



Wise Owl

Dell Rapids Quarriers

Dell Rapids Public Schools

Dell Rapids, SD

October 2009

"We promote spirited thinking, responsible citizenship and lifelong learning."

Congratulations to the 2009 Homecoming King & Queen!



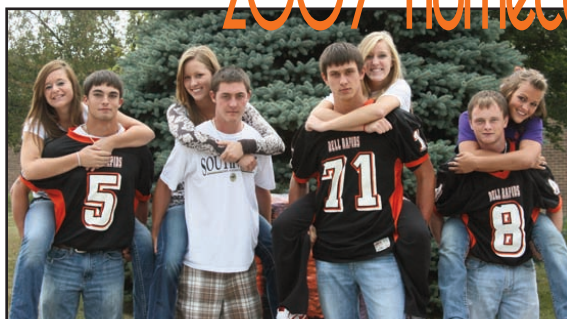
Josh Fiedler & Julie Eddy



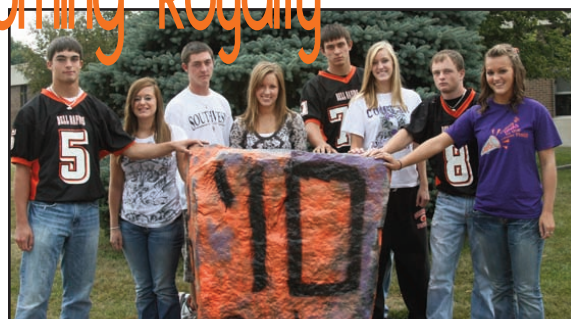
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2009 Homecoming Royalty



2009 Homecoming Royalty pictured: Ashley Munk, Josh Fiedler, Courtney Kolbeck, Jadin Wendland, Shelby Bierema, Aaron Crisp, Julie Eddy, & Travis Delker.



2009 Homecoming Royalty pictured: Josh Fiedler, Ashley Munk, Jadin Wendland, Courtney Kolbeck, Aaron Crisp, Shelby Bierema, Travis Delker, & Julie Eddy.



Dell Rapids Schools Ready for

Flu Season

DRES Prepares for H1N1

During the month of September, the school nurse talked with Dell Rapids Elementary students about what they can do to protect themselves from becoming ill. The following proactive steps were discussed:

1. Wash your hands often with soap and water, or use hand sanitizer.
2. Cough and sneeze into your elbow or cover your mouth and nose with tissues.
3. Do not touch your mouth, nose, and eyes.
4. Tell your parents or teacher if you do not feel good.
5. Stay home if you are sick, especially if you have a fever.
6. Get enough sleep and eat healthy foods.
7. Get your flu shots, if your parents want you to.

In addition, Superintendent Tom Ludens mailed home letters to all parents within the school district regarding the upcoming H1N1 flu season. For the latest information on the H1N1 virus, please see the following websites:

South Dakota Department of Health:
www.doh.sd.gov/H1N1.aspx
The Centers for Disease Control and Prevention: www.cdc.gov/h1n1flu/



FLU SHOT CLINIC

Dell Rapids Medical Clinic will be offering influenza shot clinics (including the H1N1 vaccination if available)

- Oct 21 Methodist Church
8 am – 8 pm
- Oct 28 St. Mary
3 pm – 7 pm
- Oct 30 DR Middle School
3 pm – 7 pm

Happy kids are healthy kids!!!

PREPARING FOR THE FLU SEASON

As the influenza season approaches, the Dell Rapids School District fully anticipates that some of our students and staff will contract seasonal flu and/or H1N1 flu (the novel flu virus discovered last spring).

At this time, the H1N1 flu virus appears to be no more severe – and no less severe – than the seasonal flu. State Health officials are recommending that we treat H1N1 much as we treat seasonal flu. Students at high-risk (e.g., those with chronic illnesses such as asthma) should consult a physician for specific guidance.

Common-sense hygiene practices can go a long way to prevent the spread of flu illnesses. To that end, we ask parents to:

- Get a flu shot. (Especially if your child is in a high risk category)
- Teach children to cover their nose and mouth with tissue when coughing or sneezing, or cough/sneeze into their sleeve.
- Teach children to wash their hands frequently with soap and water, or to use hand sanitizer if soap/water is not available.
- Keep children who exhibit flu-like symptoms (fever of 100 degrees or more with cough or sore throat) home for at least 24 hours after they are free of fever without the use of fever-reducing medication.

Finally, the district does not plan to notify families every time a student or staff member is sick with H1N1. Since that is not our practice with seasonal flu, it will not be our practice with H1N1.

Based on the timing and severity of a potential flu outbreak, these guidelines could change. If things do change, we will do our best to notify the school community as quickly as possible.

Additional information about the flu and H1N1 can be found on the South Dakota Department of Health's website at: www.state.sd.us/doh

CHANGE OF ADDRESS?

Please notify the office at your child's school to update the school's mailing list.



Quiz Bowl

2009-2010 High School Quiz Bowl Members

Congratulations to the following students who will be competing on the High School Quiz Bowl team:

Dane Jorgensen, Josh DeVos, Michael Carpenter, Hilary Sward, Greg Schwebach, Nicole Snyder, Nicole Wrage, Sam Hinricher, and Brielle Mears.

- October 13, 2009 @ Brookings
- October 26, 2009 @ Dell Rapids St. Mary
- November 3, 2009 @ West Central
- November 9, 2009 @ Beresford
- November 16, 2009 @ Tri-Valley
- January 25, 2010 @ Brandon Valley
- February 8, 2010 @ SF Home School
- March 1, 2010 @ Dell Rapids
- March 15, 2010 BSC Academic Bowl

NOTICE!

To Whom It May Concern:

Notice is hereby given to all parents of students and adult students who received education services from Dell Rapids Public Schools, including parents of students and adult students with disabilities who received special education services from Dell Rapids Public Schools.

All education files inactive since August 2002 WILL BE DESTROYED. These records are no longer needed to provide educational services to you (or your child). These records may be needed by you (or your child) for Social Security benefits or other purposes.

Destruction of records will occur in late December 2009. You must notify the Dell Rapids Public Schools Special Education Director on or before December 15, 2009 if you want a copy of your records. You may contact the DRPS Special Education Director at 605-428-3192 to request copies.

This notice is in compliance with federal regulations 34 CFR 300.573 as related to students with disabilities receiving special education services.

POST PROM COMMITTEE

There will be an organizational meeting of the Jr./Sr. Post Prom committee on Sunday, October 4th at 6:00 p.m. at the Jabberwock. All

junior and senior parents are invited to attend. The goal of the committee is to plan the post prom activities for 2010. See you there!

Joline Dunbar
Brookings High School
530 Elm Avenue
Brookings, SD 57006
605-696-4123

Music Booster Notes...

