



# Martin County West

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

## Dear Maverick Families,

If you have ever spent much time talking with me about our teachers and principals, you know I think the world of them. To a person, they are smart, hard-working, skilled, and dedicated professionals who put in long hours to provide an excellent education to our MCW students. There are many other people working in schools who work just as hard, are just as important, and who I also deeply respect. This month, as we embrace the spirit of gratitude and celebrate American Education week, I want to take a moment to express my heartfelt appreciation for some of the school heroes who don't always get the spotlight: our administrative assistants, bus drivers, cooks, custodians, and education support professionals (ESPs).

**Administrative Assistants:** Your organization and professionalism keep our schools and district running smoothly. Thank you for your friendly faces and for always being there to assist students, staff, and families alike.

**Bus Drivers:** Thank you for safely transporting our students each day, ensuring they arrive at school ready to learn. Your dedication and care do not go unnoticed.

**Cooks:** Your hard work in the kitchen provides nourishing meals that fuel our students' minds and bodies. We appreciate your creativity and commitment to keeping our school healthy and

happy.

**Custodians:** Your efforts in maintaining a clean and safe environment are vital to our school community. Thank you for your attention to detail and for creating a welcoming space for everyone.

**ESPs:** Your support and guidance in the classroom make a significant difference in the lives of our students. Thank you for your patience, encouragement, and for being an invaluable part of our team.

As we gather with family and friends this month, let's remember to appreciate the hard work and dedication of these amazing individuals who contribute so much to our school community.

Together, we are building a nurturing environment for our students to thrive. I am so grateful I get to work alongside the people who make it so!

Wishing you all a wonderful November filled with gratitude!

In partnership for education,

Cori Reynolds  
Superintendent

## Important Dates:

- > 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
- > December 12—Midquarter
- > December 20—Teacher Workshop—No School
- > December 23- January 1—Winter Break

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# MCW JR/SR High School

## November 2024 Newsletter

### Dates to Remember in November

- Early Dismissal Nov 8
- Fall Break Nov 27-29

### 2024-2025 Upcoming No School Days

- 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



### Student Sick?

\*Fever over 100.4, has diarrhea, is vomiting, or has a cough that disrupts normal breathing or activities = stay home.

\*Fever free for 24 hours without fever reducing medicine, 24 hours after the last episode of vomiting or diarrhea = come to school

Hello MCW families, On November 8th, 1st Quarter of the school year will end! As students settle into the school year, they should be establishing their pace for the months ahead. While first-quarter grades do not determine the final semester grade, they serve as a foundation. Now is an ideal time to sit down with your student and have a conversation about how things are going—what's working well and what may need some attention. If this discussion raises concerns, remember that our Jr/Sr High School teachers are here to help! Parent-Teacher Conferences are scheduled for November 19th from 4 PM to 8 PM, but teachers are also available by email or phone. Don't hesitate to reach out yourself, or encourage your student to meet with teachers before or after school, or during available times throughout the day. Another great resource is Mr. Neduzak, our MCW Academic Dean, who is available for quick check-ins. We hope your conversation with your student is positive, but if not, know that there are supportive options, and both our teachers and Mr. Neduzak are here to provide additional help if needed.

GO MAVERICKS! ~Autumn Welcome

**Blood Drive** – An American Red Cross blood drive is scheduled for November 6th from 8a-2p. Many of our student body participate in this event by giving blood and/or by helping run the event. There may be a few spots open, if you are interested, please call Mr. Neduzak at 507-764-4661. This is a great opportunity for our student workers as they become eligible for an American Red Cross Scholarship if the appointment quota is met.

**Parent/Teacher Conferences** – Parent/Teacher conferences are Thursday, November 19 from 4p-8p at the Jr/Sr High School. Staff will be available for in-person conference. If you can not make that evening work, reach out to teachers via email, phone or Zoom. Your attendance is valued and appreciated and is an integral aspect of your child's success at school.

**Winter Activity Practices (HS & JH) Starting** – Gymnastics & Girls Basketball start November 11th. Boys basketball & wrestling start on November 18th.

**Veterans Day** – November 11th is Veterans Day. To honor Veterans, MCW will be hosting its annual Veterans Day Program at the Jr/Sr High School gym on MONDAY, NOVEMBER 11th at 9AM. The community and veterans are invited to attend.

