

Torvik and the preschoolers were led by their classroom teachers. On December 7th, students in grades 6-12 were able to showcase their talents. These students were led by Mrs. Jennifer Eberhard. Thank you to all parents, grandparents and community members who support music at Cedar Mountain.













Cedar Mountain Positives



working to consciously develop positive behaviors and attitudes in our students. Here is a partial list of some positives from this year.

SUPERINTENDENT Did You Know....

• The Veteran's Day program was hosted by the MS/HS on November 10th in the gymnasium. We want to thank our speakers Bruce and Jacki Kyllonen for sharing their families' journey while serving our country.

So often it seems like negative news

makes the headlines while positive news

is overlooked. At Cedar Mountain, we are

- Cedar Mountain elementary students observed Veteran's Day on Friday, November 10. In the elementary, students celebrated and learned about Veteran's Day with guest speaker Austin Guetter. In addition, a 5th grade group shared what Veteran's Day means and the 4th and 5th grade sang a patriotic song.
- The Cougar Cub Child Care Center has been open for one year. The child care center currently has openings in the toddler and preschool programs. For more information, contact Center Director Jody Rose at 507-557-2254.
- The Cougar Cub Child Care Center had a new playground installed behind the daycare center in Franklin.
- Cedar Mountain student Chasyti Pendleton was officially appointed by Governor Dayton and Lt. Governor Smith to the Minnesota/Mnisota Tribal Youth Gathering Steering Team on December 1st. Chasyti is a sophomore and is the current president of the Cedar Mountain Unity Group.
- Congratulations to the 85 Cedar Mountain Elementary students had perfect attendance the 1st Quarter.
- Socktober was an event organized by the Cedar Mountain Blue Crue to raise awareness of homelessness. Throughout the month of October, students were asked to bring new socks to school. There was a friendly competition between grades, and point totals were kept. At the end of October, over 500 pairs of socks were donated to a homeless shelter in St. Paul.
- Cedar Mountain Blood Drive was held on November 21st. In addition to our students organizing and running this event, 25 Cedar Mountain students were blood donors that day.

- Cedar Mountain graduate and former member of the Minnesota House of Representatives Marty Seifert spoke at school on November 1st. Marty spoke to our juniors and seniors about his book "Sundown at Sunrise" and the process he went through getting published. Marty also took time to meet with our Male Leadership members and talked about his experiences in public service.
- Cedar Mountain's Blue Crue attended WE Day at the Xcel Center Wednesday, November 8. Groups were recognized for volunteering and community service projects completed last school year. It was an amazing day with celebrities and high school groups who have made a difference to others.
- Cedar Mountain Elementary had 1298 pounds of pop tabs collected over 6 years for the Ronald McDonald House.
- The first annual Color Run on held on Friday, September 29. Over 120 runners/walkers took part in this event. It was a great addition to our Homecoming Week activities.
- The high school has started a male leadership program to help prepare our young men to be great citizens and leaders. They have heard many outside speakers talk about what it means to be a leader.
- Cedar Mountain Elementary enjoyed Critters and Company's presentation called Teasing Hurts! Students learned that saying I'm sorry is good...but changing their behavior is better.
- The CMC Volleyball hosted MVL for their Kill Cancer event on October 3. Tables were set out in the lobby with activities for people to do such as cookie decorating, pink hair dying and nail painting. Funds raised will be used to support those affected by cancer in our area.
- The Cedar Mountain drama department presented the play "Tune in to Murder" on November 10 and 11.
- Junior High Knowledge Bowl team is having a successful year. The team placed 5th of 27 teams at Marshall and 9th out of 31 in Windom.
- The Cedar Mountain Adopt An Angel program had a goal this year to have students and staff adopt 100 angels. In the program, students may pick an angel for a boy or girl ages 1-13 years old, purchase a gift for them, wrap it, tape the angel to the gift, and return it to school. All 100 angels were adopted.

