



From the Top

COUGAR

CEDAR MOUNTAIN SCHOOLS

Pride

cms.mntm.org

NOVEMBER 2018

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

WE ARE CEDAR MOUNTAIN!

Middle School/High School Staff



Elementary Staff



**Just Can't Hide
that Cedar
Mountain
Pride**





Mr. Robert Tews
Superintendent

Cedar Mountain Operating Levy Information

Cedar Mountain takes great pride in the excellent education our school district provides for the students. The district offers a comprehensive educational program in a safe, caring, personalized environment that reflects the strengths and values of our communities coupled with the rich and long traditions of our district.

Educational opportunities are provided by dedicated and talented teachers, principals, and support staff, and we offer exceptional programs of learning for students. We provide extracurricular activities and arts that allow our children to be involved and experience success. The school district continues its commitment to provide a digital learning environment that prepares our students to succeed in the 21st century.

Like many school districts throughout Minnesota, Cedar Mountain continues to encounter school funding streams that have not kept up with the costs of running a school or have disappeared. These

costs include maintaining current programs, opportunities, and services- including class size, curriculum and course offerings, textbooks, technology, and extracurricular activities. State per-pupil funding of education has not even kept pace with inflation, with inflation exceeding the general education revenue the district receives by \$618 per student over the past 16 years. This lack of funding caused Cedar Mountain to make over \$200,000 in reductions last year. But reductions alone will not be enough to balance our budget.

The Cedar Mountain School Board is asking voters to approve an operating levy increase of \$790 on November 6, 2018, which is Election Day. This will generate about \$400,000 in new revenue for the district. If approved, this increase will not take effect until the 2019-2020 school year. The last operating levy increase at Cedar Mountain was in 2001. With an operating levy, homes are taxed on the property value. Agriculture property is taxed on the value of the home, garage, and one acre of land. State aid will pay for part of an operating levy increase.

Don't Forget to VOTE • Nov. 6th



Heart Rate Monitors in Physical Education

Students at Cedar Mountain Elementary School have been using heart rate monitors in P.E. class this fall. The heart rate monitors were purchased through a state wide health improvement plan (SHIP) grant. Thanks to the grant Cedar Mountain was able to purchase 12 heart rate monitors and software that allows heart rate data to be displayed for each student during class. The heart rate monitor is on a strap that is worn around the forearm of the students. (See picture) When students enter the gym they simply grab their heart rate monitor, strap it on their arm and turn it on by pushing a button. The students' heart rate data is displayed in colored boxes on an iPad screen which is then projected onto a wall in the gym providing instant feedback on their effort level. When students are in their target heart zone, their box will turn green indicating they have reached the bottom of their target heart zone. The box will turn red if students get to the top of their target heart zone. (See heart zones chart.) When their box turns gray or blue that means they need to "pick up the pace" a little bit. The goal is for students to reach their target heart rate and

maintain that for at least 15 minutes of their 25 minute class period each day. Currently with only 12 monitors, students are taking turns each day using the monitors with the goal of adding 12-15 more monitors for next school year so that each student can use a heart rate monitor daily in P.E.



Cedar Mountain 2nd Grader, Ella Freitag is wearing one of the new heart rate monitors.

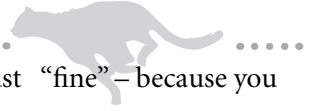


	TARGET ZONE HEART RATE	EXAMPLE DURATION	
Maximize Performance	VERY HARD 90-100%	LESS THAN 5 MIN	171-190 BPM BENEFITS: develops maximum performance and speed FEELS LIKE: very exhausting for breathing and muscles RECOMMENDED FOR: fit persons and for athletic training
	HARD 80-90%	5-10 MIN	152-171 BPM BENEFITS: increases maximum performance capacity FEELS LIKE: muscular fatigue and heavy breathing RECOMMENDED FOR: everybody for shorter exercises
Improve Fitness	MODERATE 70-80%	10-40 MIN	133-152 BPM BENEFITS: improves aerobic fitness FEELS LIKE: light muscular strain, easy breathing, moderate sweating RECOMMENDED FOR: everybody for moderately long exercises
	LIGHT 60-70%	40-60 MIN	114-133 BPM BENEFITS: improves basic endurance and fat burning FEELS LIKE: comfortable, easy breathing, low muscle load, light sweating RECOMMENDED FOR: everybody for longer and frequently repeated shorter exercises
Less Weight	VERY LIGHT 50-60%	20-40 MIN	104-114 BPM BENEFITS: improves overall health and helps recovery FEELS LIKE: very easy for breathing and muscles RECOMMENDED FOR: weight management and active recovery



Mrs. P. Machart
Elementary Principal

Elementary News



When you meet people, do they often say, “Hi, how are you?” and you reply with just “fine” – because you really aren’t going to give them all the details of how you really are feeling.

