

Cook County Schools - ISD #166



The Viking Voice

Monthly

October 2023

Greetings Cook County Schools!

It has been a really busy start to the school year, and I am excited to sit down and write for my first Viking Voice Monthly as the new Principal of Cook County Schools. We are off to a great start to the school year!

Our Sawtooth students have been busy at work. They have already had a couple of assemblies in which, at the most recent one, we were able to recognize a number of students in PreK-5 who have been doing a phenomenal job of demonstrating what it means to be a Junior Viking.

Our Middle School students have all been on their first Exploratory Day field trips of the year that have taken different groups up the trail, into the Boundary Waters, and over to Grand Portage.

Our High School students are getting ready for the upcoming festivities of Homecoming Week. They too have been busy with activities, such as filling out National Honor Society applications and being leaders in our school to set an example that all of our students can look up to and follow.

Again, I want to say thank you to everyone I have been able to connect with these past few months. I continue to be grateful for this opportunity and feel lucky to be living and working here. I am learning a lot and looking forward to learning many more fun and interesting dynamics of being in this community. One of those interesting dynamics is the variety of community connections we have in our school. I would like to highlight just one of the many community connections we have. Hedstrom Lumber Company came through big time for our school with a very generous donation of lumber to our shop classes. Being able to have support like that makes the work we are doing to prepare our students for their lives after they move on from us all the more impactful and helpful. Thank you Hedstrom Lumber Company!

Finally, be sure to check out the employment opportunities we have posted on our website. We have a number of open positions. We are in great need of more bus drivers. If you, or anyone you know, has the time and ability to commit to getting your license, we can use you! It does not have to be a full-time commitment. Please check out the website and let our district office know if you have any questions.

All the Best,

Josh Belanger, Principal of Cook County Schools



Welcome Back CCS!



Sawtooth Mountain Elementary



Ms. Shultz's P.E. classes enjoying the great Fall weather!



Elementary Bus Safety Day with Mr. Tom



SAWTOOTH SPECIALIST SPOTLIGHT SEPTEMBER

We are very fortunate at Sawtooth Mountain Elementary to have many specialist opportunities for our students. To give you a snapshot of what your child is learning, we will be providing a monthly newsletter to families. We love what we teach and hope your child is enjoying it too!

Physical Education with Ms. Schultz

Boozho! I am the Elementary Physical Education Teacher here at Sawtooth. I am in my 28th year of teaching and my third year at Cook County Schools. I look forward to working with your child this school year. It's important to me that all children feel welcomed and valued.

This month, Kindergarten through second grade completed pedestrian safety education required by new state mandates that all students in public education receive age appropriate education related to safe walking and safely crossing a street.

In our first few weeks of school all students have reviewed playground expectations, playground kickball and 4 square rules. In gym class students have been learning our rules and expectations for class. Learning about the importance of good sportsmanship, working together, and inviting others to play. Grade levels have been exploring with equipment.

Outdoor Education with Mr. Theismann

I teach K-5 Outdoor Education classes. I also teach Middle & High School PE, Fitness & Wellness, Coach Football, Basketball and run a Fitness Program for student-athletes.

This month in Outdoor Education class we have been learning about expectations while out in nature. This includes respecting all that is living in the forest and doing our best to learn about the concepts of "Leave No Trace" practices while spending time in our school forest. We have started learning about the different types of trees that we have present in our school forest and how we tell them apart.

The 3rd-5th graders have been going through lessons from the MN Department of Transportation Safe Routes to School Curriculum. We also had a field trip this month with the 5th-grade class participating in the annual field day put on by the DNR at Sugarloaf Cove and Natural Scientific Area. On the field trip, we studied topics including forestry, fisheries, watersheds, ecosystems, and how Moose are tracked using radio collars across the North Shore.

Do you have a Sawtooth Mountain Elementary student? Check out their new "Sawtooth Specialist Spotlight" going home this month!

5th Graders go to Sugarloaf Cove!