continued on pg. 5



Elementary Upcoming Dates:

| No School. February 19 |
|--|
| Parent Teacher Conferences February 26 • 12:30-6:30 Students dismissed at 12:10 • Route buses at 12:30 |
| AAA Program in Elementary |
| No School. March 9 |
| Kindergarten Connection March 15 & March 20 at 5:00 |
| Early Dismissal |
| Early Dismissal |
| Spring Vacation March 28 - April 2 |
| 4th Grade State Fair |
| Grandparent's Day |
| Spring Book Fair April 16-20 |



Mrs. P. Machart Elementary PRINCIPAL

Elementary News

Cedar Mountain's priority is student safety. We have updated security systems at our front doors that monitor entrance into our building. Throughout the year we practice many safety drills including: bus evacuation, tornado

drills, fire drills, and Lock down drills. The Minnesota Department of Education requires us to practice five fire drills and five lockdown drills annually. This year our district has examined how we conduct lockdown drills. The Cedar Mountain School District, working closely with the Renville County Sheriff's Department, has adopted a new strategy for "lockdown" procedures in our school buildings that is

known as the A.L.I.C.E. Plan. A.L.I.C.E. is an acronym for Alert, Lockdown, Inform, Counter and Evacuate. Prior to introducing the A.L.I.C.E. Plan, our school, as well as the rest of the nation, used a traditional "lockdown" procedure whereby staff would lock their classroom doors, move students out of sight, and quietly wait for an "all clear" message. Unfortunately, these traditional lockdown procedures have proven insufficient in recent incidents of school violence.

The A.L.I.C.E. Plan offers different options for staff and students to respond to a school intruder intent on doing harm. Under certain circumstances, the "lock the door and hide" strategy might be appropriate. In some cases, the teacher and students might barricade the door of their classroom. Under certain conditions, it might be wiser for the teacher and the children to flee the

building.

And, if, heaven forbid, an intruder intent on doing harm should enter a classroom, ALICE offers strategies that increase the chances that the teacher and the students might survive such an occurrence.

In August, all staff members participated in A.L.I.C.E. training at their buildings. This fall, the principals and teachers introduced the A.L.I.C.E. strategies to students through drills and practices. In the elementary we learned that we can evacuate our entire building in 43 seconds! Our goal with A.L.I.C.E. training, and with all of our updated security measures, is to assure, as much as possible, the safety of every child and every adult in our school buildings. If you are interested in learning more, here is a link to information about ALICE: http://www.alicetraining.com/

Global Explorations By Josiah Torvik

Whenever someone asks me what I teach, I always see a look of confusion appear on their face when I respond with "Global Explorations." They usually ask if it's just social studies and although it could be classified as such, the goals of global explorations are more specific than that. In global explorations, every grade learns about several different culture from all over the world. We focus on what makes that culture unique, and what makes that culture similar to our own here at Cedar Mountain. One of the main goals of the class is to help students



understand that whenever they meet someone outside of their culture, they have more in common with them than they think. As the world continues to shrink, we often find ourselves meeting people who seem completely different from ourselves. Understandings someone's culture is the first step to living side by side with them in peace. In short, global explorations prepares our students to go out into the world looking for the things that unite us instead of what divides.

What is The Daily Five?

Several classrooms in the elementary use The Daily Five model during Language Arts. What is The Daily Five? The Daily Five is a way of structuring the Language Arts block so every student is independently engaged in meaningful literacy tasks. These research based tasks are ones that will have the biggest impact on student reading and writing achievement, as well as help foster children who love to read and write. Students receive whole group instruction and then are given independent practice time to read and write independently while the teacher provides focused, intense instruction to individuals and small groups of students.

There are very specific behavior expectations that go with each Daily Five component. Classes spend the first several weeks of school working intensely on building reading and writing stamina

and learning the behaviors of The Daily Five.

When it is up and running smoothly, students are engaged in these Daily Five literacy tasks:

*READ TO SELF

*WORK ON WRITING

*READ TO SOMEONE

*LISTEN TO READING

*WORD WORK

While the students are engaged in their literacy tasks, the teacher is teaching small groups and individuals, so everyone can get the just-right instruction they need to reach their full literacy potential.











School Age Child Care Starting June 2018

Cedar Mountain School is in the process of developing a School Age Child Care that can provide high quality out of school enrichment opportunities in a nurturing and safe environment for children in kindergarten through 5th grade.