I often get asked, “So how is the new school year going?” My response is usually a simple “Great”! As I too don’t think people really want me to elaborate. But, today I will!

- The beginning of the school year is a time where we have to do lots of practicing and drills so that we are safe and prepared for anything that may arise throughout the year. Fire drills, bus evacuation drills, and ALICE emergency drills have all taken place. Can you believe, our elementary can totally evacuate our building in 52 seconds?! Isn’t that great that our kids take these drills so serious!
- We are collaborating with Renville County on a new program that will provide child friendly food and snacks for elementary children for over the weekend. I think that is **great** that we have the resources and volunteers that are doing that for folks that may financially need that extra help!
- Our Early Childhood Family Education program kicked off the year with a fun Family Carnival complete with food, games, and a photo booth. What a **great** night to hang out with some of our youngest children in the district! If you have pre-school aged children, this is a fun program to be involved with.
- We have an ability based reading time daily for each grade called Power ½ Hour. This is a time where students can read at their level and get the extra support or challenge that they may need. This week, I listened to 1st graders reading a chapter book and 4th graders delve into a harder novel. It is so **great** that we can individualize learning!
- New this year – is Camp Cougar! How **great** that we are able to provide after school child care for our families. If your family needs child care on non-school days or during vacations – please contact us. If we have 5 or more children we will provide childcare on those days too.
- I often get compliments on how family friendly and welcoming our school feels! How great to see that our Cougar Pride program is working and that our children and staff are able to work in a positive school environment.
- Do you want me to go on..... I sure could! We have **great** students, **great** staff, and a **great** building! **Great things are happening at Cedar Mountain Elementary!**

Parent Access to Student’s Workday



Cedar Mountain elementary parents and guardians are able to see into their child’s classroom with the Seesaw App. This app allows teachers to share learning between school and home. Pictures and videos of their children can be posted and shared with families on a regular basis. When samples of student work are posted on Seesaw, parents and guardians are notified immediately. They are able to view the student’s work and give feedback. Seesaw is private – parents and guardians only see posts created by their child. Families who use Seesaw love having a window into their children’s day and children love connecting with their families. Teachers are also able to use Seesaw to send home messages and reminders. There is still time to sign up for Seesaw in your child’s classroom, check with your child’s teacher!



Another Successful Day at Market

The Farmer’s Market was once again a huge success at Cedar Mountain Elementary. Thanks to our great community support, \$3,622.30 was the grand total raised this year for our students! All funds raised go to a class account which is used for field trips and special class activities throughout their elementary years.

It is fun to see the new creative and unique crafts, baked goods, and the fabulous fresh produce! Thanks so much to all for their donations, their help, and their purchases!





Mr. R. Brandl
Principal/Assistant
Superintendent

Middle / High School

The new school year at Cedar Mountain is off to a great start! Each new school year brings excitement as we get to see our students learn and grow in an active environment. Some traditional events that take place in September such as National Honor Society induction night and Homecoming Week give us an opportunity to celebrate our students.

We are proud of what our students have already accomplished in the first few weeks and we look forward to continued success. Here are a few updates on what is going on at the MS/HS

- This year is our 3rd year of our student 1:1 Chromebook Initiative. Giving each student immediate access to technology has improved our ability to quickly deliver content in an ever changing world. Our Technology Integrationist, Mrs. Alissa Steve, has been an integral part of Cedar Mountain making

sure we are utilizing technology effectively within our classes and curriculum.

- We were able to offer a host of new classes to our students starting this fall. Dakota Language, Work Based Learning, College Art, Medical Science, Advanced Biology, full year ACT Prep and Computer Applications are all additions to what we were already offering. We strive to continue to evolve our offerings as we prepared our students for life after high school.

- One of our staff goals for the 2018-19 school year was to increase curriculum communication to our parents and guardians. Each quarter, families will receive information electronically regarding the curriculum that will be delivered during that time period. We hope this new method will increase our parent engagement and give you a platform to easily stay engaged in your student's education.