Mr. Long and five parent volunteers took the 5th graders to Sugarloaf Cove in September for a day of learning with the Minnesota Dept. of Natural Resources.





STONE SOUP

Sawtooth Mountain Elementary

September 29th

Hello Sawtooth friends and family. Our students worked so hard last spring planting our school garden; now it is time to harvest and celebrate their successes. We have a long-standing tradition here at Sawtooth Mountain Elementary of using our vegetables from the garden and from donations from our families to make "Stone Soup" (based on an old fable) for a tasty snack. This celebration event will be taking place on **Friday, October 6th**.

It would be wonderful if we could add any vegetable contributions from families to our harvest. If you would like to send in any of the following, please do so by **Wednesday, October 4th**. This will allow us time to fill in any gaps in our ingredients and with the preparation of the veggies:

- Carrots
- Onions
- Potatoes
- Sweet potatoes
- Squash
- Broccoli
- Cauliflower
- Any other veggie or herb you like in soup!
- Optional: bring a cup/mug/bowl for your student to use on this day.

This is a fun tradition that our students get to celebrate together each fall. Please feel free to contact us if you have any questions.

Thank you,

The Sawtooth Mountain Elementary Team

A note from Mrs. Sandstrom, Cook County School Social Worker,

October is National Bullying Prevention Month. In an effort to raise awareness and continue to work towards a more kind and inclusive school and community, students are encouraged to participate in the following activities.

OCTOBER



- **Random Acts of Kindness Challenge** - See the Calendar below for daily ideas!!
- **Kindness Poster Contest** - Due October 25th
- **Unity Day** - October 18th **WEAR ORANGE**

Please join our united effort to create more kindness, acceptance and inclusion within our school and community.

Sincerely,

Mrs. Sandstrom

OCTOBER 2023

Cook County Schools Acts of Kindness Challenge

SUN	MON	TUE	WED	THU	FRI	SAT
1 Create a positive poster about Kindness and send to Mrs. Sandstrom by October 25th.	2 Help someone in need.	3 Say please and thank you to our lunch ladies.	4 Smile at everyone you see today.	5 Hold the door for someone.	6 Give someone a compliment.	7 Help someone by volunteering to rake their yard.
8 Give your pet extra attention today.	9 Self Care Day, do something kind for yourself today.	10 Do a household chore that someone else usually does.	11 Read a book to someone.	12 Call a friend or family member to let them know they are cared for.	13 Leave a cheerful, inspiring note with someone.	14 Send a photo of yourself smiling to someone with a note letting them know you are thinking of them.
15 Pick up garbage around the community..	16 Send a handwritten postcard or letter to someone.	17 Send a thank you note to our local Hospital/Clinic for helping keep us safe.	18 UNITY DAY Wear Orange and make the pledge for kindness, acceptance and inclusion in our schools and community.	19 Thank a teacher who made a positive impact on your life.	20 Use chalk to decorate sidewalks in your community with positive, kind words.	21 Send a thank you note to our local Law Enforcement for helping keep us safe.
22 Spend time with your family doing something that makes you all smile.	23 Compliment someone.	24 Color, paint or draw a picture and give to someone.	25 Cheer up someone who is sad. Kindness Poster Due	26 Make a donation to your local food shelf.	27 Invite someone new to each lunch with you.	28 Create a kindness tree and ask family to decorate it with notes of kind acts they did.
29 Thank someone in your life for being there for you.	30 Leave a positive note for someone to brighten their day.	31 Think of something kind you can do for someone else today and do it.				



MSHS News



Culinary Arts Program Receives Generous Donation!

Cook County Schools was honored to accept a donation of \$12,000 in tribute to Tom Hicks, a well-known chef and former resident of the Cook County community. The donation will go on to support the Cook County Schools Culinary Arts program and scholarships for students in culinary arts education. Culinary Arts Teacher Tom Nalezny and Cook County Schools thank the friends and family of Tom Hicks for this excellent opportunity for our students!



