

The promise of Rush City Schools is to create global citizens who are lifelong learners.



# Tiger Tails

## Rush City High School CLASS OF

# 2024



*On Colors Wars Day at RCHS, students and staff were challenged to dress in an assigned color to show off their Snow Week Spirit. The Senior Class dominated the competition and was awarded the coveted trophy during the Snow Week Pep Fest. Congratulations, Seniors!*

District Office (320) 358-4855	High School (320) 358-4795	Elementary (320) 358-4724	Early Childhood (320) 358-3635	Transportation (320) 358-3562
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# Rush City Schools



Superintendent  
**Brent Stavig**

[bstavig@rushcity.k12.mn.us](mailto:bstavig@rushcity.k12.mn.us) | 320-358-4855

Dear Rush City Schools Community,

As we embark upon the fourth quarter of the academic year, I'm thrilled to reflect on the incredible journey we've shared so far. It has been a year brimming with excitement both inside and outside the classroom. Here are some highlights:

- We've witnessed significant success in our extracurricular activities, with our students showcasing their talents and dedication on various platforms.
- Inside the classrooms, our students have embraced new academic challenges, particularly in STEM fields, opening doors to innovative learning opportunities.
- Our commitment to academic excellence led us to pilot a new fourth-grade ELA curriculum, enhancing our students' language and literacy skills.
- Our educators have been engaged in continuous learning as well, implementing the Science of Reading through the LETRS program to further support our students' literacy development.
- Family engagement took on a new dimension with the introduction of "Get to Know You Days," fostering stronger connections between home and school.

As we approach the final stretch of the school year, it's essential that we maintain our momentum: Let's rally behind all our students, regardless of age or grade, encouraging them to remain engaged and focused, ensuring they put forth their best effort until the very end. Spring ushers in a flurry of sports and activities, and I encourage everyone to join in and support our students as they participate in these extracurricular pursuits. At home, please continue to support your learners by ensuring they get adequate rest, especially before assessment days.

Together, we are not just educating students; we are nurturing global citizens and lifelong learners. Your ongoing partnership and support are invaluable as we strive to help each learner realize their full potential. As always, my door is open to any questions, concerns, or ideas you may have.

Thank you for being an integral part of our educational community.

Superintendent Brent Stavig

# Rush City High School



High School Principal

**Janet Wagener**

[jwagener@rushcity.k12.mn.us](mailto:jwagener@rushcity.k12.mn.us) | 320-358-1264

**Happy April Rush City Community,**

**Do April Showers bring May Flowers?**

Are we sure it is Spring because it doesn't look like it outside? I am writing this article on our second snow day in March and realizing we got pretty lucky with the earlier warmer weather. Regardless of the weather, this time of year goes fast! April and May are packed with events, activities, testing, and sports.

## **PBIS ROAR Students for Quarter 3**

These students were invited to an in-school breakfast on March 20th with their closest staff connections! Congratulations, students!



From left; Bryleigh Blatz (10th), McKenna Garr (11th), Braeden Rood (12th), Isabella Guse (9th), Grace Lovrien (8th), Ashlyn Simmons (7th).

**Ashlyn Simmons-** Ashlyn is poised and handles classroom activities extremely well. She always does her best, is respectful, and leads her peers well.

**Grace Lovrien-** Grace is always hard-working, good at advocating for herself, and respectful in class.

**Isabella Guse-** Actively participates in class, turns in quality work, and displays ROAR behaviors consistently.

**Bryleigh Blatz-** Bryleigh is a kind student who loves learning. She is active in her classes and inspires her peers to do the same. She is a great leader in and out of school.

**McKenna Garr-** McKenna leads by example and has an exceptional work ethic.

**Braeden Rood-** Braeden is a mentor to younger students when needed, works hard, shows responsibility, and is respectful to staff and students alike.

**Students of Excellence Award:** Congratulations to Maria Biermaier, Owen Anderson, Adrianna Schroeder, and Bailey Witte for being selected for the Students of Excellence Award. These awards go to students who have achieved a commendable grade point average OR have demonstrated a combination of academic achievement, leadership skills, and school/community involvement. They are an exemplary, positive role model to fellow students, as well as staff, and are making a difference every day in the lives of fellow students, staff, and their community.