### **November/December Fundraisers - Profits Used for Senior Class Trip**

- Seniors will be selling Lolabird Bedsheets.
- Freshmen will be selling discount cards.

**American Education Week** - November 18 - 22, this is a week that honors the teams of people who work in our nation's public schools, everyone from the bus driver and classroom teacher to the cafeteria worker and administrative staff, plus countless others. We thank all of these people that serve in these educational positions at MCW.

**School Play** - Participating students and staff have been rehearsing their roles for the school fall musical, *Anastasia*. The performance can be observed at the Sherburn Theater from November 22nd - November 24th. Evening performances on Friday and Saturday will be performed, afternoon matinees on Sunday. Ticket prices: Adults \$7, Students \$5, PreK \$Free

**FAFSA Virtual Informational Sessions** - November 6th and December 3rd at 6PM for students planning to attend college in the fall. Highlights of the Session include creating a Fafsa Login (FSA ID), learning about the types of aid awarded from Fafsa, learning about the North Star Promise, learning about the Financial Aid Timeline and being allowed some Q & A Time. **More INFO to Come via School Messenger Alerts**

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>



# Trimont Elementary

November, 2024

## Dates to Remember:

**November 8** – End of Quarter 1

**November 14 and 19** – Parent Teacher Conferences 4-8 p.m.

**November 27-29** –No School Fall Break

**December 20** – No School (teacher workshop)

**December 23- January 1** – Winter Break



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



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

Dear MCW Families,

We are thankful for your role in our school community! The world is changing quickly and we want to do everything we can to help students be successful in school and life.

We are excited to share that in grades K-6 we will continue using a program called **Character Strong**. This program teaches skills that will help students be successful in school and in life.

We believe that students should have safe, predictable places to learn where they feel included. Students should have healthy and helpful connections with teachers and classmates. They should also experience learning that will help them tackle challenges inside and outside of school.

Character Strong has three main goals for students: Be Kind, Be Strong, and Be Well.

- **Be Kind:** Social skills like listening, friendship, solving conflicts, and leadership. These skills are taught alongside *Empathy, Respect, & Cooperation*
- **Be Strong:** Skills that help students focus, stay organized, and set goals. These skills are taught alongside *Responsibility, Courage, & Perseverance*
- **Be Well:** Skills that help students handle their emotions and deal with stress. These skills are taught alongside *Gratitude, Honesty, & Creativity*

We are grateful to partner with you in building a supportive, inclusive learning environment that empowers every student to grow, connect, and thrive. By working together and focusing on character-building, we are preparing our students not only to succeed academically but also to make positive impacts in our community and beyond. Thank you for your continued support in helping us cultivate a school culture grounded in kindness, strength, and wellness. We look forward to seeing all the wonderful ways our students will learn, grow, and shine this year!

With Gratitude,

Trimont Elementary Staff

# Sherburn Elementary November 2024 Newsletter

## Character Trait

### GRATITUDE

is choosing to appreciate the people and things in our lives

Bridgeville  
People

## Overview

We are looking forward to focusing on Gratitude this month! One way to think about Gratitude is "choosing to appreciate the people and things in our lives." Practicing Gratitude can increase our well-being and our happiness. Gratitude is 1 of 3 traits we will focus on throughout the year that helps students Be Well. Throughout the school, students will be developing skills like emotion regulation, positive self-talk, and stress management.

## In the Classroom

Naming our emotions is an important first step to managing our emotions. This month, students will focus on identifying their emotions using the Emotion Elements below:

### Emotion Elements

- Bree represents feeling silly, nervous, playful, or distracted.
- Brooks represents feeling sad, lonely, tired, or embarrassed.
- Ember represents feeling angry, frustrated, excited, or scared.
- Terra represents emotions like calm, focused, proud, or happy.

Try using the Emotion Elements as a family to name your emotions!

## Pursuit #1

What are some small, specific things that you are Grateful for? Maybe it is your favorite water cup, the way the cat sleeps on the chair, or when your grandma bakes banana bread. Spend some time as a family trying to think of at least 10 small things that you have Gratitude for and then choose to notice them this week with a smile.

## Conversation Starters

What does Gratitude mean to you?  
Why is it important to understand and name our emotions?



# Sherburn Elementary November 2024 Newsletter

## End of the Quarter

On November 8th, quarter one will be complete. Report cards will be sent out to families on November 12. Please look the report cards over and seek clarifications if needed from classroom teachers.



