



From the Top

COUGAR

CEDAR MOUNTAIN SCHOOLS

Pride

cms.mntm.org

NOVEMBER 2021

DISTRICT OFFICE
PO Box 188 • 207 GALLAGER STREET
MORGAN, MN 56266
PH: 507.249.5990 • FAX: 507.249.3149

CEDAR MOUNTAIN ELEMENTARY
PO Box 38 • 231 4TH AVE. E. • FRANKLIN, MN 55333
PH: 507.557.2251 • FAX: 507.557.2116

CEDAR MOUNTAIN MIDDLE/HIGH SCHOOLS
PO Box 188 • 207 GALLAGER STREET
MORGAN, MN 56266
PH: 507.249.5880 • FAX: 507.249.5887

Homecoming 2021



Homecoming Court:

Matt Zeug, Morgan Engholm, Caden Kleinschmidt,
Megan Sandgren, Tiffany Robertson, Tanner
Mathiowetz, Dimarie Fierro & Noah Sather

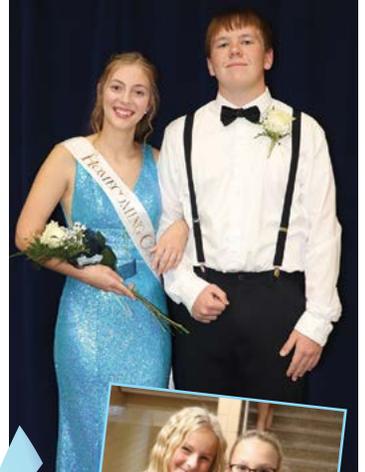
Kindergarten Attendants:

Yzreyel Rendonn &
Cora Christensen

Homecoming was welcomed back with open arms this year after the much different and smaller event held last year. Homecoming was celebrated October 11th through the 15th, many fun and exciting events and dress up days were held in both the MSHS and Elementary. Dress up days included PJ Day, Class Colors, Jersey/Sports Team Day, Cowboy/Flannel Day and of course COUGAR PRIDE. The senior Variety Show was held on Monday evening and was followed by the coronation. Football and volleyball players enjoyed playing at recess with the elementary school students on Tuesday and on Friday, the danceline and homecoming court helped serve lunch and visited with students while they ate. Friday evening the EdMN group held a tailgate supper prior to the football game and Blue Crue sponsored many activities including the Color Run, music by the Concertina Club of Sleepy Eye, rock climbing wall and other yard games. Thank you to everyone who worked so hard to make it a great homecoming week!



MC's:
Mykenna Vollmer
& Keegan Lorang





Mr. R. Brandl
Superintendent

Winter Weather Information

As we enter the winter season, we know that the weather has a history of creating challenging conditions. Minnesota is known for the cold, snow, wind and ice and each year seems to be unique from the next. As much as we hope each year will result in a mild winter, we are always prepared to make decisions that we feel are in the best interests of our students for that given day.

When the weather turns bad or is forecasted to be bad, we consider several factors when deciding to keep school open, start the day a few hours late, close for the entire day or to send the students home early. As the superintendent, I work very closely with the bus company as we gather information on the most current forecasts, National Weather Service watches and warnings along with the road reports. A lot of careful thought is put into every decision as to what is the best plan of action for that day. Once a decision is made, we begin our communication action steps in order to notify families, staff and the community. Ideally we will make a decision as soon as possible as we know families need to make plans and adjustments as well.

Please know that when possible and safe, we always want to have school. If you as a parent or guardian feels it is unsafe to send your student to school, the school will respect that decision. Please notify the school if and when this situation arises.

- Where to receive information in regards to school closings and delays: The best and fastest location to receive weather related school announcements is through the Infinite Campus alert system. Please make sure to log in and check that your phone numbers and email addresses are up to date. If you need assistance with Infinite Campus, make sure to contact the elementary or high school office. Weather related school announcements may also be communicated on Facebook, KLGR radio, KNUJ radio, WCCO radio, KEYC TV, KSTP TV and KARE 11.

