

# Summer Recreation Teams



Shown are some of the summer recreation teams from Holdingford, St. Wendel and Opole and St. Anna. Community Education would like to thank all of the parent volunteers and organizations that make these programs possible!

Pictures continued on next page.







## Husker Kids' Zone School Age Childcare

We are very excited for the start of the 2016-17 school year and Husker Kids' Zone afterschool childcare! During open house on Wednesday, August 31, 2016 from 6:00pm-7:00pm Husker Kids' Zone will be open for parents and children to check out Kids' Zone Room E16, register and meet staff.

The 2016-17 school year handbook and registration information can be found on the school website under Community Ed. Call the Community Ed. Office at 320-746-4465 to have a copy mailed to you.

### School Year Fees

\*\$10.00 per family non-refundable registration fee to ensure your spot for the 2016-2017 school year.

\$32 per week for full time (4-5 days/week)

\$22 per week for part time (2-3 days/week)

\$10 for drop-in (1 day/week)

**Half days \$12.00**

**Early Dismissal due to weather- Additional \$4**

**Non-school days (7:00 a.m.—6:00 p.m.) are \$22.00**



### Summer Husker Kids' Zone

We have had another busy summer at Husker Kids' Zone school age childcare. We have gone on field trips to Hemker Zoo, Parkwood Cinema to see *Finding Dory*, Chuck E Cheese and the St. Cloud Rox Baseball game. We also had a fun day of painting ceramics thanks to PotSpot in Avon. In August we will be going to the Waite Park Splash Pad and Sartell Bowling Alley.

When we are not busy going on trips we check out books at the library, walk to the city park, play in the gym, make crafts and have iPad time.

Thank you to all the parents and children that helped make this summer a success.  
Submitted by Kids' Zone Staff



**Kids' Zone Phone Number 320-746-4493**

# EARLY CHILDHOOD

Newsletter | Family Education | Registration

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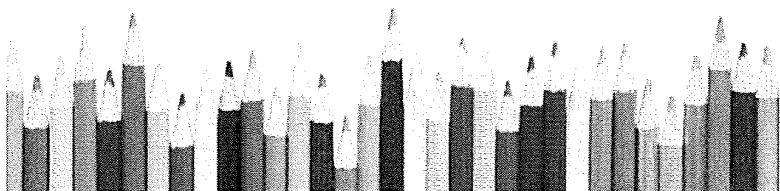
## Upcoming Events

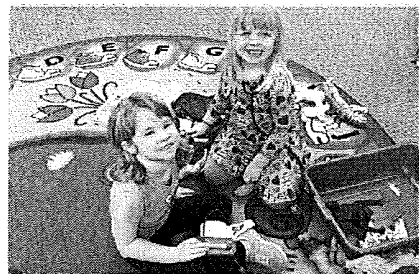
- \*School Readiness Orientation  
September 7th and 8th
- \*Early Childhood Field Trip  
Friday, September 23
- \*Fall Festival October 27th,  
2016



## Early Childhood Family Education

Early Childhood Family Education (ECFE) is for parents and their children to come to school together to explore, sing, play and learn. Parents also have time to talk about the joys and challenges of being a parent with other families “in the same shoes”. By coming to school with your young child you are demonstrating to your child that school is a great place to be.





## Early Childhood Staff

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Program Assistant

Sheila Johnson-Kolb  
School Social Worker  
320.746.4496

Kristen Bruns  
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School Nurses  
320.746.4369

## 2016 Fall Family Education Classes

### Babies, 1's, and 2's

This class is designed for children ages birth -36 months as of September 1, 2016. Class meets Friday mornings from 9-10:30.

Class Dates: December 2, 9, 16, January 6, 13, 20

Class limit of 8 children

### JUST FOR 3'S

This class is perfect for children who are 3 years old by Sept 1, 2016. The class will be offered Tuesday evening from 6-7:30 pm.

Class Dates: September 13, 20, 27, October 4, 11, 18, 25,  
November 1, 15, 22, 29, December 6

## Family Education Registration





## Information

### Program Sliding Fee Scale

Family Income (gross annual)	6 week ECFE (1 payment)	12 week ECFE (1 payment)
Under \$15,000	\$13	\$26
\$15,000-20,000	\$20	\$40
\$20,000-30,000	\$33	\$66
\$30,000-40,000	\$40	\$80
\$40,000-50,000	\$46	\$92
\$50,000-60,000	\$53	\$106
\$60,000-70,000	\$59	\$118
\$70,000-80,000	\$66	\$132
\$80,000-100,000	\$73	\$146
\$100,000 and up	\$79	\$158

No one will be denied participation due to an inability to pay. Alternative arrangements can be made by talking with an Early Childhood Coordinator. If your income is below \$15,000, you might qualify for Head Start programming, which is not in Holdingford. Head Start contact information 320-253-8110.

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### ECFE Registration Form

Child's Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_  
Parent/Guardians \_\_\_\_\_  
Home Address \_\_\_\_\_ Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_  
Email \_\_\_\_\_ Do you require sibling care \_\_\_\_\_

\_\_\_\_\_ Babies, 1,2 Fri morning      Registration Deadline November 18  
\_\_\_\_\_ 3's Tues evening              Registration Deadline August 29

\*Include Immunizations with your registration

Make checks payable to: Holdingford Early Childhood  
Mail registration to: Holdingford ECFE, PO Box 250, Holdingford MN 5634

## *Upcoming Early Childhood Family Education Classes and Events*

### **Stop by and Play**

Looking for a fun place to play and meet new families?

Here is an opportunity for you and your child/ren to come to school and play! Each Friday that the elementary is in session, the preschool classroom will be open for play. Toys, games, and various activities will be available. We only ask that you sign in and please help put the room back the way you found it.

Dates: Friday mornings when K-6 students are in session

Time: 9am-11am

Cost: Free

**Fabulous 4's** registration will be in the November newsletter. This class meets for 6 weeks in the evenings and is designed for children who will be entering kindergarten in the Fall.

