



From the Top

COUGAR

CEDAR MOUNTAIN SCHOOLS

Pride

cms.mntm.org

FEBRUARY 2020

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Cedar Mountain Holiday Concerts

CM Students in both the elementary and MS/HS showcased their talents at their holiday concerts. The elementary concert was held on Monday, December 16 and included students in grades Pre-K through grade 5. The MS/HS concert was held on Thursday, December 12 and included students in grades 6 – 12. All groups did an amazing job entertaining their guests and helping everyone get into the spirit of the holidays!





Mr. R. Brandl
Superintendent

First Semester Positives

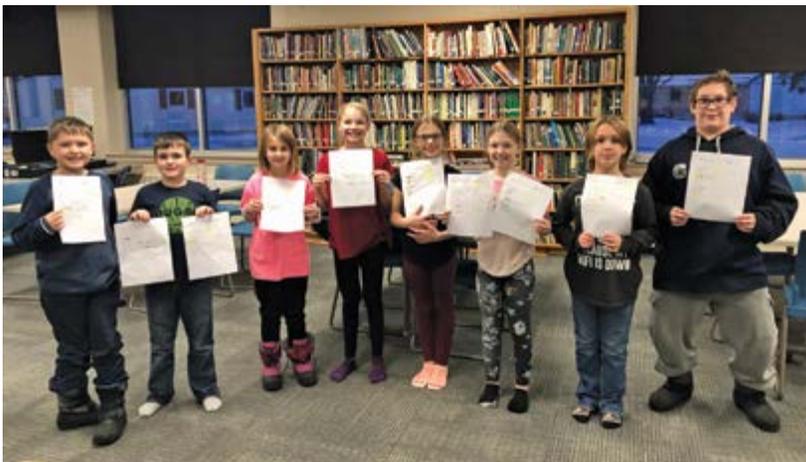
It may seem hard to believe but the 2019-2020 school year is already half over. Each year brings a large amount of success for students and staff that we are proud to celebrate. This year Cedar Mountain has carried on many of its great traditions while adding new opportunities for students to learn and thrive. Here is a recap of a few of the many exciting things that took place during the first half of the year.

- The MS/HS Winter Concert was a great success. Band and choir students from grades 6-12 along with the Pop Choir entertained those in attendance. Thank you to directors Mr. Kelvin Landherr and Mrs. Jennifer Eberhard for preparing our students for this wonderful event.
- The Annual Farmers Market was held on September 23rd. The money generated from this fun event is utilized for the elementary student field trips.
- Veteran's Day programs were held at both Cedar Mountain Elementary and High School on November 11th. Both schools did a great job honoring our veterans while teaching students valuable lessons regarding the sacrifices that our armed forces members and their families make for our freedom.
- Homecoming Variety Show and Coronation: Trista Smith and Trey Peterson-Juhl were crowned Homecoming King and Queen for Homecoming 2019. The senior class put on a great variety show to kick off homecoming week.
- Homecoming Week 2019 was a wonderful week filled with school spirit. The Cedar Mountain Blue Crue hosted the 3rd annual Color Run and organized fun activities such as a rock wall for climbing prior to the football game. The Sleepy Eye Concertina Club played music for those who attended the Education MN Tailgate prior to the football game as well.
- The first ever alumni basketball game was held on November 30th. 25 former players and graduates competed in the game. This event was organized by our activities director Jeremy Robinson and boys basketball coaches Brian Pendelton, Zac Pendelton and Tyler Pendelton.