## **Dates to Remember**

- May 4th: Prom 2024
- May 7th: DAPE DAY
- May 9th: Rush City Career Fair
- May 15th: Senior Awards Night
- May 22nd Morning: PBIS Movie Reward Grades 10th-12th
- May 22nd Afternoon: Spring Fling
- May 24th Morning: PBIS Movie Reward Day for Grades 7th-9th Grade
- May 24th: Seniors' Last Day of High School
- May 31st at 7 p.m. - Graduation(Reminder that graduation is on Friday this year)

## **Hiring for the 2024-2025 School Year!**

- Full-time and part-time paraprofessionals
- 1.0 FTE Mathematics Teacher
- 1.0 FTE Career and College Counselor/Coordinator
- 1.0 FTE Family and Consumer Science
- 1.0 FTE Business Education Teacher
- 1.0 FTE Science Teacher(Chemistry with sections in other areas)
- Two 1.0 FTE English Teachers

## **Hiring Now!**

- Full-time and part-time paraprofessionals

## **Substitutes for Paraprofessionals and Substitute Teachers:**

We need substitutes. If you are interested in learning more about the requirements and "how-tos" of subbing please contact me and I can help you with the process. For paraprofessionals, you need a high school diploma/GED and for substitute teaching, you need a four-year degree.



[Click HERE to access ParentVUE](#)

This provides access to your student's schedule, grades, and basic school information.

**For assistance with ParentVUE please email office staff:**

Melissa Wiener [mwiener@rushcity.k12.mn.us](mailto:mwiener@rushcity.k12.mn.us) Jennifer Berry [jberry@rushcity.k12.mn.us](mailto:jberry@rushcity.k12.mn.us)

Cathy Monster [cmonster@rushcity.k12.mn.us](mailto:cmonster@rushcity.k12.mn.us)

As always, thank you for your continued support. Please reach out to me with any questions or concerns

Janet M. Wagener  
Rush City High School Principal  
320-358-1264  
[jwagener@rushcity.k12.mn.us](mailto:jwagener@rushcity.k12.mn.us)

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## SPRING FEVER DANCE

Students in grades 7-9 were invited to dance the night away at the Spring Fever Dance on Friday, March 1st. A special thank you to all who volunteered to make the event a success!



# I LOVE TO READ MONTH

As part of February's "I Love to Read" month, students from Mrs. Carpenter's college Introduction to Speech class read their favorite childhood storybook to the Kindergarten and 1st-grade classes.



# CE Jacobson Elementary



Elementary Principal

**Alicia Nelson**

anelson@rushcity.k12.mn.us | 320-358-4724

Together, we are better for our children, families, our community, and each other. 😊

## Thank you for your attendance and support during Spring Parent-Teacher Conferences!

We had 376 conferences in February, not including rescheduled - 82% prior to rescheduling! Thank you so much for your commitment to your child's education. We appreciate you taking time out of your busy schedules to join us as we partner together to celebrate each child's growth.

Special thanks to our PTO for generously donating their creativity, time, and energy to help us with the following:

- The Scholastic Book Fair
- A Snack / Concessions Stand
- Funds for Finn - The student note card fundraiser for our therapy dog, Finn
- Their continuous support of our awesome students and teachers



## Schoolwide PBIS Challenge (Positive Behavior Interventions and Supports)

Our teams are based on the Harry Potter books and their "houses": Ravenclaw, Hufflepuff, Gryffindor, & Slytherin. Our current winner is **Team HUFFLEPUFF!** Students are divided up into houses to compete against others for positive behavior challenges! Our most recent challenges have been on the topics of:

- **Having A Positive Attitude!**
- **Sharing and Caring!** - Looking Out for Others
- Upcoming Character Challenge:  
**Ready and Organized!**
- Upcoming Character Challenge:  
**Attentive and Focused!**
- Upcoming Character Challenge:  
**Hard Work and GRIT!**

## Hufflepuff House Rally!

Classrooms:

- 1 - Halbert
- 2 - Gustafson
- 3 - Berens
- 5 - Rood
- 6 - Olson

# WHAT IS PBIS?

Positive Behavioral Interventions and Supports (PBIS) is a systematic way of supporting students in terms of behavior.

It uses **preventative practices schoolwide** for unwanted behaviors, and it creates **plans to support students at higher risk** for developing more serious problem behaviors.

Students are given support at 3 different levels, based on need: Tier 1, Tier 2, and Tier 3.

# WHY PBIS?

As leaders in the classroom and on campus, we want to...

- Help students learn what professional behavior looks like so they will be prepared for future careers
- Create an environment that helps every student be successful in their academics
- Avoid escalation and minimize unintended reward of negative behavior(s)
- Build character
- Develop a restorative mindset

