



From the Top

NOVEMBER 2020

COUGAR

CEDAR MOUNTAIN SCHOOLS

Pride

cms.mntm.org

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

2020 Homecoming Candidates



Queen Candidates (Front to Back): Presley Schaefer, Hailey Bigger, Madison Heiling, Bella Harmoning, Trista Smith (2019 Queen)
King Candidate (Front to Back): Keagen Schiller, Jackson Guggisberg, Cade Schiller, Aidan Nelson, Trey Peterson-Juhl (2019 King)



Cade Schiller

Madison Heiling

2020 Homecoming King and Queen



Connor Rieke

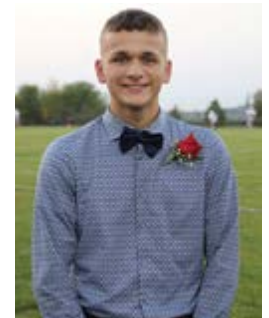
Kindergarten Attendants



Sutton Silbernagel

Homecoming Week was held October 5th -9th. It was less traditional but lots of fun was still had. Dress up days included jersey day, crazy pants day and farmer/flannel day. The Blue Crue sponsored the MSHS students at the football field and had several different stations in small groups doing activities like, slowest bike riding, egg toss, football toss, golf chipping, hula hoop contest and volleyball. Everyone was able to participate and the weather was fantastic.

The week ended with the coronation of our King and Queen prior to the football game against Westbrook Walnut Grove and a volleyball game against BHLS. The weather was perfect and it was great to celebrate and have a sense of normalcy.





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 will 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 avoiding 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.

Attention all Cedar Mountain School District families, alumni, and supporters!!

We are proud to share with you the formation of a new fundraising committee for the school district, Cougar Pride Action Committee (CPAC), formally known as the Cedar Mountain Booster Club. We are a group of parents from the community that wish to bring some new excitement, energy, and pride to our school. We have had an online store for some fun new clothing offers,



Cougar Pride yard signs, Cougar driveway stamping and look forward to continuing to support our district by hosting more events and opportunities. Please follow us on Facebook! Questions or inquiries can be sent to cpac20@outlook.com.

Thank You!



Cedar Mountain Elementary received a donation from the Cougar Pride Action Committee for \$1,400! \$200 will go into each grades class account to offset not having a Farmer's Market this fall. Thank you to CPAC for your continued support of Cedar Mountain Schools!



Mrs. P. Machart
Elementary
Principal

Elementary News

It has been a busy fall at Cedar Mountain Elementary! Some of our activities may be changed in some format – and we are finding that this is okay – as long as we can be in school learning with our friends!

- 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, 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.

- Technology is ever changing and we are using it daily in our instruction. Students can practice their math facts and chart their progress on a math app. The program even keeps track of which facts they are repeatedly getting wrong. All of our classrooms are using an 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 your child's teacher is using it! This is the format we will use if we need to go to Distance Learning.

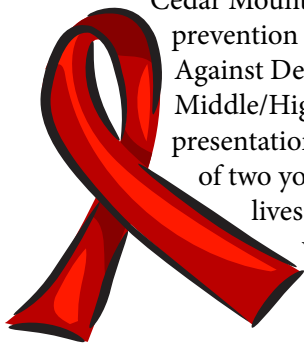
- Don't worry – we still believe in books at Cedar Mountain! We encourage our kids to READ – READ – READ! This year our librarian is delivering books to our classrooms and doing fun projects with us each week! Prizes are given out monthly to those students that read and pass a quiz to prove their comprehension. 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! Some of my favorite "Mom Memories" are reading books with and to my boys!

- Thanks to the USDA... all of our children are getting to enjoy lunch and breakfast for free all year long! Students are eating in their classrooms and are kind of liking visiting with their friends, listening to music, or watching a special video while eating lunch!

- 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!

Happy Fall... and Winter??!! We were not ready for the October snow storm – but sure did enjoy playing in the snow the next day. A reminder that families need to get their snow gear and boots purchased early in Minnesota!

Cedar Mountain Schools celebrated Red Ribbon Week (drug prevention and education) with the help of SADD (Students Against Destructive Decisions) and Blue Crue Tue. The Middle/High School watched a pre-recorded virtual presentation from *Know the Truth* that addressed the story of two young people and how they were able to turn their lives around. The Elementary School watched a live virtual performance titled *The Great Show* by Brian Richards.