Thank you to all the stakeholders who are proud supporters of Cedar Mountain. Together as a school and community we can and will accomplish great things. Go Cougars!



Elementary Introduces Standards Based Grading

Hard to believe that it is almost the end of the first quarter of the year. Reminder that at the elementary, we will be grading students on the trimester system. You will get your child's report card at conferences on November 15 or 19, February 25 and then at the end of the year. At conferences, your children's teachers will explain to you the progress that the students are making on their grade level standards. I think you will appreciate this new form of report card as it will give you much more detail about what skills the student is advancing at and which areas they may need more help in. To learn more about Standards Based Grading go to our website at www.cms.mntm.org and go to the Elementary link.



NHS welcomes its newest members



Front Row: *Sean Distad, *Vincent Ochs, *Dain Dallenbach, Ethan Bock, Brady Forbrook, *Nathaniel Johannek, Nolan Freitag
Middle Row: Ashley Rothmeier, *Shaylee Schiller, *Novelyn Wabasha, *Rosalyn Madsen, Bailey Madsen, Kallie Kodet, Hannah Hacker
Back Row: Emma Schouviller, Alle Ahrens, *Jessica Lund, *Kaitlyn Lorang, *Maddie Rose, *Trista Smith, Trenna Jeppesen, Brooke Hoffbeck

On Tuesday, September 18th, the Cedar Mountain National Honor Society held their induction ceremony in the CM MS/HS Cafeteria. Eleven new members were inducted into Cedar Mountain NHS. To become a member, a student must show the following qualities: leadership skills, be of good character, minimum GPA of 3.5 and willing to perform community service. Students are invited to apply by demonstrating these skills and providing letters of recommendation. After the applications are reviewed by a staff committee, students are notified of their acceptance.



*Denotes new member

**V
O
T
E**

Cedar Mountain Schools ISD #2754

LEVY INFORMATION FOR VOTERS

NOVEMBER 6, 2018

KEY POINTS OF THE OPERATING LEVY

- The District has determined to request \$790 per pupil increase from our constituents. This increase is based on students enrolled at Cedar Mountain.
- Homes are taxed on property value.
- Agricultural property is taxed on home, garage and one acre of land only.
- The last operating levy increase at Cedar Mountain was in 2001.
- If approved, the increase in funding would not take place until the 2019-2020 school year.
- The average home in the Cedar Mountain School District is valued at about \$76,000. At this valuation, taxes will increase \$15 a month or \$175 a year.
- Homestead Credit Rebates are available to qualifying property owners.
- The district made approximately \$200,000 in reductions for the 2018-19 school year.
- Cedar Mountain is seeking an operating levy, not a building bond.
- The increase funding will be utilized to make up for the decrease seen in state aid.
- Check out the Cedar Mountain web page for more information.

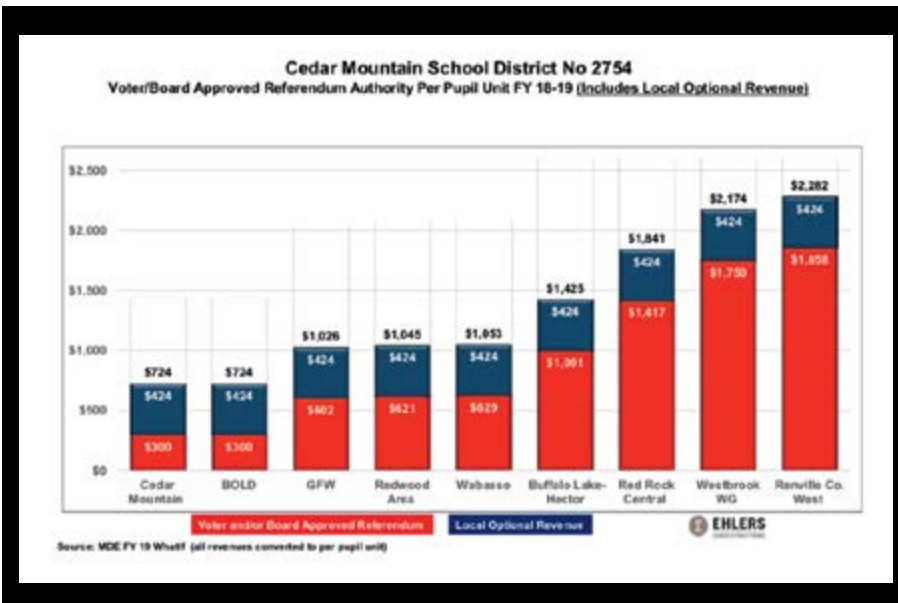
Estimated Market Value Tax Rate, Taxes Payable in 2019 (For Operating Referendum Only)	Estimated Taxes for Proposed Levy*
	0.23310%

