



The Viking Voice

March 2024

Monthly



Hello Cook County School Families!

With the lack of snow this season our Sawtooth students haven't been able to spend a lot of time building snow forts, so instead they've been building tree forts while hiking through the forest! This month our K-2nd graders are excited to be heading to the Art Colony, our 3rd graders are heading to North House for their Paddle To The Sea days and the 5th graders are heading to Wolf Ridge ELC for their two-night outdoor education learning experience.

Our Middle School students recently had their Exploratory Day which included skiing and snowboarding in Lutsen while others ventured up the Gunflint Trail to play broomball, ice skate and Nordic ski. The most excited group was the crew that brought a great looking batch of rainbow trout and brookies back from their "secret" fishing spot. I tried to get the details, but like any true angler they kept the specific location quiet. The first week of March our 4th, 7th, 9th, and 12th graders will all have their Youth Fronter retreats days. Even though it may seem like we are spending time everywhere but in the classroom, we are still working hard on our academics and just this week passed the midpoint of 3rd Quarter.

The 2024-2025 school year course registration has started! Registration is open to Juniors now through March 7th. It will open for Sophomores on March 7th, Freshmen on March 14th, and 8th graders on March 21st. Ms. Kotowicz will be in Advisory classes to help students through the registration process. Please be sure to review the materials and have discussions with students about what classes they are going to register for next year.

For our Seniors, it is scholarship season! We have many scholarship opportunities open for application and more to come. Please send prospective scholarship recipients to the main office for more details. We will be hosting our Senior Awards night on Wednesday, May 22nd in the ACA.

With March comes our second round of conferences. We will be in Grand Portage at the community center gym on March 11th from 1:00-3:00. There will be no school for students on that day. Conferences will be at school on March 12th and 14th from 3:30-6:30pm. Secondary Teachers will be in the cafeteria for open house style conferences. Elementary classroom teachers will be in their classrooms for scheduled conferences. Please make sure to sign up for a specific appointment time for Sawtooth classroom teachers. All of our specialists and PreK-12 Teachers will be in the MS/HS Library. All of our Special Education teachers will also be in their classrooms. Families can reach out directly to case managers for conferences.

Finally, there are still a few tickets left for the E.A.T.S. event on Thursday, March 7th. This is the main fundraising event for the Cook County School District ISD 166 Education Foundation. Our school is very fortunate to have the support of this organization and the support provides amazing opportunities for all of our students. Tastes and treats will be provided by many local establishments, as well as our Culinary Arts students. Music will be provided by our own students, the North Shore Swing Band, and Doug Sanders on piano. The silent auction will provide guests the opportunities of many different gift cards and experiences provided by local businesses. Tickets can be purchased in the main office. I hope to see you there!

All the Best,

Josh Belanger

Facilities & Grounds Improvements Planning Update from Superintendent Chris Lindholm:

After reviewing results of the facilities & grounds study, an enrollment projections study, the educational adequacy assessment, and the ten listening sessions conducted with community members, the school board has partnered with design firm DSGW to develop possible improvement options for our school district facilities. These options will aim to address the top priorities identified by students, staff and community members.

An informational website – VikingsVision.org - has been developed to help keep our community informed about this important work we are doing to improve our schools. Currently, the website includes summaries of the results from the assessments and listening sessions and will be updated regularly with the latest information over the coming months as the school board considers its options. Thank you again to everyone who has provided input during this important process!!

What's next?

The school board and other district leaders are considering the results of the analyses to determine whether there are opportunities to make responsible investments in our school buildings. In the meantime, our district will continue to seek input from staff and community members.

If the board decides to pursue investments to address the needs at our schools, further listening sessions will be scheduled in 2024 to discuss the path forward.





Kindergarten celebrated 100th day of school in February by making crowns! Students created a crown of rubies using shapes and patterns.



Fourth graders working on their George Morrison inspired wood assembly pieces in Art class with Miss Mila.



