



From the Top

# COUGAR

CEDAR MOUNTAIN SCHOOLS

# Pride

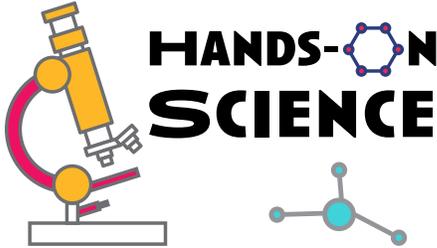
[cms.mntm.org](http://cms.mntm.org)

FEBRUARY 2022

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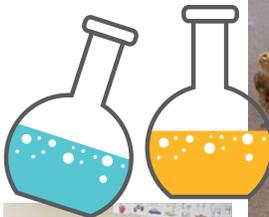
## HANDS-ON SCIENCE



The **FIFTH GRADERS** created marble runs using various materials. They needed to have three consecutive runs and it had to be a 12" drop at the beginning of the run. They have also been learning about friction and velocity and doing hands-on activities to develop a better understanding.



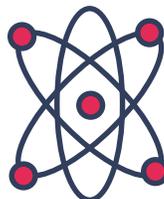
Mrs. Miller, Elementary Principal and Mrs. Yackley, MSHS Principal, along with their staff, have been busy researching various science curriculum. Both will be purchasing a new science curriculum in the near future! This is very exciting for both our students and staff!



**PRESCHOOLERS** have enjoyed exploring various textures and materials in the sensory table, they also measured the length of a Pterodactyl wing by holding up a long piece of string together.



**KINDERGARTEN** students recently did a science experiment on snow and why it appears white. When they were done they were able to make snowflakes.



Anatomy and Physiology students dissected sheep brains recently. It isn't too challenging to see where the expression "sheep brain" comes from, it is pretty small!



Mr. R. Brandl  
Superintendent

## First Semester Positives

It may seem hard to believe but the 2021-2022 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 Elementary and MS/HS Winter Concerts were a great success. It was very enjoyable to listen to our students perform again in front of a live audience made up of family and friends. Thank you to directors Ms. Mackenzie Brown and Mrs. Jennifer Eberhard for preparing our students for this wonderful event.
- A Veteran's Day program was held at Cedar Mountain High School on November 11th. The school 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. Thank you to Curt Meyers for being the main speaker for the 2021 event.
- Homecoming Variety Show and Coronation: Megan Sandgren and Caden Kleinschmidt were crowned Homecoming King and Queen for Homecoming 2021. The senior class put on a great variety show to kick off homecoming week.
- Homecoming Week 2021 was a wonderful week filled with school spirit. The Cedar Mountain Blue Crue hosted the annual Color Run and organized fun activities such as a rock wall for climbing prior to the football game. CPAC donated a "Homecoming 2021" t-shirt to every student and staff member to wear on Homecoming Friday.

- 
- The National Honor Society inducted new members to the Cedar Mountain Chapter on September 27th.
  - The varsity football and volleyball teams had great fall 2021 seasons. The volleyball team advanced to the sub-section championship and the football team advanced to the Section Championship.
  - Students in grades 6-8 transitioned to a true middle school model. This model change increased the amount of math and reading time students receive while also adding a host of new elective courses.
  - The fall Blood Drive collected 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 "Murder on 518" on November 12th and 13th.
  - The first ever Cedar Mountain Elementary "Read-a-thon" raised nearly \$5,000 for our school.
  - 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 3rd year of this tradition.
  - Santa Day was hosted by the NHS on December 4th. Thank you to the local businesses that support this event.
- 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!

## Blue Crue Tue Team

Blue Crue Tue students in the elementary recently received their new t-shirts.



Blue Crue Tue members loaded up the food and angel gifts for We Care that were donated at the elementary school. Thank you for being so generous!





Mrs. T. Miller  
Elementary  
Principal

# Elementary News

We have had many things to celebrate this year. Things from students reading and increasing their AR points, to our Christmas program, to students being able to collaborate in their classrooms again but the biggest celebration this year is the resilience of both our students and staff. In a world that continues to change, it presents new challenges as we navigate what instruction, collaboration, and student learning looks like in the classroom. Students and staff have shown their flexibility as well as their creativity in e-learning this year, classroom projects, and day to day activities.

As we have navigated through this year and continue to meet students where they are, we continue to encourage one another and look forward to activities to come yet this year. We are excited to bring back previous years activities.