- What happens on a late start: If the school day happens to start late as weather or road conditions improve, know that busing will adjust accordingly. Please note that breakfast will not be served on days where school starts late.
- What happens if school closes early: Parents will be notified through our communication systems when school is going to let out early due to impending weather. Please call the school office if after school arrangements for your student needs to be changed.
- E-Learning Days: Cedar Mountain will again be having E-Learning days occasionally when school is closed for the day. As a district we feel that E-Learning is an innovative way to provide students education when the weather is challenging. If it is an E-Learning day, we will communicate this along with the cancellation information. Please reference the Cedar Mountain E-Learning Plan found on the school website for more information.
- After School Activities: If school is cancelled for the day or we have an early dismissal for bad weather, all after school activities and practices are also cancelled. No open gyms or weightlifting will be allowed on these days as well.

Winter Transportation Procedures: When transporting students to and from school, safety is our first priority. We will again be traveling on "plowed roads only" as a protocol to keep students safe and avoid buses from getting stuck. If you live on a rural road, I ask that you think about an alternate pick up or drop off point for your child in the event we are not able to travel on your road. This point may be the nearest plowed road along the bus route. If you have questions regarding this, feel free to contact the Cedar Mountain Bus Company at (507) 249-3136.

As a district, we take great pride and responsibility in getting our students to and from school safely each day. As situations arise, we will always work to make the best decision possible. Thank you for your continued support of Cedar Mountain Schools.





Mrs. T. Miller
Elementary
Principal

Elementary News

It has been a busy fall at Cedar Mountain Elementary! We have continued to work on routines and expectations and our students are doing a great job.

- Our Kindergarten Jump Start students are excited to be attending all day on Fridays. It is amazing all the routines they are learning. Walking in the hallway quietly, going through the lunch line and eating in the lunchroom, packing up your backpack..... are all skills that we take for granted but are usually taught in kindergarten. Some kids are able to do all these things – but can they do it within the time frame we need and with the distractions of 15 others? These kids are now able to practice all these school expectations this year and are doing great at it! Plus they are mastering pre-kindergarten skills and having fun with the kids in their grade.
- All of our classrooms are continuing to use the app called See Saw to communicate with parents and send examples of their work! Be sure you are not missing out on this fun if you haven't connected yet to the class. This is the format we will be using for our E-Learning Days this winter.
- Don't worry --- we still believe in books at Cedar Mountain! We encourage our kids to READ – READ – READ! Prizes are given out monthly to those students that read and pass a quiz to prove their comprehension. We started our prizes in October and look forward to seeing our readers grow. Be sure you are modeling the importance of reading at home and are making time to read with your children no matter what age they are!
- Thanks to the USDA... all of our children are continuing to enjoy lunch and breakfast for free all year long again! Students are eating breakfast in their classroom but get to enjoy lunch in the cafeteria with friends. It's nice to be back in the cafeteria!
- Flexible seating is a newer concept in education and you may find students sitting on yoga mats, wobble stools, bean bags, cool plastic chairs, or even standing desks. Flexible seating helps keep young minds alert and focused!
- This year we are holding our first Read-A-Thon fundraiser to raise funds during COVID. With the cancelation of our farmer's market, we wanted to make sure our students still were able to collect donations that will benefit their class this year and in the years to come. If you are interested in donating to the school please contact the office or your child's teacher. Thank you to all of those who have and continue to support Cedar Mountain Schools.

4th graders are busy learning about U.S. geography in Social Studies! They recently completed their first group research project of the year by investigating a major landmark in the United States. They created a poster with the information they learned and then presented their projects to the class! Coming soon -- the 4th graders are gearing up to learn all about the 50 states and capitals!



4th
Grade

*Landmarks in the
United States*





Middle / High School

Happy Fall! It is always amazing how fast the start of the year goes. We have had many exciting and wonderful experiences happen here since the start of school. Our students are working hard and adjusting to the rigors of school life once again.

*Mrs. T Yackley
MS/HS Principal*

Some new programming and changes are the new Language Arts/English curriculum that is being implemented. We also implemented the Middle School model for our 6-8th graders. These grades have more of a block schedule for math and Language Arts. It also encompasses an advisory class. We are using the 7 Mindset curriculum. We work on Social/Emotional lessons, team building, and community involvement each month.