- The National Honor Society inducted 14 new members to the Cedar Mountain Chapter on October 8th.
- A new math intervention program was started at the middle/high school. Math teacher Charlotte Hoffmann provides daily additional instruction in math to help all students succeed.
- The fall Blood Drive collected 73 units of blood for the American Red Cross. Seniors who volunteer their time with this event are eligible to apply for a college scholarship
- The Drama Department at the middle/high school put on the play "Haphazardly Ever After" on November 8th and 9th.
- United States Senator Tina Smith visited the Cougar Cub Childcare Center in Franklin. Senator Smith's visit was scheduled to see all the great things happening at our daycare and to learn how the partnership between the school district and local community helped make this happen.
- Students at both the elementary and middle/high school participated in the Adopt an Angel gift drive. This event is put on by Blue Crue and Blue Crue Tue as a way to provide gifts to youth in the local area.
- Juniors and seniors traveled to Gil-Mor Manor to sing Christmas carols to the residents. This was the 2nd year of this new tradition.
- Santa Day was hosted by the NHS on December 7th. Thank you to the local businesses that support this event.
- Students in grades 5-8 attended the "Young Artist Conference" at SMSU in October.
- The Student Athlete Leadership Team (SALT) was formed under the direction of Activities Director, Jeremy Robinson. This group worked together in collaboration with athletes from MSU-Mankato to learn about and build their leadership skills. The group also created and recorded podcasts to share their message with others.

Thank you to everyone involved who helped make these experiences happen. We look forward to 2nd semester and the educational opportunities it will bring. Go Cougars!



Trivia Crack

Cedar Mountain Community Ed has been offering trivia night for elementary students. One night a month students in grades 3-5 can meet after school and test their trivia and learn about new information. They play through 5 rounds of 10 questions. Some categories are themed and some are random. Mrs. Lueck runs this program and it averages approximately 10 students for each session, they all have a great time!



Mrs. P. Machart
Elementary
Principal

Elementary News

We often tell parents that they are the first and most important teacher for their child. Research is now telling us that the level of involvement of parents in a child's education is critical to their success in school. Involvement does not necessarily mean attending meetings or volunteering at school. Involvement means participating in your child's learning process and in their daily lives. Here are some ideas that I've put together that will benefit your children's success. In addition – be on the watch for other opportunities specific to Cedar Mountain. FRED Night is coming up this spring. This is a fun literacy night for male caregivers to attend with their children. The Study Island Challenge is a great chance for parents to encourage and help with continued learning at home. Students will be celebrating I Love to Read Month in February – here is a perfect time to read to or with your child. No matter what age your child is --- they need your support and encouragement to do well in school and in life!

- **Ask your child how their day was.** Be sure to ask open ended questions so their answer is not just "Fine". "What was the most fun part of your day?"... "What was one thing that you learned today?"
- **Read to your child.** Did you know that starting at birth, reading with your child, is the single most important thing you can do to help a child prepare for learning. Reading to your child for 15 minutes a day for their first 5 years amounts to 456 hours of reading! Don't stop – older children enjoy being read to also!
- **Routine is key.** Have set bedtime... do practice work right after school or after supper... read right before bedtime. When you establish a routine your child will feel at ease and know what is expected of them.
- **Review your child's work and go through their backpacks.** Children are so proud of the work they do in school. Take the time to talk with them about it and hang it up on the fridge or a bulletin board. Show them that it is important to you.
- **Practice at home what your child is learning at school** – and do it in a fun way! For example review math facts while driving, count by 5's, 10's 2's while shooting baskets, count the change in your pockets or purse, or read the road signs and billboards.
- **Learn together as a family.** Do you have a family hobby? Board games are a great way to develop social skills like sharing, losing, winning, and encouraging! Watch a family movie and discuss it. Most importantly – talk! Talk while you're driving, talk at supper, talk while shopping – all of this develops their vocabulary!

According to research, the most accurate predictor of a student's achievement in school is not income or social status, but the extent to which that family is able to create a home environment that encourages learning, communicate high and reasonable expectations for their children, and become involved in their children's learning.

