification training will be offered by Jackson County Central CER on November 25 from 8 AM to 4 PM and Recertification on November 26 from 8 AM to Noon.

Register by November 10. There is some pre-course work to be completed prior to attending the training.

This opportunity to certify as a lifeguard will allow you to apply for a lifeguarding position at MCW Pool. MCW Pool offers a competitive wage, great working hours, and a pleasant work environment.

Call 507-764-2336 for additional details on Lifeguard training.

MCW Community Education & Recreation

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



## **MCW FFA and Ag Department**

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### Fruit Sales Delivery

We anticipate that FFA fruit will be delivered to MCW on Monday, November 28th. All fruit/meat/cheese/Butter Braids need to be picked up by students/parents that day. If you cannot deliver it that day, you need to make arrangements to keep it refrigerated or frozen (Butter Braids and pizza). FFA members will receive a link to sign up for a pickup time on the 28th.

### Career Development Events

MCW hosted four Region 6 CDE competitions in October. The MCW Forestry team placed 1st in the region (Nick Matejka was the regional winner). The Horse Evaluation CDE team placed 4th and the Soils CDE team placed 2nd in the region. The Poultry CDE team did not place in the top five, but qualified for the State Convention.

### **Upcoming Events**

November 16th - Region Milk Quality and Food Science CDEs

November 28th - Fruit Delivered to MCW

December 7th - High School FFA shops for Maverick Christmas

December 12th - Junior High FFA wraps presents for Maverick Christmas

December 13th - Region LDE's - Parliamentary procedure, novice parliamentary procedure, public speaking, extemporaneous speaking, creed, discussion meet







You could be eligible to receive thousands of dollars with the Child Tax Credit. Get up to \$3,600 per child—depending on their age—to spend on things your family needs now. You can put this money towards groceries, gas, rent, and more. Even if you don't file taxes, this credit is available to you.

Visit GetCTC.org. Live help is available.











## **NOVEMBER 2022**

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

SchoolPav

Martin County West



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



## **NOVEMBER 2022**

Martin County West Schools

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

Monday	Tuesday	Tuesday Wednesday		Friday	
Elementary *High School	Mr Rib on a Bun Sweet Potato Fries California Blend Fruit Choice	Shredded Pork Nachos  Tortilla Chips Cooked Carrots Cole Slaw Fruit Choice	Pizza Green Beans Broccoli Salad Fruit Choice	Hot Ham & Cheese Sandwich Scalloped Potatoes Carrot Sticks Fruit Choice	
Chicken Strips Mashed Potatoes Gravy Corn Fruit Choice Dinner Roll	Spaghetti Meat Sauce Garlic Bread Peas Fruit Choice	Chicken Fajita Tortilla Shell Assorted Toppings Red/Green Pepper Refried Beans Fruit choice	Hot Dog/Bun Baked Beans Potato Wedges Fruit Choice	Italian Dunkers Dipping Sauce Roasted Veggies Cole Slaw Fruit Choice	
Beef or Chicken Tacos 4  Tortilla Shell Assorted Toppings Fiesta Beans Fruit Choice	Breaded Pork Chop  Mashed Potatoes  Country Gravy  Corn  Fruit Choice  Bread Stick	Chili Cheese Stick Cinnamon Roll Carrot Sticks Fruit Choice	Hamburger/Bun Oven Fries Cooked Carrots Fruit Choice	Turkey/Dressing Mashed Potatoes Green Beans Fruit Choice Dinner Roll	
Chicken Alfredo Rotini Pasta Garlic Bread Steamed Broccoli Fruit Choice	Sloppy Joe on a Bur 22  Baked Beans  Potato Wedges  Fruit choice	Deli Sub Sandwich Sun Chips Cooked Carrots Broccoli Bits Fruit Choice Early Out	No School 24 Thanksgiving	No School 25	
Orange Chicken Fried Rice Stir Fry Veggies Mandarin Oranges	Hot Dog/Bun Baked Beans Potato Wedges Fruit Choice	Grilled Cheese Tomato Soup Steamed Broccoli Fruit Choice		SchoolPay	

Lunch Notes: All breads are a minimum of 51% whole grain. Salad dressings are all fat free or light. Milks are low fat or fat free. Fresh and canned fruits are available every day. 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. Menu subject to change without notice. Sorry for any inconvenience. MCW is now accepting credit or debit cards for school lunch payments. https://www.schoolpay.com/login

	November 2022								
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
		1	2	3	4	5 CC Boys State Tournament			
6	7 Jr.High Girls Basketball Starts	8	9	10	11	12			
13	14 Jr.High Boys Basketball Gymnastics Starts HS Girls Basketball Starts	15	<b>16</b> FFA @ Mt.Lake	<b>17</b> FFA @Mankato	18 School Play @ 7:00 Sherburn Theater	19 School play @ 2:00 & 7:00 Sherburn Theater			
20	21 HS Boys Basketball Starts	22	Early Out Students dismissed at 12:30	<b>24</b> Thanksgiving Break No School	<b>25</b> Thanksgiving Break No School	26 Varsity BB Scrimmage @ MCW (HS)			
27	28	29 Jr.High GB @ 4:30 MCW (HS) ABC GB @ Nicollet Gymnastics Meet @Windom	30						