



# The Viking Voice

## Monthly

January 2024



Happy New Year!

It has been great having everyone back in the building after our winter break! Our Sawtooth students are focusing on acceptance as our JR Viking theme for the month of January. Our secondary school's Unified Club will be putting on a number of events about supporting acceptance and inclusion in our school.

Our Middle School students were able to spend their last day before break participating in one of their Exploratory Days. Exploratory activities students participated in included wood burning at North House, curling at the curling club, winter survival outside at the school, and many more activities.

Our High School students have been busy with their classes and activities and we will be wrapping up our first semester on Friday, January 19th. Our One Act play members are getting prepared for their performance at the end of this month.

Finally, please remember to send your children to school dressed for the weather. Students go outside in cold weather for both class and recess opportunities. Students can be outside in temperatures below zero, so it is important that they are coming to school prepared for the weather that day. If you have difficulty in providing the appropriate level of cold weather gear and clothing, please let the school know so we can help.

All the Best,

**Principal Josh Belanger**

### **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**

### **Cook County Schools needs a Full Time Day Custodian!**



**School year hours 6:30am-3:00pm**

**Summer hours 4-10 hr days**

**Wage & Benefits under Teamster Contract**

***Come be a part of our team!***

For a full job description and to fill out an application,  
please visit our website,

<https://www.cookcountyschools.org> and select

"Employment" on the top right, or email

[kraden@isd166.org](mailto:kraden@isd166.org).

# Sawtooth Mountain Elementary News



## SAWTOOTH MOUNTAIN ELEMENTARY STUDENT SPOTLIGHT

### DECEMBER

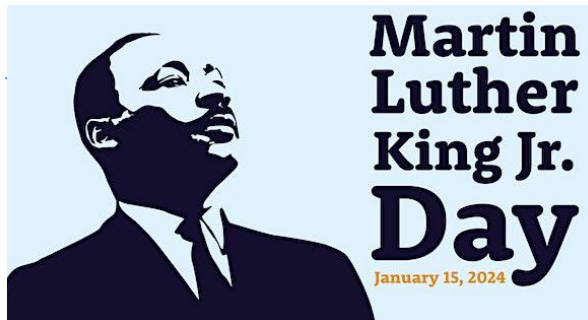






**Sawtooth students focused on Generosity  
in the month of December!**

A note from Sawtooth Mt. Elementary Music Director, Mrs. Cindy Johnson~ “One important focus in lower elementary music in the month of January is the life of Dr. Martin Luther King, Jr. His early musical talent was appreciated and he even performed vocal solos at the age of four. Young Martin had to overcome significant nervousness in order to share his musical gift. We can learn many valuable life lessons from studying this great man who did so much to help the United States of America.”







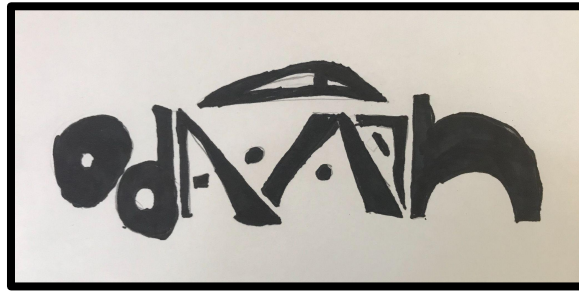
# Cook County Middle School News



On December 11, the MSHS Choir performed for the North Shore Care Center. Favorite holiday songs were selected by the students, for example, "Rockin' Around the Christmas Tree," "O Tannenbaum" both in German and English, and "Hanukkah is Here!" Each resident also received at least one personalized holiday greeting from choir members.



Ms. Mila's 6th grade Art class students used the concept of Implied Shape to turn the letters of their chosen Ojibwe words into the object they represent. Can you guess what they are? Artwork created by Lucas, Lucy and Anthony.



The MSHS Band performed in December for the community!





# Cook County High School News



*The High School One Act play is looking for:  
3-5 crew members  
1 Lighting technician  
2 - 4 Stage Crew  
Come help create the dark atmosphere of this haunting tale! Open to grades 7-12*



**The Cook County Special Olympics Unified Club traveled to Duluth in December to participate in our Special Olympics Bowling Tournament. The "Cool Cats" brought home ribbons and fond memories!**

**Students included Deborah Burton, Kyla Knapper, Jeffery Burton, Hunter Rex, Matt Deschampe, Amery Oberg, Maggie Smith, Maddie Watters, Benny Mendevil, Tori Pringle, Ruby Gulstrand, Jeremy Swenson, Kalina Dimitrova, Kaylie Poulin, Karianna Deschampe, Raelynn Peterson, Wyatt Dahl, and Ian Cooley.**



