



The Viking Voice

Monthly

November 2023



Greetings Cook County Schools Families,

Fall has quickly arrived and we are already looking Winter right in the face! It was great being out in the community last night and seeing all of the students out and about in their costumes. With the change in the weather, please be sure you are sending your child to school with the appropriate layers and gear. We will still go outside when it gets cold.

Our Sawtooth Mountain Elementary students wrapped up the month of October focusing on kindness. Every day we challenged our students with a random act of kindness. I hope this provided opportunities to have conversations with your kids about how they have been intentionally practicing kindness. The month of November brings our focus to being grateful. We have had conversations about specific ways to practice being grateful, and how that can have a positive impact on not only the people around us, but in our own lives as well. All of the Sawtooth students are working on making a "Gratitude Chain" to spread through the hallways. Please look for it when you are in the building and pay attention to see it grow throughout the month!

Our Middle School students have been busy with both in school and after school activities. I really enjoyed seeing the 6th graders do their ATV Safety Training with officers from our local Sheriff's office and the Minnesota Department of Natural Resources. This is one of those activities that is unique to Cook County Schools and is a great connection to our community.

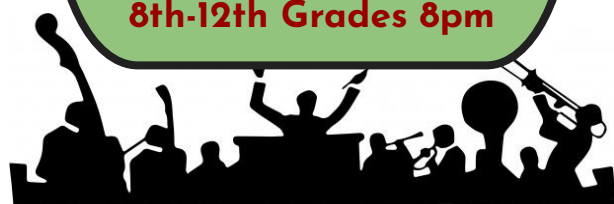
In our High School we are transitioning from our fall to winter sports season. There will be a winter sports meeting for parents on Wednesday, November 8th at 5:30. This meeting is for any student who is interested in a winter sport in grades 7-12. We are also starting our One Act Play season. Please have your child see Sue Hennessy in the Playhouse office if interested.

Finally, we will be holding a Veterans Day Assembly on Friday, November 10. Our ceremony will run from 2:00 - 3:00 pm. This event is open to the public, so please consider coming if you are able to help us honor our Veterans.

All the Best,

Principal Josh Belanger

**Save the Date for the
Winter Band Concert!
December 14th in the
ACA
6th & 7th Grades 7pm
8th-12th Grades 8pm**



Cook County Schools Fall Conference Schedule

Monday, November 6:
Grand Portage Community Center,
1:00-3:00pm

Tuesday, November 7:
Cook County Schools, 3:30-6:30pm

Thursday, November 9:
Cook County Schools, 3:30-6:30pm

Sawtooth Mountain Elementary News

Elementary students enjoyed harvesting fall vegetables and making stone soup together!



The entire Sawtooth Mountain Elementary School honored Indigenous Peoples' Day with a full day of learning at the Grand Portage National Monument.





Dear Families:

Get ready! The Scholastic Book Fair is coming our way (YAY!). Choosing their own books empowers kids and inspires them on their journey to becoming lifelong readers. AND—as always—every purchase at the Fair benefits our school.

Here's what you need to know about the big event, which will take place:

-Tuesday, November 7th, Wednesday November 8th, and Thursday, November 9th

-3:30PM - 6:30 PM

-Sawtooth Mountain Library

Say goodbye to cash and hello to **eWallet**—your child's digital payment account. Before the Fair, set up eWallet for worry-free, cash-free purchases. Anyone can contribute! Share each child's eWallet so friends and family can add funds and give your kids more books to enjoy.

If you can't make it to the Fair, then **shop at our school's Book Fair online**. All orders ship directly to your home, and shipping is free for book orders over \$25. Every online purchase will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:

<https://www.scholastic.com/bf/sawtoothmountainelemschool1>

The countdown to more Bookjoy is on! Catch you at the Fair!