**Parent Teacher Conferences** will again be held virtually on Feb 28. We are looking forward to “seeing” you and connecting with you all. Teachers will be sending out login information soon.

**FRED Night** – Families Ready Every Day will be held the last week in February. Families will be asked to document the reading that they do together. When students return their form – they will be able to select a free book to take home.

**Cedar Mountain’s Got Talent** – this will be our new version of Arts, Academics and Awards (AAA). Students will sign up to display their artistic projects in the lobby at school and share their talent performances with their classmates and possibly the entire school! We are still working out the kinks but are excited for this event to return.

**Grandparent’s Day** – We will not be inviting our grandparents to our school this year – but, things will look a bit different this year. Look for information to follow.

**AR Prizes** – Students in grades K-5 have been working on AR reading quizzes throughout the year. Each month they continue to be recognized in their classrooms and awarded prizes at each different level. Students will also be recognized at the end of the year for the total number of points earned in one year. Keep reading!

We are enjoying our spring events in a new variety of ways again this year and look forward to continuing to celebrate our flexibility and creativity throughout the school year! Great things continue to happen at Cedar Mountain!

Mr. Babbitt’s 4th grade class got in the holiday spirit by playing a variety of holiday-themed “Minute-to-Win It” games before Winter Break. Lots of laughs were had and the students really enjoyed the friendly competition and goofiness of it all. Kylie Krenz was the grand champion!



**4<sup>th</sup>  
Grade**





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.

This year we are working on creating a 6-8 middle school. This has meant that our math and reading classes are 90 minutes long instead of the 45 minutes that the high school students have. This ensures students

more time to work with the teacher on the core subjects that are a foundation to high school. We also offer different enrichment courses each quarter for the middle school students. Lastly, we have an advisory class that meets each week to do social emotional lessons. One of the targets in advisory is how our middle school students can give back to the community. In the fall we raked leaves for our school neighbors. We collected gifts and food for We Care and delivered them. In January we have a career fair where members of our community are able to come in and talk about their career to give our students ideas as they begin to plan for their future. Overall this change has given our middle school students a voice and an age appropriate opportunity to grow into young adults.

We also have been able to provide our students with a Student

Support Service. This is a place for any and all Cedar Mountain students to stay after school and get support in their learning. We are able to staff this with a certified teacher or paraprofessional. Students are able to get help while getting caught up on their work. Many students have taken advantage of this program already this year.

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, SADD, National Honor Society, E-sports, after school clubs, 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.



...to all of the workers and blood donors, our November Blood Drive at Cedar Mountain brought in 60 units of much needed blood!



*"The Red Cross is experiencing the worst blood shortage in over a decade. The dangerously low blood supply levels have forced some hospitals to defer patients from major surgery, including organ transplants. Your donation is desperately needed!"*

**to donate:**  
[www.redcrossblood.org](http://www.redcrossblood.org)

## Wearing a Bit of History



Seventh graders were given the opportunity to see and wear a Civil War uniform! Never a dull moment in US History class!

# After School Program is a Hit

Cedar Mountain Middle School/High School implemented an after school clubs/activities program. It is geared at middle school students, giving them a safe place to gather with friends after school doing something productive; however we have many high school students that are participating as well.

A survey was sent to staff explaining the program and asking them for ideas, passions and hobbies that they would be willing to share with a small group after school. The advisor of the club has the flexibility to determine how often the club meets, for how long and how many times. For example, we had an art club that met three times and did a specific craft for Thanksgiving, and Christmas. We have a cooking club that will meet in January for 6th grade, in February with the 7th grade and in March with the 8th grade. We have a Science Fair club that is meeting every week to prepare for the Science Fair in March. There is an ACT Prep club that meets before school. There is a club for a game called Magic the Gathering, as well as a few other clubs.

We had over 100 students sign up for various activities in grades 6-12. The majority were from the middle school but surprisingly we have around 40 high school students that signed up for a club.

One of the best things to come of this is the sense of community and belonging the students have to the school through these clubs. One student approached me after he saw the sign ups and really wanted to start a Magic the Gathering club. He sent me a link to an organization that gives schools free decks and all the materials to play. I applied for the grant and we were shipped enough materials for 15 students to have their own deck. This club is completely being run and organized by a small group of students that are showing an interest and learning the game. The students in this club have made some friends in each other and are simply enjoying the opportunity to belong. Likewise in



other clubs the students are getting to know teachers in a different way and finding others that have similar interests and developing friendships. It has been very positive to our staff, students and community.