Red Ribbon Week





Mrs. T Yackley
MS/HS Principal

Middle / High School

As we navigate through this “new normal” our students have shown their resilience. We have been able to accomplish many things. With the students being in school every other day we have had fire drills, ALICE drills and bus safety. Student pictures were taken. We have settled into our new classes and routines. Students are doing a great job and seem to be grateful to be back in school. Here are some highlights of events:

- 17 seniors took the ACT test last week. It went really well. This was postponed from last spring. Our juniors took the Pre-ACT Oct 28 and 29th and the ASVAB test Nov 2 and 5th.
- We held Homecoming October 9th.. It was a little different from traditional but lots of fun nonetheless. We had dress up days including jersey day, and crazy pants day. The Blue Crue sponsored the students at the football field and they were able to participate in several different stations in small groups doing activities like, slowest bike riding, egg toss, football toss, golf chipping, hula hoop contest and volleyball. Everyone was able to participate and the weather was fantastic. Of course the week ended with the coronation of our King and Queen prior to the football game against Westbrook Walnut Grove and a volleyball game against BHLS. We had perfect weather. It was so great having a little bit of normal return.
- The National FFA Convention this year was a completely online format where students could watch events both live or on demand on their own time. The live convention will take place from Oct.

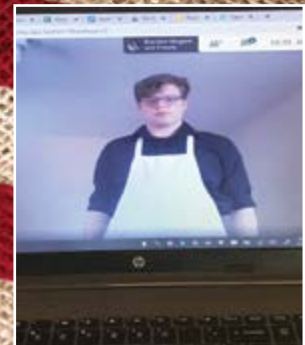
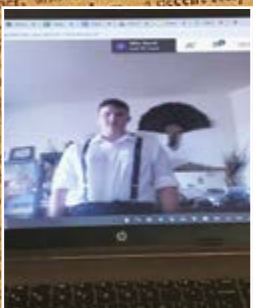
27th-29th and all the sessions and workshops can be streamed on demand for two weeks following the convention. This year a huge benefit of the convention being online is we will be able to get more students involved then we would on a typical year traveling to the convention. A couple years ago National FFA introduced a new part of the National Convention the “FFA Blue Room” In this room there are lots of industry speakers talking about all the cool new innovative and technological advances currently in agriculture. This year students can watch these live events to learn about these topics and chat with the industry representatives without even leaving their school or living room. Some of the topics in the FFA Blue Room this year are climate smart farming, regenerative agriculture, careers of the future and technology in livestock production. Each FFA member will receive their own code to access all the different sessions and workshops that are offered over the three days.

- The end of the first quarter was November 6th.
- The Blue Crue planned our Veteran’s Day program at Cedar Mountain MS/HS for November 11th. This will be virtual as well and all students will be viewing it during the day. It will be made available to the public. Be watching for a link on Facebook.
- Parent Teacher conferences are fast approaching. We will be holding them on Tuesday, November 17 and Thursday, November 19 from 4:00-7:30. These will be held virtually where parents/guardians can sign up for a time and meet with the teachers in a Google Meet. Please be watching for more information on these.



Tenth Graders research Colonial America

The tenth graders in Mr. Menth’s class spent time researching Colonial America! They then presented on the life of a person, including job, family, and how they dressed! Fun times in US History! Students who were in person as well as those distance learning participated together.



Han,

My name is Rebekah Gregg and I have been employed by Cedar Mountain Schools since April of 2012. The Indian Education department works hard to create a positive environment for the students to learn and be successful in their educational endeavors and beyond. The department offers direct support in these areas:

- Academic advocacy which monitors grades, attendance and academic supports.
- Homework help
- Mentoring
- Tutoring
- Personal goals
- Self-esteem issues
- Cultural awareness and values
- Assisting with college scholarships, financial aid applications
- Crisis prevention
- Grant writer
- Family and life advocacy which provides information and referrals within our community.

I'm very honored to work with all youth and families who will represent our communities for many generations to come.

We are all related.

Mitakuyapi, Rebekah Gregg
"Cante Waste Winyan"

Please feel free to contact me anytime by telephone (507) 557-2251 extension #213 or by email at rgregg@cedarmt.org



Anpetu wašte,

Han mitakuyapi. Cantewašteya nape ciyuzapi ye. Dakota ia Mahpiya Win emakiyapi ye. Wascisu ia Lisa (Goodthunder) Nez emakiyapi ye. Canšayapi etanhaŋ wahi ye. Redwood Falls ed wati. Cedar Mountain Schools ed h̄tani ye. Pidamiyaye

Hello all my relatives, I greet you with a heartfelt hand shake. My Dakota name is Cloud Woman. My English name is Lisa (Goodthunder) Nez. I am from where they paint the trees red also known as the Lower Sioux. I live in Redwood Falls. I work at the Cedar Mountain Schools. Thank you!