# Community Events

## ISD 166 COMMUNITY EDUCATION **DRIVER'S EDUCATION**



MN Instruction Permit

### 2024 30-HOUR CLASS OPTIONS

#### SPRING SESSION

To be eligible to take this class students must be 15 years old by May 17th, 2024

##### Dates:

- 3:30 pm - 6:30 pm
  - Tuesdays & Thursdays
- 2/22 (TH), 2/27, 2/29, 3/5, 3/7, 3/19, 3/21, 3/26, 3/28, 4/9

Make Up Date: 4/11/24

Knowledge Test Dates:

4/23, 5/7 & 5/21

Behind-the-Wheel:

June & July

#### SUMMER SESSION

To be eligible to take this class students must be 15 years old by July 11th, 2024

##### Dates:

- 9 am - 12 pm
- 6/10, 6/11 6/12, 6/13, 6/14, 6/15 (S), 6/17, 6/18, 6/20, 6/21

Make Up Date: 6/24/24

Knowledge Test Dates:

6/22, 7/2 & 7/12

Behind-the-Wheel:

July & August

**\*\*Dates are subject to change\*\***

Registration for the Spring Class Opens:  
December 1st, 2023

[https://cookcountyschools-  
or.schooltoday.com/viewmyaccount](https://cookcountyschools.org/rschooltoday.com/viewmyaccount)

#### QUESTIONS?

Contact:

Kaye Roden (District Office)  
(218) 387-2271 ext 606



## 2X2 VOLLEYBALL LEAGUE

Teams of two should register. If you don't have a team, no problem you can be a sub! Registration required, 6 week pool play 7th week tournament.

**Who: 7-12 Graders**

**When: Tuesdays, starting January 2nd  
5:30-7:30pm**

**Where: Cook County High School Gym**

**Fee: \$20**

**Register Online: [cookcountyschools.org](https://cookcountyschools.org)  
click on Community Education**

### SAFESITTER *Essentials with CPR*

Designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting.

The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue!



**January 27th, 2024 9:30am-3:30pm**

101 W 5th St. Grand Marais, MN  
Cook County High School  
Elementary Library

#### REGISTRATION INFORMATION

\$60- bring a bag lunch

Register online: [www.cookcountyschools.org](https://www.cookcountyschools.org), Click on Community Education and Youth Registration



# Community Events



## Equipment Handout:

**December 12th 4:00-6:00pm** at the warming house by the Community Center.

All practices are held at the hockey rink by the Community Center. Arrive early to get equipment on and be prepared to be on the ice by 4:15pm.

## Beginner Hockey Skills: Ages 4-6

This group will focus on learning to skate and foundational skills.

~~January 3-Feb 14~~ January 10-Feb 21

Mondays and Wednesdays - 4:15-5:30pm

Fee: \$30

## Beginner/Intermediate Hockey Skills: Ages 7-9

Beginner foundational skills will be taught including learn-to-skate skills during this session.

~~January 4-Feb 15~~ January 11- February 22

Tuesdays and Thursdays - 4:15-5:30pm

Fee: \$30

Register here: <https://cookcountyschools-ar.rschooltoday.com/viewmyaccount>

Or send in payment and form below

Community Education 2023 Hockey Registration Form

Return bottom portion with payment to:

Community Education 101 W 5th St- Grand Marais, MN 55604

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Student Name \_\_\_\_\_ Age \_\_\_\_\_ Grade(Fall of 2023) \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_ FEE: \$30

**Race: Circle one-** Caucasian Hispanic/Latino Alaska Native Native American Asian Black/African American Native Hawaiian/Pacific Islander

I give my consent to allow \_\_\_\_\_ to participate in this Community Education activity. I understand the Cook County Schools does not provide insurance to participate in this program nor for any other extra curricular activity. Therefore, I will not hold the Community Education program/ISD#166 school district or co-sponsoring organizations legally responsible for any injuries that may occur during this program.

I also give permission for any photos used to be published in print or social media. YES or NO

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date



# Community Events



## Performance Season: January 22-May 11

The performance season is 15 weeks and concludes with three performances in early May. Much of the class time focuses on learning and practicing the performances dance(s). Registration is encouraged for those who attended the fall session, experienced dancers, and returning dancers.