## PBIS AT A GLANCE

		ROUTINE / SETTING						
		Classrooms	Hallways	Restrooms	Cafeteria	Playground	Assemblies	Bus
R	Respectful	* Voice level 0-2 * Follow directions the first time * Be helpful * Wait your turn * Use kind words and actions	* Voice level 0 * Use line basics * Walk safely * Respond to adult directions	* Voice level 1 * Respect others privacy * Wait your turn * Use appropriate language	* Voice level 2 * Say please and thank you * Show kindness * Use line basics * Walk safely with food items	* Voice level 0-4 * Make friends and include ALL * Use appropriate language * Follow directions the first time	* Voice level as directed * Respect personal space * Use appropriate language * Acceptable teacher use	* Voice level 1 * Use appropriate language * Take care of bus properly * Greet the bus driver
	Organized	* Stay on task * Be prepared * Maintain a clean work area * Return Friday Folders on Monday	* Keep personal belongings out of hallway * Stay to the RIGHT	* Take care of state, walls, and floors	* Organize your lunch space * Place trays and utensils in proper location	* Stay in designated play areas * Pick up personal belongings	* Enter quietly * Be on time	* Be on time * Keep personal belongings in assigned seat
A	Attentive	* Keep eyes on speaker * Be an active participant * Listen to adults and students	* Be aware of surroundings * Keep up with your class	* Seek help as needed * Flush as needed	* Throw away trash * Take the lunch you chose * Awareness of dismissal time	* Remember to return school equipment * Watch for safety of others	* Keep ears and eyes on speaker * Be aware of directions	* Stay seated and face forward * Be aware of signal to cross the road * Watch for your stop
R	Responsible	* Complete assignments on time * Take care of personal belongings and school equipment * Follow ALL classroom rules	* Straight to and from destination * Greet others appropriately in the hallway * Alert adults as needed	* Wash hands with one squirt soap, one paper towel * Take care of business quickly	* Raise hand to seek help * Leave area clean * Appropriate table manners * Eat only your food	* Use problem solving skills with others * Follow ALL playground rules * Wearing appropriate seasonal attire * Share	* Applaud / respond when appropriate * Remain seated * Sit in designated area	* Follow ALL bus driver rules * Keep all body parts inside bus * Maintain safety precautions at bus stop * Stay out of DANGER ZONE

## Congratulations to our 2nd Quarter R.O.A.R. Students of the Quarter!

- Montana Boleen
- Callen Rademacher
- Nolan Schoeberl
- Lillian Bodin
- Piper Lofgren
- Kong Pheng Thao
- Leah Mielke
- Julia Piel
- Addison Cornelius
- Peyton Berens
- Nicholas Miller
- Natalie Moulton
- Mattie Kilpela
- Kiptyn Lindstrom
- Michael Allerton
- Laessa Littlefield
- Edward Hamlin
- Jaylynn Ball
- Liam Lofgren
- Lucas Nelson
- Jacob Bohler
- Genevieve Jarzynski
- Charley Larson
- Shane Meyer
- Ava Vandekamp
- Jaidyn Brenny
- Axel Leibel
- Joshua Klocke



**We are currently in search of LEGO donations!**  
**If you have any used LEGOs lying around that you would like to get rid of or donate, our elementary school would gladly accept them for our LEGO student clubs and project-based learning!**  
**They can be dropped off during school hours at CEJ!**





# I Love to Read Month Update



Student reading goal: 120,000 minutes  
Student goal results: They read 169,072 minutes!

- They “stole” 6,600 from the staff
- A class could steal 100 minutes from the staff total by turning in over 1,000 minutes in one week.

Staff reading goal was 45,000 minutes

- They read 48,679 minutes
- MINUS 6,600 stolen minutes = 42,079

**Students got to “slime” staff at an assembly for meeting their goals!**

## Top classes:

3-6

- Mrs. Giller - 643 minutes/student
- Mrs. Olson - 601 minutes/student
- Mrs. Berens - 517 minutes/student

K-2

- Mrs. Gustafson - 445 minutes/student
- Mrs. Lofgren - 295 minutes/student
- Mrs. Nelson - 290 minutes/student



## Congratulations to our Knowledge Bowl Students!

**2 out of 3 teams placed 1st and 2nd during the February 27th event!**



## STUDENT COUNCIL

Thank you to our student council for organizing their last project during Parent-Teacher Conferences! We received over half of the donations from the “Giving Tree” that was on display in the lunchroom!

## Summer Targeted Services and Extended School Year

Rush City Schools offer summer programming for students who qualify based on need, identified through performance in reading or math, or social-emotional needs. Invitation letters for both programs were sent home to students who met the criteria. The final deadline for registration is April 9th.

### What are Targeted Services (Summer School)?

- Targeted Services is a state-funded, by-invitation-only program that offers additional learning opportunities to academically targeted K-8 students. Students are invited if they would benefit from the program and can be independent, safe, and successful within the program.
- Targeted services programs are purposefully designed to build academic skills, as well as to help students develop better organizational and social/emotional skills. Targeted services programs are taught by highly-qualified teachers.

If you have any questions about Targeted Services, please reach out to Kim Sarago ([ksarago@rushcity.k12.mn.us](mailto:ksarago@rushcity.k12.mn.us)) or Melissa Schroeder ([mschroeder@rushcity.k12.mn.us](mailto:mschroeder@rushcity.k12.mn.us)) in the elementary office.