## Upcoming Dates

11/8/24 - End of Quarter I

11/8/24 - Early Dismissal Staff Workshop, Shuttle Buses  
12:15, Route Buses 12:30

11/14/24 - K-6 Parent Teacher Conferences 4p - 8p

11/19/24 - K-12 Parent Teacher Conferences 4p - 8p

11/27-11/29 - Fall Break, No School



## 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!



## Parent - Teacher Conferences

On November 14th and 19th, 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.



## No School Dates

November 8th there will be at 12:15pm early dismissal, no afternoon school.

November 27-29th is fall break, no school for students all day for both days.





# Sherburn Elementary November 2024 Newsletter

## American Education Week

American Education Week is November 18-22nd. American Education Week is celebrated to remind and reinspire us to make education in America even better, as we celebrate the pace-setting contributors to the educational system. This week involves the students, parents, educators, and the community as they all come together to observe a week dedicated to education. We thank all of these people that serve in these educational positions at MCW.





# COMMUNITY ED & REC NewsLetter

November 2024



## Red Bull Youth Wrestling



Join the Red Bulls in their youth wrestling program starting on November 11, 2024. Practices are held at Sherburn Elementary Gym and Fairmont High School Gym on Monday and Thursday evenings. Check out SchoolPay for more information and Registration. If you are interested in sporting some Red Bull Merch - check out the clothing order. The link is on their Facebook page (Red Bull Youth Wrestling). The order is open through November 8, 2024.

## MCW Basketball Association

Students in 4th through 6th grade are invited to the youth basketball program starting in November. Check out SchoolPay for more information and Registration. Jersey day will be Thursday, November 7 from 6:00 PM to 7:00 at the Trimont Elementary School. A \$50.00 deposit is required for your jersey. You will get your \$50.00 check back when the jersey is returned and you have worked a shift in the setup/concessions/cleanup at our tournament in January.



Your Community Education and Recreation Director is  
Nickole Bowie.

507-764-2336 - [nickolebowie@mcwmavericks.org](mailto:nickolebowie@mcwmavericks.org)

# MCW & Martin County KnowHow

MCW 5th and 6th Grade students are underway in building the robots to compete on December 14th at GHEC - Granada. If you want to help support and cheer on the teams, you are welcome to attend the competition in Granada. Robots are designed to complete tasks with builder direction. It is a fun program to watch!



Martin County KnowHow! is all about STEM

As a subcommittee of Project 1590, Martin County KnowHow! exists to encourage the exploration & application of science, technology, engineering, and mathematics by students of all ages across Martin County, Minnesota.

Our goal is to host regular STEM-related activities — such as robotics competitions, themed mini-camps, STEM summer camps, etc. — for all different age groups in locations all over Martin County.

We're excited about science, technology, engineering, mathematics... and the future of our area students!

## Welcome to the ECFE Patch

Martin County West Early Childhood Family Education (ECFE) is in full swing in the Pumpkin Patch this fall. Classes continue on Tuesday evenings and Wednesday mornings through November 20th at the Trimont Elementary School.

Registration and more information is available on SchoolPay.

And keep an eye out for our Winter ECFE Program starting January 14th - ECFE is SNOW Cool!







**GUITAR LESSON**

2 LESSON AND 4 LESSON PACKAGES  
REGISTER ON SCHOOLPAY

CONVENIENT SCHEDULING  
AVAILABLE AT  
[JAKESGUITARLESSONS.COM](http://JAKESGUITARLESSONS.COM)



**MEN'S LEAGUE BASKETBALL**

MCW - TRIMONT ELEMENTARY  
7PM-9:30PM  
WEDNESDAYS - NOVEMBER THRU MARCH  
**STARTING NOVEMBER 6**



There are no CER activities scheduled  
for Tuesday November 5th due to  
Election Day

**COMING SOON**

There are some programs in the works! As we work out the final  
details please keep an eye out for the following programs:

Winter Gymnastics for PreK and up  
Basketball Cheer Camp  
Simple Solutions - Virtual technology classes  
Driver Education Course - Lower your car insurance!  
FUNDamental Basketball of K-3rd graders  
Winter ECFE Session  
Blanket making for 6th to 8th Graders



# MCW FFA and Ag Department

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**Fruit Sales Delivery - Note:** Will most likely be on Monday, December 2nd. We will announce it to students when we get a firm date. 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 after noon on the delivery day. All fruit will need to be picked up by 5 pm.