New President

Welcome to Marcia Lodmell, Music Boosters President 2009-10! Want a more active voice in Music Boosters? Contact Marcia (428-6010) to volunteer for an open board position.

Individual Accounts

If students want to use their individual account for marching band uniform fees, contact Shelly (428-6108). If fees are not paid by 3 months following the date due, the amount *will be deducted* from the student's individual account.

November 1st is the cut-off date for the \$100-matching incentive for the 2010 New York trip. Call Shelly or Marcia if you have questions.

Fundraising Details

- Concession dates are limited this year: October 1st, 13th, and Nov

11th only. Remind your student to sign up in the music department.

- Cookie Dough Sales run from October 1st – 15th. Contact a band or chorus student to place your order. **Tips for Trips: Students should earn \$100-\$200 each year to be on budget for the next trip.**

- Music Booster Tailgator is Oct. 16th (FB vs. West Central) Students should sign up in the music department. Dell Rapids HS Spirit Towels go on sale! Call Linda Wilke (428-4420) if you have fundraising questions.

Thank you

The 2009 Senior trip to the Twin Cities was fabulous! Thanks to everyone who helped make the experience possible.

Upcoming Events and Info

- Oct 2 – MS Band – Lake Area Marching Festival - Chester

SCHOOL BOARD

Alan Blankenfeld 349-8034
Steve Munk 428-5842
Brian Davis 428-5375
Cindy Schuch 428-0147
Troy Randall 428-4660

ADMINISTRATION

Tom Ludens, Superintendent ... 428-5473
Bruce Olson, HS Principal/AD ... 428-5473
Francis Ruesink, MS Principal ... 428-5473
Barb Littel, Business Manager ... 428-5473
John Jewett, Elementary Principal/
Technology Director 428-5473
Steven Helgeland, Special Ed
Director 428-5473 Ext. 1

Phone options: Elementary #1; Middle School #2; High School #3; School Events, Cancellations/Postponements #4; Bus Barn #5; Lunchtime Solutions #6; Immediate Assistance, dial 0.

www.dellrapids.k12.sd.us

MEETINGS

The Board of Education meetings are held on the second and fourth Mondays of the month from September through June and the second Monday of the month in July, August and December. The first BOE meeting of the month begins at 7 p.m. and the second meeting of the month begins at 5:30 p.m. They are held in the Distance Learning Room at the High School. Agendas can be obtained from the superintendent's office on the Friday before any meeting. The *Dell Rapids Tribune* publishes the minutes of each regular and special meeting. Agendas and minutes are also posted on the school Website.

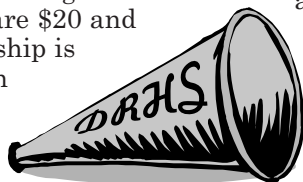
- **Oct 3** - Sioux Falls Band Festival (field competition) @ USF Stadium
- **Oct 5** - Music Booster meeting - 7pm in the choir room. (1st **Monday** of the month – all are welcome!)
- **Oct 10** – Parade - full HS Marching band – Dakota Days - Vermillion
- **Oct 17** – Quad State @ Vermillion (field competition)
- **Oct 30&31** – All State Chorus – Rapid City
- **Nov 1** – cut-off for \$100-matching fundraising incentive for NY trip

Our email is drmusicboosters@hotmail.com.



Booster Club Notes

The 2009 – 2010 Booster Club membership drive is well underway. Memberships were sold at the Middle School open house days and football tailgaters. Family memberships are \$20 and an individual membership is \$10. You can join as an active member, helping with tailgaters, concessions, etc. or you can join as an inactive member. No matter which type of membership you choose, your support is greatly appreciated. Thank you for your continued support! Once our membership drive is concluded, we will begin drawing the name of a Booster Club member at home events. The winner will receive a gift certificate to be used for the purchase of Quarrier wear. Watch your mail, you might be a winner!



Thank You!

The Booster Club wants to extend a HUGE thanks to all who volunteered to help with our burger feed at the first home football

game. It was a great way to start the year. Thank you also to those who helped with the homecoming pork tailgater. Many enjoyed the event as they prepared to cheer on the Quarrier football players in our homecoming game.

Best of Luck to the cross country and golf teams as their seasons draw to a close this month. **Good Luck** also to the football and volleyball teams as they look forward to post season competition. Go Quarriers!

New Quarrier Wear

All of the new Quarrier wear has arrived and is displayed in the Middle School display case. We will have these items available at upcoming events or through the Middle School office. Don't miss out. Items are going fast!

Looking Ahead

The Fall Sports Awards Night is scheduled for November 22nd. Mark your calendars so you don't miss it!

2009-2010 Booster Board Members:

Roger & Deb Koens
Scott & Jan Mandel
Gregg & Laurie Huewe
Kevin & Jeanine Schnieders
Dean & Elaine Hammer
Pam Schwebach
Alan & Sheba Schlaikjer
Jerry & Lynn Kerns
Jeff Delker
Del Ray & Kathy Dorale

DELL RAPIDS COMMUNITY HAVEN



LIGHTS ON AFTERSCHOOL!

Haven will celebrate this nationwide event on **Thursday, October 22nd**. This celebration is held annually to bring attention to the importance of After School Programs in communities. After school programs keep kids safe, help working families, and provide opportunities for young people to develop into successful adults. Children who participate in after school programs are less likely to drop out of school.

Visit www.afterschoolalliance.org to see how congress is showing their support & join the thousands of others in the "Afterschool for All Challenge".

Please turn your porch lights on from 6:00-9:30 p.m. to show your support of "keeping the lights on & the doors open to after school programs everywhere!"

TUITION

Tuition for the 2009-10 School Year is \$3.00/session. One session is one day before school or one day after school. Reduced tuition is available for those who qualify for free or reduced school meals.

Haven is available for drop-in sessions. Call ahead and pre-register so you are prepared for those unexpected events.

Contact the Dell Rapids Community Haven at 366-8612!



The Quarrier Parent Association is holding their annual membership drive and contest. The QPA is the Dell Rapids Public School's PTO chapter. This year one class room in the Elementary and one class room in the Middle school will win a

treat for having the most members. Letters have been sent home with the Elementary and Middle school students and the memberships are \$10.00 per family.

The Saturday Movie Matinees have begun at the Dells Theatre. This is a fun activity for you and your children and the price is the same for the young and old! You can purchase your discount tickets at the theater. We also have a few extra Elementary and Middle School year books for sale. If you would like one please contact the school office or Joni Koster.

We are asking you to join the QPA Board so we are able to continue. If you are unable commit full time we would appreciate it if you could help organize one or two events. With an adequate number of board members the commitment time is minimal. Come and join our meetings held at 7:00 p.m. the first Monday of each month at the Middle School commons and last no more that one hour.