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents. – Jane D. Hull

Evergreens & Pinecones!

by: Kate Lorang



Kindergarteners recently participated in a fun hands on lesson about Evergreen Trees and Pinecones. Students learned about the parts of an evergreen tree, sorted different types of trees, and painted an evergreen shadow picture. Also, the students got to practice their science skills. They became scientists as they got to look, touch and smell different types of evergreen trees. Lastly, the kindergarteners loved investigating and learning about pinecones! The students always love their monthly Ag lesson!



HOW WELL DO YOU KNOW PLANET EARTH?



That's the question that recently put the 4th grade class to the test! Students in Mr. Babbitt's social studies class participated in a Geography Bee, primarily focusing on United States geography. This past December marked the second school year that the competition was held after a successful start to the event last December.

The Geography Bee is a fun way to review skills and concepts learned in 4th grade throughout the year, giving students a chance to showcase their knowledge. Medals are awarded to the top three finishers!

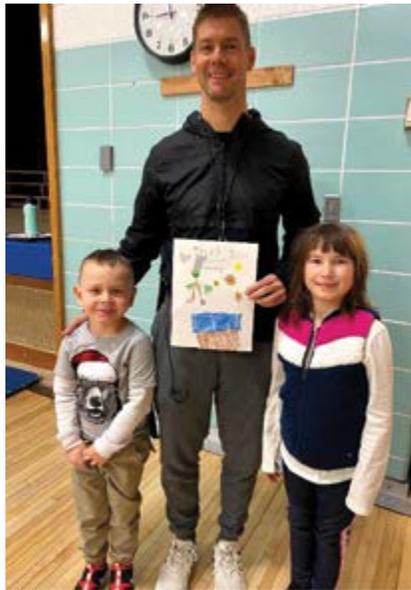


Top Finishers are:
Evelyn Heibel – 2nd place,
Ryder Garrioch – 1st place,
Clayton Daur – 3rd place

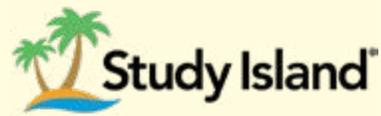
Kindness is Spreading

As many people begin the new year with a New Year's resolution, the kindergarten class at Cedar Mountain continue the 2019-2020 school year with the classroom resolution: "Be kind as we learn!" On the very first day of school, they read the book, "A Little Spot of Kindness." Kindness has been a focus of the weekly classroom meetings.

During the month December, the students unwrapped a present with an "act of kindness" for the students to do for the day. These kindness activities ranged from making thank you cards to people who teach us, smile at everyone you meet today, making Christmas cards for the elderly in a nursing home, play with someone new on the playground, and many more!



Coach Freitag received a "thank you" card from Aiden Bidinger and Brooklyn Kay for making P.E. so much fun!



Challenge for Grades 3-5

Each time a student earns a blue ribbon for a Study Island quiz, they will have their name put in for a monthly drawing. This month the winners received a Jenga game.

Prizes for earning all blue ribbons in:

MATH – breakfast with the principal

READING – pizza party with the principal

SCIENCE – special snack

TWO SUBJECTS – will go on a bowling trip complete with pizza and treats!

Log into <http://www.studyisland.com> and start reviewing your grade level standards and earn those blue ribbons! This is a great way to improve grades and prepare for the MCA tests in the spring!

S.M.A.R.T Course at CMS

New sensory obstacle course improves brain stimulation



Cedar Mountain Elementary has created a whole body obstacle course based on *A Chance to Grow's* learning readiness curriculum, S.M.A.R.T. (Stimulating Maturity through Accelerated Readiness Training). This "S.M.A.R.T. Boost Course" focuses on developing brain stimulation with physical actions to promote enrichment of classroom tasks and academic performance. Learning requires the development of vestibular (sense of balance), vision and auditory skills working together in our body. Consistent participation with the S.M.A.R.T. program has been linked to the improvement of sensory and motor pathways in the brain. The program develops and enhances



large and fine motor skills, balance, eye-hand coordination and attention.