Cook County Schools Fall Conferences

Monday Nov 6th (No School):

Grand Portage Community Center

Tuesday Nov 7th:

Cook County Schools

Thursday Nov 9th:

Cook County Schools



CCS 6th Graders spent a day at Sawbill Canoe Outfitters learning about the BWCA Wilderness, and honing their canoeing and portaging skills for their Exploratory Day program.

The FAFSA is under
construction & will open in
December, 2023

Questions? Contact Lenna at
support@myCCHE.org

**FAFSA
DELAY**

Create your
FAFSA account
now - it will
save you time
in December!

Scan me:





Ms. Mila's middle school Art students take a walk in the school forest and collect natural materials to take back to the Art room for observation drawing practice. All CCS students and staff were invited to color fish for the school-wide art project!



A R T
with
Ms. Mila



Cook County Nordic Ski Team 2023-24 Season!



What: High School Cross Country Ski Team

Who: 7th-12th grade may participate.

Prior experience is not required

~ just a positive attitude, willingness to learn & work hard

We have a great coaching staff to help beginners to advanced athletes!

When: Season runs from mid-November to mid-February

November 13th: *First day of Regular Practice*

Where: Practices are at Pincushion Ski Trails.

Bus transportation provided to Pincushion from ISD & GES

Why: * Everyone can participate and race - no cuts

* Ski equipment is available for everyone - **no fee**

* Great way to be active in the winter & make new friends

New this year:

Cook County Team uniforms

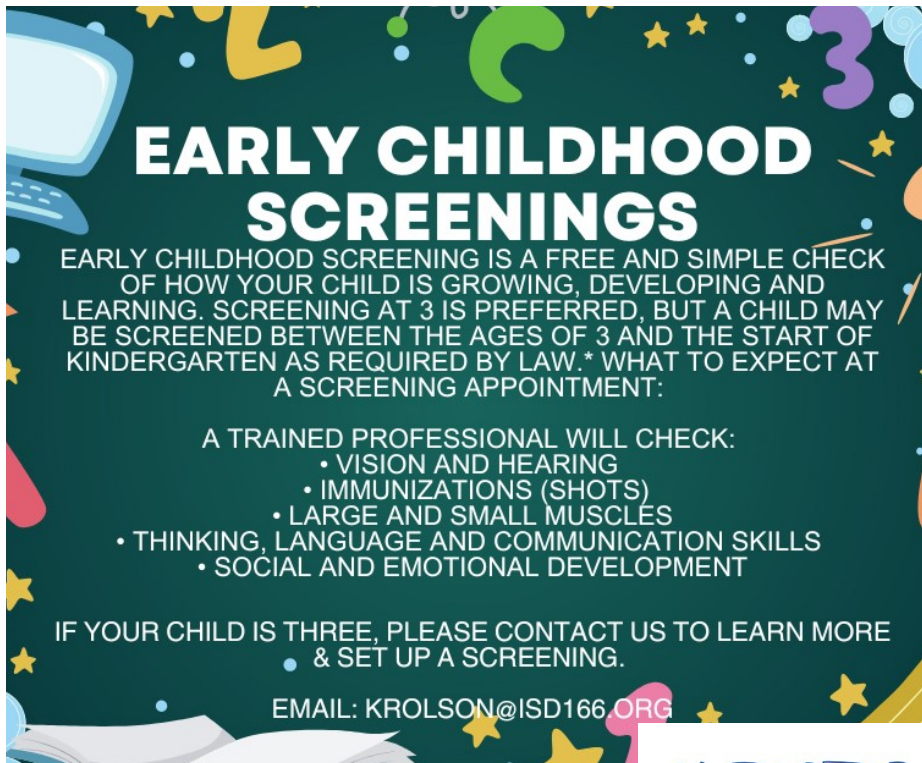
Ski Camp at Bearskin - Dec 1-3 (optional)

Questions? Please contact: Jeanne Wright, Head Coach: 218-370-9307 or wright@boreal.org