Type of Property	Estimated Market Value	Annual*	Monthly*
	\$30,000	\$70	\$6
	40,000	93	8
	50,000	117	10
	75,000	175	15
	100,000	233	19
Residential	125,000	291	24
Homesteads,	150,000	350	29
Apartments,	175,000	408	34
and Commercial-	200,000	466	39
Industrial Property	225,000	524	44
	250,000	583	49
	275,000	641	53
	300,000	699	58
	400,000	932	78
	500,000	1,166	97

Amounts in the table are based on school district taxes for the referendum levy only, and do not include tax levies for other purposes. Tax increases shown above are gross increases, not including the impact of the Minnesota Homestead Credit Refund ("Circuit Breaker") program. Many owners of homesteaded property will qualify for a refund, based on their income and total property taxes. This will decrease the net effect of the referendum levy for many property owners.

NOTE: Agricultural property will pay taxes for the proposed referendum based only on the value of the house, garage and one acre. Seasonal recreational residential (cabins) will pay no taxes for the proposed referendum.

Levies are for LEARNING!
Bonds are for BUILDING!



2018 HOMECOMING



*Brady Forbrook, Ethan Bock, King Chase Schiller & Dain Dallenbach
Brooklyn Kerkhoff, Bailey Madsen, Queen Emma Schouvieller & Brooke Hoffbeck, Cash Wahldick & Aiyana Anderson*



VARIETY Show



The seniors entertained the crowd at the annual variety show on Monday, September 17th with a 50's and 60's theme.



Dress up days are always a fun time in the MS/HS as well as the elementary.





Pep fests are a big part of homecoming week, all fall sports get recognized and fun activities and competitions take place. A tradition at CM is having the entire elementary come over to the MS/HS for the pep fest on Friday afternoon, this is the only time during the year that all students are together at one time.

PEPFEST



COLOR RUN



The Color Run was a successful event again this year. It was held prior to the football game on Friday and was hosted by CM Blue Cru. It was a cool and damp evening but that didn't stop participants (and volunteers) from having a great time!



CM Football celebrated a win for homecoming... 2010 was the last year we had a homecoming victory!



CM Volleyball
hosts
**KILL
CANCER**
Event



The cougar volleyball program hosted our annual **Kill Cancer** night to raise breast cancer awareness. We had incredible support and showed that no one fights alone. We want to thank our community for helping us raise over \$300 to benefit a local family in need. Our little cougar volleyball players helped make this night truly special!



***“We got the spirit, yes we do!
We got the spirit, how about you!”***

I hope you got to experience the spirit at the Elementary Night at the Volleyball game against Sleepy Eye St. Mary’s.

All elementary students got into the game free and they, with the cougar’s help, rocked the gym with their cheering! The students led the National Anthem at the beginning of the game and the school song throughout the game. We had fun activities planned between matches to keep the spirit going. All this school spirit motivated the Cedar Mountain Cougars to a victory that evening!



Cougar Cub Receives Circle of Excellence Award

The Cougar Cub Childcare Center was the proud recipient of the 2018 “Circle of Excellence Award”. The commissioner of the Minnesota Department of Human Services, Emily Piper, visited the Childcare Center on Thursday, October 11th to make this presentation to the Childcare Center and Franklin Industries representatives. The commissioner spoke highly of the school and community working cooperatively to meet the needs of area parents.

Early Childhood Development

SANTA'S WORKSHOP



Tuesday, December 4th
6:00 p.m. – 7:00 p.m.
CM Cafeteria/Gym in Morgan

Room to Run

Tuesday, February 19th
6:00 p.m. – 7:00 p.m.
CM Elementary Gym in Franklin



ECFE Winter Classes start in January

“Family Class”
Preschoolers & Toddlers together

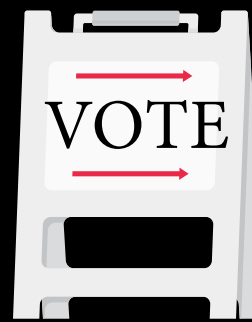
Morgan
6:00 p.m. – 7:15 p.m.
January 15, 22, 29

Franklin
6:00 p.m. – 7:15 p.m.
January 14, 21, 28

New Family Member?