A little more about myself, I graduated from Redwood Valley High School. I have taken some college courses at Ridgewater Community College and Rasmussen College. I have 9 children (Tate, Brianna, Laiten, Kimamana, Nevaeh, Aniah, Odin, Nyla, and Osage) and my husband is Pete Nez (he works at the Reede Gray Elementary School as Indian Education Liaison and he is also a coach for Boys B Squad Basketball team and Track and Field). We are also a foster family. I have professional and personal experiences with IEPs, ADHD behaviors, and the ASIST Training.

My position at Cedar Mountain Middle/High School is the American Indian Education Liaison, I started on March 17, 2020, which was a crazy time to start with the Covid-19 Distance Learning. We made it through the springtime, and now that is fall and Covid-19 didn't go anywhere; as we adjust to our new normal, I am going to help all of our families in any way I possibly can. I am still learning things about my new position, and with the school districts policy and procedures, but that will only help me know how to help our families.

I'll be available for: Support for instruction, for family involvement, college readiness, and advocacy for our students and their families. I will also have school supplies on hand for students, if they need anything, have them stop in and I will do what I can do to get them what they do need. I also have snacks and treats available! If your child is needing extra help before or after school hours, just reach out and schedule a date that works best for us all.

My Office Hours:

Monday thru Friday; 7:30AM - 3:30PM

My work email is: lnez@cedarmt.org

My Personal Cell is: 507-430-9927

Cedar Mountain MS/HS: 507-249-5880 Ext: 108

Pidamiyaye,
Lisa Nez

Support Cedar Mountain with. . .



Cedar Mountain Schools will be participating in Minnesota's "Give to the Max" day this year. Give to the Max Day is November 19th, 2020 but donations are accepted at this time. All funds generated through this fundraiser will go towards continual technology upgrades and programming.

Go to <https://www.givemn.org/story/Dng86f> to support Cedar Mountain!






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 2019. 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.







Cedar Mountain is now livestreaming home athletic events. This fall we live streamed all of the home varsity football games and all junior high, JV and Varsity home volleyball games. Fans are able to watch the action live and free of charge on the Cedar Mountain YouTube Channel. Go to YouTube and search "**CM Livestream**" to subscribe. Thank you to all of the local businesses that sponsored these events!



2020-21



Luke Mages
President



Michael Tauer
Vice President



Lily Krogstad
Secretary



Maddi Mages
Treasurer



Keegan Lorang
Reporter



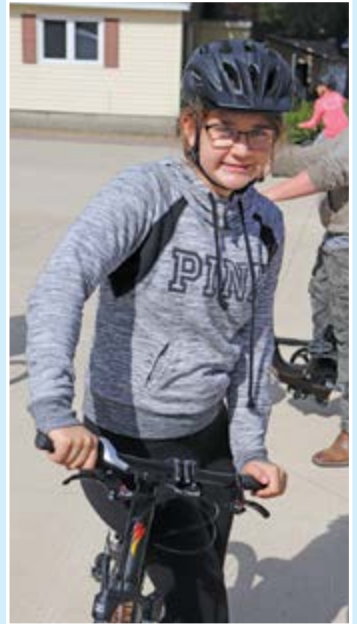
Tanner Mathiowetz
Sentinel



Colette Mathiowetz
Historian

FFA Officers

PE class take a Ride



Mr. Fish and Mr. Freitag recently held bicycling units in their PE classes. Students were given the opportunity to learn about the *JOY of biking!* Mr. Freitag and Mr. Fish were able to attain a trailer of bikes to utilize in a biking unit held in their classes. The students enjoyed getting outside and participating in this fun unit.

Cedar Mountain Schools

Elementary Special Education Para-Professional Opening



Make a difference in a child's life!

Special Education Para-professional in the elementary building - 7-8 hours a day.

Starting pay \$11.82 with benefits available.

Great position for people looking for a schedule that is similar to their children's!

Send completed application to Patti Machart, Cedar Mountain Elementary School Principal, Box 38, Franklin, MN 55333.

Applications can be found on our website www.cms.mntm.org or may be picked up at the school offices.

Position open until filled.



Welcome

Are you new to our area?

Welcome to our Cedar Mountain School District! Please contact the elementary school office at 507-557-2251 so we can add your children to our school census list and mailing list.

Winter and Spring Sports

Cedar Mountain is proud to offer the extracurricular activities it does. For a school our size, we're fortunate to have the ability to offer programming of a school 2-3 times larger. That's partially due to the commitment our



administration and school board, along with our pairing partners, have made to providing as many opportunities as possible for our students. It's also due to the fact that, over the years, students at Cedar Mountain have shown an interest in becoming involved and invested in a wide range of activities. From cross country to wrestling to gymnastics to boys tennis, we've had students take advantage of the physical, mental, and social benefits extracurricular activities offer.