Activities include a sequence of jumping, spinning, rolling, crawling, cross pattern walking, as well as stability and vision exercises. These actions are connected to the growth of skills such as turning pages, holding a pencil, eye movements and hearing the differences between vowel sounds. The skills then develop the ability to print, count, rhyme, read smoothly across a page and follow directions. At this time there are several school staff

trained to utilize this curriculum for individual students, as well as whole classrooms, with hopes to expand the availability of the course to each classroom in the future.



CONFERENCE FOR YOUNG WRITERS



On January 8, eleven Cedar Mountain students in grades 3-5 attended the Young Writers Conference at SMSU in Marshall. They wrote songs and poems, retold fairy tales, met authors, and attended many other writing mini sessions. Cedar Mountain has some very talented writers!



Mrs. T Yackley
MS/HS Principal

Middle / High School

As we reach the end of the first semester, it allows us to reflect back on the first half of the year and look forward to the second half. At Cedar Mountain, we have much to celebrate. Our 1:1 initiative is in its 4th year and our second round of new Chromebooks. Cedar Mountain is committed to staying on the cutting edge of technology in

order to best prepare our students for an ever changing world. Another major accomplishment has been our intervention program for math and reading. We are able to assess students to find their strengths and areas that need focus and work intentionally on those points. Our staff is working extremely hard to ensure that Cedar Mountain provides a great environment where all students feel welcomed, safe and encouraged to do their best every day. Programs such as

PBIS, morning strength and conditioning, SADD, National Honor Society, E-sports and Blue Crue give our students an opportunity to work side by side with our staff with the goal of increasing school pride and making our school a better place. Second semester brings about a lot of excitement and many major events that our students will participate in. Events such as the spring concert, ACT, prom, winter sports playoffs, and graduations are all positive experiences for our students and we share in the success that each student has. We ask all parents to stay active in their child's education and encourage your student to be an active participant in their learning. Cedar Mountain is committed to providing a high quality education for every student and we know that together we can achieve lofty goals. Thank you to each and every person for the efforts you make to help prepare our students for a lifetime of success.

The Cedar Mountain Junior High Knowledge Bowl teams had a phenomenal season with win after win and a trophy to boot! During each of the four regular season meets we attended, a CM KB team earned the first place spot. On average, the first place was earned over 24 other competing teams at a meet. But, the winning didn't stop there. At the Sub-regional competition on Monday, January 6 in Marshall, the team of Jonah Krogstad, Keegan Lorang, Nate Sandgren, Tim Christensen, and Kegan Tietz won the 2nd place trophy (and ribbons). A total of 53 teams competed at Sub-regions. (It's the first time a Cedar Mountain KB team has brought home a trophy!) On Thursday, January 9, that same team of young men earned 5th place out of 47 teams at the Regional Competition. The Senior High Knowledge Bowl teams just started their season, placing 3rd, 6th, and 17th at their first meet at Red Rock Central on Monday, Jan. 6. Mrs. Tyler is incredibly proud of both groups' skills in knowledge, teamwork, and sportsmanship. What a great bunch of kids! Go, Cougars!

BOWL KNOWLEDGE



L to R: Kegan Tietz, Nathan Sandgren, Keegan Lorang, Jonah Krogstad, Tim Christensen and Coach Doreen Tyler.



The 2019 Fall Blood Drive was a HUGE success!



The Cedar Mountain Blood drive committee hosted a Senior Scholarship blood drive on November 26th. **We had a total of 73 units of blood donated and our goal was 57 units!** Thank you to all the community members, students and staff who donated.



Seniors should now be thinking about financial aid. All students whom are planning to attend a postsecondary

school next fall need to complete the FAFSA form. The FAFSA is web based and students are encouraged to use the online application. Students can print off a FAFSA on the web worksheet, which is helpful to fill out prior to completing the FAFSA on the web. If parents would like a paper application, just let Mr. Palokangas know. In order for students to complete the FAFSA form, both the student and their parents will need tax figures from 2018. The FAFSA on the web can be found at www.fafsa.ed.gov. Don't forget to register for an FSA ID when going to the FAFSA web site.