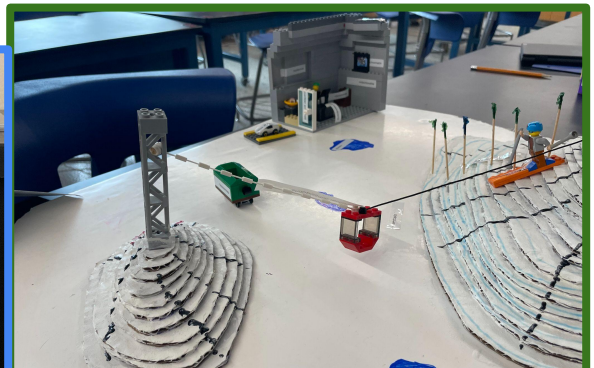
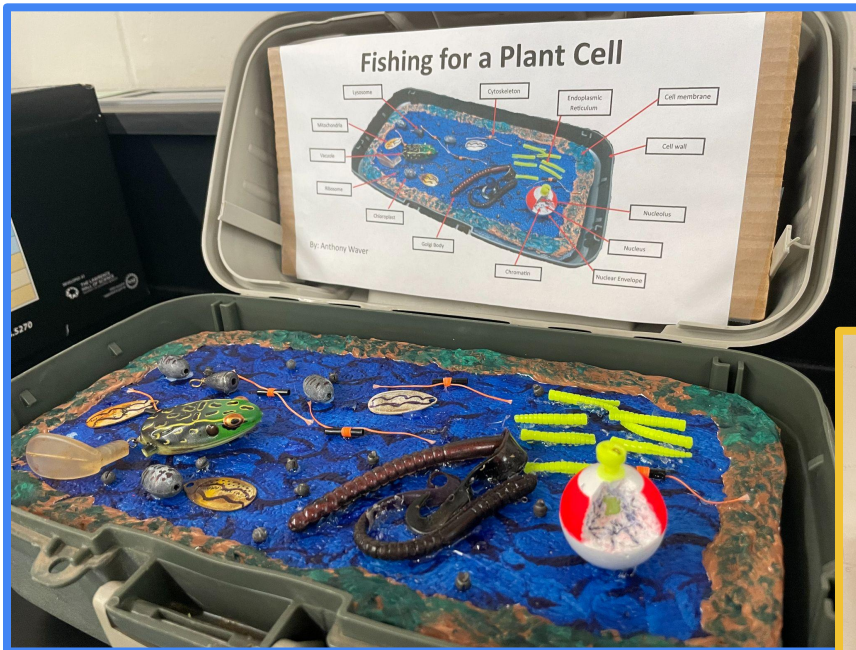


Cook County Middle School News



Ms. Spoon's 7th grade Life Science class had a "cell-ebration" of learning recently that included sharing models of animal or plant cells that students had created at home from materials of their own choosing. There were many creative (and delicious!) edible cake and pizza cells, some made with Legos and clay, and two that were made at home using trampolines and outdoor equipment and so large they couldn't be brought to school.

This year's Best in Show Awards go to: Lucy Walters for her 15-pound clay cell, Anthony Waver for his "Fishing for a Plant Cell" tackle box model, and Lucas Oberg for his 3-D analogy project comparing a cell to a ski hill. Congratulations to all of the 7th graders on creating cell models that showcased their knowledge and are projects to be proud of!





Cook County High School News



SCHOLARSHIP



INFORMATION



Cook County High School Seniors!
Local Scholarships are available and there is something for everyone!

Please pay attention to the deadlines on each application.

Most are due on April 9th, though a few are due earlier:

Tom Bovitz is due March 13th

Russelle Ege is due April 1st

Thank you to all the individuals and organizations that support our students with these scholarships!

Applications are available in the High School Media Center and also on the school website.

AND LUNCH	ACTIVITY SCHEDULES	FACILITIES STUDY UPDATE	SCHOLARSHIPS	VIKING VOICE	HEALTH OFFICE	INFINITE CAMPUS PORTAL	STAFF
-----------	--------------------	-------------------------	--------------	--------------	---------------	------------------------	-------



The Lloyd K. Johnson Scholarship opens **new date** March 14th! This scholarship is only available to Cook County High School students. It provides funding for tuition and books for students attending any of the Minnesota North Colleges as well as Lake Superior College or Fond du Lac Tribal and Community College. Seniors need to complete the application and have a grade point average of 2.0 or above; there are no income restrictions for this scholarship. Students may qualify for up to 2.5 years (up to SEVEN semesters) of continued funding. In addition to providing money, this scholarship also provides support for students throughout their educational journey.

Additional information is available at <https://lloydkjohansonfoundation.org/scholarships/> or contacting the school's guidance office.

Application Deadline is April 15th!

Schoolwide News




Preventing substance misuse and supporting mental health



Increase Protective Factors

- Self-efficacy or believing in yourself
- Parental monitoring and support
- Parental disapproval of substance use
- Positive relationships
- Feeling connected to peers and adults at school
- School substance misuse education and prevention activities
- Engaging in healthy recreational activities
- Good coping skills



Decrease Risk Factors

- Family rejection of sexual orientation or gender identity
- Association with peers that use substances
- Lack of feeling connected to peers or adults at school
- Low academic achievement
- Bullying or cyberbullying



For more information:

Contact Andrea Orest, Public Health Educator,
Cook County Public Health and Human Services
andrea.orest@co.cook.mn.us

WATCH Getting Candid: Protective Factors
<https://www.youtube.com/watch?v=nHwIP7I3nW0>