A couple of our elective classes had the opportunity to go on a field trip. The Minnesota Authors class toured the Wanda Gag home in New Ulm. The Recreational Activities class got to golf at Mayflower. The 9-12 grade did the seat belt challenge by Toward Zero Death

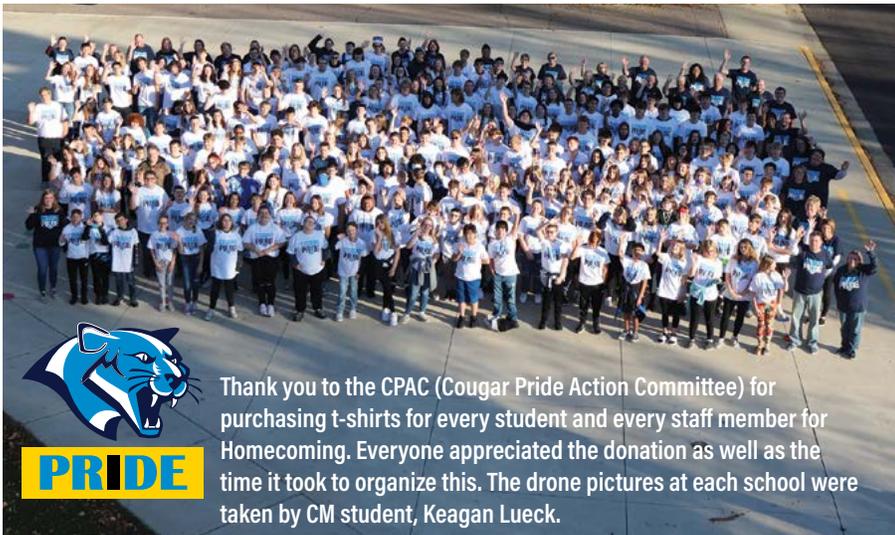
and Cedar Mountain retained the traveling trophy.

Homecoming week went really well. There were many activities and opportunities to show our Cedar Mountain Pride including the variety show, the color run and the sporting events.

Our fall sports are wrapping up with playoffs right around the corner and that means that the winter season is preparing to start in November.

We are offering after school Student Support sessions. Students that need time to catch up on homework, need to take a test or just need extra support on a lesson or concept can stay after school to get the help they need. Our staff is working on creating engaging and rigorous lessons to make school a rewarding and positive experience for all.

There are many great things happening at our school. I appreciate all of our students, parents, staff and community for the support given to our school and programs. Go Cougars!



Thank you to the CPAC (Cougar Pride Action Committee) for purchasing t-shirts for every student and every staff member for Homecoming. Everyone appreciated the donation as well as the time it took to organize this. The drone pictures at each school were taken by CM student, Keagan Lueck.



Cedar Mountain welcomes our new members of the National Honor Society



Front Row (L to R) - Tommy Ochs, Payton Ball, Nate Sandgren, Maverick Weber, Caden Kleinschmidt, Keegan Lorang, Jonah Krogstad

Middle Row (L to R) - Madilynn Eichstadt, Savannah Ball, Keira Hultquist, Mykenna Vollmer, Kelly Stelzer, Keanna Hultquist, Morgan Engholm, Abbie Hacker

Back Row (L to R) - Ciera Spaeth, Molly Kevelin, Maddi Mages, Paige Rose, Grace Schouvieller, Emma Sullivan, Megan Sandgren, Teresa Larsen, Lauren Welter

On Monday, September 27 sixteen new members were inducted into the Cedar Mountain National Honor Society. Being inducted into NHS is a great achievement for students. In order to be considered for this honor, students must have at least a 3.5 GPA, be active in various organizations both in and outside of school, show excellent personal character, and demonstrate leadership skills. The 24 members of NHS look forward to serving the community by organizing the Morgan Santa Days, reading books with the elementary during February's I Love to Read Month, and helping with other projects throughout the year.

Color Run



Cowboy / Flannel Day



P
J
D
A
Y



Pajama Day!



Cougar
PRIDE



Jersey Day!

Day of Caring

Cedar Mountain Middle School students participated in a Day of Caring! Students helped rake and bag leaves on yards around town. We are thankful to have such kind and caring kids!



VIRTUAL PARENT/TEACHER CONFERENCES



Cedar Mountain ELEMENTARY Conferences will be Thursday, November 18th and Monday, November 22nd from 4:00-7:40 pm. We encourage you to meet with all of the teachers that your child sees in a day.

Cedar Mountain MIDDLE/HIGH School Conferences will be Tuesday,

November 16th and Thursday, November 18th, from 4:00-7:30 pm. You are welcome and encouraged to sign up for as many teachers your child has that you would like to meet with.