What we would offer:

Before and After School Child Care

Daily Summer Program

Non-School Days Programming

Lunch and snack will be offered for no charge.

Collaboration will occur with our Community Ed Programs and field trips will be planned

Where we are located: SACC will be offered in the Elementary building in Franklin. Watch for registrations this spring!



Cedar Mountain

Kindergarten Connection

March 15 & 20

More information will be coming home with your child from preschool, if your child does not attend CM Preschool, please call 557-2251 for more information. We are excited to share information with you and your child about CM Kindergarten!



Front row - Alexis Prescott, Sami Gruendemann, Madison Welch, Abby Nelson, Zachary Sandgren, Wallace Johnson, Blake Steffl Back row - Lauren Menk, Rylee Haala, Reagan Kanzenbach, Jacob Lee, Aidan Guetter, Wowi Greyeagle, Amaya George, Tyler Stelzer





Are your children zoned out watching another educational video in school? Not any longer!

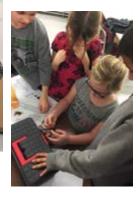
By Kristin Rossow

EdPuzzle is an online program that teachers can use. Membership is free. Students also sign up under the teacher's account. Any available video can be found in a plethora of content areas and cropped to suit attention spans and needs. Multiple choice and openended questions can be added throughout. The program even does the grading. Once a student reaches a question during the video they must answer it before the video is allowed to continue. Teachers have the option to search 9 sites including YouTube, Khan Academy, TED Talks and Ed Puzzle. I have used it with my 5th graders as a supplement to help me teach math lessons in division, multiplying multi-digit numbers and exponents. I've also watched it with them and had class discussions about each question. We even watched a Kid President video that encouraged us all to use words such as "I forgive you" and "Before you say something about the barbecue sauce on somebody else's shirt, take a look at the barbecue sauce on your shirt". We had to have a talk about what that one meant! Maybe your child's teacher will check it out and try it with their students. Finally, a convenient way to make sure that your child is really learning from what they're watching!

Students from Cedar Mountain Elementary,
Middle, and High School have been participating
in Breakout EDUs in their classrooms. Breakout
EDUs are similar to an "Escape Room" as clues and
resources are given to the students in order for
them to breakout/open a locked box. There are
many different themes and subject areas for a

Breakout EDU. All Breakout EDU games require students to use the 4 Cs, which are critical thinking, collaboration, creativity, and communication. These skills help prepare students for future jobs and allow them to attain higher level thinking. The students at Cedar Mountain are having a blast with these immersive learning games!











Positives continued...

- Our Yellow Ribbon group sponsored a food drive to benefit "We Care", which is located in Morgan and serves families in the surrounding communities.
- On December 2, the Cedar Mountain National Honor Society sponsored Santa Day in the high school cafeteria. Students were able to visit Santa and students in grade 3 and younger received a gift from Santa.
- Juniors attended a college fair in Marshall on October 23.
- Cedar Mountain 8th grade students took a canoe trip in September on the Minnesota River.
- During American Education Week, we honored 3 staff members who have worked for the school district 20 years. Our 20 Year Apple recipients were Joel Christianson, Karen Malecek, and Sue Luna.
- On September 19th, 11 juniors were inducted into the Cedar Mountain Chapter of the National Honor Society. To qualify for NHS, students need to have a cumulative GPA of 3.5.
- Red Ribbon Week, a nationally recognized and celebrated week for the purpose of drug prevention and education as well as teaching students the benefits of living a drug free life, was celebrated.
- Hannah Wilts, Cedar Mountain Middle/High School Ag teacher, was named Minnesota Farmers Union Ag Educator of the Year!
- The MS/HS concert on December 7 featured band and choir groups from the sixth grade, seventh and eighth grades, and grades 9-12. It was a great performance by our students.