Scholarships are another way for students to obtain help with paying for college. There is a scholarship page on the school web site at www.cms.mntm.org. Click on high school and then on Counselor's Corner.

Last, be aware of scams, never pay for someone to complete your FAFSA for you or for financial aid or scholarship information.



Staff are invited to nominate any student they feel has shown courageous behavior at school. This may look like a student who goes out of their way to help others, someone who has done extremely well on a test or project, or someone who has made gains in an area they may have struggled in. Once nominated students are invited to visit with Mrs. Yackley where she explains who nominated them and why. Students receive a small prize and then parents are notified. Pictured below are the first semester's Courageous Cougars! Congratulations!



Back Row: Auttum Riley, Hailey Hollar, Kiera Lund, Brianna Heidemann, Cade Schiller, Maverick Weber, Matt Zeug, Keagan Lueck, Cooper Freitag, Elijah Leal
Front Row: Evelyn Schumacher, Britney Gegner, Madison Welch, Mason Gewerth, Derek Wenisch, Landen Lund, Blake Steffl, Easton Csordacsics, (Not pictured, Lydia Sullivan)



This semester, students in Woods have really started to take pride in the things they are build-ing! We made cutting boards which we then offered for sale to staff members at school and sold out the very same day. Students are in the process of creating more items- keep an eye on the Ag Ed Facebook page (@cmhsaged) for the opportunity to buy items in the future! A group of students are currently working on building raised garden beds for our school garden that will hopefully be planted this spring.

FFA Annual Community Breakfast

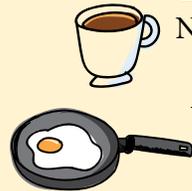
Feb 23rd from 10 a.m.- 1 p.m.

Free will donations

New this year will be a

Silent Auction,

with ALL donations supporting FFA!



★ ★ ★

Community Play

Last Gasp at the Last Gulp
February 28 and 29
at 7:00 p.m. and March 1 at 1:30 p.m.
The MS/HS Spring play will be held
April 3 and April 4 at 7:00 p.m.

On December 11, members of SADD (Students Against Destructive Decisions) held a holiday event during both lunch shifts at the MS/HS. The tables were decorated, Christmas music was playing, candy canes were handed out, and hot chocolate was served. It was a fun holiday surprise that everyone enjoyed.



Blue Crue Tue Team

Blue Crue Tue consists of 5th graders who apply to be a member of the organization in the Spring of their 4th grade year. They are considered the leaders and role models. The group gets to plan fun and educational events for the school such as Red Ribbon Week, Mix It Up At Lunch Day, and the MCA Pep Rally as well as participate in community service activities.



Marlie Wildt, Addison Sullivan, Devyn Haala, Zach Janke, Kynedi Plaetz, Avery Reding, Tatiyana Weikle, Aubrey Steffl, Kendra Erickson, and Sophia Erickson



Blue Crue Reads

Blue Crue Tue members read Christmas stories to students in Kindergarten, 1st, and 2nd grades for the holidays.



Find Digital Balance – Step 1

Steps to a Digital Detox for the Entire Family and Ways to Develop a Family Media Plan (3 Step Process)

Clean Your Own Digital House - Research shows that the amount of time you spend on your phone (or any screen) may impact your kids as much as or even more than their own screen time.

- **Be with your kids without a phone** - scrolling with one eye and playing a game with your kids with the other is giving them “continuous partial attention.” In this state we initiate fewer verbal and physical interactions with our kids, which are essential to critical brain development in kids.
- **Set up a central charging station** - find a spot in your house (not a bedroom), and designate spans of time each day when all your phones and devices will live there. This will help instill the idea of “screens off” time into your child’s routine.
- **Broadcast your phone use** - when you do grab your phone around your kids, try narrating what you’re doing. It may be obvious to you that you’re checking your work email, but it’s important that they know too.
- **Use your phone with a purpose** - if you must respond to an email or text let your kids know what you are doing and let them know that you will play with them as soon as you are finished and leave your phone in another room. This helps



even little kids understand that technology should be used with specific intent. If you normally explain to them what you are doing on your device, they will offer up information on what they are doing on their devices too.