**Toddler Time** is offered in the evenings with activities planned for 2 year olds.

## **Early Childhood Community Field Trip Friday, September 23, 2016**

Hemker Park and Zoo – Join us for some wild fun!

Take your child for a walk on the wild side, and experience more than 50 fun and fascinating animals such as mammals, reptile, and bird species from around the world. New exhibits are being added regularly! Popular attractions include penguins, zebras, camels, monkeys, lemurs, ostriches, kangaroos, giant tortoises, tamarins, the famous Hemker Budgies, and our rare New Guinea Singing Dogs, Gus and Lucy. Bus will leave school at 9:15 and will return at approximately 12:15. BRING A BAG LUNCH OR A SNACK.

Fee: \$10 per person attending - Children must be accompanied by an adult.

Registration Deadline: September 9th

Send the completed registration form and fee to:

Holdingford Early Childhood, PO Box 250, Holdingford, MN 56340

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## **Hemker Park and Zoo Field Trip Registration**

Names of adults attending: \_\_\_\_\_

Names and ages of children attending: \_\_\_\_\_

Phone: \_\_\_\_\_ email \_\_\_\_\_

# attending \_\_\_\_\_ X \$10 = \_\_\_\_\_ Please enclose payment with registration

Registration deadline: September 8 2016

**HOLDINGFORD PUBLIC SCHOOLS**

P.O. BOX 250

HOLDINGFORD, MN 56340

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Chris Swenson  
Superintendent  
320.746.4308

Brian Silbernack  
Secondary Principal  
320.746.4309

James Stang  
Elementary Principal  
320.746.4461

Beth Heinze  
Business Manager  
320.746.4306

Dear Parent/Guardian:

Our school provides healthy meals each day. Breakfast is free; lunch costs \$1.95 for K-6, \$2.10 for 7-12.

Your children may qualify for free or reduced-price school meals. To apply, complete the enclosed Application for Educational Benefits following the instructions. A new application must be submitted each year. At public schools, your application also helps the school qualify for education funds and discounts.

State funds help to pay for reduced-price school meals, so all students who are approved for either free or reduced-price school meals will receive school meals at no charge. State funds also help to pay for breakfasts for kindergarten students, so all participating kindergarten students receive breakfasts at no charge.

Return your completed Application for Educational Benefits to:

*Holdingsford Schools, Attn: Foodservice; Box 250; Holdingsford, MN 56340*

**Who can get free school meals?** Children in households participating in the Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Food Distribution Program on Indian Reservations (FDPIR), and foster, homeless, migrant and runaway children can get free school meals without reporting household income. Or children can get free school meals if their household income is within the maximum income shown for their household size on the instructions.

**I get WIC or Medical Assistance. Can my children get free school meals?** Children in households participating in WIC or Medical Assistance may be eligible for free school meals. Please fill out an application.

**Who should I include as household members?** Include yourself and all other people living in the household, related or not (such as grandparents, other relatives, or friends).

**May I apply if someone in my household is not a U.S. citizen?** Yes. You or your children do not have to be U.S. citizens for your children to qualify for free or reduced-price school meals.

**What if my income is not always the same?** List the amount that you normally get. If you normally get overtime, include it, but not if you get overtime only sometimes.

**Will the information I give be checked?** Yes, and we may also ask you to send written proof.

**How will the information be kept?** Information you provide on the form, and your child's approval for school meal benefits, will be protected as private data. For more information see the back page of the Application for Educational Benefits.

**If I don't qualify now, may I apply later?** Yes. Please complete an application at any time if your income goes down, your household size goes up, or you start getting SNAP, MFIP or FDPIR benefits.

Please provide the information requested about children's racial identity and ethnicity, which helps to make sure we are fully serving our community. This information is not required for approval of school meal benefits.

If you have other questions or need help, call 320-746-4328

Sincerely, *Melissa Anderson, RD, SNS Foodservice Director*

## How to Complete the Application for Educational Benefits

Complete the *Application for Educational Benefits* form for school year 2016-17 if any of the following applies to your household:

- Any household member currently participates in the Minnesota Family Investment Program (MFIP), or the Supplemental Nutrition Assistance Program (SNAP), or the Food Distribution Program on Indian Reservations (FDPIR). *or*
- The household includes one or more foster children (a welfare agency or court has legal responsibility for the child). *or*
- The total income of household members is within the guidelines shown below (gross earnings before deductions, not take-home pay). Do not include as income: foster care payments, federal education benefits, MFIP payments, or value of assistance received from SNAP, WIC, or FDPIR. Military: Do not include combat pay or assistance from the Military Privatized Housing Initiative. The income guidelines are effective from July 1, 2016 through June 30, 2017.

Maximum Total Income

Household Size	\$ Per Year	\$ Per Month	\$ Twice Per Month	\$ Per 2 Weeks	\$ Per Week
1	21,978	1,832	916	846	423
2	29,637	2,470	1,235	1,140	570
3	37,296	3,108	1,554	1,435	718
4	44,955	3,747	1,874	1,730	865
5	52,614	4,385	2,193	2,024	1,012
6	60,273	5,023	2,512	2,319	1,160
7	67,951	5,663	2,832	2,614	1,307
8	75,647	6,304	3,152	2,910	1,455
Add for each additional person	7,696	642	321	296	148

### Step 1 Children

List all infants and children in the household, their birthdate and, if applicable, their grade and school. Attach an additional page if needed to list all children. Fill in the circle if a child is in foster care (a welfare agency or court has legal responsibility for the child). Please provide the requested information on ethnicity and race for each child. This information is not required and does not affect approval for school meal benefits. The information helps to make sure we are meeting civil rights requirements and fully serving our community.

**Step 2 Case Number** Circle Yes or No to show whether any household member currently participates in any of the three assistance programs listed in Step 2. If you answer Yes, write in the case number and go to Step 4 (skip Step 3). If you answer No, continue on to Step 3. WIC and Medical Assistance (M.A.) do not qualify for this purpose.