- We had a great turnout for our Elementary Christmas Concert on December 11. Thanks to everyone who attended.
- 11 Cedar Mountain FFA members, along with FFA Advisor Hannah Wilts, attended the National FFA Convention.
- Students in grade 10 attended the SMSU Career Fair on October 3. Students learned about a variety of careers available to them in southwest Minnesota.
- The Elementary Farmer's Market raised \$3,675.44 for student field trips.
- There was great attendance at the Honor Roll Breakfasts for Middle School and High School students. Middle School/High School teachers and staff did the planning, cooking, and clean up. Thank you, staff, for honoring our students at this event.
- The Yellow Ribbon group is open to students in grades 9-12. The Yellow Ribbon committee is students committed to raising awareness of suicide and mental health issues.
- Franklin and Morgan Fire Fighters gave tours of the fire hall to our students in pre-school and Kindergarten during Fire Safety Week.

Behind the scenes on each of these "Did You Knows" are students and staff members who have worked to make the activity a success. On behalf of Cedar Mountain, I want to thank each of you for your support of our school and students.



Mr. R. Brandl High School PRINCIPAL

Middle / High School

As the 1st semester at Cedar Mountain draws to a close, we have a lot of success to celebrate. Our students have been working hard in the classroom and in their extra-curricular activities and we have seen positive results. Additions and changes to curriculum such as ACT Prep, Painting, Study Skills, and flipped classroom math instruction have all been very positive changes for our school. The fall play and winter concert both went very well and it is always a pleasure to see our students thrive in fine arts. Our winter sports seasons are off to a great start and the fall saw our athletes have both individual and team success. Our students continue to be great examples of what hard work and dedication can accomplish.

Another success that we are proud to share is the amount of time and energy our school has dedicated to both service and charity. Students and staff donated hundreds of pairs of socks to the homeless, adopted 100 angels through the "Adopt an Angel" program, collected items for the local food shelf, raised money as part of the volleyball teams "Kill Cancer" event, performed at and organized the annual Veteran's Day program and NHS hosted "Santa Day" for local children. These events are great examples of the importance to share one's time and talent with those around them. We strive to make Cedar Mountain a community school where we can give back to those in our local community.

On behalf of the students and staff at Cedar Mountain, thank you to everyone for their continued support of our schools. We are proud of the opportunities we are able to provide our students and we appreciate all that our local communities and residents do to support us.

CMS Welcomes Foreign Exchange Students

1. What is your name, age, and where are you from? *Flora Schipper, 18, from the Netherlands.*

2. Tell us about your family.

I'm an only child, I live with my mom and dad and have 2 dogs and a horse

- 3. Who is your host family? *The Rich and Dawn Tietz family*.
- 4. What is the difference between your hometown and Morgan or Franklin?

My town back home is very small and very focused on tourism, that is a big difference. My town at home also has very few farms, Morgan has a lot.

- 5. What is your favorite subject/class at Cedar Mountain? *Photography*
- 6. What was your favorite subject/class at home? Graphic Design and English
- 7. What is one thing you hope to do or see in the United States before you go back home?

I hope to see some more of Minnesota and the nature of the US.

1. What is your name, age, and where are you from?

My name is Punch, Natkrita Kunlokaya is my full na<mark>me. I'm from Tha</mark>iland.

2. Tell us about your family.

My family has 4 members, my mother, my father, older sister and me. We live in Bangkok, capital city in Thailand.

- 3. Who is your host family? *Michele Janes is my host family*.
- 4. What is the difference between your hometown and Morgan or Franklin?

 In my hometown, we have bus stations or BTS. People do not only use cars like Morgan.

 The weather is super hot, but the US is super cold!
- 5. What is your favorite subject/class at Cedar Mountain? *I like mathematics*.
- 6. What was your favorite subject/class at home? *I like economics*.
- 7. What is one thing you hope to do or see in the United States before you go back home? *I want to do and see some things that are fun and exciting.*











WE (Women Empowerment)
recently gathered for a Holiday
lunch together and listened
to guest speaker, Renae
Groskreutz. WE is a mentor/
mentee organization between
12th grade and 8th grade girls.



Yellow Ribbon Week speaker, Chad Harlander, from the Hutchinson School REACH Program, is pictured with Caden Kleinschmidt, Logan Moore, and their parents. Chad awarded both Caden and Logan scholarships to the Chad Greenway "Day to REACH Football Camp" this summer. The camp not only teaches kids about the game of football but also focuses on building character. Chad Greenway appeared via phone call during the presentation to present the scholarships to the boys.