School Census: If you are new to the Cedar Mountain area or have recently had a new baby, please be sure to call the school at **557-2251** so we can add your child's name to our school census.

Thank you.



NOVEMBER

6

Levies *are for* LEARNING!
Bonds *are for* BUILDING!

Give blood.

Every 2 seconds someone
in the U.S. needs blood.
American Red Cross



Blood Drive Cedar Mountain High School

Auditorium
320 Somerville Avenue
Morgan, MN 56266

Tuesday, November 20, 2018
9:00 AM to 3:00 PM

For appointments, please contact Heidi
Walkins Welcome!

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org

Early Childhood Development

2018-19 – Preschool Options

Registration forms and more information about each program are available from the preschool teachers or online on the school website at www.cms.mntm.org under the Community Programs tab. If you would like more information, please contact:

Rachel Krenz – Franklin Preschool Teacher rkrenz@cedarmt.org 557-2251

Sarah Sullivan – Morgan Preschool Teacher ssullivan@cedarmt.org 249-5990

Class Name: 3 Year Old (AM) School Readiness Class

This class is offered in Franklin & Morgan and is for students who are entering Kindergarten in 2020-21.

Days & Time: Mondays & Wednesdays from 8:30 AM – 11:00 AM

Cost: \$60 per month - billed the month prior to services (scholarships are available to those who qualify)

Location: Morgan & Franklin

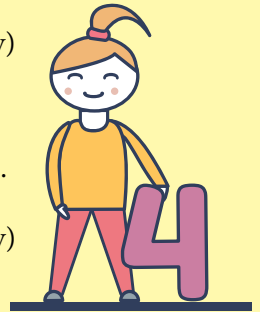
Class Name: 4 Year Old (PM) School Readiness Class

This class is offered in Franklin & Morgan and is for students who are entering Kindergarten in 2019-20.

Days & Time: Mondays & Wednesdays from 12:45 PM – 3:15 PM

Cost: \$60 per month - billed the month prior to services (scholarships are available to those who qualify)

Location: Morgan & Franklin



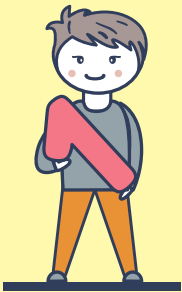
Kindergarten Jumpstart • Franklin Site

This program will be held all day every other Friday in Franklin for Cedar Mountain students going to kindergarten in 2019-20. This class will help prepare your child for kindergarten by teaching various routines such as using the lunchroom, visiting specialists in other parts of the building such as Phy. Ed, computer lab, library etc..., emphasis will also be on letter recognition, phonemic awareness, and math skills to prepare for the transition to kindergarten. Transportation is unique to this program, you will work with your child's teacher to plan a smooth transition for your child.

Days: Every other Friday

Time: 8:20 AM – 3:20 PM

Cost: \$20 per session – billed the month prior to services (*scholarships are available to those who qualify*)



Fun Friday • Morgan Site

This is a mixed aged class for 3 & 4 year olds and will be offered every Friday in Morgan. This is a literacy based program and each day will be set up around a “book of the day” theme. Transportation will be provided between the schools in Franklin & Morgan for no charge. This is for students who will be attending kindergarten in 2020-21 or those not in Jumpstart.

Days: Fridays

Time: 8:30 AM – 11:00 AM

Cost: \$30 per month - *billed the month prior to services (scholarships are available to those who qualify)*

PROCEDURES FOR INCLEMENT WEATHER



1. All school closings, delayed starting times, and early dismissals will be announced through the district's Infinite Campus alert system and on KLGR- AM 1490, FM 97.7; KNUJ-AM 860; WCCO-AM 830, WCCO-4 TV; KARE-11 TV and KSTP-5 TV. They are also communicated on the district website at: <http://www.cms.mntm.org/>. Parents and students are urged to listen to one of these stations daily, but especially when the weather is inclement. Normally these stations will be notified of the closing of schools as close to 6 a.m. as possible. Hearing no announcement, parents and students should assume that the schools will be in session.
2. There are also times when schools are closed earlier than the regular time. If an adult will not be at home, arrangements should be made so that young children have an appropriate place to go. Please make sure that all Snow Emergency Forms have been completed and returned to the principal's office at your child's school.
3. All school activities will not be held when school is closed due to inclement weather.
4. All after-school activities will be canceled when school is dismissed early because of inclement weather.
5. In case of a late start, breakfast will not be served that day.