### Step 3 Adults / Incomes / Last 4 Digits of Social Security Number

- List all adults living in the household (everyone not listed in Step 1) whether related or not, such as grandparents, other relatives, or friends. Include any adult who is temporarily away from home, like a student away at college. Attach another page if necessary.
- List gross incomes before deductions, not take-home pay. **Do not list an hourly wage rate.** For adults with no income to report, enter a '0' or leave the section blank. This is your certification (promise) that there is no income to report for these adults.
- For each income, fill in a circle to show how often the income is received: each week, every other week, twice per month, or monthly.
- For farm or self-employment income only, list the net income per year or month after business expenses. A loss from farm or self-employment must be listed as 0 income and does not reduce other income.
- Last four digits of Social Security number – The adult household member signing the application must provide the last four digits of their Social Security number or check the box if they do not have a Social Security number.
- Regular incomes to children – If any children in the household have regular income, such as SSI or part-time jobs, list the total amount of regular incomes received by all children. Do not include occasional earnings like babysitting or lawn mowing.

**Step 4 Signature and Contact Information** An adult household member must sign the form. If you do not want your information to be shared with Minnesota Health Care Programs, check the "Don't share" box in Step 4



**Application for Educational Benefits – School Year 2016-17**  
**School Meals • State and Federally Funded Programs**

**Step 1** List all infants, children and students through grade 12 in the household, even if they are not related. If more space is needed, attach another sheet.

Child's First Name	MI	Child's Last Name	Birthdate	School	Grade	Foster Child? (An agency or court has legal responsibility for the child.) If yes, fill in the circle.	Optional - Is the child Hispanic / Latino? If yes, fill in the circle.	Optional - Racial Identity * Fill in one or more circles for each child.						
								American Indian	Asian	African American	Pacific Islander	White		
						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
						<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

\* The full names of the racial categories are: American Indian or Alaskan Native, Asian, Black or African American, Native Hawaiian or other Pacific Islander and White.

**Step 2** Do any Household Members, including yourself, currently participate in any of the following assistance programs: SNAP, MFIP or FDPIR? Circle one: **Yes** **No**  
Medical Assistance and WIC do not qualify. If No > Go to STEP 3. If Yes > Write in the CASE NUMBER  here: then go to STEP 4.

**Step 3** A. List ALL Adult Household Members including yourself and report all incomes. (Skip STEP 3 if you answered "yes" to STEP 2 or if all participants are foster children.)

Adults - Full Name For the purpose of school meal benefits, the members of your household are "Anyone who is living with you and shares income and expenses, even if not related." List the full name of each household member not listed in Step 1 and their income(s) in whole dollars. If a person has no income, write in 0 or leave the section blank. This is your certification (promise) of no income to report. Include any college students temporarily away from home.	Gross Pay from Work Do not write in an hourly wage.			Farm or Self-Employment	Public Assistance, Child Support, Alimony			All Other Incomes						
	Gross pay before deductions (not take-home pay).	Weekly	Bi-Weekly	2x Month	Net Income after business expenses. State if annual or monthly.	Payments received.	Weekly	Bi-Weekly	2x Month	Pension, retirement, disability, unemployment, Veterans benefits, etc.	Weekly	2x Month	Monthly	
		\$	\$	\$			\$	\$	\$		\$	\$	\$	\$

**B.** Last four digits of signer's Social Security Number (SSN) or no SSN (required): C. Do any of the children listed in Step 1 receive regular incomes such as SSI or wages?

X X X - X X     - or  I don't have a Social Security Number.  
regular incomes of children, if any:  
TOTAL \$  Weekly  Bi-Weekly  2x Month  Monthly

**Step 4** I certify (promise) that all information on this application is true and correct and all household members and incomes are reported. I understand that this information is given in connection with receipt of federal and state funds and that school officials may verify (check) the information. I understand that if I purposely give false information, my children may lose benefits and I may be prosecuted under applicable federal and state laws. The information I provide may be shared with Minnesota Health Care Programs as allowed by state law, unless I have checked this box:  Do not share my information with Minnesota Health Care Programs.

Signature of Adult Household Member (required)  Print Name:  Date:   
Address:  City:  Zip:  Home Phone:  Work Phone:

**Office Use Only** Total Household Size:  Total Income: \$  per  Approved:  Case Number – Free  Foster – Free  Income – Free  
 Income – Reduced-Price  Denied:  Incomplete  Income Too High Signature of Determining Official:  Date:

**Is this form required?**

This form must be completed to apply for free or reduced-price school meals, unless:

- (1) Your school provides free school meals to all students without applications from households (*Community Eligibility Provision, Provision 2 or Provision 3*) or
- (2) You were notified that your children have been directly certified for school meal benefits based on foster care status or participation in the Supplemental Nutrition Assistance Program (SNAP), Minnesota Family Investment Program (MFIP) or Food Distribution Program on Indian Reservations (FDPIR).

**Privacy Act Statement / How Information Is Used**

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give this information, but if you do not we cannot approve your child for free or reduced-price school meals. You must include the last four digits of the Social Security number of the adult household member who signs the application. The last four digits of the Social Security number are not required when you apply on behalf of a foster child, or you provide an MFIP, SNAP or FDPIR assistance number, or you indicate that the adult household member signing the application does not have a Social Security number.

Only authorized officials will have access to the information that you provide on this form. We will use your information to determine if your child qualifies for free school meals, and for administration and enforcement of the school meal programs. We may share your information with other education, health, and nutrition programs to help them evaluate, fund or determine benefits for their programs, with auditors for program reviews, and with law enforcement officials to help them look into violations of program rules. We require written consent from you before sharing information for other purposes.

Please provide the requested information about children's race and ethnic identity. This information is not required and does not affect approval for program benefits. We use the percentages of participants in each racial/ethnic category to check that our program is operated in a nondiscriminatory manner in compliance with federal civil rights laws

At public school districts, each student's school meal status also is recorded on a statewide computer system used to report student data to the Minnesota Department of Education (MDE) as required by state law. MDE uses this information to: (1) Administer state and federal programs, (2) Calculate compensatory revenue for public schools, and (3) Judge the quality of the state's educational program.