If you have any questions or need more information, please call Joni Koster at 428-5730, Michelle Heiberger at 482-4323 or Tammy Parrott at 428-4351.



WHAT'S NEW in the Cafeteria?

It seems like May was just yesterday, but somehow, the new school year is already on us. Parents have finished taking their children for new school shoes and notebooks, and kids have winded down their summer jobs and the last time spent at the pool. For the school foodservice directors, it's the perfect time to try out new ideas to get students excited about what's going on in our cafeteria. We have some very exciting news in the Dell Rapids MS/HS Cafeteria.

- We are having a Breakfast Raffle Contest
 - Each day you eat breakfast your name is put in for a drawing at the end of the week for a prize
 - So the more times you eat breakfast the more times you are eligible to win
 - We celebrated 9/11 with the Meal that was served to all the Hero's from the church close to the World Trade Center in New York
 - We also celebrated for homecoming with sack lunches for the elementary and Pizza Ranch pizza for MS/HS, and included ourselves in the parade with a float
- Food Service has come a long way since when some of the parents went to school.

We know that the stereotype of a "Lunch Lady" and the food she serves is truly a thing of the past. School foodservice workers are men and women who are devoted to their work and are doing a remarkable job to get kids to eat healthy, attractive and nutritious food.

Rhonda Galles, Area Manager
Lunchtime Solutions, Inc.

605-670-9502 or Rhonda@lunchtimesolutions.com

FCCLA

FAMILY CAREER & COMMUNITY

LEADERS OF AMERICA

FCCCLA (Family, Career and Community Leaders of America) is a student led organization that is open to students grades 7-12 who are taking or have taken a FACS class. The Dell Rapids FCCLA chapter does many community service projects like provide tray favors for the nursing home, assisted living centers, and Meals on Wheels participants for the holiday seasons, work with younger children, provide and serve breakfast for the Banquet in March, and this year working with Children's Miracle Network for their national project. Other projects and activities center around the school and family. Regular meetings are held twice a month in the mornings before school in the FACS room. Students who are interested in joining should contact Ms. Rieck, advisor, or Nicole Synder, local president. Dues are \$15 for the year. 🦉



ELEMENTARY NEWS

... Caught With good Character!

The 2009-2010 school year is off to a great start. Our students are settling into their classrooms and getting used to their daily routines. Classroom guidance has focused on Character Counts, getting to know one another and recognizing feelings.

This year will be filled with many fun activities. Carroll Institute will be visiting classrooms to discuss violence prevention. The High School Improv troupe will be performing throughout the year. Our students will meet with their Kids' Circle groups and teachers will be looking to "catch" kids showing good behavior.

We have many high school students interested in being mentors at the elementary. These juniors and seniors have been trained in age characteristics, listening skills and confidentiality. Each will be paired with an elementary student to increase self-esteem, provide a positive role-model or help with school-work. If your child could benefit from a mentor, please contact me or your child's teacher. 🦉

~ Mrs. Kane, elementary counselor



Our first students to be "caught with good character" – Noah Dennis (1st grade), Joe Tisher (2nd grade), Brooke-Lynne Hawthorne (3rd grade) and Josh Heinemann (4th grade).

SDSU nursing students to Visit elementary

The SDSU nursing students will visit Dell Rapids Elementary to provide health screens for First Grade on October 2. They will return October 16 to provide health lessons for Mrs. Abraham's second grade classroom, Mrs. Merkwan's 3rd grade classroom, and Mrs. Bowar's and Mr. Kumerfield's 4th grade classroom. We are excited about their services.

new Face at the elementary!

Hello! My name is Katie Hoekman. I am a student teacher with Mrs. Koopman in fourth grade this semester. I graduated from Tri-Valley High School in 2004 and

am pursuing my degree in Early Childhood Education from South Dakota State University and cooperating to Dakota State University for my elementary certification. I live in Dell Rapids with my husband, Kevin



Hoekman, who is a foreman

and designer for Preheim Landscaping in Brandon. I am very excited to be teaching in Dell Rapids this fall and learning more about each of my students! 🦉

Scholastic Book Fair

Dell Rapids Elementary School
November 9-12
Mon-Wed, 8am-6pm
Thur, 8am-9pm

Support your child's love of reading and help build our libraries at the same time.



Middle School Messages



DRMS Students of the Month:

Pictured back row: Matthew Carpenter, Riley Jurgensen, Alexa DeVos, and Brandi Mitchell. Middle row: Kollin Kuper and Autumn Schumaker. Front row: Mikaela Stofferahn and Chandler Derschan

DRMS would like to announce and congratulate the Students of the Month for September. These individuals have demonstrated positive behavior reflective of the Pillars of Character: trustworthiness, responsible, respectful, fair, good citizenship, and are caring individuals. Thanks to Lunchtime Solutions, Video Plus and Pizza Ranch and DRMS Student Council, Students of the Month recipients have received gift certificates for these places!

5th grade - Kollin Kuper and Autumn Schumaker
6th grade - Alexa DeVos and Mikaela Stofferahn
7th grade - Riley Jurgensen and Matthew Carpenter
8th grade - Brandi Mitchell and Chandler Derschan



Sixth Grade

The 6th graders are off to a great start this year! We have already started selling raffle tickets for this year's quilt. This year's theme is "Under the Sea," and raffle tickets are \$1 per chance. The drawing for the quilt will take place on Wednesday, November 25. The students are raising money to be able to see the King Tutankhamun Exhibit up in Watertown. This exhibit will give the students the chance to see 128 stunning replicas of King Tutankhamun's personal possessions. This is an amazing opportunity of our students so please come out and support our 6th grade students and help them to reach their goal! 🦋



DRMS Student Council:

5th grade: Ross Wiebenga, Chloe Solberg & Mikayla DeNoon
6th grade: Hannah Fiedler, Mikaela Stofferahn, Lindsey Morris
7th grade: Ben Hammer, Shelby Baatz, Trevor Hanzlik, Ian Bergstrom
8th grade: Natasha Reit, Alec Reams, Alec Riswold, Michael Mitchell

Brekke to Participate in C-SPAN Educator's Conference

I was selected as one of 50 participants nationwide to attend the C-Span Educators conference held in Washington, D.C. this past July. Conference topics included the Supreme Court, current legislation, student cam and how to get the most out of using resources like c-spanclassroom.org. A topic of particular interest to the staff at C-Span was the impact that social networks, such as Twitter and Facebook, are having on the way people get their news, and how that, in turn, is changing the way news outlets deliver it. C-Span reporters presented on a new series they have just finished covering about the Supreme Court. They highlighted for us some "inside scoops" about some of the justices' reactions as they gave their first, ever television interviews. This will be aired on C-span TV in October. Companion resources for the Supreme Court series along with hundreds of other topics on government and history useful for teachers and parents can be found at C-Span.org. Fellow teachers also shared their own civics units and educated the

rest of us on the student cam competition for the 2009-10 school year. One of the evening presenters was Richard Norton Smith, a well known author and historian, whose specialty is the Revolutionary War period.