***** If you are planning to be part of the team, let me know as soon as possible so we can discuss/plan for any equipment needs.***



Community Events



EARLY CHILDHOOD SCREENINGS

EARLY CHILDHOOD SCREENING IS A FREE AND SIMPLE CHECK OF HOW YOUR CHILD IS GROWING, DEVELOPING AND LEARNING. SCREENING AT 3 IS PREFERRED, BUT A CHILD MAY BE SCREENED BETWEEN THE AGES OF 3 AND THE START OF KINDERGARTEN AS REQUIRED BY LAW.* WHAT TO EXPECT AT A SCREENING APPOINTMENT:

A TRAINED PROFESSIONAL WILL CHECK:

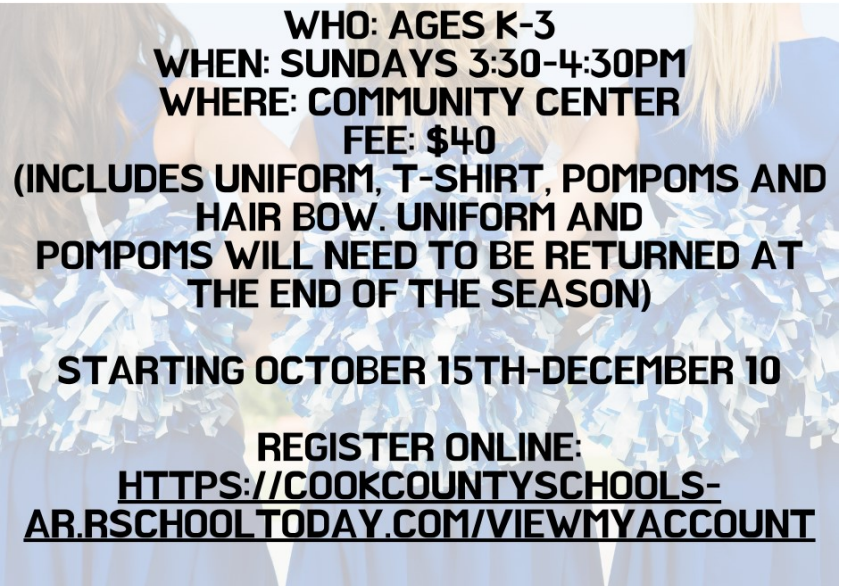
- VISION AND HEARING
- IMMUNIZATIONS (SHOTS)
- LARGE AND SMALL MUSCLES
- THINKING, LANGUAGE AND COMMUNICATION SKILLS
- SOCIAL AND EMOTIONAL DEVELOPMENT

IF YOUR CHILD IS THREE, PLEASE CONTACT US TO LEARN MORE & SET UP A SCREENING.

EMAIL: KROLSON@ISD166.ORG



YOUTH CHEER SQUAD



WHO: AGES K-3
WHEN: SUNDAYS 3:30-4:30PM
WHERE: COMMUNITY CENTER
FEE: \$40
(INCLUDES UNIFORM, T-SHIRT, POMPOMS AND HAIR BOW. UNIFORM AND POMPOMS WILL NEED TO BE RETURNED AT THE END OF THE SEASON)

STARTING OCTOBER 15TH-DECEMBER 10

REGISTER ONLINE:
[HTTPS://COOKCOUNTYSCHOOLS-AR.RSCHOOLTODAY.COM/VIEWMYACCOUNT](https://cookcountyschools-ar.rschooldtoday.com/viewmyaccount)



ISD 166 ECCE GIGGLES & WIGGLES

Open Gym with activities available
Ages: 0-4 Fee: \$2 per child
Punch cards available
Tuesdays 10am-11am at the YMCA gym in Grand Marais!
Starting October 3rd!
See you there!