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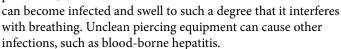
On behalf of Cedar Mountain Yellow Ribbon and Blue Crue Tue at the elementary, we would like to thank you for your participation in the Adopt an Angel Program as well as your donations to the Food Drive. We were able to deliver over 100 gifts and several bags of food to WE Care. Joe Larson from WE Care is pictured with us. Members of CM Yellow Ribbon include Lauren Zeug, Heather Lemcke, Torie Lemcke, Natalie Lough, Becca Tietz, Sarah Daub, Ashley Rothmeier, Tera Nemitz, Hailey Bigger, Brianna Heideman, CeCe Hartle, and Lilly Krogstad.

Nurse's Nook February Dental Health Month

Dental decay is the most common chronic disease in young people between the ages of 5 and 17, according to the Centers for Disease Control and Prevention (CDC). Follow these tips to stop cavities before they start.

- Skip soda. Teens are drinking more soft drinks than ever, both in school and at home. Sugar in sweetened sodas can cause cavities, and acidic flavor additives (found in both unsweetened and sweetened sodas) can also erode and damage tooth enamel. If you must drink soda, try these tips to reduce its harm: sip soda through a straw to cut down on the contact the beverage has with teeth, and rinse the mouth with water after drinking soda.
- Play it safe. Contact sports can cause oral injuries, but teens can prevent injuries by wearing a mouthguard while playing sports. More than 200,000 injuries to the mouth and jaw occur each year, and dentists regularly recommend the use of mouthguards in a variety of sports activities. Whether a mouthguard is custom-fitted by a dentist or bought at a store, teens should keep it clean by rinsing it often and storing it in a ventilated container.
- Avoid oral piercings. People with tongue or other mouth piercings can easily chip their teeth while eating, sleeping, talking and chewing. The fracture can be confined to tooth enamel and require a filling, or it may go deeper, which can lead to a root canal or tooth extraction.

Infections are also common with oral piercings. The tongue can swell after being punctured, and in some cases



• Make time for healthy habits. Teens eat quick meals in the form of "nutrition" bars and fast food to stay alert and on schedule between school, extracurricular activities and part-time jobs. However, these habits can permanently damage oral and overall health. Teens should have access to healthy snacks such as apples, carrot sticks and cheese. Keeping a travel-size toothbrush in a locker or backpack can help teens keep up good teeth-cleaning habits by brushing after meals and snacks.

Chewing sugarless gum with xylitol (a natural sweetener) after meals or snacks can also help cleanse the mouth. Drinking water throughout the day can help cleanse the teeth of excess bacteria and food debris.

Just like adults, teens should visit their dentist at least twice a year. Regular dental visits and cleanings not only help keep teeth bright and shiny (a boost to any teens self-esteem), they can also help catch minor problems before they become worse. www.deltadentalins.com

TECHTIPS

Winter is here and that also means cold weather is upon us. The cold temperatures take a toll on your electronics. Cell phones tend not to work as well when the temperature is below 32°F.

Here are some tips for protecting your phone in cold temperatures:

- Cold temperatures can cause your cell phone battery to drain more quickly, the lower the temperature the more quickly the battery will drain. If you'll be traveling in cold weather make sure the battery is charged before leaving your house and keep a charger handy in the car. This will come in handy in emergency situations.
- Cold weather can make your screen more brittle and prone to cracking. Keeping your phone warm and covering it with a case and screen protector can help prevent your screen from cracking.
- Keep your phone as warm as possible. Don't leave your phone in your car overnight. Carry your phone in an inner coat pocket while outside. By keeping your cell phone warm, you'll help make sure that it will be ready to use when you need it.

Attention all Seniors

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

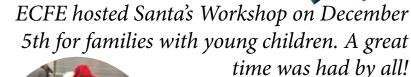


form. The FAFSA is web based and students are encouraged to use the online application. Students can print off a FAFSA on the web worksheet, which is helpful to fill out prior to completing the FAFSA on the web. If parents would like a paper application, just let Mr. Palokangas know.