### What is ESY or Extended School Year?

- School districts are required to provide extended school year (ESY) services to a special education pupil if the IEP team determines the services are necessary during a break in instruction in order to provide a free appropriate public education.
- A. "Level of performance" means a pupil's progress toward annual IEP goals immediately prior to a break in instruction as seen in the progress measurements required by part [3525.2810](#), subpart 1, item A, subitem (9).
- B. "Recoupment" means a pupil's ability to regain the performance of a skill or acquired knowledge to approximately the same level of performance just prior to the break in instruction.
- C. "Regression" means a significant decline in the performance of a skill or acquired knowledge, specified in the annual goals as stated in the pupil's IEP, that occurs during a break in instruction.
- D. "Self-sufficiency" means the functional skills necessary for a pupil to achieve a reasonable degree of personal independence as typically identified in the annual IEP goals for a pupil requiring a functional curriculum. To attain self-sufficiency, a pupil must maintain skills consistent with the pupil's IEP goals in any of these skill areas:
  - (1) basic self-help, including toileting, eating, feeding, and dressing;
  - (2) muscular control;
  - (3) physical mobility;
  - (4) impulse control;
  - (5) personal hygiene;
  - (6) development of stable relationships with peers and adults;
  - (7) basic communication; or
  - (8) functional academic competency, including basic reading and writing skills, concepts of time and money, and numerical or temporal relationships.

If you have any questions about ESY, please reach out to your child's special education case manager.

**IMPORTANT REMINDER:** When calling with changes in student dismissal or transportation changes, please remember to call the office as early as possible at 320-358-4724. Any emails to teachers may not be seen in time in the afternoons as they're busy teaching. You can email [ksarago@rushcity.k12.mn.us](mailto:ksarago@rushcity.k12.mn.us) and [marthakruse@rushcity.k12.mn.us](mailto:marthakruse@rushcity.k12.mn.us) with any changes as well. Emailing both secretaries is helpful if you cannot make a call, in case one is gone or tied up in other duties.

## WHAT'S IN MY SNACK?

Many students are bringing snacks to school that do not align with our goals of “healthy snacks” for students. It can be a challenge to find snacks that our children will eat and even more of a challenge to find foods that are healthy and nutritious for them. Try to avoid sending candy and processed foods that are full of dyes and synthetic ingredients as they have an impact on focus and behavior.

Here are some ideas for treats that your student might like to try and could benefit from nutritionally:

- Apples and Peanut butter - Hint: An apple, when sliced and then put back together, packaged in a plastic bag with the air squeezed out will keep well during the school day! \*Make sure your child is not in a peanut-free classroom.
- Cheese Sticks
- Meats / Jerky
- Fruits: bananas, grapes, oranges, applesauce, berries
- Carrots and Celery Sticks
- Whole grain crackers or pretzels and cheese
- Popcorn
- Yogurt
- Fruit Leather or Bars



## Upcoming Special Music Performances:

Below is our elementary school concert calendar for the year. You will also receive updates throughout the year about many other special events and programs for our students and families! NEW THIS YEAR—We have added a new sound system for better-quality performances!

Grade 6 - Please watch for updates from Elizabeth Sikkink regarding details and location (Music Teacher) and Jaimie Holmstrom (Band Teacher) regarding your child’s final performances of the year.

## Final Music Performances of the Year!

**Grade 6 and Jr. High Choirs Root Beer Rag - Tuesday, April 23, 2024, 7:00 pm**

*Location TBD*

**Grades 6-7 - Bands Root Beer Rag - Thursday, May 2, 2024, 7:00 p.m.**

*Location TBD*

- **Monday, April 8th - AIPAC (American Indian Parent Advisory Council) meeting at 4:00 p.m. in the HS Media Center - all students and parents of our Native American community are highly encouraged to attend. This active committee has made some amazing progress and events this school year!**
- **Monday, April 8th - School Board Advisory meeting at 6:00 p.m. in the HS Media Center. All students, families, and staff are welcome and encouraged to attend as we review what’s current in our schools and ask for community input on topics occasionally.**
- **Thursday, April 11th - Kindergarten Registration night for any incoming K student for the 2024-2025 school year! This begins at 5:30 p.m. and is held in the elementary cafeteria.**
- **Tuesday, April 16th - Principal Nelson is spending the day at the Capital for “Principals Day at the Capital”**
- **Thursday, April 18th - School Board Meeting at 6:00 p.m. in the HS Media Center.**
- **Monday, April 22nd - PTO meeting at 6:30 p.m. in the Elementary Conference Room**
- **Tuesday, April 23rd - 6th Grade Choral Concert at 7:00 p.m.**
- **Thursday, May 2nd - 6th Grade Band Concert at 7:00 p.m.**

## Students in Action!

Thanks to a grant from the Rush City Education Foundation, ukuleles were purchased for the elementary music program. Fourth and fifth-grade students played ukulele during their recent program!