All conferences will be held virtually and we are using the site MyConferenceTime.com for you to schedule your conferences.

Below find the simple steps to schedule your conferences for both elementary and MSHS.

1. Please go to: www.myconferencetime.com/cms
2. Find the folder for elementary and or middle school/high school and click on the name of your child's teacher.
3. Select your preferred time.
4. Enter required information.
5. Click "**Sign Up for Your Conference**" near the bottom of the screen.
6. You're done! That's all there is to it.

An email will be sent to you confirming your scheduled time and a reminder email will be sent to you a few days before the conference. On the night of conferences, you will log into a google meet at your scheduled time. This link will be shared with you in the confirmation email and the reminder email. The teacher will admit you into the Meet. If for some reason you need to cancel your conference, please do this through MyConferenceTime.com so the teacher is able to see this and someone else can use your time slot.

College Bound Seniors

One of the main things seniors should have an idea of some colleges they want to apply to if they are thinking the college route.



October is College Knowledge Month where many of the colleges waive their application fees. That will be a great time to apply. 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 2020. 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.



Treat media as you would any other environment in your child's life. The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children's friends, both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are

doing online.

Be a good role model. Teach and model kindness and good manners online. Because children are great mimics, limit your own media use. In fact, you'll be more available for and connected with your children if you're interacting, hugging and playing with them rather than simply staring at a screen.

Create tech-free zones. Keep family mealtimes, other family and social gatherings, and children's bedrooms

screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child's bedroom to help him or her avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep.

It's OK for your teen to be online. Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world. Just be sure your teen is behaving appropriately in both the real and online worlds. Many teens need to be reminded that a platform's privacy settings do not make things actually "private" and that images, thoughts, and behaviors teens share

online will instantly become a part of their digital footprint indefinitely. Keep lines of communication open and let them know you're there if they have questions or concerns.



CMS Alumni Receives Highest Degree

Brooke Hoffbeck (2019 CM Graduate) recently received the highest degree achievable in the National FFA Organization, the American FFA Degree. This National Degree shows an FFA member's dedication to his or her chapter and state FFA association. Less than 1 percent of FFA members complete their American FFA Degree. It demonstrates the effort FFA members apply toward their supervised agricultural experience and the outstanding leadership abilities and community involvement they exhibited through their FFA career.



Brooke Hoffbeck
2019 CMS Graduate

Congratulations Brooke!

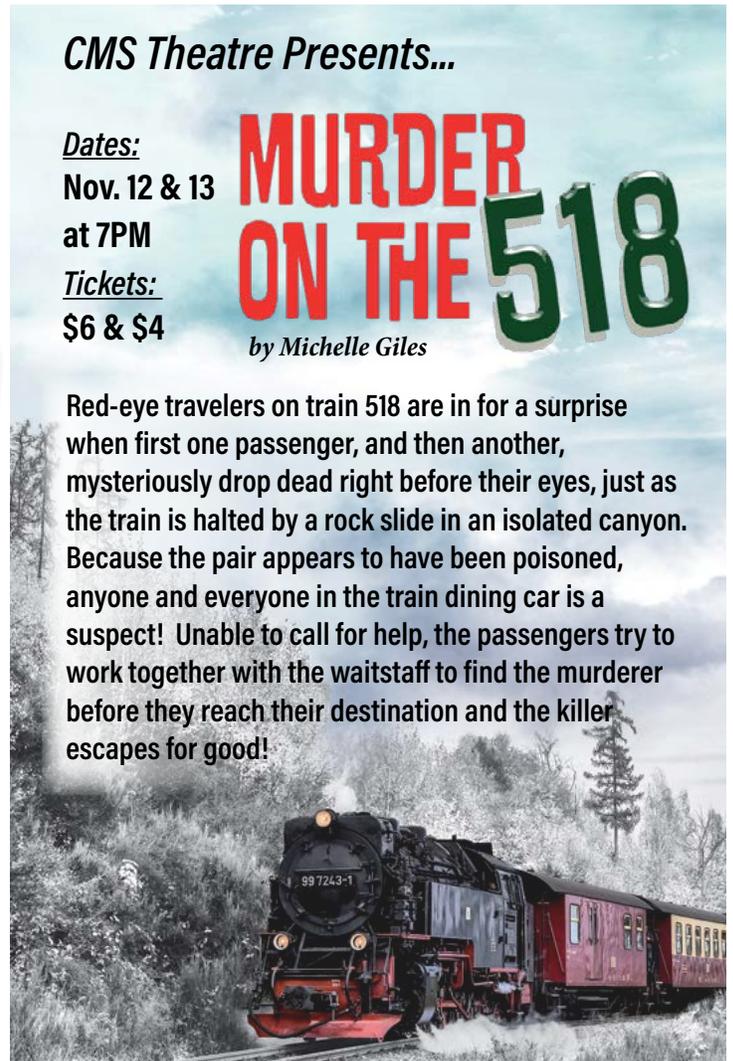
CMS Theatre Presents...