In order for students to complete the FAFSA form, both the student and their parents will need tax figures from 2016. 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 directory. Find Mr. Palokangas on page 4 and click view website. Last, be aware of scams, never pay for someone to complete your FAFSA for you or for financial aid or scholarship information.

Santa's Workshop









Cougar Cub Child Care is proud to announce they are now Parent Aware rated as of December 31st 2017. The center had to go through a rigorous process to receive this rating, which now allows the center to offer scholarships for tuition for families who qualify. Many fun things were happening in the center over the holiday season. A special visit from Mrs. Claus who read books to the preschool class and a visit from Santa were a couple of the highlights.

Currently there are openings in the PRESCHOOL classroom and the TODDLER classroom will have POSSIBLE OPENINGS SOON!



Community Education / Youth Activities



I Love to Read

"I Love to Read" after School Event

Date: Tuesday, February 27

Time: 3:30 - 5 Grades: K-2

Location: Franklin Elementary

Instructors: Dawn Tietz & Emily Dahmes

In celebration of "I Love to Read" month, the ECFE teachers are teaming with Community Ed to offer a special after school event. Special activities and snack will be incorporated to follow the theme of the story. Registration information will be coming home from school with students.



ECFE "ROOM to RUN"

Franklin Gym **Tuesday, February 13**6:00 p.m. -7:00 p.m.

Driver Improvement Program Class Spring 2018

Where: Cedar Mountain Elementary Library

in Franklin

Dates: 4 Hour – March 26

8 Hour - March 26 & 27

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

ALIV

LEGO Club

Registration information will be coming home with students.



Grades: 3rd - 5th

March 12 @ Morgan (MS/HS Library)

OR

March 13 @ Franklin (Elem. Library)

*Choose 1 date

Time: 3:30 p.m. – 5 p.m.

Cost: \$5

For more information about *ECFE* or to register, contact Dawn at dtietz@cedarmt.org or 249-5990. For more information about *Community Ed*, contact Sarah at ssullivan@cedarmt.org or 249-5990

Community Education / Youth Activities



It's not too late... Join us at PiYo!

What is PiYo? It's an intense cardio workout that combines the core-firming benefits of Pilates with the strength and flexibility of yoga movements, all in one class. PiYo LIVE classes are designed for all fitness levels, from beginner to advanced. It is a low impact with high intensity workout. No equipment or experience necessary!

When: Monday evenings at the MS/HS in Morgan

Time: 6:30 pm - 7:30 pm

Instructor: Lindy Kaden, Certified PiYo Instructor Email Lindy for more information or if you have questions: lindykaden@gmail.com

No registration needed, just show up. You may wish to bring a yoga mat (available at Walmart, online etc....). If you do not use a mat, you'll want to wear tennis shoes so you do not slip.





BLOOD Drive

The CM Blood Drive was held November 21, 2017 80 Donars 68 units collected Goal was 74



Thank you to all who supported our blood drive! You are a life saver!





ISD 2754 Cedar Mountain Schools 310 Somerville Ave. N. PO Box 188 Morgan, MN 56266

PRSRT STD **ECRWSS** U.S. POSTAGE PAID Permit No. 20

POSTAL PATRON

CEDAR MOUNTAIN SCHOOLS 2017-18 SCHOOL CALENDAR

2018

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|------------------|-----------------------------|
| Feb. 19 | Presidents' Day (No School) |
| Feb. 26 | Early Dismissal - 12:10 |
| Feb. 26 | Parent/Teacher Conf. |
| March 9 | No School |
| March 23 | Early Dismissal – 12:10 |
| March 28 | Early Dismissal – 12:10 |
| March 29-April 2 | Spring Break (No School) |
| April 21 | Prom |
| May 28 | Memorial Day (No School) |
| May 31 | Last day of school |
| June 1 | Graduation at 7PM |

Be sure to "Like" CM Facebook pages to get school highlights and important information! **Cedar Mountain Elementary** PreK-5 & Cedar Mountain Middle/High School

OPEN GYM

MORGAN

6:30 pm - 8:00 pm Supervisor: Jim Lueken

FRANKLIN

1:30 pm - 3:30 pm Supervisor: Dave Distad Like the CM Community Education page on Facebook to keep updated on changes or cancellations.