# Activities



Community Education and Activities Director

**Lee Rood**

lrood@rushcity.k12.mn.us | 320-358-1265

Spring Schedules are ready to begin! Below are the schedules for home events in April. Make sure to check the school calendar for the starting times and postponements.

<p><b>Varsity/JV Baseball(Andy Saloka Field):</b></p> <ul style="list-style-type: none"> <li>- All JV games will follow the varsity games</li> </ul> <p>Tuesday, April 9 Thursday, April 11 Tuesday, April 16 Tuesday, April 23 Tuesday, April 30</p>	<p><b>Junior High Baseball(Schlagel Fields):</b></p> <p>Thursday, April 11 Thursday, April 18 Tuesday, April 23 Thursday, April 25 Friday, April 26</p>
<p><b>Varsity Boys/Girls Golf(Bulrush):</b></p> <p>Tuesday, April 23</p>	<p><b>JH/JV Boys/Girls Golf(Bulrush):</b></p> <p>Monday, April 15</p>
<p><b>Varsity/JV Softball(Schlagel Fields):</b></p> <ul style="list-style-type: none"> <li>- Varsity and JV play at the same time with JV playing on the fields north of the track</li> </ul> <p>Monday, April 9 Tuesday, April 16 Friday, April 19 Tuesday, April 23 Wednesday, April 24 Tuesday, April 30</p>	<p><b>Junior High Softball(fields north of track):</b></p> <p>Thursday, April 18 Tuesday, April 23 Thursday, April 25 Friday, April 26</p>
<p><b>Varsity Boys/Girls Track(Bill West Field):</b></p> <p>Tuesday, April 9 Tuesday, April 30</p>	<p><b>JH/JV Boys/Girls Track(Bill West Field):</b></p> <p>May 2</p>

Looking forward to seeing you there!

A reminder that spring schedules can change quickly. Stay informed about schedule changes and notifications as well. Simply set up ['Notify Me'](#) through the events & activities calendar on the district's homepage.

1. Set up an account using your email address and create a password.
2. Choose all of the activities you would like to be alerted to.
3. Setup Notification Preferences
  - a. You can choose to get notifications of the upcoming events in the activities you chose.
  - b. You can choose to get notifications only when a scheduled event is changed.
4. Click "Save My Settings" and you are finished.

You can change your 'Notify Me' settings anytime by logging back into your account, making the changes and saving the changes you make.

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### Prom 2024: Save the Date



## SPEECH TEAM

Congratulations to the RCHS Speech Team for their outstanding performance at the Great River Conference Championships!

We are thrilled to announce the remarkable achievements of our talented team members in the following categories:

- 🏆 Abri Talberg - Extemp Reading - 1st Place
- 🏆 Cassidy Atchison & Carlos Quito - Duo - 1st Place
- 🥈 Liam Grodijenko - Drama - 2nd Place
- 🥈 Aaron Jeske - Storytelling - 2nd Place
- 🥉 Braden Niessen - Discussion - 5th Place
- 🥉 Oliver Mevissen - Extemp Reading - 5th Place

Your dedication, hard work, and passion for speech have truly paid off, showcasing your exceptional talents and commitment to excellence.

A huge round of applause to all our competitors for their incredible performances, as well as to our coaches, supporters, and everyone who has contributed to our success.



## LARGE GROUP CONTEST

The Rush City High School Music Department hosted the Region 5A Large Group Contest on Wednesday, March 6th.

Ten bands and eight choirs from ten different schools participated in the event. The bands performed in the RCCHS Auditorium, while the choirs performed at the Rush City First Lutheran Church. The first group performed at 9:00 a.m. The last group performed at 2:00 p.m. Each group performed two or three songs for three judges. The judge's critique of each performance was based on a rubric equaling 40 total points.

The Rush City Concert Choir received an overall "Excellent" rating. The Wind Ensemble received an overall "Superior" rating. Congratulations, Rush City music students!





# Community Education

## Tigers Fastpitch Skills Clinic a Success!

Tigers softball hosted a skills clinic on Saturday, March 23rd, and had a great turnout. Thank you to all who helped make this day a success.



# Early Childhood



Early Childhood Coordinator

**Sara Sieling**

ssieling@rushcity.k12.mn.us | 320-358-3635

Preschool Registration is open for the 2024-25 School Year!

We have 4-year-old and 3-year-old class offerings.