With all of that stated, it's extremely important for our students to take advantage of the various programs, whether athletics or fine arts-based. We truly believe Cedar Mountain should have a greatly higher percentage of three sport athletes. This would benefit the individuals, the programs, and the school. It is our hope, that all of our students and families take the time to research the programs we provide and make a plan to participate. If you have questions on any of them, please feel free to contact our activities director, Jeremy Robinson at jrobinson@cedarmt.org

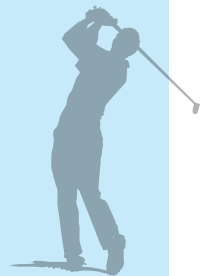
Upcoming start dates for High School winter and Spring MSHSL programs:

BOYS

- Basketball and Hockey – 11/23
- JH Boys Basketball starts – 1/4
- Wrestling – 11/30
- Golf – 3/22
- Baseball – 3/22
- Track – 3/22
- Tennis – 3/29

GIRLS

- Basketball – 12/7
- Dance – 12/7
- Gymnastics – 12/7
- JH Girls Basketball starts – 1/4
- Golf – 3/22
- Softball – 3/22
- Track – 3/22



Show Your Phone Who's Boss

Tips to mindfully use your device.

DITCH THE DINGS

Turn off push notifications so you are not constantly bombarded by things you feel you need to respond to right away. Instead, set aside a specific time to deal with all of them at once.



NARRATE YOUR USAGE

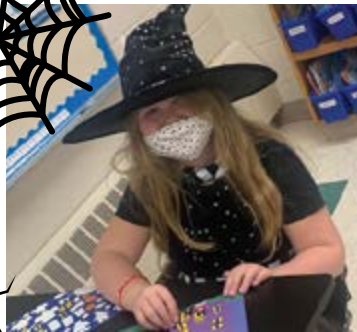
Tell your kids what you are doing on your phone, such as "I'm going to check in with Auntie Kara since she's having a tough week." This will let your children know that you are connecting to a human not a device. If you start explaining what you are doing to your child and realize it's not a good reason, put your phone away.



ADD A WATCH

A smartwatch can give you distance from your phone allowing you to see the alerts you need and ignore the others.





Lots of HALLOWEEN Treats



We had a great time at our first ECFE Class this session. Our theme was "Halloween" and the kids came dressed up in their costumes! They made lots of crafts, learned some Halloween songs, and listened to fun Halloween stories.

Nurse's Nook



Find your happy place.

TIPS TO REDUCE COVID-19 STRESS

1. **Focus on what you can control** – including your thoughts, behaviors.
2. **Remember that you are resilient**, and so is humankind. We will get through this.
3. Do what you can to **reduce your risk**; take comfort that you are caring for yourself and others.
4. Use technology to **connect with others** frequently.
5. **Look for the good stuff**; the helpers, time with family, and opportunities to pull together. Write down three things you are grateful for each day.
6. **Limit exposure to news** or social media updates.
7. **Use reputable sources** of news, avoid speculation and rumors.
8. **Model peaceful behavior** for those around you. Remember everyone experiences stress in different ways.
9. **Don't let fear influence** your decisions, such as hoarding supplies.
10. **Be gentle** with yourself and others.
11. **Create a regular routine**, especially for children and work from home.
12. **Maintaining a healthy diet and exercise** routines to help your immune system and mental health.
13. **Spend time in nature** while adhering to social distancing guidelines.
14. **Reflect on your reactions.** Many who have experienced trauma may be triggered by feelings of powerlessness. Understanding what you are feeling can help you consider how you want to respond to the triggers.
15. **Practice meditation, yoga, or other mind-body techniques.** Find apps or online videos to help.
16. **Reach out if you need to talk.** There are local and national hotlines and warmlines that can help!

DISASTER DISTRESS HELPLINE
1-800-985-5990
'TalkWithUs' TEXT 66746

VIRTUAL Parent / Teacher CONFERENCES

Sign Up at:
MyConferenceTime.com



All conferences will be held virtually. We are using the site MyConferenceTime.com for you to schedule your conferences. You will be able to set an appointment with the teachers you would like to meet with virtually. After you have signed up, 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.

How to Sign Up for your Conference

Cedar Mountain Elementary Conferences

Parent/teacher conferences for the elementary will be November 19th and November 23rd from 4:00-8:00 pm. Conferences at the elementary school with the classroom teachers will be 20 minutes in length. Conferences with specialists will be for 10 minutes. We encourage you to meet with all of the teachers that your child sees in a day as they will have good information to share with you on your child's progress.