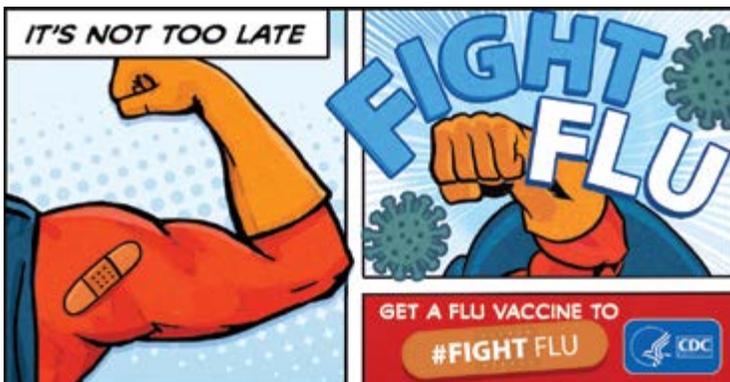
- **Make your phone less fun** - turn off extraneous notifications and set limits so frequently used apps shut themselves off after a certain amount of daily use. By monitoring your phone use you will be setting an example that will show your kids there is a time and place for using your phone. If you are tempted to pick up your phone around your kids, ask yourself, “Can this wait?”
- **Choose other entertainment** - we can’t ask our kids to be off screens if we’re not off screens. If we want them to read more, they need to see us sitting down with a real book (your Kindle may send mixed signals.)
- **Own your digital downtime** - it’s normal to crave some mindless scroll time, however be straightforward about that. Let your kids know you are decompressing by watching cat videos or scrolling through your news feed. It’s fine to use your phone to decompress as long as you’re real about how much and why you’re doing it.
- **When you do overdo it, admit that too** - say something like, “ *Snapchat is fun, but after too long, my brain feels fried!*” This lets your kids know that you’re thinking about your relationship to screens and how they make you feel.

STAY TUNED FOR STEP 2 - PUT YOUR SCREENS IN A TIME-OUT!

Nurse’s Nook

Flu is a serious contagious disease that can lead to hospitalization and even death.

Take everyday preventive actions to stop the spread of germs. CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common. Flu vaccination can reduce flu illnesses, doctors’ visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community.



Celebrate Week of the Young Child

Free

April 14

**Cedar Mountain MS/
HS in Morgan
5:30 p.m. – 7:30 p.m.**

**Open to All Families
and children up the
2nd Grade**



Musical FUN for EVERYONE!

- **Free Supper served in cafeteria 5:30 – 6:00 (hotdogs, chips, yogurt)**
- **Carnival games & Face Painting 6:00 – 6:30**
- **Concert 6:30 – 7:30**

Early Childhood Development

STEAM

SCIENCE • TECHNOLOGY • ENGINEERING • ARTS • MATHEMATICS

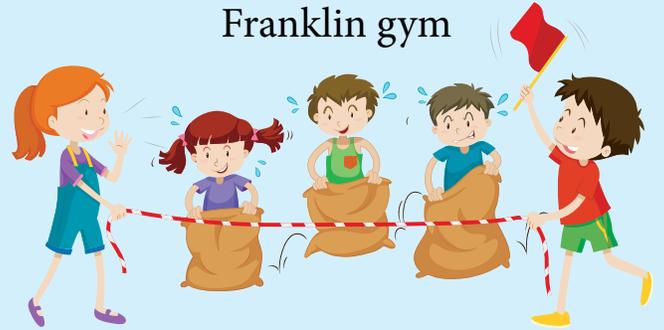
Full
"STEAM"
Ahead

Thursday,
March 5th
6:00-7:00
Morgan cafeteria



"Room to Run"

Thursday, February 20th
6:00-7:00
Franklin gym



"Hopping into Spring"

Tuesday, March 31st
6:00-7:00
Morgan cafeteria



CM will again be hosting a Summer Rec program.
Look for information coming this spring on
activities and registration

ECFE was busy at their Santa's Workshop night.