Community Education / Youth Activities



Thirty-five girls in grades K-6 participated in the 2018 Fall Dance Camp. This program was a collaboration between CM Community Ed and the CM Dance Team. Students attended 3 practices after school and performed at the homecoming football game on September 21. Students worked with the dance team members to learn a dance routine which they performed at half time, Cougar cheers and took part in cheering for the football players in the tunnel while introduced at the beginning of the game.

Dance CAMP



Great job to all of the participants.

REGISTRATION & INFORMATION

Monday, November 5th
6:00 p.m.
PreK-Grade 8
CM Elementary Cafeteria
in Franklin



Cougarettes Dance

- Cost: PreK/K: \$125 Grades 1-8: \$150 (Includes registration, costume, t-shirt). Family discount
- We will have a short meeting followed by costume fittings. Please bring your dancer to the meeting. Costumes will need to be ordered ASAP.
- Classes held at CM Elementary on Monday evenings unless otherwise noted.
- Start date TBD (likely late November)
- Be sure to "LIKE" the CM Community Education page on Facebook to keep up to date on any changes, cancellations, updates etc... this is the PRIMARY means of communication.
- Scholarships available
- Questions? Contact Sarah at: rsullivan@cedarmt.org or call work: 249-5990 / cell: 320-212-3403
- Plan to bring your used dance items (shoes, tutus etc...) to sell. There will be a table available to buy and sell, please mark items with name, price and cell number.

55+ Driver Improvement Program Class Fall 2019

Where: Cedar Mountain MS/HS Media Center (Library)
 Dates: 4 Hour - November 19
 8 Hour - November 19 & 20
 Time: 5:30 p.m. - 9:30 p.m.
 Cost: 4 Hour - \$20 | 8 Hour - \$25
 (Sorry, no discount for AARP members)



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

Questions? Contact Sarah at 249-5990 or rsullivan@cedarmt.org

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

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

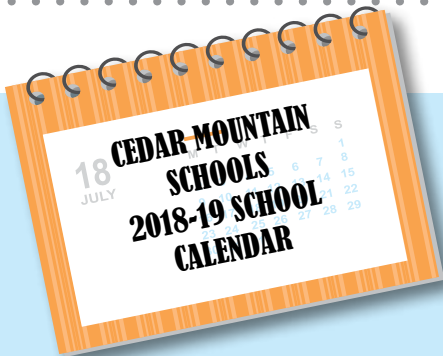
Instructor: Lindy Kaden, Certified PiYo Instructor

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.

POSTAL PATRON



Oct. 29	Staff Development (No School)
Nov. 13 & 15	Parent/Teacher Conf. (MS/HS)
Nov. 15 & 19	Parent/Teacher Conf. (Elem.)
Nov. 16	Early Dismissal – 12:10
Nov. 21	Early Dismissal – 12:10
Nov. 22 & 23	Thanksgiving Break (No School)
Dec. 22 – Jan. 1	Winter Break (No School)
Jan. 2	School resumes
Jan. 18	Staff Development (No School)
Feb. 18	Presidents' Day (No School)
Feb. 25	Early Dismissal – 12:10
Feb. 25	Parent/Teacher Conf. (12:30-6:30)
March 8	No School
March 22	Early Dismissal – 12:10
April 17	Early Dismissal – 12:10
April 18-22	Spring Break (No School)
May 27	Memorial Day (No School)
May 30	Last day of school
May 31	Graduation

PARENT • TEACHER



Nov. 13 – MS/HS Only

4:00-7:30 p.m.

Nov. 15 – Elem. & MS/HS

4:00-7:30 p.m.

Nov. 19 – Elementary Only

4:00-7:30 p.m.

Winter Sports Start Dates:

November 12

7-12 Girls Basketball
7/8th grade Boys Basketball
9-12 Boys Hockey
7-12 Gymnastics

November 19

9-12 Boys Basketball
7-12 Wrestling