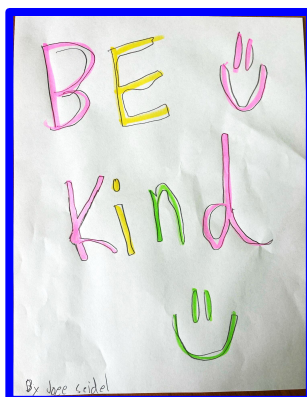
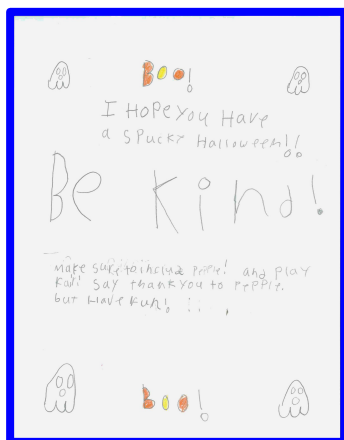
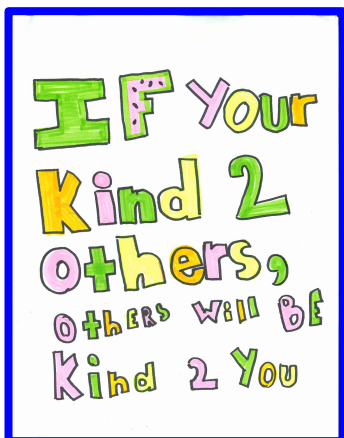
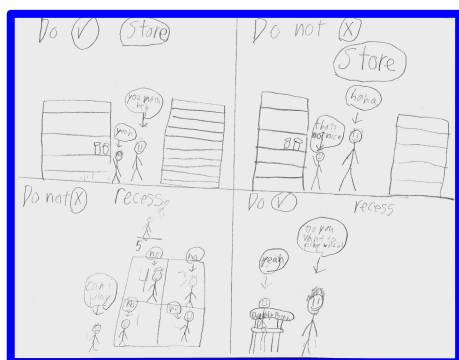
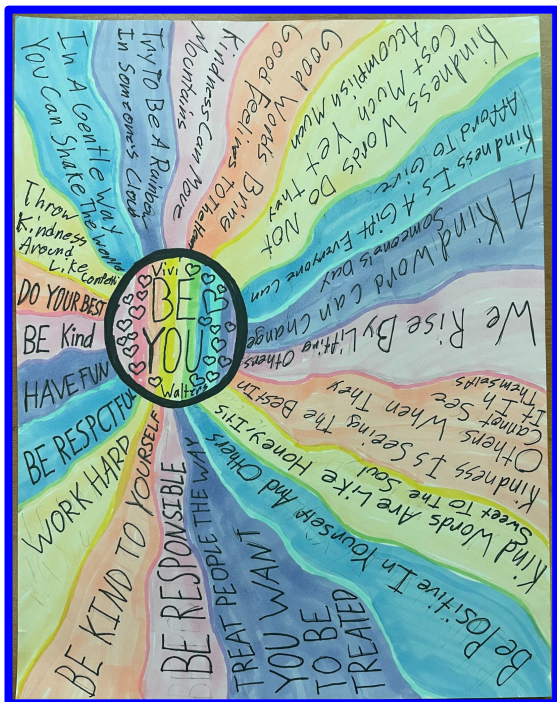
Happy reading,

Josh Belanger
Principal
Sawtooth Mountain Elementary

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THE
VIKING
WAY IS TO
BE KIND!



Kindness Posters
for October's
Kindness
Challenge: Great
job Vivian, Joee,
Sigrid, Kylee,
Mary, Louie, Allie,
Brookstyn, Barret
and Gunnar!



Cook County Middle School News



Winter is coming, time to get out the skis!

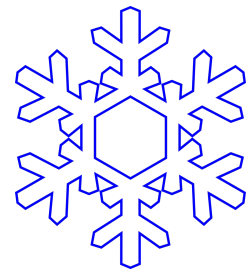
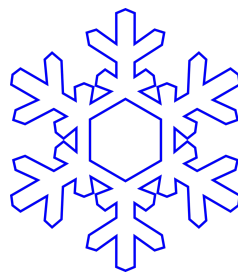
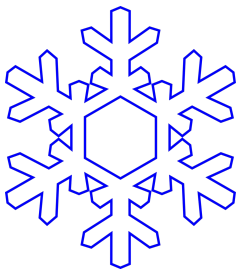
Grand Marais SkiSparks Club needs your help to make this a great season of youth xc skiing for grades K-6. Interested in volunteering? Click the link to sign up! <https://www.myxc.org/training-requirement> We need coaches and other volunteers to make this work. Each level has lesson plans available and there will be a volunteer meeting to get you started.