We are open to any community member that has a talent or passion to share with our students that would like to be the advisor to an after school club to please reach out to me, Tammy Yackley at 507-249-5880.



## FFA is Gearing up for State

FFA has spent a lot of time preparing for FFA contests and completing FFA proficiency awards. It has been an exciting couple of months and we are proud to announce so far we have 12 individuals going to state! There are multiple FFA contests left so we are hoping for more members to qualify! We also had 7 members receive an FFA jacket from the Minnesota State Blue Jackets program, congratulations to them! It was a very successful fundraiser delivery day in December, we can't thank you enough for your support! We were excited to have celebrated the holidays in December together, we spent time planning National FFA Week in February.



CM FFA invites you to a  
**Community Appreciation Luncheon.**  
CMS Cafeteria  
**Sunday Feb. 27**  
10:30AM - 1PM  
Free Will Donation  
Appreciated



**On the Menu**  
Spaghetti or  
Alfredo Pasta  
Salad, Breadstick  
Ice Cream  
Lemonade and Water  
(Take-Out available)

**CM FFA is looking into a community service project and would love ideas from our community, please let us know your ideas [bjohnson@cedarmt.org](mailto:bjohnson@cedarmt.org)!**



# BOWL KNOWLEDGE

The Junior High Knowledge bowl had a short but successful season. They competed in two meets, Sub-Regional, and made it to Super Regional to finish off the season. Our senior season has just begun.



### Junior High

Britta Bengtson (8th)  
 Miranda Christensen (9th)  
 Rylee Haala (9th)  
 Alexis Prescott (9th)

Madison Welch (9th)  
 Abbigail Gegner (9th)  
 April Hacker (7th)

### Senior High

Maelynn Belcher  
 Rylee Haala  
 Jonah Krogstad

Keegan Lorang  
 Thomas Ochs  
 Kelly Stelzer

## CMS Staff Welcomes a New Face



Dan Paur  
*Counselor*

Cedar Mountain Schools welcomes Dan Paur. Dan is a School and Family Counselor and will be working primarily in the MSHS. Dan graduated from BOLD and attended St. John's University where he received his Sociology degree. When Dan is not busy enjoying family life (family includes fiance Nicole and 4 boys; Timmy, Theo, Ethan, and Dominick), he enjoys traveling and coaching. He is the Head Men's and Women's Lacrosse Coach at MSU Mankato and Head Coach for the Uganda Men's Box Lacrosse National Team. Dan is looking forward to working with CM students and staff and seeing his niece and nephew who attend CM is an extra bonus!

## State Teacher of the Year Nominee



**Mrs. Jacki Kyllonen, special education teacher at CM, is a nominee for the Education MN Teacher of the Year award. She is one of 77 contestants in the state. Congratulations Mrs. K, we are so lucky to have you in our district.**

COUGAR

Pride

Students at CM recently had a roller skating unit in Phy Ed.



Prom 2022  
 Save the Date  
 April 23



The MSHS and elementary school held their winter concerts in December. All of the students did a great job sharing their musical talents. Thank you to Mrs. Brown and Mrs. Eberhard who put together the programs.



# Nurse's Nook



If there's any good news about the effect of soda on your teeth, it's that you can keep the damage in check by drinking soda only rarely and taking measures to protect your teeth any time you indulge in a serving of the fizzy stuff. Dentists recommend drinking soda only with a meal, since the food will help to absorb and dilute the acid, and using a straw to minimize the soda's contact with your teeth. Always brush your teeth as soon as possible after drinking soda, and if you can't brush right away, drink some water to help wash the sugar and acid away from your teeth.

Of course, once you've swallowed that sip of soda, you'll want to consider its effect on the rest of your body, too. The sugar and calories in regular soda are the most obvious concern, and with good reason. The Center for Science in the Public Interest says that carbonated soft drinks are the single biggest source of calories in the American diet, contributing to weight gain, obesity and Type II diabetes.

Kids who drink soda regularly drink less milk, water and fruit juice, and heavy soft drink consumption is associated with a lower intake of essential vitamins, minerals and dietary fiber.