Information provided on this form may be shared with Minnesota Health Care Programs, unless the person completing this form has checked the box in Step 4 to not share information for that purpose.

**Nondiscrimination Statement**

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the *USDA Program Discrimination Complaint Form (AD-3027)* found online at:

[http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail to U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue SW, Washington, D.C. 20250-9410, or (2) fax to (202) 690-7442; or (3) email to [program.intake@usda.gov](mailto:program.intake@usda.gov). This institution is an equal opportunity provider.

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**Office Use Only: Verification**

Date Verification Sent: \_\_\_\_\_ Response Due: \_\_\_\_\_ 2<sup>nd</sup> Notice: \_\_\_\_\_

Result:  No Change     Free to Reduced-Price     Free to Paid     Reduced-Price to Free     Reduced-Price to Paid

Reason for Change:  Income     Case number not verified     Foster not verified     Refused Cooperation     Other: \_\_\_\_\_

Signature of Confirming Official: \_\_\_\_\_ Date: \_\_\_\_\_ Signature of Verifying Official: \_\_\_\_\_ Date: \_\_\_\_\_



# DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice **or** Veggie

Grains **and 3-5 items total**

Milk **and 3-5 items total**

Fruity/Juice **and 3-5 items total**

Protein **and 3-5 items total**

Vegetables **and 3-5 items total**

**HOLDINGFORD SCHOOL DISTRICT NUTRITION SERVICES**

# Still the best deal in town!

**K-6 7-12**

# \$1.95 \$2.10

Get in touch with us today to learn more about free and reduced-price meals in our district: 746-4328 or [Melissa.Anderson@isd738.org](mailto:Melissa.Anderson@isd738.org)

## Available Daily

Milk offered with all meals.  
Fruit & juke available with all breakfasts

G/G: Grab/Go breakfast for 7-12  
K: Kindergarten Entree  
JH: Grades 6-8  
HS: Grades 9-12

Menu subject to change.

# Welcome Back!

This institution is an equal opportunity provider. Menus are subject to change.

**Menus for September 2016**

**Holdingford Nutrition Services**  
320-746-4328

Monday, September 12	Tuesday, September 13	Wednesday, September 14	Thursday, September 15	Friday, September 16
<b>Breakfast</b> Breakfast Bites Or Cherry Frudel G/G: Banana Bread Slice  <b>Lunch</b> Italian Pasta-K Or Eggrolls Candied Carrots Fresh Vegetables Bread Slice (J/HS) Fresh/Canned Fruit	<b>Breakfast</b> Dutch Waffle *NEW* Or Cereal G/G: Whole Grain Popstart  <b>Lunch</b> Pancakes w/Fruit Topping Breakfast Sausage-K Or Yogurt/Cheese Stick Tri-Tator Hashbrown Patty Fresh Vegetables Fresh/Canned Fruit	<b>Breakfast</b> Banana Snackbread String Cheese or Cereal G/G: Bagel w/Cream Cheese  <b>Lunch</b> Italian Dunkers w/Sauce-K Or Roast Beef Wrap Seasoned Green Peas Fresh Vegetables Bread Slice (HS) Fresh/Canned Fruit	<b>Breakfast</b> Breakfast Pizza Or Cereal G/G: Cinnamon Roll  <b>Lunch</b> Huskerburger Or Turkey Deli-K School Baked Fresh Bun Baked Beans Fresh Vegetables Fresh/Canned Fruit	<b>Breakfast</b> Muffin, Toast Or Hard-Cooked Egg G/G: Fred Breakfast Round  <b>Lunch</b> Fish Fillet Or Rib Patty-K School Baked Fresh Bun Tiny Whole Potatoes Fresh Vegetables Fresh/Canned Fruit
<b>Monday, September 12</b> <b>HAPPY LABOR DAY!</b> <b>NO SCHOOL MONDAY SEPTEMBER 5</b>				



# Community Education

## Elementary Flag Football: Grades 3 & 4

Flag football is being offered for youngsters in grades 3 and 4 by the Husker Varsity Football Team. The players will work on skills and plays for 15 minutes and then play three 15 minute games each day.

**Dates:** Saturdays, September 10, 17, 24, October 1, 8, 15

**Time:** 9:00am-10:00am

**Location:** Practice Football Fields

**Fee:** \$22.00

**Equipment Needed:** Football Cleats are optional, but recommended

**Fee after August 29:** \$27.00

**Instructor:** Husker Varsity Football Players



## Elementary Tackle Football: Grades 5 & 6

We will be offering Tackle Football for Holdingford Elementary 5<sup>th</sup> and 6<sup>th</sup> graders this fall. Practices will be on Mondays and Wednesdays from 3:30pm-5:00pm and games will be on Saturday mornings. Equipment checkout will be on Wednesday, September 7th. Schedules will be given out at practice. The philosophy of the elementary program is based on player participation, developing skills, and having fun.

\*\*\*We are looking for parents to volunteer to coach this program. If interested in helping coach. Please email Luke Mitchell at [luke.mitchell@isd738.org](mailto:luke.mitchell@isd738.org).

**Start Date:** Wednesday, September 7th

**Location:** Wrestling room/practice football & baseball fields

**Fee:** \$45.00

**Equipment needed:** Football Cleats (all pads are provided through school)

**Fee after August 29:** \$50.00

**Equipment Checkout:** Will be on Wednesday, September 7th after school in the Wrestling Room. Students should meet by the Elementary Cafeteria right after school. Season schedules will be provided at this meeting. Families will be responsible for the return of all equipment at the conclusion of the season.