**Performance dates: May 9, 10, and 11, 2024**

**Registration: YMCA members opens January 1st, Community opens January 8th**

**Fees: YMCA Member/Community Member. Financial assistance is available by completing an application.**

### Youth Ballet Classes

Pre-K Ballet, (Ages 3-5), Thursdays 3:30 p.m.-4:00 p.m., Y Studio, Teacher: Christine. \$141/\$261

Kindergarten Ballet, Thursdays 4:05 p.m.-4:45 p.m., Y Studio, Teacher: Breana. \$141/\$261

1st Grade Ballet, Wednesdays 3:30 p.m.-4:15 p.m., Y Studio, Teacher: Christine. \$141/\$261

### Youth Ballet/Jazz Combo Classes

2nd Grade Ballet/Jazz Combo, Wednesdays 4:15 p.m.-5:15 p.m., Y Studio, Teacher: Clare. \$150/\$278

3rd Grade Ballet/Jazz Combo, Mondays 3:40 p.m.-5:00 p.m., Y Studio, Teacher: Breana. \$176/\$299

4th-5th Grade Ballet/Jazz Combo, Tuesdays 3:40-5:10 p.m., Y Studio, Teacher: Christine. \$176/\$299

6th-7th Grade Ballet/Jazz Combo, Thursdays 5:00-6:30 p.m., Log Cabin, Teacher: Christine. \$176/\$299

8th-12th Grade Ballet/Jazz Combo, Wednesdays 5:15-6:45 p.m., Log Cabin, Teacher: Breana. \$176/\$299

### Teen and Adult Classes

**Fees: YMCA Members \$150, Community \$278**

Hip Hop (Grades 8-12), Wednesdays 6:55 p.m.-7:55 p.m., Y Studio, Teacher: Leslie.

Beginning Ballet (Grade 8 - Adults), Mondays 5:25 p.m.-6:25 p.m., Y Studio, Teacher: Christine.

Beginning Tap (Grade 6 - Adults), Thursdays 6:45 p.m.-7:45 p.m., Y Studio, Teacher: Christine.

Intermediate Ballet (Ages 18+), Tuesdays 5:30 p.m.-6:30 p.m., Log Cabin, Teacher: Christine.

Intermediate Tap (Ages 18+), Tuesdays 6:45 p.m.-7:45 p.m., Y Studio, Teacher: Breana.

Multi-Level Jazz (Grade 8 - Adults), Mondays 6:30 p.m.-7:30 p.m., Y Studio, Teacher: Christine.

**the YMCA**

## DISCOVER BALANCE AND FLEXIBILITY

### GYMNASTICS PROGRAMS

**Winter I Session**  
Thursdays, January 4th - February 8th

Grades K-2: 5:45 p.m. - 6:30 p.m.  
Fees: YMCA Members \$58.50, Community Members \$99.50

Grades 3-6: 6:30 p.m. - 7:30 p.m.  
Fees: YMCA Members \$70, Community Members \$122

Registration is open now for YMCA Members and opens on December 26th for the Community.

cookcountyyymca.org | 218.387.3386 | info@cookcountyyymca.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STRONG SWIMMERS CONFIDENT KIDS

### COOK COUNTY COMMUNITY YMCA

The Y Learn to Swim Program is oriented toward student-centered learning. It is designed to ensure the student's safety, provide for regular, progressive success, and make the learning process more enjoyable.

Registration  
YMCA members: Dec 18  
Community members: Dec 26

Members:  
\$58.50  
Community & Youth Members:  
\$99.50

### WINTER I - 2024

**TUESDAY EVENINGS; January 9 - February 13**

#### PRESCHOOL (3 - 5 YEARS)

TIME	CLASS
4:15 PM - 4:45 PM	PRESCHOOL STAGE 1 & 2
4:50 PM - 5:20 PM	PRESCHOOL STAGE 3

#### SCHOOL-AGE (KINDERGARTEN - 12 YEARS)

TIME	CLASS
3:30 PM - 4:10 PM	SCHOOL-AGE STAGE 4 & 5
4:15 PM - 4:45 PM	SCHOOL-AGE STAGE 3
4:50 PM - 5:20 PM	SCHOOL-AGE STAGE 1 & 2