YOUTH SWIM TEAM NORTHERNS

COOK COUNTY COMMUNITY YMCA



OCTOBER 2, 2023– FEBRUARY 18, 2024

Make friends, learn team skills, and compete with our Duluth YMCA Northerns Swim Team! The Cook County branch of the Duluth YMCA Northerns Swim Team is for swimmers ages 5-18! At practice, swimmers are separated into ability levels and work on strokes, technique, endurance and team building. To join swim team, participants must be able to swim 25 yards of freestyle and 25 yards of backstroke. **Not sure if your child is ready for swim team? Contact Karen Runkle, the Cook County Aquatics Coordinator, at krunkle@cookcountyyymca.org**

NOVICE

Day Time

M/W 5:30-6:30 PM

Th 4:15-5:15 PM

Fee: \$375.00

AGE-GROUP

Day Time

M/W 3:45-5:15 PM

Th 4:15-5:15 PM

Fee: \$480.00

SENIOR

Day Time

M/W 3:45-5:15 PM

Th 4:15-5:15 PM

Fee: \$480.00

***Due to YMCA swim league rules, all swim team participants must be current members at the YMCA branch or association for which they are competing. Is your child not currently a member? Ask us how to join! Financial Assistance is available!**



REGISTER TODAY!



COOK COUNTY YMCA DANCE PROGRAM

Fall Session 2023: Beginners are Encouraged to Join!

Dance is a great way to stay active and express yourself creatively while using your spirit, mind, and body. Dance classes include ballet, jazz, and tap for ages 3-adult. This fall we are reintroducing a Hip Hop class for grades 8-12.

A short introductory fall session will be offered each year to allow new dancers a chance to try the program or allow current dancers to prepare for the performance season or try new styles of dance. There is no performance requirement in the fall session. This session is ideal for beginners and those who have not danced for a while and want to get back into the program. It is focused more on technique and muscle conditioning in preparation for the performance season.

Performance Season 2024

The Performance Season is January-May and will conclude with several performances at the Arrowhead Center for the Arts in early May. Much of the time during the performance season focuses on learning and practicing the performance dance(s). Exercises are designed to complement and build the skills that are incorporated into the performance. Registration is encouraged for those who attended the fall session, experienced dancers, and returning dancers. Registering for the performance season in January is discouraged for beginners.

Fall Session 2023 Information

Dates: October 16 - December 14.

No classes on October 31 or November 20, 22, and 23. Tuesday classes will have a make-up class on November 21.

Registration: A registration link will be posted soon!

- YMCA Members: Opens Monday, October 2nd
- Community Members: Opens Wednesday, October 4th

Calendar

October 2023

Monday, October 2

Mid-Term

Tuesday, October 3

Volleyball Home vs. Silver Bay 6:30 pm

Thursday, October 5

Cross Country @ Ely 4:00 pm

Volleyball Home vs. Carlton-Wrenshall 6:30 pm

Friday, October 6

Dental Screening Elementary and Middle School

Football @ Cass Lake-Bena 3:00 pm

Monday, October 9–Friday, October 13

Homecoming Week

Monday, October 9

Volleyball Home vs. Mountain Iron-Buhl 6:30 pm

Tuesday, October 10th

Volleyball @ Cherry 6:00 pm

Thursday, October 12th

Cross Country @ Pincushion TBA

Football Home vs. Kelliher-Northome 6:00 pm

Friday, October 13

Fire Safety Day, Sawtooth Mountain Elementary PreK-3

Monday, October 16

Volleyball Home vs. Ely 6:30 pm

Tuesday, October 17

PSAT Test

Cross Country @ Proctor 4:00 pm

Volleyball Home vs. Cromwell-Wright 6:30 pm

Wednesday, October 18

Unity Day! Wear orange to unite for kindness

Football @ North Woods 6:00 pm

Thursday, October 19–Monday, October 23

Fall Break NO SCHOOL

Wednesday, October 25

Picture Retake Day

Thursday, October 26

Cross Country Section 7AA TBD

Saturday, October 28

ACT Test

Monday, October 30

Dental Screening High School



Link to online PTA membership sign-up:

isd166pta.memberhub.com

\$10/year

\$10 cash or check (made to GM campus PTA)
can always be dropped off at the ISD 166
school office.