**Pick up Location:** Parents please pick up students at High School Door #1

## YEL LEGO X: Yachts & Hot Rods

*For 1st-5th grades*

Build a land yacht propelled by a fan, a race car built to tackle hills and jumps and much more. Students will build specific projects to investigate wheels and axles and then be challenged to design, build, test and modify their own creations to compete in contests against their classmates. Start your engines!

**Dates:** Wednesdays 10/26-11/16- 4 sessions

**Time:** 3:05-4:05 PM

**Location:** Holdingford Elementary Teachers' Lounge

**Minimum:** 6

**Maximum:** 16

**Fee:** \$42.00

**Fee After October 18<sup>th</sup>:** \$47.00



## Cheerleading Clinic for Grades 3 - 6

All boys and girls in grades 3-6 are invited to attend a cheerleading clinic. The students will have 4 after school practices to learn various sideline cheers and one dance to perform at the Friday, September Homecoming Football Game.

**When:** Sept. 13, 15, 20, 22

**Time:** 3:15 - 4:00 p.m. Please pick up students at High School Door #1.

**Location:** Wrestling Room

**Instructors:** Varsity Cheerleaders under the supervision of Dana Schindele, Cheer Advisor.

**Performance:** September 23rd

**Fee:** \$30

**Fee After September 7th:** \$35

*\* All participants will receive a cheerleading t-shirt. Please indicate the size on your registration. Registrations received after Sept. 7<sup>th</sup> may NOT receive a t-shirt.*

## Pool and Pizza Party Grades K-6

Join your friends for some fun after school. First take a dip in the pool while enjoying open swim from 3:00pm-4:00pm. Then enjoy delicious pizza and a beverage from Corner Pizza in the Student Lounge. You must provide your own swim suit, towel, and swim cap. Students are responsible for their own belongings. Students may bring a lifejacket or indicate when registering if one is needed. **Parents:** Please pick students up promptly at 4:30pm at High School Door #1.

**When:** Tuesday, October 18

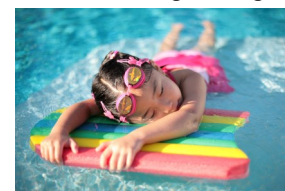
**Fee:** \$11

**Time:** 3:00pm-4:30pm

**Fee after October 11<sup>th</sup>:** \$16

**Location:** Pool and Student Lounge

**Minimum number of Participants:** 15



**Chanhassen Dinner Theatre Trip**  
**Beauty & the Beast**  
**Saturday, September 24**

**11:00am Dinner Seating – 1:00 pm show**

**\$80 per person**

*dinner, gratuity, tax, show & coach bus included*

running out. If the young prince does not learn his lesson soon, he will be doomed to remain as a beast for all eternity.

The story carries a valuable lesson. Be careful not to judge others by their exterior - true beauty is found within. Fairy tale is paired with musical comedy in a most enchanting, sparkling and powerful production for audiences young and old.



Disney's Beauty and the Beast has become an international sensation that has played to over 35 million people worldwide. It returns to Chanhassen Dinner Theatres' Main Stage for the first time in a decade!

In this "tale as old as time," Belle, a young woman in a provincial town, encounters the Beast, who is really a young prince trapped in a spell placed by an enchantress.

If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is

**8:45am bus leaves Upsala Schools**

**9:15am bus leaves Holdingford School**

**5:45PM Approximate Return**

*You may bring snacks for the ride.*

**Age Statement:** Chanhassen Dinner Theatres does not admit anyone under the age of 5 into the theatre.

*\*Students age 15 and under must be accompanied by an adult.*

**Registration open until filled or by August 24.**

Register with Upsala Community Ed online at <https://upsala.revtrak.net>

or at the Upsala District Office.

**55 seats have been reserved.**

**PotSpot: Have a "Hooting" Good Time (K-12)**

You will have a "hooting good time" painting three different owls: magnet, ornament, and tiny topper. You will also get a pumpkin to paint.

*\*Remember, PotSpot will take the projects and fire them in the kiln. We will return them to school one week later.\**

**Date:** Wednesday , October 26

**Time:** 3:00 pm – 4:30 pm

**Location:** HS Student Lounge

**Fee:** \$16

**Fee after October 19:** \$21

**Minimum:** 4

**Maximum:** 20



**PotSpot: Let It Snow! Let It Snow! (K-12)**

This fun snowperson plate will be a great piece to serve cookies on all winter long. It is a great size too! You will fit plenty of treats on them. *\*Remember, PotSpot will take the projects and fire them in the kiln. We will return them to school one week later.\**

**Dates:** Wednesday , November 16

**Time:** 3:00 pm – 4:30 pm

**Location:** HS Student Lounge

**Fee:** \$18

**Fee after November 9:** \$23

**Minimum:** 4

**Maximum:** 20



## Fall Volleyball Camp (incoming grades 4-8)

Members of the Holdingford High School Volleyball Team will work with players in small groups. Athletes will play 2 on 2 and 3 on 3 while learning the skills of hitting, serving, passing, and setting.

**Dates:** Tuesday, August 16th and Thursday, August 18th

**Time:** 1:00 pm - 3:00 pm

**Location:** HS Gym

**Fee:** \$25.00

**Fee after August 8<sup>th</sup>:** \$30

## Saturday Volleyball for Boys and Girls in Grades 1-6

Saturday Volleyball (for girls and boys entering grades 1-6). Players will learn volleyball skills while having fun.

**Dates:** Saturdays, September 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, October 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>

**Time:** **Grades 1-3** 8:30 am - 9:30 am

**Grades 4-6** 9:30 am - 10:30 am

**Fee:** \$30.00

**Fee after September 2nd:** \$35.00

**Location:** Intermediate Gym



## Youth Canvas Painting (grades 2-8)

Students will be instructed by a teacher from Art Bar 39 to create their own original canvas painting to take home. This is a FUN step by step guided class. Participants will be paint a colourful giraffe shown below.