This was a wonderful opportunity for me to meet the staff, reporters and anchors at C-Span, along with Social Studies teachers from across America. We are all staying connected on our own social network where we can share ideas and resources with one another. A trip to Washington D.C. is always educational and fun, and this trip was especially so for me!



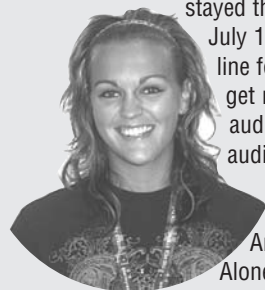
Nancy Brekke
8th grade Social Studies teacher



Eddy has American Idol try out Opportunity

There are so many reality TV shows but a popular and well known one is American Idol. American Idol is a reality competition to find new solo music talent. It debuted on June 11, 2002 and has since become one of the most popular shows on American television. Some winners of the show have become famous such as Carrie Underwood, David Cook, and Kellie Pickler, who did not end up winning the competition but scored a record deal and now has a top ten ranked song. But a familiar face from the town of Dell Rapids packed her bags and took her amazing voice to audition with the dream of becoming an 'Idol' contestant.

One of our very own Quarriers flew to Denver, Colo., on July 11, 2009. Senior Julie Eddy and her mother, Teri, flew to Denver and stayed through July 15. On July 12-13, she stood in line for many hours to get registered for her audition day. Eddy auditioned on the 14th singing a well know song by Lady Antebellum, "Never Alone."



As she was waiting patiently in line for her turn a radio host came up to her with a microphone and asked her to sing her audition piece for the listening Denver area, giving her some free publicity to her talent.

Sitting in the arena, she waited once again. "The arena was packed. Thousands of people

practicing left and right. You get put in groups of five to perform in front of the judges. Once you get your chance to sing, you might only get to sing for a few second before they stop you," Eddy said. She did not make it through to the next round but to the town of Dell Rapids she is still music to our ears.

Eddy has been singing in the DRHS chorus all four years of her high school career. She went to All State Chorus her sophomore and junior years and she will be trying out this year too. You may have also heard her singing at the Relay for Life or at local sporting events singing the national anthem. She also showed off her musical talent by being chosen to sing the national anthem at the Girls State Basketball tournament in Watertown in 2008.



AG IN ACTION

Everyone will either attend meetings or be conducting meetings and knowledge of parliamentary procedures can enhance the efficiency and usefulness of the meeting. Ag sales will be the next unit to be covered and will include analyzing various sales methods, advertising and salesmanship. The South Dakota State University college of agriculture and biological sciences has ambassadors that visit schools to inform students of opportunities available. We had two agriculture ambassadors visit on September 17 presenting information to this class.

The students enrolled in the Ag Manufacturing class have been busy building projects. Those projects have included bench supports for the new dug-outs at the baseball field and a bicycle rack for the middle school. These students have taken previous agriculture classes and can now sharpen their skills in the shop.

The unit on FFA has been the main focus for the Ag I students. This unit covers the history, opportunities and skills students can develop by joining the FFA organization. Students have the choice to pay the \$10 organization dues and join this great organization. Shop safety, tool identification project design and construction of a small wood project are the next items to be covered. This class had a guest presenter on August 31st. Mary Lou Lacey from the USDA Natural Resource Conservation Service office in Minnehaha county presented information to the students on what the NRCS office does, her job requirements as a soil conservationist and what type of education is needed for jobs with the NRCS.

The classroom instruction has concluded for the Small Gas Engine students and now they are in the shop working on engine projects. Those projects range from complete overhauls to just general maintenance and a tune-up. This class only lasts for nine weeks, so it will end on Oct. 20. A welding course will be offered during the same period during the second nine weeks. Jeff Vavra, the admissions representative from the WyoTech school presented information about their school to the students on September 3rd. Hearing about post-secondary educational options is always great, especially for junior and senior students.

Cade and Caleb Buysse exhibited breeding ewes at the South Dakota State Fair in the FFA division on September 6th. The district land judging school held near Chester on September 22nd had 22 agriculture students and FFA members developing skills in land evaluation. The FFA chapter had an entry for the homecoming parade on September 25th. The South East Region Land Judging event was held on September 29th near Colton. Two state FFA officers will visit the morning agriculture classes on October 5th to encourage students to get involved in the dynamic organization for student interested in agriculture. Two members will have the opportunity to attend the National FFA Convention in Indianapolis, IN on October 21-24. The members will once again be starting the annual fruit sale in mid-October, so keep an eye out for members selling and advertisements relating to this fundraiser. Members are also working on developing their leadership skills to compete in the leadership career development events on November 5th in Brookings and the district event on November 16th. 🦉



Caleb Buysse showing his breeding ewe at the State Fair.

Cade Buysse also showing his breeding ewe at the South Dakota State Fair in Huron.



The Ag III/IV students have been working on a unit covering parliamentary procedures.



High School Happenings

European music trip for two Dell students

Dell Rapids High school was represented by Hillary Sward and Kenny Grovenburg on a European trip with an organization called Mid-West Ambassadors of Music. The group took students who were involved in either band or choir. High school band director Mr. Brian Smith nominated a few students but only Grovenburg and Sward were selected for the trip. Approximately 300 to 350 high school students from all over South Dakota, and a few Minnesota students, experienced the

trip.

While in Europe the group traveled from city to city experiencing cultures, new languages, environments, and foods.

Not only was the trip an experience but the students also learned some things. "Our band did not have great instrumentation – tons of altos and trumpets, few low brass – but we learned to make it work, even when not in the most ideal conditions," said Sward.

Overall the two had an amazing time seeing many of the famous sites, such as the Eiffel Tower. The two would most definitely recommend this program to anyone else interested. All in all it was an amazing trip and many memories were made from this once in a lifetime opportunity. 🦉

Student Teacher helps in Science

There are many new faces walking the halls of Dell Rapids High School this year, but I would like to introduce you to one in particular; Megan Jordhal. Jordhal is the new student teacher for the science department this semester and will be working with both Mr. Darwin Daugaard and Mr. Doug Fiedler.

Jordhal grew up in Madison, S.D. where she also attended Dakota State University and acquired a major in Biology Education and a minor in chemistry. When asked what inspired her to become a

teacher Jordhal said, "My seventh grade science teacher, Mrs.

Collington."

In high school her favorite subjects were

anatomy, band, and chorus while her least favorite subject was English. In her spare time she likes to bowl, play softball and volleyball, hang out with friends, and travel.