### 3 & 4 - year-olds

- 2 hour sessions, Tu & Th
  - Session A: 8:00 - 10:00
  - Session B: 10:15 - 12:15
- Child must be 3-years-old prior to Sept 1, 2024
- NO transportation to or from school
- Children must be nearly independent with toilet use

Register for this class by clicking [HERE](#)

### 4 & 5-year-olds

- 3 Full days (Mon-Wed)
- 8:00 - 2:55 p.m.
- Child must be 4-years-old prior to Sept 1, 2024
- Children must be independent with toilet use
- Round-trip transportation available

Class is FULL - to be added to the waitlist, click [HERE](#)

### 4 & 5 year-olds

- 2 full days (M & W)
- 8:00 a.m. - 2:55 p.m.
- Child must be 4-years-old prior to Sept 1, 2024
- Children must be independent with toilet use
- Round-trip transportation available

Register for this class by clicking [HERE](#)

## Upcoming ECFE Events - Register [HERE](#)

Tuesday, April 16th, 2024 - Dinner Date  
5:30 - 7:00 PM     \$3/child, \$5/adult  
Come and enjoy pizza and play with your child!

Friday, May 17th, 2024 - ECFE at the Park  
10:00 - 11:30 AM     Free for all Ages  
Join Early Childhood Staff and other families at the Rush City Park for games and Scoops Ice Cream Truck!

# High School Counseling

**Happy Spring! It is so hard to believe it is already 4<sup>th</sup> quarter!**

Our seniors will hopefully be hearing soon from the FAFSA (even though spring was promised 6 weeks early and the FAFSA decisions are 6 weeks late!) with decisions, and colleges will send out their financial aid offer letters.

The seniors also have been filling out many local and national scholarships!

We presented the College Prep Seminar to the Juniors. They took home a full toolbox of tools to be completely ready for college preparations, application processes, financial aid, scholarships, and a timeline for their senior year! Those who signed up also took the ACT test.

**“Successful men and women keep moving. They make mistakes, but they don’t quit.”**

~ Conrad Hilton

Thank you,

Kari Weileder, Annie Knutson, Carrie Kirchberg

# Elementary Counseling

**Happy April!**

I hope everybody has managed to dig their way out of all the snow we received a couple of days ago and is ready for Spring! I am excited about warmer weather and spending time outside. As far as elementary counseling goes, we are still doing group and individual check-ins. It is so exciting to look back and see how much progress has been made by everyone this school year! Feel free to call or email if you have any concerns or questions with your student(s) that I could help with!

## **Skill of the Month: Positive Thoughts**

One thing that lots of people struggle with is thinking negatively instead of positively. This is an activity that can help replace those negative thoughts with positive ones instead! First, you will need two pieces of paper and something to write with. On one paper, you will put negative thoughts and the other one positive. For example, the negative thought could be “I can’t do this” and the positive thought could be something as simple as “I can’t do this yet.” Then, you will get to have some fun and rip up the negative thoughts list to throw out all those unhelpful thoughts! Then, find somewhere safe to keep your other list to remind yourself of all those positive things and believe in yourself!

Sincerely,

Hannah Feten

[hfeten@rushcity.k12.mn.us](mailto:hfeten@rushcity.k12.mn.us) | 320-358-1312

# Health and Wellness



Licensed School Nurse

**Gretchen Cornelius, RN, PHN**

gcornelius@rushcity.k12.mn.us

320-358-1364 (elementary) | 320-358-1270 (high school)



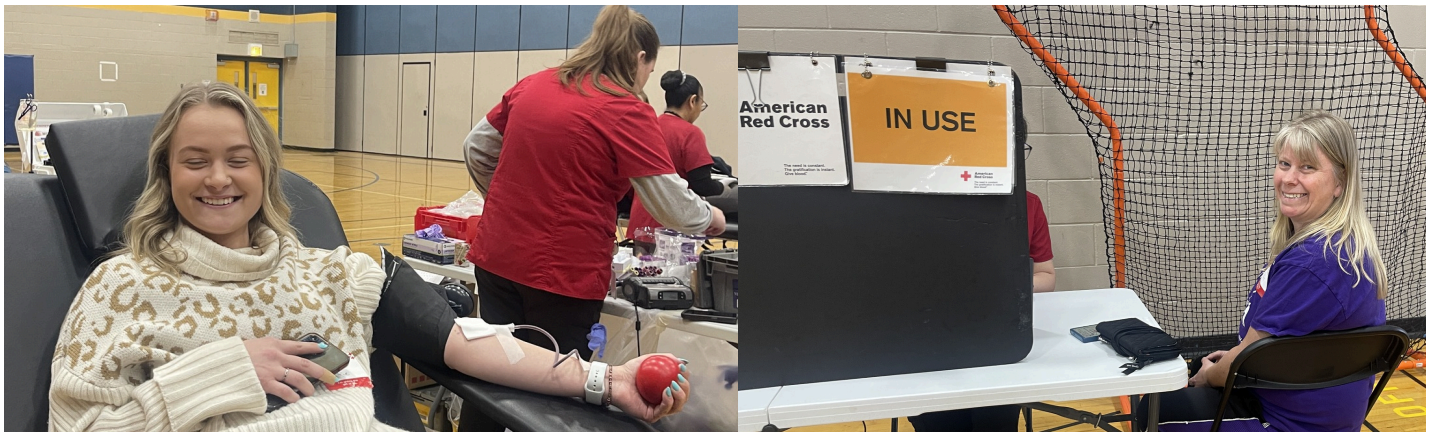
Health Office Assistant

**Katie Groh**

kgroh@rushcity.k12.mn.us

320-358-1364 (elementary) | 320-358-1270 (high school)