**Date:** Monday, November 7

**Time:** 3:00-5:00pm

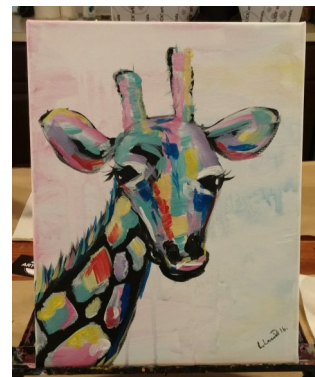
**Location:** HS Student Lounge

**Fee:** \$23

**Fee After November 1st:**

\$27

**Minimum:** 10



## American Red Cross Lifeguard Training

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Successful candidates will obtain the American Red Cross Certificate for Lifeguarding/First Aid/CPR/AED, which is valid for two years. Students must bring his/her manual (which will be distributed to students before the first class and students should read through prior to attending) swimming gear, including swim suit, swim cap, goggles and towel. **\*Anyone that is currently a lifeguard and needs a refresher lifeguard must go to each class time for instruction. They can leave earlier when they skill out.**

Pre-requisites:

Must be 15 years old on or before the final scheduled session of this course.

Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.

Tread water for 2 minutes using only the legs. Candidates should place their hands under their armpits.

Complete a timed event within 1 minute, 40 seconds:

Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water. Exit the water without using a ladder or steps.

**Cost is \$80 for a refresher course. Please indicate on registration and mark if a new manual is needed.**

**Dates:** Sundays, September 24-October 15, 2016 (October 22<sup>nd</sup> testing day, if needed)

**Time:** 8am-5pm

**Fee:** \$180.00

**Fee after September 15:** \$185.00

**Class Minimum:** 5 Participants

**Location:** Holdingford High School Room E22 and Pool

**Instructor:** Linda Theisen



**American  
Red Cross**



## Driver's Training Program- Today's Driving School

A complete Driver's Education Package consisting of 30 hours of classroom instruction and 6 hours of behind-the-wheel will be offered at HHS. After students obtain their permit, two hour behind-the-wheel sessions can be set up. Cost of the entire package is \$350. Students enrolling should be 15 years of age by November 21, 2016. Attending students must pay \$250 by November 1, 2016 and the remaining \$100 by November 18<sup>th</sup>. Students need to bring a pencil/pen and a notebook to the 30 hour class. Please printout the Minnesota Drivers Manual by going to the website [www.dps.state.mn.us/dvs](http://www.dps.state.mn.us/dvs). Once on the page go to drivers services on the left side of the page, then click on the manuals and print the complete manual. Otherwise manuals can be purchased at class for \$6. The state of Minnesota no longer prints the manuals.

*Please include student's birth date and full name (first, middle, last) when registering.*

**(Holdingford Community Ed. has decided to provide a driver's training program through a different company. It is important that students attend every class because there will not be make up days. An instructor will come to Holdingford for the 2 hour behind the wheel sessions. Once a student has enrolled they will receive a contract, this must be filled out, signed and brought to the first class or a parent must attend the first class to fill it out.)**

If you have questions, please contact the Community Ed. Office at 746-4465 or Today's Driving School at 320-293-0352.

**Date:** November 7, 9, 10, 11, 14, 15, 16, 17, 18, 21 (No Class on 11/8 Election Day)

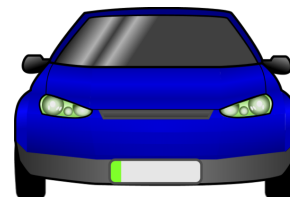
**Time:** 6pm-9pm

**Location:** Room 12

**Fee:** \$350

**Fee after November 1st:** \$355

**Minimum Class Size:** 15



## Just For Kix

Registration for Just For Kix is available on the Just for Kix website at [classes.justforkix.com](http://classes.justforkix.com) or Morgan will have a table at Open House on August 31st to assist you.

## Schedule for Holdingford - MN

Facility	Style	Class Name	Fee	Grade / Age	Day	Time	Uniform	Instructors	Start Date	End Date
Holdingford School	Kick	Kick: Tiny	28.00	3-5 yrs	Tu	4:00p.m. - 4:30p.m.	Blue Tatiana	Morgan Franzwa	9/13/16	4/25/17
Holdingford School	Kick	Kick: Tiny	28.00	3-5 yrs	M	6:00p.m. - 6:30p.m.	Dizzy Daisy	Morgan Franzwa	9/12/16	4/24/17
Holdingford School	Kick	Kick: Wee Petite	31.00	K-1	M	5:15p.m. - 6:00p.m.	Something Blue	Morgan Franzwa	9/12/16	4/24/17
Holdingford School	Kick	Kick: Wee	31.00	2-3	M	4:15p.m. - 5:15p.m.	Park Avenue	Morgan Franzwa	9/12/16	4/30/17
Holdingford School	Jazz	Jazz: Wee	31.00	1-3	M	3:15p.m. - 4:15p.m.	Girl Power	Morgan Franzwa	9/12/16	4/24/17
Holdingford School	Kick	Kick: Mini	31.00	4-6	Tu	5:30p.m. - 6:30p.m.	Shimmy Biketard	Morgan Franzwa	9/13/16	4/25/17
Holdingford School	Jazz	Mini Jazz	31.00	4-6	Tu	4:30p.m. - 5:30p.m.	Mirabella	Morgan Franzwa	9/13/16	4/25/17
Holdingford School	Kick	Junior Kick (7-12th grade)	31.00	7-12	M	8:15p.m. - 9:15p.m.	Swoosh	Morgan Franzwa	9/12/16	4/24/17
Holdingford School	Jazz	Junior Jazz (7-12th grade)	31.00	7-12	M	7:15p.m. - 8:15p.m.	Melt My Heart	Morgan Franzwa	9/12/16	4/24/17
Holdingford School	Hip Hop	Junior Hip Hop (6-12th grade)	31.00	6-12	Tu	6:30p.m. - 7:30p.m.	Girl On Fire	Morgan Franzwa	9/13/16	4/25/17
Holdingford School	Hip Hop	Wee/Mini Hip Hop (2nd-5th grade)	31.00	2-5	M	6:30p.m. - 7:15p.m.	Power Pop with Lace Jacket	Morgan Franzwa	9/12/16	4/24/17

**\*\*Core Kick is a prerequisite for Jazz and Lyrical classes. Ballet would also fulfill the Core Kick prerequisite in programs where ballet is offered.**

**Morgan Franzwa**  
**(320) 291-3717**  
**holdingford\_mn@justforkix.com**



## Indoor Walking at Holdingford High School

The Holdingford High School halls are open for walking on the days when school is in session from 3:30 pm—9:30 pm. You must register with Community Ed. And pay \$1.00 to obtain a walking badge. No walking when school is not in session or when conferences are scheduled. Badges must be worn. Adults only please.