Dates:
Nov. 12 & 13
at 7PM

Tickets:
\$6 & \$4

**MURDER
ON THE 518**
by Michelle Giles

Red-eye travelers on train 518 are in for a surprise when first one passenger, and then another, mysteriously drop dead right before their eyes, just as the train is halted by a rock slide in an isolated canyon. Because the pair appears to have been poisoned, anyone and everyone in the train dining car is a suspect! Unable to call for help, the passengers try to work together with the waitstaff to find the murderer before they reach their destination and the killer escapes for good!



Mark your Calendars



Tuesday, November 23, 2021
AND

Monday, February 7, 2022
8:30 - 2:30

Cedar Mountain MSHS

Register online at
www.redcrossblood.org

Blue Crue Tue Team

The newest members of the 5th grade Blue Crue Tue gathered recently to create expectation videos for the elementary school, learn about leadership, and enjoy a pizza party.



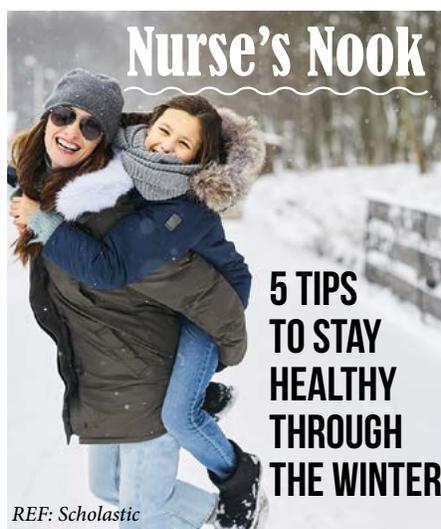
Believe it or not, we're also in the peak of flu season, which runs from October through May in North America.

Here are **5 QUICK TIPS** to keep you and your kids healthy throughout the remaining weeks of winter. They're simple but if you do them, you'll greatly reduce the risk of anyone getting sick.

Get Enough Sleep. Sufficient sleep is an essential component of good health and disease prevention. A good night's sleep makes everyone more productive and keeps our immune systems operating well. Younger kids should get 10 hours of sleep per night, which drops slightly (8.5-9.5 hours) for children aged 10-17.

Eat Well. Healthy eating fuels our immune systems and plays a huge role in our long-term health. Encourage your family to eat brightly-colored fruits and vegetables – ideally 2 fruits and 3 vegetables per day during meals and snacks.

Stay Active. Kids are supposed to get at least 60 minutes of physical activity per day. During the week, they may accomplish part of this during school but make sure that they're getting their full 60 minutes afterwards, and especially during holidays and weekends. Since February is National Heart Month, this is a great time to teach your kids how to measure their heart rates. Grab a stopwatch and have them count their heartbeats



for 6 seconds, then multiply by 10. They can compare how their heart rates vary with different levels of activity (sitting, standing, hopping, dancing, and running).

Watch Outdoor Temperatures. Many kids want to run outside at the first sign of fresh snow. Playing outdoors is great for them and can help them stay active during the day (not to mention, keep everyone sane on back-to-back snow days). Just remember

to limit their time outdoors when it's very cold, and especially when temperatures drop into the 20's, or lower depending on the wind chill. Remember to keep them properly outfitted (layers of clothes, coats, gloves, etc.) and consult your doctor if you have any concerns about frostbite or hypothermia. For the latter, you should quickly take their temperature. Any temperature below 95 degrees is considered an emergency and should be treated immediately.