When asked what excited her about being able to student teach in Dell Rapids, Ms. Jordhal said, "I would have to say the classroom size; I like the feeling of a smaller classroom. It is also neat to be a teacher at a school that I played sports against in high school and seeing what other schools are like."

In giving advice for high school students going into college next year she said, "Time management is very important. Use every available opportunity. Going out with friends is fun but homework is important and it might not seem like it but education will take you far in the long run."

Mr. Fiedler said, "She is an intelligent and enthusiastic girl and she will make an excellent teacher in years to come!"

Jordhal is very excited to begin a school year here at DRHS and I know she will be a great benefit to our staff and our students. So, welcome to our halls and good luck Ms. Jordhal! 🦉



All State Chorus

Every year Dell Rapids High School has try-outs to select the top performers who will attend All State Chorus. Quartets consisting of one member from all four choral voice parts, soprano, alto, tenor, and bass, are selected.

This year DRHS has two full quartets. Quartet one consists of: Julie Eddy, Danielle Schuch, Anthony Cameron, and Ken Grovenburg.; and the second quartet includes Katrina Mohror, Shelby Bierema, Tim Domel, and Sam Hinricher. Students will travel to Rapid City, S.D. on Thursday October 30, 2009 with the final practice on Oct. 31, to "fancy up" for the concert that evening.

The 2009 All State Chorus and Orchestra will host over 1000 students. Dr. Kevin Meidl, of Appleton West High School, Appleton, WI, will be the guest conductor this year.

South Dakota All State Chorus was founded in 1952 by the newly formed SDMEA (South Dakota Music Educators Association.) The All State Chorus and Orchestra concerts were later combined in 1953.

This event is spectacular and enchanting for all involved. Congratulations to all of the participants this year! 🦉



Back Row: Anthony Cameron, Kenny Grovenburg, Tim Domel, and Sam Hinricher. Front Row: Danielle Schuch, Julie Eddy, Katrina Mohror, and Shelby Bierema.

Fellowship of Christian Athletes

The Fellowship of Christian Athletes had its first meeting on Sunday, September 13th at Katie and Adam Wolff's house. We had an amazing turnout of more than 25 people, making this a really great start for the program. FCA is not exclusive; high schoolers of all ages, denomination, and backgrounds are welcome to join whenever they want. Our goal is to promote Christian attitudes and behaviors in high school athletics, but these meetings are definitely not church-like. We basically get together to hang out, eat, and discuss issues that will make us stronger people, challenges that will turn us into better athletes or whatever is on our minds. This last week we discussed the effects of winning and competition on athletes and in the future we will be focusing on topics such as taking criticism, issues with teammates, and being mentally tough. If there are any questions or any community members who would like to get involved, please contact Coach Dvorak at the high school. Our next meeting is Sunday night, September 27th at Chad and Jill Hansen's house and we hope to see you there! 🦉





2009 Student Council



Back Row--Michael McGee, Tanner Munk, Kelly McKay, Jada Entringer, Michaela Youngberg, Kelsi Ritter, Front Row: Danielle Schuch, Jordan Munk, Karlie Solum and Advisor George Henry



Dear Parents, Guardians, and Caretakers,

Hello! My name is Erin Stolsmark and I am the Project Awareness Counselor at your child's school. Project Awareness is a department of Carroll Institute, located in Sioux Falls. Project Awareness focuses on preventing violence, as well as drug and alcohol use and abuse. I am so excited to be facilitating this program to your student again this school year!

I am going to be teaching your child about drug, alcohol and violence prevention using various curricula involving many different topics including bullying, feelings, self esteem, relationships, drug, alcohol and tobacco awareness, as well as life skills such as decision making, self esteem, anxiety, anger, social skills, assertiveness, communication skills, and stress and conflict management. In addition, we provide drug and alcohol screenings and assessments if needed and I am available to meet with your student on an individual basis.

I will be in your child's school one day per week and if you feel that there is a topic relevant to your child's healthy development, please feel free to contact me. My office number is (888) 254-4543 or (605) 336-2556. Your child's school counselor is also a great resource and can provide any answers to questions you may have.

I look forward to working with your students again this year and please feel free to contact me with any questions, comments or concerns!

Sincerely,

Erin Stolsmark, MS, NCC, LPC, CDCT
Carroll Institute
Project Awareness Counselor
(605) 336-2556 ext. 314
estolsmark@carrollinstitute.org

turn over a new life

310 S 1st Ave. Sioux Falls, SD 57104-6329 (605) 336-2556 1-888-254-4543 www.carrollinstitute.org

NEWS FROM THE CROW'S NEST

As football games have started, fans need to notice something a little different about the announcer's booth. Yes, there is now a top level on the Crow's Nest! After adding on an all new level, the square footage has doubled. So why did Dells decide to add on a top floor?

"We've been looking at remodeling or building a new Crow's Nest for the past several years. We felt there was a need for more room when we held track meets and on football game nights, as we usually had a scorer, announcer, spotter, tow tech video taping, one to two radio stations broadcasting, and also the need to accommodate coaches from both teams," Athletic Director Mr. Bruce Olson said. The floor adds space for not only our team but opposing teams and any other events we may host.

As most families went to the lake or on a family vacation, a local contractor volunteered himself and his crew to work on the Crow's Nest over the Labor Day weekend. "Mark Crisp, with the help of some other local individuals, was able to come up with a plan that included volunteer labor and reduced cost materials that got the project off the ground," Olson said.

"Student athletes, coaching staff, and school staff are very appreciative of the generosity of local volunteers and Mark Crisp and his team," said Assistant Athletic Director, Mr. Jeff Welbig. Olson also added, "A big thanks goes out to everyone involved in making this project happen. It was a great addition to our Athletic Complex."





SCHOLARSHIPS

1. South Dakota Opportunity Scholarship

\$5000 over Four Years

Must attend a South Dakota college or technical school

Must complete the Regents Scholar Curriculum with a cumulative GPA of 3.00 or better, an

ACT score of 24 or higher and no grade below a C in the core classes. The Regents

Scholar Curriculum is –

4 credits of English

3 credits of social studies

4 credits of math

4 credits of science

1 credit of computer science

1 credit of fine arts

2 credits of the same foreign language

Deadline – September 1 of the year you will be starting college

Application is available at –

www.sdbor.edu/SDOpportunityScholarship.htm

2. Dakota Corps Scholarship Program

Pays full tuition and fees

Must attend a South Dakota college or technical school

Must go into a critical need occupation after graduation from college

Critical need occupations include – teaching k-12 music, special education, foreign language, high school math or science or working as a licensed practical nurse, registered nurse, or in allied health care field.

Must have ACT score of 24+ and GPA of 2.8+

Deadline - February

Application is available on line at –

www.state.sd.us/dakotacorps/default.html

3. Burger King Scholarship

\$1000

Must have 2.5+ GPA, must work 10 hrs per week, involved in community service, and demonstrate financial need.