**The American Red Cross was at the High School last week and we want to say, THANK YOU, to all who were able to come and donate; it was quite a success!**



# THANK YOU





# APRIL IS NATIONAL AUTISM AWARENESS MONTH

## AUTISM SPECTRUM DISORDER

is a range of conditions affecting social skills, repetitive behaviors, speech, and nonverbal communication.

## APRIL IS NATIONAL AUTISM AWARENESS MONTH,

with celebrations to understand this disorder. Here are some facts to learn what autism is and how you can help those who have it.

## AWARENESS

- Most obvious signs of autism appear between two and three years old.
- Children may fail to respond to their name or have a reduced interest in people.
- Around one third of people with autism stay nonverbal their whole life.
- Seizures, ADHD, and anxiety frequently accompany autism.



## ACTION

- Developmental delay screenings should occur at nine months.
- Autism Spectrum Disorder screenings should be at 18 months.
- Child psychologists and neurologists can help detect autism in your child.

## INCLUSION & ACCEPTANCE

- Children with Autism don't get the same sense of inclusion in schools as other children, making them feel excluded and alienated.
- Adults with autism often have trouble getting a job.
- Social inclusion is having access to education, health care, and services.
- The Convention on the Rights of Persons with Disabilities states those with autism have the right to be included in their community.



Now is a good time to educate yourself on Autism - it is likely you and/or your child know someone with it.

## A continuous reminder for when your child should stay home

Here is a general guideline you can follow for when to Keep Your Child Home for Illness. Allowing your child to rest at home when they are ill will help shorten the length of illness and prevent spreading illness within the school. Here are a few conditions on when to keep your child home:

- **Pink eye** - Your child may need to stay home if he/she has pink eye depending on the condition. If there is any drainage from the eye, they will need to stay home due the ease of spreading it.
- **Vomiting and/or Diarrhea** - stay home until vomiting/diarrhea has stopped for 24 hours.
- **Fever** - if their temperature is 100 degrees or higher, stay home until the fever has resolved for 24 hours without fever-reducing medicines.
- **Diagnosed illness** - stay home until 24 hours on antibiotics or return to school with a doctor's note.

**\*\* Please remind your children about good hand hygiene to reduce the spread of germs. \*\***

***It is important to teach them to keep their hands away from their face and to cough or sneeze into their arm or shoulder. To keep healthy, please remember to follow a balanced diet, stay hydrated, and get plenty of sleep.***

As always, please don't hesitate to call if you have any questions or concerns.

Thank you for all of your help!

**CAREERS FAIR**

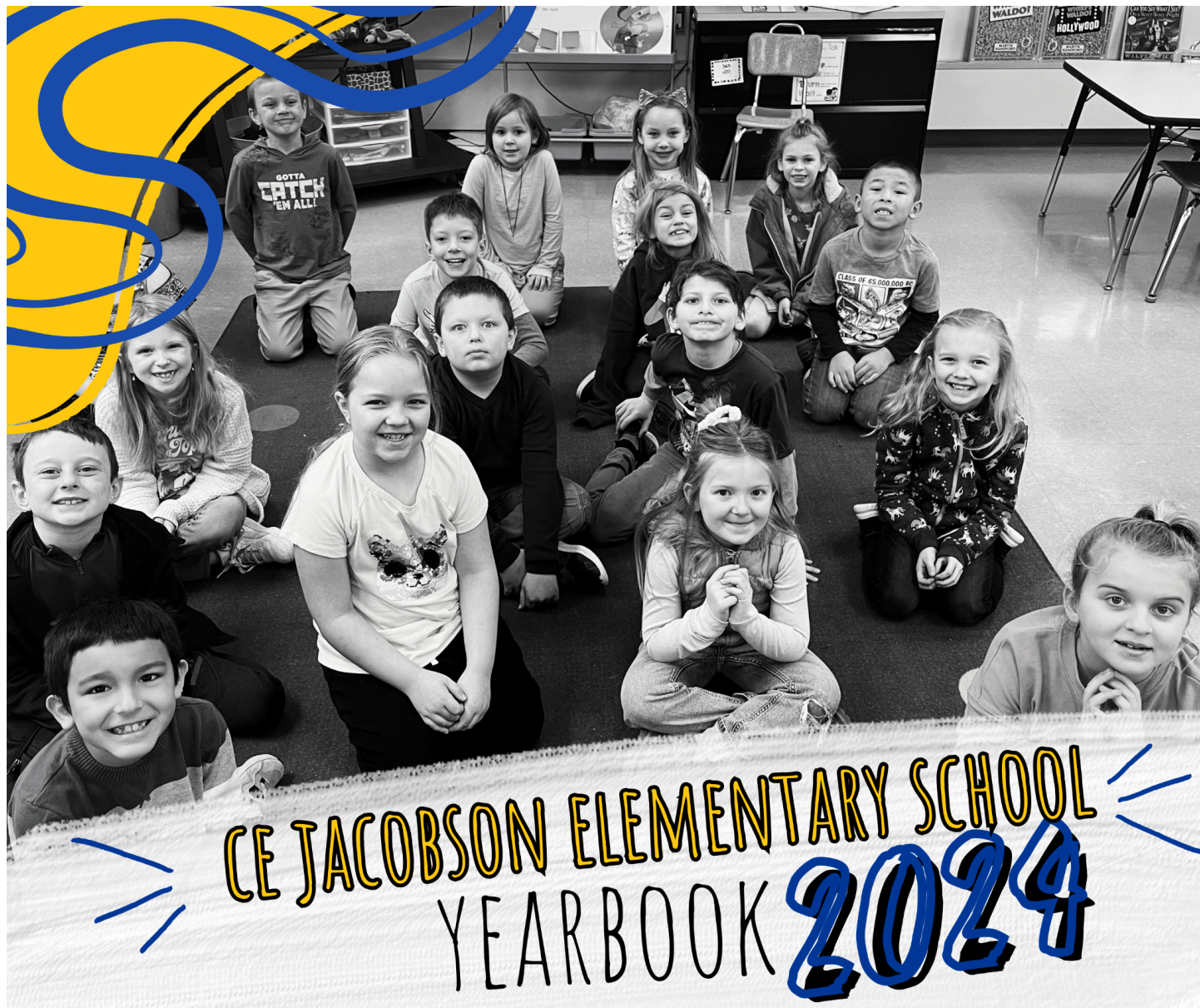
**Thursday May 9, 2024**  
**12:30 pm. - 3:00 pm.**  
**Rush City High School Gymnasium**

*Talk to industry professionals about the many different careers and paths available*

Health Care Engineering Ethics Arts Communication Military Science Agriculture Medical Business Marketing Design Technology Human Services

**Employers, Colleges, Training Providers & Universities:**

Logos include: STEPP MFG, Fond du Lac College, Express Employment Professionals, PLASTECH CORPORATION, DENTAL ASSISTING RECRUITMENT PROJECT, Chisago County MINNESOTA, Allina Health, team INTERNATIONAL MASONRY INSTITUTE, DENNIS KIRK WE SHIP TOGETHER, All About Caring Home Care, INTEGRIA STAFF, ANORA-RAMSEY COMMUNITY COLLEGE, MONARCH HEALTHCARE MANAGEMENT, DEPARTMENT OF CORRECTIONS.



# Yearbooks on Sale Now!



[www.schoolannual.com](http://www.schoolannual.com)

C.E. Jacobson Elementary Yearbooks are on sale now for \$13 (+ tax) online until May 3rd.

[https://www.jostens.com/apps/store/productBrowse/1128238/C-E-Jacobson-Elementary-School/2024-Yearbook/20230825043729320111/CATALOG\\_SHOP/](https://www.jostens.com/apps/store/productBrowse/1128238/C-E-Jacobson-Elementary-School/2024-Yearbook/20230825043729320111/CATALOG_SHOP/)

# Contact Us

Superintendent	Brent Stavig	320-358-4855	bstavig@rushcity.k12.mn.us
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Tiger Care		320-358-1389	

## School Board Members

Matt Meissner	Chairperson	320-358-0274	mmeissner@rushcity.k12.mn.us
Will Schmidt	Vice Chairperson	507-993-9259	willschmidt@rushcity.k12.mn.us
Kenneth Lind	Treasurer	612-290-2296	klind@rushcity.k12.mn.us
Kristin Papke	Clerk	612-229-5480	kpapke@rushcity.k12.mn.us
Teri Umbreit	Director	651-621-4495	tumbreit@rushcity.k12.mn.us
Rory Roth	Director	612-278-3989	rroth@rushcity.k12.mn.us

## School Board Meetings

The Regular School Board Meetings are scheduled for the Third Thursday of each month at 6:00 p.m. in the High School Media Center.

[School Board Webpage](#)

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## Important Forms/Links

[Enrollment Forms](#)

[2023-2024 Application for Educational Benefits](#)

[Enrollment Options Form \(Open Enrollment Application\)](#)

[2023-2024 School Year Calendar](#)

[2023-2024 Events and Activities Calendar](#)

[COPPA \(Children's Online Privacy Protection Act\)](#)