Wash Hands. This is the single most effective way to prevent most winter illnesses (and throughout the whole year)! Any virus can be spread when an infected person coughs, sneezes, or touches a surface and leaves behind secretions. Hand washing -- regularly and correctly -- can dramatically reduce much of the exposure. Print this easy step-by-step guide to properly washing hands for your kids. Tape it above the sink until it becomes their habit (and yours!). Key points include washing hands for at least 20 seconds (the length of 2 "Happy Birthdays") and making sure to hit all parts of the hands and fingers.

Try to keep these 5 simple tips in mind to enjoy the remaining days of winter with your families!

Upcoming Community Ed Programs

Information was sent home with students.

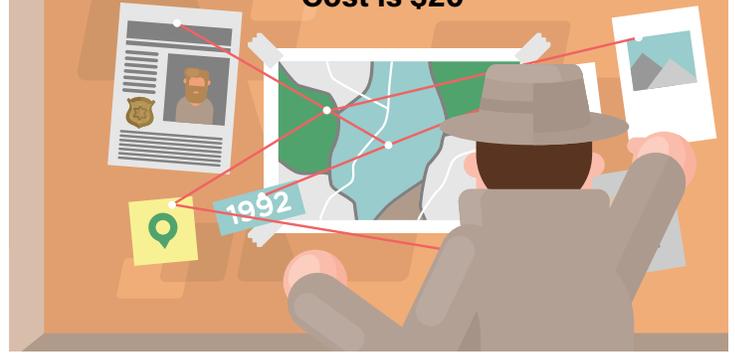
Mystery at Cedar Mountain

K-2nd Grade
November 9 and 16
After school in the elementary
Cost is \$15



Crime Scene Science

3rd-5th Grade
Nov. 30, Dec. 7, Dec. 14
After school in the elementary
Cost is \$20



KIDS

Painting



CM Community Ed recently offered an after school painting class to elementary school students taught by Mikayla Rudenick. This event was split into two days, the first day was for grades K-2 and the 2nd day was for those in grades 3-5.



Thrilling Thursdays

SESSION 2



Class Dates: December 9, 16, 23, 30, 27,
January 3, 10

3-5 Year Olds

This is a Community Ed class and is held in the preschool room in Morgan. The class is broken down into theme based sessions, each session is 7 weeks long so if you want your child to attend one session you can, or you can register for the whole year! This activity will be very hands-on and will allow children to explore their environment in ways that include walking field trips, science lessons, music and much more!

- Because this is a Community Ed activity and not part of the preschool program, preschool scholarships do not apply.
- Is your child turning 3 during the school year? This is a good "intro to school" activity when they turn 3.
- Be sure to "like" the Cedar Mountain Schools Facebook page to keep up to date!
- For more information, contact Mikayla Rudenick at mrudenick@cedarmt.org

Instructor: Mikayla Rudenick

Class Times: Thursdays from 8:30am – 11am

Maximum Attendees: 12

Cost: \$35 per session (7 classes)

To register, contact Mikayla Rudenick

Call/Text: 507-430-5731 • Email: mrudenick@cedarmt.org



The current theme for the Thrilling Thursday class is **DINOSAURS**. The preschoolers are enjoying learning all about them.



SANTA'S WORKSHOP

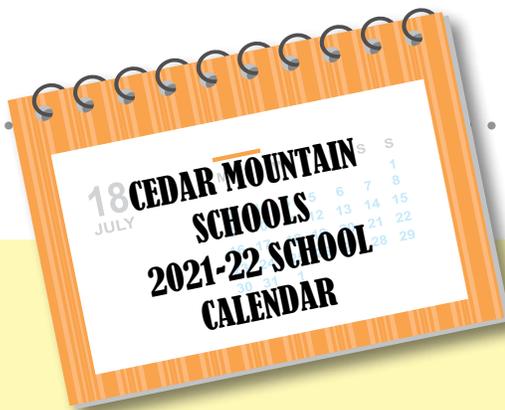
Monday, December 6
6:00 pm - 7:15pm
Morgan Cafeteria



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



November 18 & 22 Elem. Conferences
November 24 12:10 Dismissal
November 25 & 26 Thanksgiving Break (NO SCHOOL)
December 23 – 31 Winter Break (NO SCHOOL)
January 21 Teacher In-Service (NO SCHOOL)
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

Winter Sports

November 15
Girls Basketball (9-12)
Middle School Boys and Girls Basketball
Gymnastics (7-12)

November 22
Boys Basketball (9-12)
Dance (6-12)
Wrestling (7-12)



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