Ready to sign up your skier?

Click this link to register!

[https://www.myxc.org/clubs/grand-marais-skisparks-cl](https://www.myxc.org/clubs/grand-marais-skisparks-club)
[ub](https://www.myxc.org/clubs/grand-marais-skisparks-club)



Congratulations to Alpine Ski Coach John Oberholtzer named Minnesota's Alpine Skiing Coach of the Year! John is pictured here with fellow alpine ski coaches Plamen Dimitrov, Gene Dressley and Patrick O'Neil. Photo Credit: Brian Larsen.

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 *is provided* to Pincushion from ISD & GES

Why: * Everyone can participate and race - no cuts

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

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

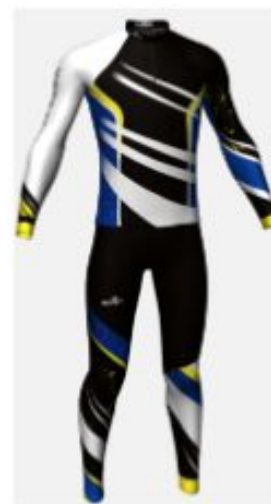
New this year:

Cook County Team uniforms! → → → → → → →

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

Giant's Ridge Camp - Dec 27-29 (optional)

Please note: Attending camps is encouraged, but not required. We are working to make them as affordable as possible (\$80-100/camp) with financial assistance available.



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.*





Cook County High School News



CCHS 2023 Homecoming King Recko
Helmerson-Skildum and Queen Kalina Dimitrova



Homecoming Week Oct
9-13



Community Events



**November
ECFE in
Lutsen**

JOIN US

NOVEMBER 2, 9 AND 16TH
CARIBOU HIGHLANDS
CONFERENCE CENTER
LUTSEN, MN
5:00PM DINNER
5:30-6:15PM FAMILY ACTIVITY
PLEASE REGISTER AHEAD OF TIME SO
WE KNOW HOW MUCH FOOD TO
ORDER

Scan QR code to
register



SCAN ME

QUESTIONS? CONTACT KRISTA OLSON:
218-387-2271 EX 401

COACHES NEEDED

Community Education is still seeking coaches for grades 3/4 for both boys and girls as well as our K-2 program on Saturdays. Please consider coaching so we can offer these great programs to our kids!



Kick of the new school year as a parent volunteer!

WALK TO SCHOOL DAY

on Wednesday November 15th

Lead a walking school bus, greet students, serve refreshments, give out prizes, and more!



For more information contact:
Kristina Mattson- SHIP Coordinator
218-302-1342
kristina.mattson@co.cook.mn.us



Calendar November 2023

Wednesday, November 1st

CCS Facility Input Meeting @ CCS Cafeteria, 6:30pm

Friday, November 3rd

End of Quarter

Saturday, November 4th

SAT Test

Monday, November 6th

Conferences @ Grand Portage CC, 1:00-3:00pm

No School for students

Tuesday, November 7th

Conferences @ Cook County Schools 3:30-6:30pm

Scholastic Book Fair Sawtooth Library, 3:30-6:30pm

Wednesday, November 8th

Knowledge Bowl

Scholastic Book Fair Sawtooth Library, 3:30-6:30pm

Winter Sports Meeting, Pam Taylor Gym, 5:30pm

Thursday, November 9th

CCS Facility Input Meeting @ CCS Cafeteria, 6:30pm

Conferences @ Cook County Schools, 3:30-6:30pm

Scholastic Book Fair Sawtooth Library, 3:30-6:30pm

Friday, November 10th

Veteran's Day Program, 2:00pm Pam Taylor Gym

Monday, November 13th

NHS Induction

Wednesday, November 15th

Walk To School Day

Thursday, November 16th

Knowledge Bowl

Wednesday, November 22nd-Friday, November 24th

No School - Thanksgiving Break

*Don't miss our
Winter Sports
Meeting:
November 8th!*



..... TIME FOR THE FALL

BOOK FAIR

Sawtooth Elementary Library



Nov. 7 - 9

3:30-6:30

Sawtooth Elementary Library
Grand Marais, Minnesota
Enter at the Eagle Doors

**STOCK UP ON BOOKS FOR THE
HOLIDAYS WHILE SUPPORTING
OUR PUBLIC SCHOOLS!!!**



contact
pta@isd166.org
with any
questions

Commercial Driver's License B - Bus Endorsement Training & Employment!