Bus Passes

If your student needs a bus pass please send a note or call the school office. You will need to provide the physical address of where your student will be dropped off. Without a physical address we will not be able to issue a bus pass. Your child's safety is important to us! Thank you for helping us get them where they need to be.



Follow Cook County Schools online
for up-to-date information
and to follow school events.

Website: cookcountyschools.org

Facebook: Cook County Isd166 & Community Education
Remember to sign up for Parent Portal to access
student information and pay lunch accounts
(Parent Portal application is included in the new
student packet and is also available in PK-12
office or school website.)

October 2023 Menus

ISD 166 2023 OCTOBER MENU

Breakfast is a choice of: Breakfast Sandwich, Muffin, Cereal, PBJ, Yogurt, Cheese Stick, Fruit or Juice, Milk

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Burger Fries Fruit and Veggie Bar Milk	3 Nachos Fruit and Veggie Bar Milk	4 Penne Pasta in Meat Sauce Bread Stick Fruit and Veggie Bar Milk	5 Corn Dogs Tator Tots Fruit and Veggie Bar Milk	6 Chicken Nuggets Baked Beans Fruit and Veggie Bar Milk
9 Cheese Burger Fries Fruit and Veggie Bar Milk	10 Chicken Tenders Baked Beans Fruit and Veggie Bar Milk	11 Orange Chicken on Rice Roasted Broccoli Fruit and Veggie Bar Milk	12 Mashed Potatoes & Chicken Gravy Dinner Roll Fruit and Veggie Bar Milk	13 Pizza Fruit and Veggie Bar Milk
16 Sloppy Joes Fries Fruit and Veggie Bar Milk	17 Burrito Bowl Fruit and Veggie Bar Milk	18 Chicken Alfredo on Penne Pasta Bread Stick Roasted Broccoli Fruit and Veggie Bar Milk	19 NO SCHOOL	20 NO SCHOOL
23 NO SCHOOL	24 Pancakes, Sausage, Hash browns Fruit and Veggie Bar Milk	25 Mac & Cheese Popcorn Chicken Fruit and Veggie Bar Milk	26 Cheese Bread with Marinara Fruit and Veggie Bar Milk	27 Hot Dogs Baked Beans Fruit and Veggie Bar Milk
30 Chicken Burger Fries Fruit and Veggie Bar Milk	31 Tacos Fruit and Veggie Bar Milk			

Daily choice of Soup and Sandwich or Salad bar

October 2023 Menus

ISD 166 2023 OCTOBER Alternate Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dogs Fruit and Veggie Bar Milk	3 Quesadillas Fruit and Veggie Bar Milk	4 Chicken Burger Fries Fruit and Veggie Bar Milk	5 Cheese Pizza Bagel Bites Fruit and Veggie Bar Milk	6 Cheese Bread Fruit and Veggie Bar Milk
9 Chicken Tenders Fruit and Veggie Bar Milk	10 Quesadillas Fruit and Veggie Bar Milk	11 Chicken Burger Fries Fruit and Veggie Bar Milk	12 Pizza Fruit and Veggie Bar Milk	13 Chicken Nuggets Fruit and Veggie Bar Milk
16 Corn Dogs Fruit and Veggie Bar Milk	17 Quesadillas Fruit and Veggie Bar Milk	18 Cheese Burger Fries Fruit and Veggie Bar Milk	19 NO SCHOOL	20 NO SCHOOL
23 NO SCHOOL	24 Quesadillas Fruit and Veggie Bar Milk	25 Chicken Tenders Fruit and Veggie Bar Milk	26 Pizza Fruit and Veggie Bar Milk	27 Chicken Nuggets Fruit and Veggie Bar Milk
30 Corn Dogs Fruit and Veggie Bar Milk	31 Quesadillas Fruit and Veggie Bar Milk			

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Menu Subject to Change