## Calendar January 2023

Monday, January 1st

**NO SCHOOL**

Tuesday, January 2nd

Boys Basketball @ Two Harbors

Nordic Ski @ Cloquet

Friday, January 4th

Girls Basketball JV @ Silver Bay

Saturday, January 6th

Nordic Ski @ Grand Rapids

Tuesday, January 9th

Alpine Ski @ Spirit Mountain

Thursday, January 11th

Nordic Ski @ Two Harbors

Friday, January 12th

Boys Basketball @ McGregor

Girls Basketball JV @ McGregor

Saturday, January 13th

Alpine Ski @ Giants Ridge

Boys Basketball @ Hill City

Monday, January 15th

**MLK Day--NO SCHOOL**

Alpine Ski @ Mont Du Lac

Tuesday, January 16th

Nordic Ski Home: Pincushion, 11:00 am

Friday, January 19th

Alpine Ski @ Mont Du Lac

Boys Basketball Home vs. South Ridge, 6:30pm

**End of Quarter**

Saturday, January 20th

Nordic Ski @ Duluth Marshall

Monday, January 22nd

**Teacher PDD--NO SCHOOL**

Tuesday, January 23rd

Boys Basketball @ Mesabi East

Thursday, January 25th

Alpine Ski @ Giants Ridge

Friday, January 26th

Boys Basketball Home vs. Floodwood, 6:30 pm

Saturday, January 27th

Nordic Ski @ Ely

One Act Play--Grand Marais Playhouse

### Reminder!

We have NO school on:

January 15th –  
Martin Luther King, Jr Day

January 22nd –  
Teacher Professional  
Development Day

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

Website: [cookcountyschools.org](http://cookcountyschools.org)

Facebook: Cook County 1st 166 & Community  
Education

*Remember to sign up for Parent Portal to  
access student information and pay lunch  
accounts. A Parent Portal application is included in  
the new student packet and is also available in  
PK-12 office or school website.*





# January 2024 Menus

## ISD 166 2024 JANUARY 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 NO SCHOOL	2 Nachos Fruit and Veggie Bar Milk	3 Mac & Cheese Popcorn Chicken Fruit and Veggie Bar Milk	4 Mashed Potatoes & Chicken Gravy Dinner Roll Fruit and Veggie Bar Milk	5 Pizza Fruit and Veggie Bar Milk
8 Pulled Pork Sandwich Fries Fruit and Veggie Bar Milk	9 Burrito Bowl Fruit and Veggie Bar Milk	10 Penne Pasta in Meat Sauce Bread Stick Fruit and Veggie Bar Milk	11 Cheese Bread With Marinara Fruit and Veggie Bar Milk	12 Chicken Nuggets Baked Beans Fruit and Veggie Bar Milk
15 NO SCHOOL	16 Pancakes, Sausage, Hash browns Fruit and Veggie Bar Milk	17 Chicken Alfredo on Penne Pasta Roasted Broccoli Breadsticks Fruit and Veggie Bar Milk	18 Chicken Potpie Fruit and Veggie Bar Milk	19 Hot Dogs Baked Beans Fruit and Veggie Bar Milk
22 NO SCHOOL	23 Tacos Fruit and Veggie Bar Milk	24 Orange Chicken on Rice Roasted Broccoli Fruit and Veggie Bar Milk	25 Corn Dogs Baked Beans Fruit and Veggie Bar Milk	26 Pizza Fruit and Veggie Bar Milk
29 Chicken Burger Fruit and Veggie Bar Milk	30 Nachos Fruit and Veggie Bar Milk	31 Penne Pasta in Meat Sauce Bread Stick Fruit and Veggie Bar Milk		

Menu Subject to Change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

## January 2024 Menus

### ISD 166 2024 January Alternate Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Quesadillas Fruit and Veggie Bar Milk	3 Pizza Fruit and Veggie Bar Milk	4 Cheese Bread Fruit and Veggie Bar Milk	5 Chicken Nuggets Fruit and Veggie Bar Milk
8 Corn Dogs Fruit and Veggie Bar Milk	9 Quesadillas Fruit and Veggie Bar Milk	10 Chicken Tenders Fruit and Veggie Bar Milk	11 Pizza Fruit and Veggie Bar Milk	12 Cheese Bread Fruit and Veggie Bar Milk
15 NO SCHOOL	16 Quesadillas Fruit and Veggie Bar Milk	17 Corn Dogs Fruit and Veggie Bar Milk	18 Pizza Fruit and Veggie Bar Milk	19 Chicken Nuggets Fruit and Veggie Bar Milk
22 NO SCHOOL	23 Quesadillas Fruit and Veggie Bar Milk	24 Pizza Fruit and Veggie Bar Milk	25 Cheese Bread Fruit and Veggie Bar Milk	26 Chicken Nuggets Fruit and Veggie Bar Milk
29 Corn Dogs Fruit and Veggie Bar Milk	30 Quesadillas Fruit and Veggie Bar Milk	31 Chicken Burger Fruit and Veggie Bar Milk		

**Menu Subject to Change**

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