Community Education / Youth Activities

COMING SOON

CPR TRAINING

In early June there will be a CPR/First Aid class held at CM. Watch Facebook and the next issue of From the Top for more information.



Preparing for Retirement

Date: Tuesday, April 7

Time: 6:30 p.m. – 7:30 p.m.

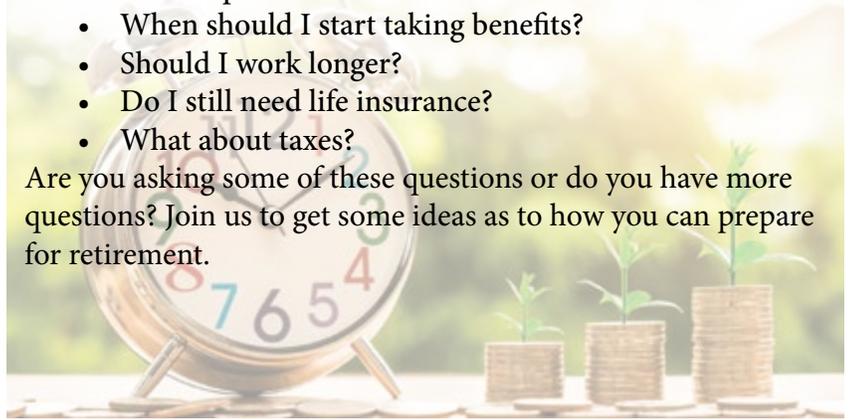
Location: CM Elementary Library in Franklin

Cost: \$10

Instructor: Matthew Smith, Financial Advisor, Edward Jones

- Are you considering retiring?
- How can I make my money last?
- How does Social Security fit into my retirement income plan?
- When should I start taking benefits?
- Should I work longer?
- Do I still need life insurance?
- What about taxes?

Are you asking some of these questions or do you have more questions? Join us to get some ideas as to how you can prepare for retirement.



55+ Driver Improvement Program Class Spring 2020

Where: Cedar Mountain Elementary in Franklin (Library)

Dates: March 30 – 4 Hour

March 30 & 31 – 8 Hour

Time: 5:30 p.m. – 9:30 p.m.

Cost: 4 Hour - \$20

8 Hour - \$25

Instructor: Mary Erickson

Please register by dropping off a copy of your current driver's license, what class you are registering for and payment at the school office in Franklin or Morgan or send to:

**CM Schools
Attention: Community Ed.
PO Box 188
Morgan, MN 56266**

Identify Theft & Fraud

Date: Thursday, March 26

Time: 6:30 p.m. – 7:30 p.m.

Location: CM MS/HS Media Center

Cost: Free (but please pre-register)

Instructor: Maxine Meine,

SouthPoint Financial Credit Union



To register for a Community Ed class, call/text Sarah at 320-212-3403 or email ssullivan@cedarmt.org

Community Education / Youth Activities

COUGAR Cub Child Care Center

MAKING A DIFFERENCE IN A CHILD'S LIFE!

Positions Available

Full-time or Assistant Teacher
Full-time Aide

Cedar Mountain is willing to train and assist all employees to meet qualifications for the above positions.