Deadline – Feb. 1

Application is on line at –

www.haveityourwayfoundation.org/bksp_application.htm;

Access Key BKS

4. Coca-Cola Scholarship

250 national scholarships totaling \$3 million dollars

Deadline – Oct. 21

Application on line – www.coca-colascholars.org

5. Farmers Union Insurance Scholarship

25 - \$1000

Find more information on the “Insuring a Brighter Tomorrow Scholarships” at the

Web site – <http://sdfufoundation.org>

6. Elks Foundation Most Valuable Student Scholarships

\$15,000 to \$1000 per year

Based on community service, honors and awards, leadership, extracurricular activities, citizenship, financial need.

Deadline – Nov. 2

Application on line – www.elks.org/enf/FindALodge.cfm

7. Miss South Dakota/Miss South Dakota Teen USA

Information – www.missouthdakotatteenusa.com or

www.missouthdakotausa.com

Deadline – June

8. Prudential Spirit of Community Award

\$1000

Open to students grades 5-12

Recognizes young people who have volunteered in their community through such activities as girl or boy scouts, 4-H, etc.

Apply on line – <http://spirit.prudential.com>

Deadline = Nov. 2

Search Sites

Check out These Scholarship Search Sites:

1. www.fastweb.com

2. www.collegenet.com/mach25/app

3. www.eac-easci.org

SCHOLARSHIP TIPS:

1. *Applications should be typed.*

2. *If need be, fax the application and type.*

3. *Ask for references in advance... usually one week.*

4. *Keep a copy of the application form.. could use parts later.*

5. *Proof read for grammatical and spelling errors.*



Eligibility
Center

NCAA FRESHMAN-ELIGIBILITY STANDARDS QUICK REFERENCE SHEET

KNOW THE RULES: To play collegiate sports you must meet the following criteria...

Core Courses

- **NCAA Division I requires 16 core courses as of August 1, 2008.** This rule applies to any student first entering any Division I college or university on or after August 1, 2008. See the chart below for the breakdown of this 16 core-course requirement.
- **NCAA Division II requires 14 core courses.** See the breakdown of core-course requirements below. Please note, Division II will require 16 core courses beginning August 1, 2013.

Test Scores

- **Division I** has a sliding scale for test score and grade-point average. The sliding scale for those requirements is shown on page two of this sheet.
- **Division II** has a minimum SAT score requirement of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the four sections on the ACT: English, mathematics, reading and science.
- **All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency.** Test scores that appear on transcripts will not be used. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center.

Grade-Point Average

- Only core courses are used in the calculation of the grade-point average.
- **Be sure** to look at your high school's list of NCAA-approved core courses on the Eligibility Center's Web site to make certain that courses being taken have been approved as core courses. The Web site is www.eligibilitycenter.org.
- **Division I** grade-point-average requirements are listed on page two of this sheet.
- The **Division II** grade-point-average requirement is a minimum of 2.000.

DIVISION I 16 Core-Course Rule

16 Core Courses:

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or non doctrinal religion/philosophy).

DIVISION II 14 Core-Course Rule

14 Core Courses:

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 2 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 3 years of additional courses (from any area above, foreign language or non doctrinal religion/philosophy).

PLEASE NOTE: Beginning August 1, 2013, students planning to attend an NCAA Division II institution will be required to complete 16 core courses.



Meeting our Students' Needs

By Tom Ludens, Superintendent

The 2009-2010 school year has begun and we are off and running. On behalf of everyone in the school district, I would like to welcome our newest students, the Kindergartners, to their first year of school. As the class of 2022 enters our doors, I am reminded of how blessed we are to live in such a vibrant city and school district. Successful as our district has been, we are not without our challenges.

Over the past two years, residents of our school district have voted on three different bond proposals that would have funded construction of educational facilities. All three proposals varied – both in cost and scope of the project. All received a majority of support from the voters but none achieved the 60% approval threshold required for passage.

Neither the Board of Education nor district personnel look forward to frequent elections for bond financing of building projects. However, the Board has decided that the burden of running a bond election is warranted because of our District's needs.

This summer, the Board had to add two portable/temporary classrooms onto the elementary playground to accommodate the space needs of our regular and special education students. These are short-term fixes and the patrons of the district should not consider stop-gap solutions to a long-term problem.

Even though that need exists, it is our duty to balance the needs of our students with the wishes of the district's taxpayers. Simply holding election after election on the same building proposal would not change the result.

Following the third bond election last April, the district held a town-hall meeting, asking for feedback and ideas from the public.

Having heard the wishes and concerns of Dell Rapids voters, the board and architectural firm went back to the drawing board. Their goal was to produce several options that would *meet the District's needs* and then to select the proposal that represented *the most efficient and effective use of taxpayer dollars*.

At their September meeting, the Board of Education was presented with seven different building projects. They opted for a plan that will meet basic students' needs, but is considerably cheaper than previous proposals.

Historic Bond Comparison		
	April, 2009	Current Proposal
Building Size	85,250 s.f.	82,038 s.f.
Construction Cost	\$12,863,000	\$9,599,000
Total Cost	\$13,500,000	\$10,990,000
Levy Increase per \$1,000 taxable value	\$1.86	\$1.36
Bond Interest Rate	5.45%	4.27%

We have included all details regarding the bond proposal in this article that were available at the time of writing. During the next two months, the Board and district personnel will provide district residents with information and facts regarding the proposed bond and the upcoming election.

To participate in this election, you must be registered to vote. To learn about how you can register to vote, go to <http://www.sdsos.gov/electionsvoteregistration/registrationvoting.shtm>.

As the election nears, the Board is asking two things of each registered voter. First, get informed about the facts of this issue and don't rely on someone else's opinion or gossip. Second, please vote on **Monday, November 16th**! This vote is incredibly important to the students of our district and greater civic involvement will only make our community stronger.

Dell Rapids Bond Proposal

Project: New Elementary (K-4) Building – 82,038 square feet.

Total Cost: \$11,016,000

Bond Amount: \$10,990,000

Bond Length: 25 Years

Interest Rate: 4.27%

Tax Increase: \$1.36 per \$1,000 of taxable value (i.e. if your property is valued at \$100,000, your taxes would increase by \$136 per year, or \$11.33 per month)

Financing the Rest: \$26,000 Capital Outlay

The next bond election will take place on **Monday, November 16, 2009**. Polls will be open from **7:00 a.m. to 7:00 p.m.** that day. The election will be open to all registered voters who reside in the district.

The School District wants to ensure that everyone has an opportunity to participate in the election and will be setting up an absentee voting program in accordance with state election law. We will announce details regarding absentee voting opportunities as they are available.



OCTOBER

Del Rapids Elementary Public School Menu

Menu is subject to change

Go Team!