[www.howstuffworks.com](http://www.howstuffworks.com)

## SUGAR & ACID = DOUBLE TROUBLE

	Acid*	Sugar**
	Low = Bad	Per 12 oz serving
Pure Water	7.0 (neutral)	0 tsp
Barq's Root Beer	4.0	11 tsp
Minute Maid (R) Orange Juice	3.8	9 tsp
Propel (R) Fitness Water	3.4	1 tsp
Red Bull (R)	3.3	10 tsp
Sprite (R)	3.3	10 tsp
Mountain Dew (R)	3.3	12 tsp
Diet Coke (R)	3.1	0 tsp
Sierra Mist	3.1	10 tsp
Full Throttle Energy Drink	3.0	11 tsp
Diet Pepsi (R)	3.0	0 tsp
Gatorade (R)	2.9	5 tsp
Sunkist (R) Orange Soda	2.9	13 tsp
Dr. Pepper (R)	2.9	10 tsp
Vault Energy Soda	2.9	12 tsp
Amp—Mountain Dew (R)	2.8	11 tsp
SoBe (R) Energy Citrus	2.6	12 tsp
Minute Maid (R) Lemonade	2.6	10 tsp
Pepsi (R)	2.5	11 tsp
Diet Schweppes Tonic Water	2.5	0 tsp
Coca-Cola (R) Classic	2.4	10 tsp
Battery Acid	1.0	0 tsp

\* Laboratory tests, Dr. John Ruby, University of Alabama, Birmingham School of Dentistry, 2007.

\*\* 4.0 grams = 1 teaspoon sugar

Minnesota Dental Association, Sip All Day, Get Decay, c 2002.



As a special holiday event SADD members and advisors decorated the cafeteria and played holiday music during lunch. They also served hot chocolate and mints to students



# CMS Theater

presents



by Flip Kobler  
and Cindy Marcus

Murder and mayhem collide in hilarious fashion as a new radio station - WCKY prepares to air its first show in 1939.



**APRIL 8 AND 9**  
**7:00PM**  
**MSHS AUDITORIUM**

# Career Fair

Cedar Mountain Middle School hosted a Career Fair on January 28th. We had over 15 community members and Cedar Mountain Alumni speak with our students about their career. Our 6th through 8th grade students were able to pick three careers they were interested in learning more about. This is part of our month-long focus on the mindset that “Everything is Possible,” where we encourage students to dream big, embrace creativity, think positively, act and adjust. Our presenters discussed the following career specifics:

- How would you explain what you do?
- What inspired you to choose your career?
- What type of training / education did you need?
- How long did it take to complete your training / education?
- What special skills are required?
- What does a typical day / week look like in your field?
- What is the typical starting salary for your field?
- Are there any other interesting facts concerning your field?

This greatly helped our students to envision their dreams as realities and act as a motivator to continually push forward.



**Doug Kopischke**  
Sales Manager at Weelborg Ford,  
Redwood Falls



**Dr. Jill Haala**  
Chiropractor/Owner, In-Line  
Chiropractic, Morgan

**Joel Mathiowetz**  
Entrepreneur/Crop  
Insurance/Agriculture



thinking  
about a  
career



Other presenters included:

**ANN VOTE**

MN Ag in the Classroom

**JENNA PETERSON**

Redwood County Attorney

**TAMMY SCHACHER**

EMT, Morgan

**DOUG DAUB**

Manager at F&M Bank, Morgan

**JOSH HOFFMANN**

Nurse Practitioner at Allina Health, Springfield

**BROOK CHRISTENSEN**

Plumber at Kerkhoff Plumbing and Heating, Morgan

**JESSICA JOHNSON**

Accountant at DF Hoffbeck and Associates

**Taylor Bolinger**

Police Officer,  
Morgan



**Lydia Sullivan**  
Dog Groomer at The Pampered Pooch,  
Redwood Falls



**Arial Brandl**  
Physical Therapist at Sleepy Eye  
Medical Center, Sleepy Eye



**Tony Mages**  
Welder/Business Owner, Blue  
Ribbon Service, Morton



# Upcoming Community Ed Programs

Information was sent home with students.