Cedar Mountain Middle/High School Conferences


Parent/teacher conferences for the Middle School/High School are scheduled for Tuesday, November 17th, and Thursday, November 19th, from 4:00-8:00 pm. Conferences at the Middle School/High School will be 10 minutes in length. You are welcome and encouraged to sign up for as many teachers your child has that you would like to meet with. The teachers will share good information with you regarding your child's progress.

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. (E-mail address is not required, but if you enter one, you will receive a reminder of the conference prior to the date.)
5. Click "Sign Up for Your Conference" near the bottom of the screen.
6. You're done! That's all there is to it.

CIRCUS

time



SESSION 2
Class Dates:
DEC 3, 10, 17 • JAN 7, 14, 28
FEB 4 • 3-5 Year Olds

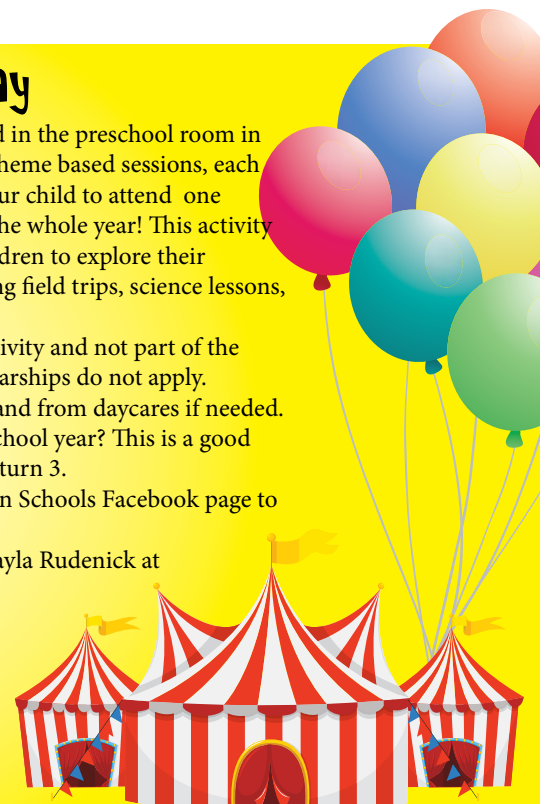
Instructor: Mikayla Rudenick
Class Times: Thursdays
8:30am – 11am
Max Attendees: 12
Cost: \$35 per session (7 classes)

THRILLING THURSDAY

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.
- Transportation may be available to and from daycares if needed.
- 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

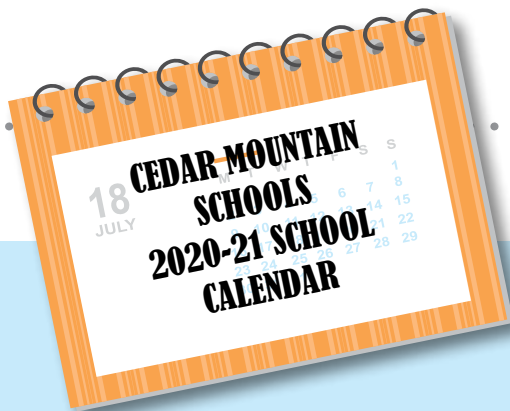
To register, complete Thrilling Thursday registration online via Google Doc. You can find the link on Cedar Mountain Schools Facebook page or the school web site at www.cms.mntm.org



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 17 & 19Conferences for MSHS
November 19 & 23Conferences for Elementary
November 25..... 12:10 Dismissal
November 26 & 27..... NO SCHOOL Thanksgiving Break
Dec. 23 – Jan. 1NO SCHOOL Christmas Break
January 4..... School Resumes
January 22..... NO SCHOOL Teacher In-Service
February 15..... NO SCHOOL President’s Day
February 22.....12:10 Dismissal Conferences
March 12..... NO SCHOOL Teacher In-Service
March 31..... 12:10 Dismissal
April 1 – 5 NO SCHOOL Spring Break
May 31.....NO SCHOOL Memorial Day
June 3 Last Day of School
June 4 Graduation

Calendar subject to change

Visit our website to see any updates to the calendar.

cms.mntm.org



Start dates for High School Winter and Spring MSHSL programs

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- Golf – 3/22
- Softball – 3/22
- Track – 3/22

Cedar Mountain
is now on Instagram!



**FOLLOW
US AT**

[cedarmountainschools](https://www.instagram.com/cedarmountainschools)