Monday	Tuesday	Wednesday	Thursday	Friday
October 12-16 Breakfast A. Pancake w/Syrup B. Breakfast Pizza Lunch A. Homestyle Scalloped Potatoes & Ham B. Chicken Nuggets C. Cooked Carrots	All Breakfast Meals Includes: Fresh & Canned Fruit Variety of Cereal w/Toast Choice of Milk	All lunches include All you can eat Fruit/Vegetable Bar Choice of Milk	Breakfast A. Biscuit w/ Sausage B. French Toast Lunch A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich C. Corn D. Breadcrumbs	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Breaded Beef Fingers E. Broccoli
Breakfast A. Pancake w/Syrup B. Breakfast Pizza Lunch A. Homestyle Scalloped Potatoes & Ham B. Chicken Nuggets C. Cooked Carrots	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. Homestyle Chili w/beans B. Hot Dog on a Bun C. Cinnamon Roll	Breakfast A. Waffle w/Syrup B. Breakfast Pizza Lunch A. Country Fried Steak B. Pork Tenderloin Sandwich C. Mashed Potatoes w/Gravy	Breakfast A. Biscuit w/ Sausage B. French Toast w/Syrup Lunch A. Chicken Gravy on Biscuit B. Chicken Fajita C. Green Peas D. Apple Crisp	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots
All Star National School Lunch Week October 12-16				
No School 	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. Stew Dunk Chicken B. Grilled Cheese Sandwich w/Tomato Soup C. Steamed Broccoli	Breakfast A. Waffles w/Syrup B. Breakfast Pizza Lunch A. Sausy Spaghetti B. Willard Sauce C. Breaded Beef Strips D. Green Beans	Breakfast A. Biscuit w/ Sausage B. French Toast w/Syrup Lunch A. Stew Dunk Chicken B. Grilled Cheese Sandwich w/Tomato Soup C. Steamed Broccoli	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots
Breakfast A. Pancake w/Syrup B. Breakfast Pizza Lunch A. Hamburger or Cheeseburger B. Chicken Fries C. Baked Beans	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. Hot Pepperoni Sub B. Homestyle Meatloaf C. Green Beans	Breakfast A. Waffles w/Syrup B. Breakfast Pizza Lunch A. Homestyle Tator Tot Hotdish B. Corn Dog C. Cooked Carrots	Breakfast A. Biscuit w/ Sausage B. French Toast w/Syrup Lunch A. Homestyle Taco Bake B. Taco in a Bag C. White Rice D. Pudding	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots
Breakfast A. Pancake w/Syrup B. Breakfast Pizza Lunch A. Chicken Nuggets w/Syrup & Sausage Patty B. BBQ Pork on a Bun C. Baked Beans	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. French Toast Sticks w/Syrup & Sausage Patty B. Mini Corn Dog C. Potato Triangle	Breakfast A. Waffle w/Syrup B. Breakfast Pizza Lunch A. Homestyle Macaroni & Cheese B. Italian Diner C. Peas & Carrots	Breakfast A. Biscuit w/ Sausage B. French Toast w/Syrup Lunch A. Super Nachos B. Mini Rib Sandwich C. Corn D. White Cake w/Frosting	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots

Lunchtime Solutions, Inc.
 Custom Solutions to School Lunch Services

For questions regarding the School Menu, please contact Rhonda Gales, Area Manager:
 rhonda@lunchtimesolutions.com
 or 800-570-5502



OCTOBER

Del Rapids MS/HS Public School

Menu is subject to change

Go Team!

Monday	Tuesday	Wednesday	Thursday	Friday
October 12-16 Breakfast A. French Toast Sticks B. Breakfast Tilt Bites Lunch A. Homestyle Scalloped Potatoes & Ham B. Hot & Spicy Chicken Sandwich C. Cooked Carrots	All Breakfast Meals Includes: Fresh & Canned Fruit Variety of Cereal w/Toast Choice of Milk	Additional lunch options choice: a. homestyle sub sandwich b. chef salad c. fruit & yogurt All lunches include: All you can eat Fruit/Vegetable Bar	Breakfast A. Breakfast Taco-Go B. Breakfast Sandwich Lunch A. Soft Shell Tacos B. Hot Ham & Cheese Sandwich C. Corn	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots
Breakfast A. French Toast Sticks B. Breakfast Tilt Bites Lunch A. Homestyle Scalloped Potatoes & Ham B. Hot & Spicy Chicken Sandwich C. Cooked Carrots	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. Homestyle Chili w/beans B. Hot Dog on a Bun C. Cinnamon Roll	Breakfast A. Breakfast W/rap B. Breakfast Pizza Lunch A. Country Fried Steak B. Pork Tenderloin Sandwich C. Mashed Potatoes w/Gravy	Breakfast A. Breakfast Taco-Go B. Breakfast Sandwich Lunch A. Foot Long Hot Dog B. Chicken Fajita C. Green Peas	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots
All Star National School Lunch Week October 12-16				
No School 	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. Stew Dunk Chicken B. Grilled Cheese Sandwich w/Tomato Soup C. Steamed Broccoli	Breakfast A. Breakfast W/rap B. Breakfast Pizza Lunch A. Sausy Spaghetti B. Willard Sauce C. Breaded Beef Strips D. Green Beans	Breakfast A. Breakfast Taco-Go B. Breakfast Sandwich Lunch A. Stew Dunk Chicken B. Grilled Cheese Sandwich w/Tomato Soup C. Steamed Broccoli	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots
Breakfast A. French Toast Sticks B. Breakfast Tilt Bites Lunch A. Hamburger or Cheeseburger B. Corn Dog C. Baked Beans	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. Hot Pepperoni Sub B. Homestyle Meatloaf C. Green Beans	Breakfast A. Breakfast W/rap B. Breakfast Pizza Lunch A. Homestyle Tator Tot Hotdish B. Corn Dog C. Cooked Carrots	Breakfast A. Biscuit w/ Sausage B. French Toast w/Syrup Lunch A. Homestyle Taco Bake B. Taco in a Bag C. White Rice D. Pudding	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots
Breakfast A. Pancake w/Syrup B. Breakfast Pizza Lunch A. Chicken Nuggets w/Syrup & Sausage Patty B. BBQ Pork on a Bun C. Baked Beans	Breakfast A. Cheese Omelet B. Breakfast Sandwich Lunch A. French Toast Sticks w/Syrup & Sausage Patty B. Mini Corn Dog C. Potato Triangle	Breakfast A. Waffle w/Syrup B. Breakfast Pizza Lunch A. Homestyle Macaroni & Cheese B. Italian Diner C. Peas & Carrots	Breakfast A. Biscuit w/ Sausage B. French Toast w/Syrup Lunch A. Super Nachos B. Mini Rib Sandwich C. Corn D. White Cake w/Frosting	Breakfast A. Jumbo Cinnamon Roll B. Breakfast Pizza C. Pizza D. Beef & Bean Burrito E. Peas & Carrots