## Beginning/Intermediate Microsoft Word & Excel

If you would like an overview on how to use Microsoft Word and Excel then this is the class for you! High school business teacher, Shauna Seaman will be teaching this class and she has a wealth of knowledge.

**Date:** Tuesday, October 25th  
**Time:** 6:00-7:30pm  
**Location:** HS Room A17  
**Fee:** \$15  
**Fee after October 18th:** \$20  
**Minimum:** 5  
**Instructor:** Shauna Seaman



## Adult Canvas Painting at the Muni

Please join an instructor from Art Bat 39 in these FUN step by step guided instruction canvas painting sessions. Each person will go home with their own original canvas painting. These classes will be held at the Holdingford Municipal Liquor Store. Snacks and beverages will be available to purchase. Please indicate on registration which class you are registering for.

### At Dusk Painting (Pictured on back page)

**Date:** Monday, September 26  
**Time:** 6:30-8:30  
**Location:** Holdingford Municipal  
**Fee:** \$39  
**Deadline:** September 19  
**Minimum:** 15

### Country Morning (Pictured on back page)

**Date:** Monday, November 7  
**Time:** 6:30-8:30  
**Location:** Holdingford Municipal  
**Fee:** \$39  
**Deadline:** November 1st  
**Minimum:** 15

## Circuit Training

Come join us for a total body, circuit training workout 6 week program. It will be a mix of using weights, body weight and cardio to get your heart pumping. There will be new circuit for each class, so you don't have to worry about getting bored with the same routine. All workouts will be led by a Personal Trainer. All ages and fitness levels are welcome. There will also be nutritional tips and tricks along the way to help you reach your goal.

**Dates:** Tuesdays and Thursdays starting September 6 – October 13

**Time:** 5:00am-6:00am

**Location:** HS Weight Room

**Fee:** \$52 Tuesday or Thursday

\$77 Tuesday and Thursday

**Deadline to register:** September 1st

**Minimum:** 5

**Instructor:** Kelly Boeckermann

## Water Aerobics/Lap Swim

Water Aerobics offers a fun, “No Sweat”, effective exercise with musical accompaniment. It's a nice way to trim, tone, and stay limber! Water Aerobics minimizes strain on your body because the water cushions your muscles as you work out. The class is held in the shallow end of the pool, so no swimming ability is necessary. The pool steps make it easily accessible.

**Instructors:** Nancy Mager and Cynthia Meyer

**Dates:** Wednesdays, Sept. 7 - November 16 (10 sessions)

NO water aerobics October 19th

**Time:** 7:00pm-8:00pm

**Location:** HS Pool

**Fee:** \$25.00 or \$3.00 per night at the door  
(Senior citizen rate is half price)

## 3M Provides Grant to Holdingford Community Ed. on Behalf of 3M Volunteer Nancy Mager

The 3M Foundation has donated \$250.00 to Holdingford Community Ed., in recognition of Nancy Mager's commitment to the community. Nancy has donated many hours to Holdingford Community Ed. as a volunteer water aerobics instructor. 3M employees and retirees generously give their time and skills to help others," said Robin Torgerson, vice president, 3M Community Affairs. "We are pleased to recognize their commitment to their communities."

Community Ed. Would like to extend a huge thank you to Nancy Mager for volunteering each year to keep this program going!

Thank  
You

## Senior Traffic Safety Refresher Class

This is the class people 55+ need to continue the 10% auto insurance reduction. You will need to provide information including your driver's license number.

**Date:** October 5, 2016

**Time:** 5:00pm-9:00pm

**Fee:** \$18.00

**Deadline:** September 27

**Location:** Holdingford High School Library

**Instructor:** Joe Christensen

## Senior Traffic Safety Initial Class

This is the class people 55+ need to start the 10% auto insurance reduction. You will need to provide information including your driver's license number.

**Date:** October 3 & October 5, 2016

**Time:** 5:00pm-9:00pm

**Fee:** \$18.00

**Deadline:** September 27

**Location:** Holdingford High School Library

**Instructor:** Joe Christensen

## FARE FOR ALL IS NOW IN HOLDINGFORD

Would you like to save money on your grocery bills this month? Fare For All is a budget stretching program that allows people to save up to 40% off fresh fruits, vegetables, and frozen meats. We pass on our bulk savings to anyone who wants to stretch their food budget. We purchase our food fresh, in bulk from wholesalers—the same place grocery stores get their food from. Fare For All is open to everyone! At this time we are only accepting cash for orders or if you have an EBT card you can call the Fare For All office at (763) 450-3880. Fare For All is here in Holdingford at Community Country Church at 42457 171<sup>st</sup> Ave **one Monday per month from 3:30-5:00pm**. Our next distributions are on July 18th and August 15th. **Advanced payment is required. Orders and payment must be received by the Friday prior to the Monday distribution date. Contact the church office at (320) 746-0005 to place your order or talk to Peggy Anderson or Debbie Disher.**

We offer 4 food packages:

**Produce Pack**, \$10 – Typically includes four varieties of fresh vegetables and four varieties of fresh fruit

**Mini Meat Pack**, \$11 – 4-5 assorted frozen meat items (**pork free**)

**Combo Pack**, \$20 – includes both the Produce and Mini Meat Pack to save a dollar

**Mega Meat Pack**, \$25 – Typically includes 7-9 assorted frozen meat items. Watch for Holiday Packs in November and December

**Hot Buy(s)**, In addition to the above packages each month we try to offer one **Meat** and one **Produce** item as our ala carte special

For more information, please visit [www.fareforall.org](http://www.fareforall.org) or call (320) 746-0005. We hope to see you soon!