## **Career Development Events**

MCW hosted four Region 6 CDE competitions in October. The MCW Forestry team placed 2nd in the region and the Soils CDE team placed 4th in the region. Congratulations!!!

## **Upcoming Events**

November 12th - Region LDEs in Okabena  
December 2nd - Fruit Delivered to MCW \*tentative date  
December 6th - High School FFA shops for Maverick Christmas  
December 9th/20th - State LDE competitions  
December 11th - 9th-12th grade shop for Mav Christmas  
December 12th - 7th-12th grade wrap for Mav Christmas







## BREAKFAST

# NOVEMBER 2024

## Martin County West Schools

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Cereal

Fruit Choice  
Juice Choice

4

#### Cinnamon Roll

Fruit Choice  
Juice Choice

5

#### Pancakes

Fruit Choice  
Juice Choice

6

#### Early Riser Hash Brown

Fruit Choice  
Juice Choice

7

#### Breakfast Pizza

Fruit Choice  
Juice Choice

1

#### Muffins

Fruit Choice  
Juice Choice

11

#### Biscuits/Gravy

Fruit Choice  
Juice Choice

12

#### French Toast Sticks

Fruit Choice  
Juice Choice

13

#### Scrambled Eggs/Toast

Fruit Choice  
Juice Choice

14

#### Yogurt Parfait

Granola  
Fruit Choice  
Juice Choice

15

#### Cereal

Fruit Choice  
Juice Choice

18

#### Breakfast Pizza

Fruit Choice  
Juice Choice

19

#### Pancakes

Fruit Choice  
Juice Choice

20

#### Banana Bread

Fruit Choice  
Juice Choice

21

#### Ham & Egg Croissant

Fruit Choice  
Juice Choice

22

#### Frudel Bar

Fruit Choice  
Juice Choice

25

#### Strawberry Bagel

Fruit Choice  
Juice Choice

26

#### No School

27

#### No School

28

#### No School

29



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.



# NOVEMBER 2024

Martin County West Schools

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

Monday

Tuesday

Wednesday

Thursday

Friday

\*High School  
\*\*Elementary



## Spaghetti

4

Sauce with Meat  
Garlic Toast  
Peas  
Cheese Stick  
Fruit Choice

## Chicken Patty

5

WG Bun  
Pasta Salad  
Steamed Broccoli  
Fruit Choice

## Grilled Cheese Sandwich

Tomato Soup  
California Blend Veggies  
Fruit Choice

## Corndog

7

Baked Beans  
Fruit Choice

## Sloppy Joe on a Bun

1

Potato Wedges  
Green Beans  
Fruit Choice

## Ham/Turkey Subs

8

Sun Chips  
Cooked Carrots  
Fruit Choice

Early Out

## Pizza

11

Green Beans  
\*Broccoli Salad  
Fruit Choice

## Hot Ham & Cheese

12

WG Bun  
Scalloped Potatoes  
Peas  
Fruit Choice

## Chicken Alfredo

13

Steamed Broccoli  
Bread Stick  
Fruit Choice

## Italian Dunkers

14

Dipping Sauce  
Cooked Carrots  
Fruit Choice

## Pulled Pork

15

Cole Slaw  
Baked Beans  
Fruit Choice

## Orange Chicken

18

Fried Rice  
Stir Fry Veggies  
Mandarin Oranges

## Hotdog/Bun

19

Baked Beans  
\*Sun Chips  
Fruit Choice

## Chili

20

Cinnamon Roll  
Green Beans  
Broccoli Salad  
Fruit Choice

## Hamburger/Bun

21

Oven Fries  
Carrots  
Fruit Choice

## Roasted Turkey

22

Mashed Potatoes  
Stuffing  
Corn  
Fruit  
Dinner Roll

## Loaded Nachos

25

Seasoned Beef  
Cheese Sauce  
Assorted Toppings  
Fiesta Beans  
Fruit Choice

## Chicken Nuggets

26

Green Beans  
Rice Pilaf  
Fruit

## No School

27

Thanksgiving Break

## No School

28



Thanksgiving Break

## No School

29

Thanksgiving Break

**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.