Applications are on the school website

www.cms.mntm.org

Please send completed applications and two letters of reference to:

Cougar Cub Child Care Center
attn: Jody Rose
PO Box 13 • Franklin MN 55333
507-557-2254



THRILLING THURSDAY - Music & Movement

Recently our Thrilling Thursday class had a special guest. Larry Olsen came in and played his concertina for the class. The kids loved it and they all got to try their hand at playing! They sang Christmas songs and he played some of his music for us. Thrilling Thursday is a Community Ed program for children ages 3-5 and is run in 7 week sessions. Each session is based on a theme that the children get to explore with their instructor, Mikayla Rudenick. The next session will be all about Dr. Seuss! For decades' children have loved the creative books written by Dr. Seuss, his sing song versus and extraordinary illustrations. Children will have the opportunity to explore his creative side during this session. If you'd like more information, contact Mikayla at mrudenick@cedarmt.org or 507-430-5731



Snowmobile Safety Class

Sponsored by:
Renville County Sheriff's
Department & CM
Community Ed

Thursday, February 13, 2020

Franklin Elementary School • 3:45 p.m. – 5:45 p.m.

- Ages 11 years & up
- Transportation home will be provided if needed.
- Students will be taught classroom instruction first, then transported to practice hands on training on snowmobile trails.
- Snowmobiles and all safety equipment will be provided.
- Participants should have warm clothing (boots, hats, mittens, snow pants (or clothes to layer over jeans).
- Elementary students will be supervised and can stay after school until class time.
- MS/HS students can ride the shuttle to Franklin after school.
- You may bring a snack for after school if you'd like.

Students must complete an online training course prior to February 13. It will take approx. 4 hours and costs \$24.95 due at the completion of the online course. You must print certificate and bring to class on February 13. <https://www.snowmobilecourse.com/usa/minnesota/>

Instructors:

Deputy Karla Koplin
Deputy Kenny Peterson

For more information or to register, contact:
Chief Deputy Jason Mathwig at 320-523-3772 or email jasonm@renvillecountymn.com

ISD 2754
Cedar Mountain Schools
207 Gallager Street
PO Box 188
Morgan, MN 56266

Non-Profit Organization
U.S. POSTAGE PAID
ECRWSS
Marshall, MN 56258
Permit No. 20

POSTAL PATRON



Feb. 17Presidents' Day (No School)
Feb. 24 Early Dismissal – 12:10
Feb. 24 Parent/Teacher Conf. (12:30-6:30)
March 13No School
March 20 Early Dismissal – 12:10
April 8 Early Dismissal – 12:10
April 9-April 13.....Spring Break (No School)
May 25..... Memorial Day (No School)
May 28.....Last day of school
May 29..... Graduation

Calendar subject to change

***Visit our website to see any updates
to the calendar.***

cms.mntm.org

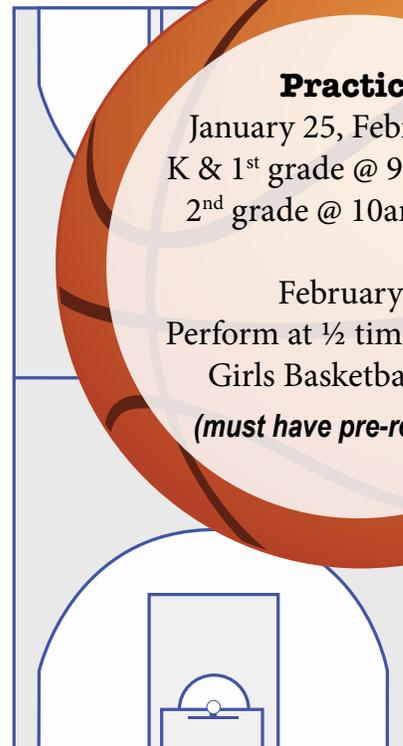
COUGAR CAGERS

Practices

January 25, February 1, 8
K & 1st grade @ 9am – 10am
2nd grade @ 10am – 11am

February 11
Perform at ½ time of Varsity
Girls Basketball Game

(must have pre-registered)



NOW HIRING

**Cedar Mountain is now hiring, check
out the various positions listed on the
school website for more information.**