## Take a Senior Fishing Day Ages 65+

The Holdingford Sportsmen's Club will be hosting a Senior Citizen Fishing Day on Saturday, August 6<sup>th</sup>. Seniors will get to fish with members of the club on a nearby lake yet to be determined. All fishing gear, bait and snacks will be provided. Participants will be required to wear a life jacket when on the lake.

The group will meet and depart from the Cyril Ebnet Field at 9am. Following a fun day of fishing, the group will return to the Opole Ball Park to have a fish fry at 3pm.

For more information, call Robb at 320-249-4617.

**Date:** Saturday, August 6, 2016

**Time:** 9am-4pm

**Location:** Meet at Cyril Ebnet Field at 9am and return after fish fry.

**Fee:** FREE, but pre-registration is required by **July 29<sup>th</sup>**.

**Minimum:** 6

**Maximum:** 20



## Senior Citizen Passes

Residents of Holdingford School #738 who are 60 years or over are eligible to receive a Senior Citizen Pass.

This pass will entitle the holder to attend free of charge District #738 athletic events, concerts which are scheduled in the school district, and pay half price (plus materials) for qualifying community ed. classes.

This pass will not be good for activities scheduled outside of the district such as athletic contests or for tournament games held within the district.

Each pass should be signed by the holder and presented at the gate for athletic events, plays and concerts, and noted when registering for community education classes.

Any district Senior Citizen who has not received a pass and would like one should contact the Community Education office at 320-746-4465.

We hope these passes will allow more people a greater opportunity to use our school facilities!



# Registration Information

- No news is good news! You will only be contacted if your class is cancelled or changed.
- Timing is important. The fastest way to cancel a great class is waiting too long to register. If an activity has not met the minimum number of participants, it is subject to cancellation. This will be determined at the close of the deadlines.
- Registration forms may be mailed to: Holdingford Community Education, PO Box 250, Holdingford, MN 56340. They may also be dropped in person at the Community Education Office (High School Door #3), brought to the elementary office or you can register online at [www.isd738.org](http://www.isd738.org) under the Community Education tab. Please enclose the form and payment in an **envelope** when delivering it to the elementary office. Checks can be made out to Holdingford Public Schools.
- Registrations must be received in the Community Education Office by 4:00 p.m. on the deadline date to qualify for the reduced pricing. Registrations received after the deadline date, will need to add \$5.00 to the payment where indicated.
- Registrations will **NOT** be considered completed until the registration form and correct payment have been received. We will take registrations over the phone if you have a debit/credit card.
- Please keep your newsletter and/or write class dates on your calendar for future reference.
- Print all information (**especially phone numbers**) legibly. It is important to have these numbers if we need to reach you.
- When sending registrations through the elementary, please put form and money/check in an envelope marked: Community Ed.
- Parents: always use door #1 as a drop off and pick up site unless noted differently.

**Refund Policy**

We will issue a full refund if you notify the Community Education Office with cancellations at least 24 hours prior to the deadline. Late cancellations result in extra expenses for Com. Ed. and the instructors. Classes or programs having multiple meeting dates may receive prorated refunds.

## Holdingford Community Education Registration

Name	Grade	Age	Community Ed. Class	Cost
<b>TOTAL</b>				

**Make checks payable to Holdingford Public Schools.**

Parent/Guardian _____	Res. Phone _____
Address _____	Cell Phone _____
_____	Bus. Phone _____
Email address _____	
Participant Special Needs: _____	
Emergency Contact Name: _____	Number: _____
Cheerleading T-shirt (please circle): YS (6-8)   YM (10-12)   YL (14-16)   YXL (18-20)   AS   AM   AL	
Driver's Training: Birthdate: _____	
First Name: _____	Middle Name: _____
Last Name _____	

## Thank you!

Kelly Kobernusz was recognized by the DNR this year for volunteering 10 years of teaching firearm safety. There are about 50 students that register for the firearm safety course each winter in Holdingford. Community Ed. would like to extend a thank you to Kelly for providing this service to our youth.



“What Happened After Once Upon A Time” was rehearsed for only five days this summer! The cast was made up of students ranging from first grade through twelfth grade.

The students performed on Friday, June 21st and there was a great turn out in the audience. Thank you Angela Safran for Directing this fun program and we are already looking forward to next summer!

Holdingford Public Schools  
 PO Box 250  
 Holdingford, MN 56340



Bulk Rate  
 US Postage Paid  
 Non-Profit Org  
 Permit No. 18  
 Holdingford, MN

**Or Current Resident**

**Please Note**

If you have any of these changes, please notify Jessica Rausch in the high school office (320-746-4304) or Sharon Breth in the elementary office (320-746-4462).

- Changes in marital status.
- Change of address.
- Death of someone that receives school mail.

This will help us keep records up to date and mailings current. In the case of separation or divorce, both parents will receive information if we have the addresses.



Are you ready to start a new journey? Are you looking for a rewarding part-time job? Are you ready to retire from your full time job and looking for part-time work?

If so, Holdingford School’s Bus Service has a great job opportunity for you. You will experience the joy of working with students, normal hours, and good wages. Will train qualified applicants to obtain CDL.

For more information call Rodney Ebnet, Transportation, Holdingford Schools, 320/746-4464.



**Country Morning**

**Adult Canvas Painting**

**NEWSLETTER DEADLINES**

OCTOBER 19, 2016  
JANUARY 18, 2017  
APRIL 11, 2017  
PLEASE SEND ARTICLES TO  
KENDRA.POSCH@ISD738.ORG



**At Dusk**

**Adult Canvas Painting**