FREE Training & Job at ISD 166

Regular Route Driver

Paid Training

Licensed to Work Bonus \$100

Demonstration of Success Bonus \$500

ISD 166 Bus Driver Wage \$24.96

Additional pay for extracurricular trips

Paid holidays and other benefits

Daily Schedule 6am-8am and 3:10pm-5pm

FREE Training & Job at ISD 166 Substitute Driver

Paid Training

Licensed to Work Bonus \$100

Commitment to Work Bonus \$250

November 2023 Menus

ISD 166 2023 NOVEMBER MENU

Breakfast is a choice of: Breakfast Sandwich, Muffin, Cereal, PBJ, Yogurt, Cheese Stick, Fruit or Juice, Milk
Daily choice of Soup and Sandwich or Salad bar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Penne Pasta in Meat Sauce Bread Stick Fruit and Veggie Bar Milk	2 Mashed Potatoes & Chicken Gravy Dinner Roll Fruit and Veggie Bar Milk	3 Chicken Nuggets Baked Beans Fruit and Veggie Bar Milk
6 NO SCHOOL	7 Nachos Fruit and Veggie Bar Milk	8 Orange Chicken on Rice Roasted Broccoli Fruit and Veggie Bar Milk	9 Corn Dogs Tator Tots Fruit and Veggie Bar Milk	10 Pizza Fruit and Veggie Bar Milk
13 Pulled Pork Sandwich Fries Fruit and Veggie Bar Milk	14 Burrito Bowl Fruit and Veggie Bar Milk	15 Chicken Alfredo on Penne Pasta Bread Stick Roasted Broccoli Fruit and Veggie Bar Milk	16 Cheese Bread With Marinara Fruit and Veggie Bar Milk	17 Hot Dogs Baked Beans Fruit and Veggie Bar Milk
20 Cheeseburger Fries Fruit and Veggie Bar Milk	21 Pancakes, Sausage, Hash browns Fruit and Veggie Bar Milk	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Chicken Burger Fries Fruit and Veggie Bar Milk	28 Tacos Fruit and Veggie Bar Milk	29 Mac & Cheese Popcorn Chicken Fruit and Veggie Bar Milk	30 Chicken Pot Pie Fruit and Veggie Bar Milk	

Menu Subject to Change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

November 2023 Menus

ISD 166 2023 November Alternate Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Burger Fries Fruit and Veggie Bar Milk	2 Cheese Pizza Bagel Bites Fruit and Veggie Bar Milk	3 Cheese Bread Fruit and Veggie Bar Milk
6 NO SCHOOL	7 Quesadillas Fruit and Veggie Bar Milk	8 Chicken Burger Fries Fruit and Veggie Bar Milk	9 Pizza Fruit and Veggie Bar Milk	10 Chicken Nuggets Fruit and Veggie Bar Milk
13 Corn Dogs Fruit and Veggie Bar Milk	14 Quesadillas Fruit and Veggie Bar Milk	15 Chicken Tenders Fruit and Veggie Bar Milk	16 Pizza Fruit and Veggie Bar Milk	17 Chicken Nuggets Fruit and Veggie Bar Milk
20 Corn Dogs Fruit and Veggie Bar Milk	21 Quesadillas Fruit and Veggie Bar Milk	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 Corn Dogs Fruit and Veggie Bar Milk	28 Quesadillas Fruit and Veggie Bar Milk	29 Chicken Burger Fries Fruit and Veggie Bar Milk	30 Pizza Fruit and Veggie Bar Milk	

Menu Subject to Change

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