COOK COUNTY
PUBLIC HEALTH &
HUMAN SERVICES

Calendar March 2024

Friday, March 1st

Boys Basketball @ Littlefork-Big Falls

Saturday, March 2nd

Boys Basketball @ International Falls

Monday, March 4th

CCHS Band Section Contest @ Ely

Tuesday, March 5th

K, 1st, 2nd Grades to Grand Marais Art Colony

3rd Grade to North House Folk School

Youth Frontiers, 4th Grade

Wednesday, March 6th

3rd Grade to North House Folk School

5th Grade to Wolf Ridge

Youth Frontiers, 9th Grade

Spring Sports Meeting, 5:30pm Pam Taylor Gym

Thursday, March 7th

E.A.T.S. fundraiser, 5:00-7:00 pm, ISD 166 cafeteria

3rd Grade to North House Folk School

5th Grade to Wolf Ridge

Youth Frontiers, 7th Grade

Friday, March 8th

5th Grade to Wolf Ridge

Youth Frontiers, 12th Grade

Saturday, March 9th

SAT

Monday, March 11th

Teacher PDD-NO SCHOOL

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

Tuesday, March 12th

ACT

ISD 166 Conferences, 3:30-6:30 pm

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

Wednesday, March 13th

Knowledge Bowl

Public Utility Scholarship Application Due

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

Thursday, March 14th

ISD 166 Conferences, 3:30-6:30 pm

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

Friday, March 22nd

ISD 166 Bus Driver Appreciation Day

Friday, March 29th

End of Quarter 3

NSFCU Scholarship Application Due

Yearbooks on Sale Now!



www.memorybook.com

Sawtooth Elementary

2023-24

Yearbook Order Form

Name: _____ Grade: _____

Classroom Teacher: _____

No. of Yearbooks _____ @ \$17.00 each

Total \$ _____

Paid by Check: _____ Paid by Cash: _____

Date: _____

Checks payable to **ISD 166**

Prefer to order online?

Follow these steps:

- 1) Visit <http://www.memorybook.com/online-pay/parent/pay>
- 2) Enter our school code **911324M** then click "Go to your school account log in"
- 3) Click on the link below your school name
- 4) Register as "new user"
- 5) Purchase a yearbook for \$17 (\$19.50 after taxes and fees)

*** Yearbooks are available by pre-purchase only.**
To receive a yearbook you must return this order form and full payment to the PK-12 office by March 15, 2024.

ORDER DEADLINE IS MARCH 15th

March 2024 Menus

ISD 166 2024 MARCH 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
4 Cheeseburger Fries Fruit and Veggie Bar Milk	5 Burrito Bowl Fruit and Veggie Bar Milk	6 Mac & Cheese Popcorn Chicken Fruit and Veggie Bar Milk	7 Mashed Potatoes & Chicken Gravy Dinner Roll Fruit and Veggie Bar Milk	1 Chicken Nuggets Baked Beans Fruit and Veggie Bar Milk
11 NO SCHOOL	12 Pancakes, Sausage, Hash browns Fruit and Veggie Bar Milk	13 Chicken Alfredo on Penne Pasta Roasted Broccoli Breadsticks Fruit and Veggie Bar Milk	14 Cheese Bread With Marinara Fruit and Veggie Bar Milk	15 Hot Dogs Baked Beans Fruit and Veggie Bar Milk
18 Pulled Pork Sandwich Fries Fruit and Veggie Bar Milk	19 Tacos Fruit and Veggie Bar Milk	20 Orange Chicken on Rice Roasted Broccoli Fruit and Veggie Bar Milk	21 Corn Dogs Baked Beans Fruit and Veggie Bar Milk	22 Pizza Fruit and Veggie Bar Milk
25 Chicken Burger Fries Fruit and Veggie Bar Milk	26 Nachos Fruit and Veggie Bar Milk	27 Penne Pasta in Meat Sauce Bread Stick Fruit and Veggie Bar Milk	28 Chicken Potpie Fruit and Veggie Bar Milk	29 Chicken Nuggets Baked Beans Fruit and Veggie Bar Milk

Menu Subject to Change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

March 2024 Menus

ISD 166 2024 March Alternate Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Bread Fruit and Veggie Bar Milk
4 Corn Dogs Fruit and Veggie Bar Milk	5 Quesadillas Fruit and Veggie Bar Milk	6 Chicken Tender Wraps Fruit and Veggie Bar Milk	7 Pizza Fruit and Veggie Bar Milk	8 Chicken Nuggets Fruit and Veggie Bar Milk
11 NO SCHOOL	12 Quesadillas Fruit and Veggie Bar Milk	13 Corn Dogs Fruit and Veggie Bar Milk	14 Chicken Tender Wraps Fruit and Veggie Bar Milk	15 Chicken Fajitas Fruit and Veggie Bar Milk
18 Cheese Bread Fruit and Veggie Bar Milk	19 Quesadillas Fruit and Veggie Bar Milk	20 Pizza Fruit and Veggie Bar Milk	21 Chicken Tender Wraps Fruit and Veggie Bar Milk	22 Chicken Nuggets Fruit and Veggie Bar Milk
25 Corn Dogs Fruit and Veggie Bar Milk	26 Quesadillas Fruit and Veggie Bar Milk	27 Chicken Tender Wraps Fruit and Veggie Bar Milk	28 Pizza Fruit and Veggie Bar Milk	29 Cheese Bread Fruit and Veggie Bar Milk

Menu Subject to Change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER