The Pine Needle

December 2018

Cloquet Schools, where caring for students is not just an idea, it's tradition.

What's inside

Calendar
Weather Alert Information
Holiday Concerts
Holiday Expo: Dec 1

Be Kind to Yourself
Student Anxiety
Phy. Ed. Promotes Healthy Minds
Calm Environments
Cloquet Educational Foundation

'Tis the season to share your time and talents

The CHS Madrigals with new choir director, Larissa Donnelly, perform this season for the school and community.

This publication is brought to you by the Cloquet School District.
Dec 5 - CAAEP conferences
Dec 24 - Jan 1 - Winter break, No school
Jan 18 - No school for students
Jan 21 - No school for students
Feb 13 - CAAEP conferences
Feb 18 - No school for staff and students
Feb 25 & 26 - 5-12 conferences
Feb 26 & 28 - K-4 conferences
Mar 1 - No school for students
Mar 12 - Kindergarten Round-up at Churchill
Mar 14 - Kindergarten Round-up at Washington
Mar 25 - 29 - Spring Break, No school
Apr 1 - No school for students
Apr 19 - No school for staff and students

Mark your calendars...
2019 Kindergarten Round-up
March 12 at Churchill and March 14 at Washington

Open Enrollment Notice
Open Enrollment for grades K-12 is closed for the 2018-2019 school year.

If you wish to apply for Open Enrollment for the 2019-2020 school year you must do so by **January 15, 2019**.

Open Enrollment forms are located on our website at [www.isd94.org](http://www.isd94.org) under the “Quick Links” header on the left-hand side and then under the Enrollment Information link.

**Cloquet School Board:** Ted Lammi, Board Chair; Dan Danielson, Board Clerk; Nate Sandman; Board Treasurer; Jim Crowley; Duane Buytaert and Dave Battaglia

**Board meetings** are held the second and fourth Monday of each month at 6 pm in the Garfield School board room on 2nd floor, and are open to the public.

---

**Come one come all...**

Enjoy the music presentations of Cloquet School students

**Washington:**
- Thurs, Dec 13
  - 3rd grade at 6:45 pm
- Thurs, Mar 7
  - 1st grade at 6:30 pm
- Thurs, April 25
  - 2nd grade at 6:30 pm

**Churchill:**
- Thurs, Dec 13
  - 1st grade at 9:30 am
- Thurs, Feb 21
  - 4th grade at 9:30 am
- Tues, Mar 19
  - 2nd grade at 9:30 am

**Monday, Dec 3**
- Choir Performance - 7th - 12th choirs
  - 7:00 pm, CHS Auditorium

**Monday, Dec 10**
- Band Concert - High School
  - 7:00 pm, CHS Auditorium

**Monday, Dec 17**
- Band Concert - 7th & 8th grade
  - 6:45 pm & 8:00 pm, CHS Auditorium

**Tuesday, Jan 8**
- Music Program - 5th Grade
  - 3:30 pm - 7:30 pm, CMS gym
- Choir Concert - 6th grade
  - 6:30 pm, CHS Auditorium

**Thursday, Jan 10**
- Music Program - 5th grade
  - 6:30 pm, location TBD

**Monday, Feb 25**
- Band Concert - High School
  - 7:00 pm, location TBD

**Monday, Mar 4**
- Choir Performance - High School
  - 7:00 pm, location TBD

**Thursday, Mar 7**
- Band Concert - Middle School
  - 6:45 pm, location TBD
In our August edition of the Pine Needle, we focused our attention on the importance of attitude. More specifically, we discussed the importance of kindness and support in our schools and community. As we approach the heart of winter and the holiday season, I feel it’s important we also discuss a key outcome of a kind and supportive attitude - generosity.

In my first few months as your superintendent, I had been well informed about the strong sense of kindness and support in our community. In my last article, I spoke about the reputation of kindness and support that Cloquet has earned across the region. That well-earned reputation has continued to prove itself in the form of generosity. I’ve been privileged to witness multiple acts of generosity in my short time here in Cloquet Public Schools. Whether those be small acts of individual generosity or larger community level acts, they have been impressive and heartening. In this version of the Pine Needle, I want to take the time to share a few of those acts of generosity.

First, I’d like to highlight the community’s generosity in supporting the bond referendum to construct the new middle school, along with the pool and gymnasium located there. This act of generosity has provided generations to come with an excellent facility for education and activities. It has also provided additional, unexpected, benefits.

The enrollment in our middle school has increased since the opening of our new school. New students joining our district leads to new revenue to support the work of our schools. Also, the construction of the new middle came in under budget. This allowed the district to renovate the auditorium at Cloquet High School with no need to request new money from taxpayers. The renovation is set to begin in January and conclude in early spring. The improvements to our auditorium should be very noticeable to anyone who attends events in the space. It’s just another example of how the community’s generosity will have a positive impact on generations to come.

Secondly, I’d like to share the generosity displayed through the Cloquet Education Foundation (CEF). The CEF provides support to numerous projects each year that benefit the children of our community. The gifts of money by donors and time by volunteers help support the academic, social and emotional growth of the children in our community, keeping Cloquet a healthy place for children to develop and mature. Listed here are just a few examples of the projects funded through this generosity:

• Battle of the Books  • Science Research Projects
• Climb Theatre presentation  • Activity fee grants to support
• Math Olympiad  students participating in
• Destination Imagination  extracurricular activities
• Knowledge Bowl  • and many more

Lastly, I’ve witnessed many individual acts of generosity. These range from kindnesses such as staff members bringing treats for colleagues to community members donating backpacks and school supplies for children in need. We have staff who donate money to support programming for students and countless individual community members and business owners who support our programs and activities financially.

These are just a few examples of the wonderfully generous spirit alive in Cloquet. I’m sure there are many more that could be shared. For all of you who give of your time and resources to support our children, I want to extend a heartfelt “Thank you!” on behalf of our schools. As we enter this holiday season of giving, I’m sure there will be more examples of, and opportunities for, kindness and support throughout our community. I hope you have a holiday season full of generosity!

Weather & Emergency Alert Information

Winter weather is inevitable in Minnesota. When making a decision on school closings, student safety is the first priority. School may be closed, delayed or canceled due to weather conditions. The decision for a late start/early dismissal or full day closing is reported to local radio and television stations listed. Check more than one station.

**Television Stations**
- WDIO (10), KBJR (6),
- CBS (3), FOX (21)

**Radio Stations**
- WKLK AM (1230) or FM (96.5)
- KDAL AM (610) or FM (95.7)

Parents or guardians have the right to keep their children at home if they believe the weather conditions are too severe. If you are unsure, contact your school office. Alerts are also sent to home phones, cell phones and emails from the contact information parents provide. Please make sure your information is up-to-date.
Be a friend to yourself by being kind

There’s lots of talk about being kind to others. It is an important habit to practice, but sometimes the person you most need to be kind to is yourself. Thinking positive thoughts about yourself, giving yourself a break and doing something just for you can increase happiness and lessen stress.

It also puts you in a mindset to be kind to others.

Here are things to try:

- Repeat positive, affirming phrases to yourself: “I’m worthy.” “I deserve to be happy.” “I am enough.”
- Realize you are not perfect and you do not need to be. Perfection isn’t possible, for anyone.
- Believe that you are worthy of and deserve the best for yourself.
- Embrace your strengths and accept your weaknesses and realize both are an integral part of what makes you who you are.
- Always do your best. Even if things don’t work out the way you hoped, you will know you gave it your best effort.
- Take some time at the end of the day to de-stress. Take a walk. Meditate. Review the day and try to think of three things you did well.
- Carve out some time just for you, even if it is just 15 minutes a day and do something that brings you joy.

“Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind.” ~ Henry James
Student anxiety on the rise

According to a recent article in Psychology Today, anxiety in high schools has reached epidemic proportions, currently affecting 25 percent of teenagers – a number that has increased steadily over the last 30 years.

Students have a lot on their plate and on their mind. They are experiencing physical changes and growth. They worry about good grades and moving on to the next stage of life. The approval of their peers is paramount and this is multiplied through social media. All these factors combine to create anxiety.

Social media invites anxiety

Research studies have shown a direct link between quantity of time spent on social media and levels of anxiety and depression. How? And Why?

• We consciously or unconsciously compare ourselves to the posts of others, who all seem to be living a perfect life.
• The lives people post on social media aren’t their “real” lives but the life they want us to see.
• It can be a downward spiral. The more anxious people feel, the more tempted they become to scroll through social media for information about their social status. It’s a vicious cycle.
• Social media doesn’t provide for real life connections and actually decreases the amount of good feelings generated by actual friend-to-friend contact.
• People experience bullying on social media and they are unable to control or change what someone says about them.
• Teens feel pressure to post positive and attractive content and then get comments and likes on those posts.

But anxiety doesn’t have to take over your life. There are things you can do and steps you can take to lessen the anxiety you experience:

• Realize you are not alone. Anxiety is normal; everyone feels anxious from time to time.
• Share your feelings with a friend, family member, school counselor or teacher. Seeking help is a sign of strength, not weakness.
• Crying is okay. It can be cathartic and provide relief.
• Identify the specific concerns bothering you. Write them down.
• Encourage your child to seek solutions. “What would you like to do about this situation?” “What could you do differently that might help?”
• Work as a partner with your teen; let them know they are not alone.

Often students will look to a parent for help with anxiety. This takes courage, which should be acknowledged. Other steps for parents to take:

• Ask questions. What are you thinking about? How are you feeling?
• Respond with interest and validation, not criticism.
• Treat your child’s feelings with respect. Never suggest “getting over it” or “things really aren’t so bad.”
• Encourage your child to seek solutions. “What would you like to do about this situation?” “What could you do differently that might help?”
• Work as a partner with your teen; let them know they are not alone.

218-879-6721

Social media invites anxiety

Research studies have shown a direct link between quantity of time spent on social media and levels of anxiety and depression. How? And Why?

• We consciously or unconsciously compare ourselves to the posts of others, who all seem to be living a perfect life.
• The lives people post on social media aren’t their “real” lives but the life they want us to see.
• It can be a downward spiral. The more anxious people feel, the more tempted they become to scroll through social media for information about their social status. It’s a vicious cycle.
• Social media doesn’t provide for real life connections and actually decreases the amount of good feelings generated by actual friend-to-friend contact.
• People experience bullying on social media and they are unable to control or change what someone says about them.
• Teens feel pressure to post positive and attractive content and then get comments and likes on those posts.
Physical education promotes more than physical health

A healthy body is as important as a healthy mind, and vice versa. Physical education teachers are well aware of the significance of both.

“Research has found that exercise directly impacts the development of the brain,” said Washington Elementary Physical Education Teacher, Patty Rothamel. “Students who are physically active during the school day tend to have better grades, perform higher on standardized tests, have better attendance, increased memory and behave better in the classroom because they can stay on task longer,” she said.

Since April 2017, Beth Dohnansky, food service director and Sarah Ellena, district school nurse have worked in collaboration with nine schools and businesses that make up the Carlton County Workplace Wellness Collaborative, which is lead by project facilitator Meghann Levitt, Carlton County Health and Human Services Health Educator.

The group’s goal was to develop and provide an active and sustainable workplace wellness program, which has been achieved. This year they were fortunate to receive grant money through the NE Service Cooperative Insurance Pool. This money is specifically allocated for health promotion and physical health/emotional wellness activities, support and education.

To date, they have completed an organizational assessment of the district via a staff survey to determine what most interests our staff when thinking about taking care of themselves in terms of overall health and wellness. The main conclusion to this assessment was the need for physical health and movement as well as emotional and mental wellness.

In addition, Rothamel points out many health benefits to exercise. “Exercise improves cardio respiratory fitness, builds strong bones and muscles, controls weight, reduces symptoms of anxiety and depression and reduces the risk of developing health conditions such as heart disease, cancer, diabetes, high blood pressure and obesity,” she said.

According to Bob Weix, CMS Physical Education Teacher, fitness and health are lifetime goals. “We are incorporating a lifelong fitness strategy into our program rather than focusing on the rules or skills of a sport,” he said. “We are focusing on what we need to do to keep our body and brain healthy and active.”

Both Weix and Rothamel report that students have a favorable response to phy ed classes. “Students love P.E.” said Rothamel. “Kids want to move around and get the chance to be away from their desks,” she said.

“Our educators believe in developing the human body for the good,” said Weix. “We want our students in this community to reach their fullest potentials and the physical education staff is very passionate about this.”

Following the survey a committee was developed of school district employees who have volunteered to be a part of this mission. This group has one or two representatives from each building in the district and have established a vision and mission statement.

Some activities we organized last school year include:
- Wellness Walls in each building, which is a location where any health/wellness information can be shared and posted.
- A month-long wellness challenge with a calendar of activities with drawings for two apple watches, school shirts and sweatshirts, coffee mugs, water bottles and more which have been either donated, or purchased through a grant awarded through Carlton County Public Health.

This year the group hopes to expand efforts to include more calendar challenges, yoga classes, an introduction to trail biking and much more. In addition it is their hope to reach out and involve additional staff with resources.
Barb Mackey, assistant special education director at Northern Lights Academy, trains others on methods to help those who are agitated or angry restore themselves to a state of calm. “No person wants to be out of control with their emotions, words or actions,” Mackey said. “Having the support of someone to use de-escalation strategies with them can help them regulate their emotions and regain self-control.”

The technique of restoring calm is a support strategy that begins with empathy. “When someone who is upset realizes another person is acknowledging their feelings without judgment they are more willing to accept support,” Mackey said.

There are a wide variety of techniques that can work to de-escalate a situation. Support is individualized based on the person. “Using a diversion to get someone’s mind on something else is one strategy. Taking break, taking a walk, participating in a sensory activity and helping with another task are all options,” Mackey said.

Students learn to trust in this support which puts them in a better position to develop a plan for dealing with their emotions in the future. This decreases the need for more intrusive procedures. “Students are able to accept assistance and support to help them maintain self-regulation,” Mackey said.

Mental health concerns can inhibit student learning. Churchill and Washington schools offer support to students struggling with mental health issues.

“The mental health needs of our students have grown significantly in the last few years,” said David Wangen, principal at Churchill.

All Churchill classrooms are equipped with buckets filled with calming items such as fidgets and other soft materials designed to help students return to learning as quickly as possible. In addition, a remedy room was established as a safe place for students to restore their sense of calm and be better prepared to learn.

“The room is staffed by a social worker and a paraprofessional who work throughout the day to help students develop replacement behavior skills, develop relationships, hold group sessions and support the overall general health of all students,” said Wangen.

At Washington, similar work is taking place. “The noticeable increase in mental health needs has become evident at every grade level,” said Abbi Sewell, school counselor.

“Our PAWs room is our calming room where students who may need a five minute break or a restart can go,” said Sewell. “Any student can go and use the PAWs room at any point in the day. The room is equipped with various calming items such as bean bags, rocking chairs stress balls and body socks.”

Calming kits are also available to help any student who might benefit from them. “Stress can affect anyone, not just someone who may also be experiencing mental health concerns,” said Sewell. “The kits include items such as a breathing ball to help students focus on slow, deep breaths. Fidgets can help students focus on one thing. Stress balls help release tensions through muscle movement.”
CMS students have a new tool to use during physical education class: Heart Zones monitors

The active arm bands provide students with real-time feedback during class, calculating heart rate, calories burned, step count and more. The watches are waterproof, making them ideal for use in the new CMS pool.

The Heart Zones System is a tool for motivation, engagement and assessment using wearable technology that empowers students to safely pursue healthy active lifestyles.

“The goal is to allow students the opportunity to track and recognize their different effort levels in various activities throughout class,” said Courtney Josefeson, physical education teacher. “In addition students can be encouraged to increase overall heart rate throughout the class period.”

Kids enjoy seeing their data, parents enjoy seeing that their kids were more active and healthy. By using heart rate and zone training physical educators are able to truly assess student health and fitness.

“The monitors allow teachers the ability to monitor, reflect, and encourage students to recognize the different sports and lifetime activities that can benefit overall health and wellness,” said Josefeson. “Students will gain recognition of what activities produce the most output physically, and also how to monitor and track themselves in hopes to increase their awareness of lifetime health and fitness.”

Last spring and summer, CMS Physical Education Teacher, Bob Weix, helped students create garden beds at CMS. Student response was overwhelmingly positive. Weix heard comments like, “This is awesome!” and “We are going to have the best garden around!”

In addition, students learned lessons beyond dirt and cultivating plants. “Classes had the opportunity to use the garden as an outdoor classroom to discuss biology, food science, culinary activities,” said Weix. “They also had a chance to learn about the many different environmental opportunities a garden can offer.”

With a first successful season under the belt, Weix and his crew are already planning for next summer. “I plan on getting even more people involved in the garden next summer,” he said.

Thanks to the generosity of the community, the 4th annual “Stuff the Bus” event was a huge success! We couldn’t have done it without YOU. Thank you!

The CEF would also like to thank: Walmart for hosting our event, Cloquet Transit for providing the school bus and all the volunteers of school district staff, students and Boy Scout Troop 168. Thank you all for making our event a success!
Super Apple Man

Reaching students one kid and one classroom at a time.

Don Blake, otherwise known as Super Apple Man, visited with Churchill and Washington students to share the benefits of eating fruits and vegetables and the importance of exercise.

“When you eat fruits and vegetables you eat that delicious and naturally sweet food. It goes in your body and it builds up a strong mind and strong muscles,” he said.

His lively, upbeat presentation had kids energized and excited. Super Apple Man also talked about character, honesty and respect and the importance of building upon these traits throughout life.
Winter is a great time to enjoy the great outdoors.
Here are some ideas to keep you busy during the (sometimes long) winter months:

• Go sledding
• Make a snowman
• Make snow angels
• Go skating
• Shovel snow
• Go cross country skiing
• Try snowshoeing
• Go downhill skiing
  – even if you never get off the bunny hill
• Give snowboarding a try
• Go for a walk in the woods

Indoor activities can work too:
• Take a yoga class
• Attend a hockey game
• Check out the boys or girls basketball teams
• Take a spinning class
• Walk on a treadmill

Why winter activities boost your health quotient

It isn’t really healthy to stay cooped up inside during the cold months. Getting out in the fresh air has some significant benefits to your well-being.

• The sun! It’s a great source of vitamin D and many of us are lacking during the winter months.
• The sun can also help cure the winter doldrums and make you happier.
• You burn more energy in the cold. That makes you less likely to gain weight over the winter.
• You’ll get away from stagnant indoor air and detox your lungs.
• You’ll get a break from germs and bacteria lurking indoors.
Volunteer on a Cloquet Public Schools’ District Committee

Save a life Give Blood

Community Blood Drive
The anatomy students at CHS organized this year’s blood drive. Members of the community interested in donating should contact:
Tim Anderson - 879.3393 x1004, tanders1@isd94.org

Friday, Dec 7
7:30 am - 2:30 pm
Cloquet Senior High,
Blood Mobile parks on 18th St
Every two seconds someone in the U.S. needs blood.

District Committees:
• Comm Ed & Recreation Advisory Council
• Continuing Education/Vocational
• District Advisory Council (DAC)
• District Health, Safety and Crisis
• District Technology
• District Wellness
• Facility Use Policy
• Local Indian Education (LIEC)
• Mentors
• Power Lunch reading program
• Special Education/Comprehensive Improvement Monitoring Plan (MNCIMP)

Consider being a Substitute
Teachers, Short Call Substitute Teachers, Paraprofessionals, Dietary, Secretarial and Custodial

To be added to our list, go to:
www.isd94.org for paperwork and return to: Central Admin. Office, Attn: Jessica Loons, 302 14th St, Cloquet, MN 55720 or stop by our office.
For questions, please call Jessica at 879-6721 ext 6205 or Bonnie, ext 6204

Volunteer on a Cloquet Public Schools’ District Committee

Find it online:
www.isd94.org

Check out the PARENTS tab
It gives you access to:
• 2018 - 2019 Calendar
• School Menus
• Media Center Catalogs
• Pay Pams, Lunch Menus

Community Blood Drive
The anatomy students at CHS organized this year’s blood drive. Members of the community interested in donating should contact:
Tim Anderson - 879.3393 x1004, tanders1@isd94.org

Friday, Dec 7
7:30 am - 2:30 pm
Cloquet Senior High,
Blood Mobile parks on 18th St
Every two seconds someone in the U.S. needs blood.

District Committees:
• Comm Ed & Recreation Advisory Council
• Continuing Education/Vocational
• District Advisory Council (DAC)
• District Health, Safety and Crisis
• District Technology
• District Wellness
• Facility Use Policy
• Local Indian Education (LIEC)
• Mentors
• Power Lunch reading program
• Special Education/Comprehensive Improvement Monitoring Plan (MNCIMP)

Consider being a Substitute
Teachers, Short Call Substitute Teachers, Paraprofessionals, Dietary, Secretarial and Custodial

To be added to our list, go to:
www.isd94.org for paperwork and return to: Central Admin. Office, Attn: Jessica Loons, 302 14th St, Cloquet, MN 55720 or stop by our office.
For questions, please call Jessica at 879-6721 ext 6205 or Bonnie, ext 6204

Volunteer on a Cloquet Public Schools’ District Committee

Find it online:
www.isd94.org

Check out the PARENTS tab
It gives you access to:
• 2018 - 2019 Calendar
• School Menus
• Media Center Catalogs
• Pay Pams, Lunch Menus

Community Blood Drive
The anatomy students at CHS organized this year’s blood drive. Members of the community interested in donating should contact:
Tim Anderson - 879.3393 x1004, tanders1@isd94.org

Friday, Dec 7
7:30 am - 2:30 pm
Cloquet Senior High,
Blood Mobile parks on 18th St
Every two seconds someone in the U.S. needs blood.

District Committees:
• Comm Ed & Recreation Advisory Council
• Continuing Education/Vocational
• District Advisory Council (DAC)
• District Health, Safety and Crisis
• District Technology
• District Wellness
• Facility Use Policy
• Local Indian Education (LIEC)
• Mentors
• Power Lunch reading program
• Special Education/Comprehensive Improvement Monitoring Plan (MNCIMP)

Consider being a Substitute
Teachers, Short Call Substitute Teachers, Paraprofessionals, Dietary, Secretarial and Custodial

To be added to our list, go to:
www.isd94.org for paperwork and return to: Central Admin. Office, Attn: Jessica Loons, 302 14th St, Cloquet, MN 55720 or stop by our office.
For questions, please call Jessica at 879-6721 ext 6205 or Bonnie, ext 6204

Volunteer on a Cloquet Public Schools’ District Committee

Find it online:
www.isd94.org

Check out the PARENTS tab
It gives you access to:
• 2018 - 2019 Calendar
• School Menus
• Media Center Catalogs
• Pay Pams, Lunch Menus

Community Blood Drive
The anatomy students at CHS organized this year’s blood drive. Members of the community interested in donating should contact:
Tim Anderson - 879.3393 x1004, tanders1@isd94.org

Friday, Dec 7
7:30 am - 2:30 pm
Cloquet Senior High,
Blood Mobile parks on 18th St
Every two seconds someone in the U.S. needs blood.

District Committees:
• Comm Ed & Recreation Advisory Council
• Continuing Education/Vocational
• District Advisory Council (DAC)
• District Health, Safety and Crisis
• District Technology
• District Wellness
• Facility Use Policy
• Local Indian Education (LIEC)
• Mentors
• Power Lunch reading program
• Special Education/Comprehensive Improvement Monitoring Plan (MNCIMP)

Consider being a Substitute
Teachers, Short Call Substitute Teachers, Paraprofessionals, Dietary, Secretarial and Custodial

To be added to our list, go to:
www.isd94.org for paperwork and return to: Central Admin. Office, Attn: Jessica Loons, 302 14th St, Cloquet, MN 55720 or stop by our office.
For questions, please call Jessica at 879-6721 ext 6205 or Bonnie, ext 6204