Lunchtime Solutions, Inc.
 Custom Solutions to School Lunch Services

For questions regarding the School Menu, please contact Rhonda Gales, Area Manager:
 rhonda@lunchtimesolutions.com
 or 800-570-5502





October 2009

DR QUARRIERS

We promote spirited thinking,
responsible citizenship and
lifelong learning.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 4:00 PM 7&8 VB @ Madison (bus 2:30) 4:30 PM 9th FB @ Lennox (bus 2:45) 5:00 PM VB Home vs. Lennox 5:30 PM Cheer @ O'Gorman (bus 3:30)	2 10:00 AM MS Band - Lake Area Marching Festival 4:00 PM XC @ Lennox Invite (bus 2:15) 7:00 PM FB @ Vermillion (bus 3:15)	3 11:00 AM Festival of Bands, U.S.A. @ USF Athletic Complex (bus 10:00)
4 12:00 PM FCCLA Leadership Camp in Huron	5 8:00 AM State Golf @ Madison 8:00 AM FCCLA Leadership Camp in Huron 4:00 PM JV FB @ Vermillion (bus 1:30) 4:00 PM 7&8 VB @ TV (bus 2:45) 4:00 PM Oral Interp Festival @ Milbank 4:00 PM MS Quiz Bowl - GSFHSA @ Central Baptist Church in SF (bus 2:50)	6 8:00 AM State Golf @ Madison	7	8 4:30 PM 7&8 VB Home vs. Sioux Valley 4:30 PM 9th FB @ Tea (bus 2:45) 5:00 PM VB @ Sioux Valley (bus 3:15) 5:30 PM Cheer @ Brandon Valley (bus 3:30)	9 3:30 PM XC BSC @ Beresford (bus 1:30) 7:00 PM FB @ DV (bus 3:15)	10 9:00 AM 7&8 VB BSC Tournament @ Tea (bus 7:15) 10:00 AM HS Band at Dakota Days Parade in Vermillion
11	12 8:55 AM No School/Native American Day 4:00 PM JV FB @ DV (bus 1:15) 7:00 PM School Board Meeting	13 7:30 AM Staff health screening/flu shots 7:30 to 10:00 a.m. 4:00 PM 7&8 VB @ Harrisburg (bus 2:30) 4:00 PM HS Quiz Bowl @ Brookings 4:30 PM 7&8 FB @ WC (bus 3:15) 5:00 PM VB Home vs. Harrisburg 5:30 PM Cheer @ Watertown (bus 2:30)	14	15 4:00 PM XC Regions - Dell Rapids 4:00 PM Cheerleaders hosting a Cheer Camp @ MS Commons 4:30 PM 9th FB @ WC (bus 3:00) 5:00 PM VB @ SFC (bus 3:15)	16 7:00 PM FB Home vs. WC (broadcast by KOOL FM 107.9) Cheer Camp Cheerleaders will perform at halftime	17 9:00 AM VB BSC Tourney @ EPJ (bus 6:15) 10:00 AM Band @ Quad State/Vermillion
18	19 4:00 PM MS Quiz Bowl @ SF Home School 4:00 PM Oral Interp @ Arlington 4:30 PM JV FB Home vs. West Central 7:00 PM FFA Chapter Meeting in HS Ag Classroom	20 3:43 PM End of the 1st Quarter 5:00 PM VB Home vs. Madison - VB, Golf, XC Senior/Parent Recognition Night	21 8:00 AM FFA National Convention @ Indianapolis, IN 3:45 PM C VB @ Baltic (bus 2:45)	22 8:00 AM FFA National Convention @ Indianapolis, IN 7:00 PM FB Home vs. Harrisburg - FB & Cheer Senior/Parent Recognition Night (broadcast by KELO-AM 1320)	23 8:00 AM FFA National Convention @ Indianapolis, IN 4:00 PM 7&8 FB Home vs. Harrisburg 5:00 PM VB @ Chester (bus 3:30)	24 8:00 AM FFA National Convention @ Indianapolis, IN 10:00 AM State XC @ Rapid City
25	26 10:30 AM ES Photography by Mark picture retakes 1:00 PM HS & MS Photography by Mark picture retakes 4:00 PM FCCLA District Rally - Dell Rapids/MS Commons & rooms 4:00 PM Oral Interp @ Dell Rapids St. Mary 5:00 PM VB @ Beresford (bus 3:30) 5:30 PM School Board Meeting	27 7:00 PM FB - First round Play Off	28	29 4:00 PM MS Quiz Bowl - Dells Invite 5:00 PM VB @ DV (bus 2:15) 5:30 PM Cheer @ SF Lincoln Invite (bus 3:30)	30 9:00 AM All-State Chorus	31 9:00 AM All-State Chorus



October "Outdoors" 2009

Did you know?

Jack o' Lanterns originated in Ireland where people placed candles in hollowed-out turnips to keep away spirits and ghosts. Also, the ancient Celts thought that spirits and ghosts roamed the countryside on Halloween night and so they began wearing masks and costumes.

October "Outdoors" Challenge:

Try being active outside as much as possible to see how many miles you can move this month.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Shoot ten baskets. Do ten jumping jacks between each shot.	2 Help an adult rake the yard for 20 minutes.	3
4	5 Walk around the block twice. Skip around the block twice.	6 Ask an adult to walk you to school a couple days this month.	7 Create an obstacle course outside.	8 Do 25 forward to backward jumps. Do 25 side to side jumps.	9 Walk 50 steps for every letter in the word "October."	10
11	12 Jump rope for 2 minutes. Do ten sit-ups. Repeat twice.	13 Keep a balloon in the air as long as possible.	14 Play hop-scotch for 30 minutes.	15 Hold 5 different stretches for 55 seconds.	16 Walk 100 steps for each person in your family.	17
	19 Ask an adult to go on a walk with you. Count the pumpkins you see.	20 Jump 5 times for every letter in "witch." Walk 300 steps.	21 Take 25 steps for every letter in Halloween.	22 Spell Halloween words while you skip in place.	23 Do 10 front raises and 10 side raises with water bottles in each hand. Repeat.	24 
25	26 Hop, skip or walk for 5 minutes. Do 10 sit-ups and 5 push-ups. Repeat.	27 Pretend you are a witch or a bat and flap your arms and pretend to fly while walking.	28 Do 50 jumping jacks and then 10 sit-ups. Repeat twice.	29 Jog in place for 1 minute for each letter in the word "Jack-O-Lantern."	30 Put on some Halloween music and make up a spooky dance.	31 Happy Halloween

Dell Rapids School District 49-3
1216 N. Garfield
Dell Rapids, SD 57022

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