## Cedar Mountain Early Childhood Family Education

**Classes are starting soon!**

**Morgan Preschool Room OR  
Franklin Preschool Room**

**Tuesdays & Thursdays  
6PM-7:15PM**



Feb. 8th....."Valentines" Theme  
Feb. 15th..... **Morgan** "Healthy Me!" Theme  
Feb. 22nd....."Dinosaur" Theme

Feb. 10th....."Valentines" Theme  
Feb. 17th..... **Franklin** "Healthy Me!" Theme  
Feb. 24th....."Dinosaur" Theme

Cost: \$10/child for all 3 sessions  
Instructor: Rachel Krenz  
Parent Educator: Dawn Tietz  
Classes are for children birth – age 5 and their parent(s).  
ECFE classes provide opportunities for parents and young children to grow and learn together in a safe and supportive environment.  
\*Minimum of 4 children needed to hold class at each site.\*

**TO REGISTER, PLEASE CONTACT:**  
Emily Dahmes: 507-557-2251 • edahmes@cedarmt.org  
Dawn Tietz: 507-249-5990 • dtietz@cedarmt.org

## Theatre in our Community

**Nuptialknots.com**  
by Craig Sodaro  
February 25 & 26 at 7PM  
February 27 at 1:30PM



**Congratulations** to Tommy Ochs on placing 3rd in SuperSmash Bros in the Minnesota Varsity Esports League's state tournament. Tommy's finish is the highest in the 3 year history of Cedar Mountain's membership in the MNVL.



**Cougar Cagers**

**SATURDAY, FEBRUARY 12 & 19**  
Halftime Performances at the Boys Basketball game on Tuesday, February 22

**Kindergarten** - 9AM - 9:45AM  
**1st/2nd Grade** - 10AM - 10:45AM  
**3rd Grade** - 11AM - 12Noon

Location: Cedar Mountain Elementary Gym (Franklin)

Cost: K-2nd Grade: \$15  
(Includes Free admission for participant and 1 adult to Feb. 22 boys basketball game)



## Are you looking for ways to financially support CM Students?

### Beyond High School

Cedar Mountain High School has a scholarship fund set up called the Cedar Mountain Community Scholarship. This is a scholarship that is used to enhance the future of our students who are pursuing any type of education beyond high school. Each year, the Cedar Mountain Scholarship awards three scholarships to graduating seniors. This scholarship is available to graduating seniors through generous donations by community members and organizations.

### Children's Fund

Cedar Mountain also has a Children's Fund that has been set up to provide resources to students who may be lacking basic things such as winter clothes, shoes, or in need of funds for their lunch accounts. It also can assist with required materials for class projects.

If you are interested in supporting any of these funds or have questions, please contact Preston Palokangas, the school counselor at Cedar Mountain.

## Cedar Mountain MH/HS **CHILDREN'S FUND** Donation Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Would prefer gift to be anonymous \_\_\_\_\_

*Please Make checks payable to **Cedar Mountain MS/HS Children's Fund** and mail to:*

Cedar Mountain High School  
Attn: Preston Palokangas  
207 Gallager St  
Morgan, MN 56266

*You may also drop off your donation at the Cedar Mountain Offices in Morgan or Franklin.*

Amount Enclosed

\_\_\_\_\_ \$100

\_\_\_\_\_ \$75

\_\_\_\_\_ \$50

\_\_\_\_\_ \$25

\_\_\_\_\_ Other

## Cedar Mountain **COMMUNITY Scholarship** Donation Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Would prefer gift to be anonymous \_\_\_\_\_

*Please Make checks payable to **Cedar Mountain Community Scholarship Fund** and mail to:*

Cedar Mountain High School  
Attn: Preston Palokangas  
207 Gallager St  
Morgan, MN 56266

*You may also drop off your donation at the Cedar Mountain Offices in Morgan or Franklin.*

Amount Enclosed

\_\_\_\_\_ \$100

\_\_\_\_\_ \$75

\_\_\_\_\_ \$50

\_\_\_\_\_ \$25

\_\_\_\_\_ Other

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



**Free Open Gym**  
January 9 – March 22

**Franklin  
Sunday  
2PM-4PM**

**Morgan  
Sunday  
6PM-9PM**

18 CEDAR MOUNTAIN SCHOOLS  
2021-22 SCHOOL CALENDAR

February 21 . . . . . President's Day (NO SCHOOL)  
February 28 . . . . . 12:10 Dismissal (Conferences)  
March 11 . . . . . Teacher In-Service (NO SCHOOL)  
March 25 . . . . . 12:10 Dismissal  
April 13-18 . . . . . Spring Break (NO SCHOOL)  
May 30 . . . . . Memorial Day (NO SCHOOL)  
June 2 . . . . . Last Day of School  
June 3 . . . . . Graduation

*Visit our website to see any updates to the calendar.*  
[cms.mntm.org](http://cms.mntm.org)



### Start Dates

Track . . . . . March 14  
Softball . . . . . March 14  
Golf . . . . . March 21  
Tennis . . . . . March 29  
Baseball . . . . . March 14



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