



# Wise Owl

Dell Rapids Quarriers

Dell Rapids Public Schools

Dell Rapids, SD

February 2010

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



*Happy Valentine's Day!*

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## Change of Address?

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

## vote!

Monday, February 8th  
7am-7pm  
Elementary School  
Gym

## NO SCHOOL

Friday February 12<sup>th</sup>  
Monday February 15<sup>th</sup>

Ashley Schultz has been selected as the Quarrier of the Month for December. Schultz has played an active role in her community and is very deserving of this award.

When asked about her selection, Schultz said, "I am so excited about being the



Ashley Schultz

## Quarrier of the Month!

December Quarrier of the Month. It is such an honor and I am very grateful."

While in high school Schultz has been on the Honor Roll all four years. She was also inducted into the National Honor Society May 2009 of her junior year.

During her senior year she was selected by the faculty as a candidate for the DAR Good Citizen Award from Dell Rapids High School.

During the summer prior to starting her senior year, Schultz attended YBA (Youth Business Adventure) in Madison, S.D., giving

her the opportunity to discover new career options and meet lots of new friends.

She participated in chorus her freshman year, and in her senior year became involved with the Art Club and study buddy program.

Earlier this fall, she was also selected as the KSFY "Student Scholar

of the Week". This is a great honor to her dedication toward her academics and life choices.

"I have never seen Ashley do wrong to anyone. She is very approachable and hardworking. To anyone who knows her, she is obviously a person who cares no matter what the situation," said Art Club Director Cory Clopton.

Schultz plans to attend a four year college with an undecided major. She is however, leaning toward a business major.

Ashley is the daughter of Kenny and Laurie Schultz. 🐼

**P/T Conferences for HS, ES and MS are February 1 from 4:30-8:30.**

*School for K-12 Students will **NOT** be dismissed early.*

**P/T Conferences are also February 8 for ES & MS from 4:30-8:30.**



### Schwan's Super Sale!

Need appetizers for your Superbowl party? What about a quick easy supper?

On February 5th, Dell Rapids Public School music students will be teaming up with Schwan's for a fundraiser.

Purchase your favorite frozen treats or some of the new items Schwan's has discounted this month, and help music students earn their way to New York in May. You pay regular prices, and Schwan's gives a percentage of the sales to our students.

Pre-orders are the best way to ensure your items will be available, but walk-up orders will also be taken. (Items will sell out!) Pick up frozen foods from the Schwan's truck on the north side of the high school by the bus barn between 2-6pm on February 5th. This is a great opportunity to stockpile quality treats and meals while benefitting the music students! Call a music student to order or Janine Brust or your child's music director with questions.

### Exciting Changes in Store for Pork Dinner

The Pork Dinner committee is making final preparations for the dinner scheduled for March 7th. This year, the event will help music students who are going on the New York trip, and it will continue to support the entire music program. The committee is also seeking sponsorships and working on ways to increase ticket sales.

Parents of music students, please look for your Spring Dinner letter in early February because your past assignment may have changed.

This event is a great example of the school and community working together in Dell Rapids to support our kids. Please be generous with your time when you are called to volunteer. Your music student benefits directly from your effort and involvement. Many of the committee leaders' children are graduating. We need new leaders for the success of this event to continue. Please call Marcia Lodmell, President (428-6010), if you are interested.

### Scholarships

Applications for middle and high school students' lesson scholarships are due February 1st. Application forms are available through your student's music director or on the school website.

Upcoming Events and Info

Feb 1 - Scholarship applications due

Feb 2\* - Music Boosters meeting (\*note Tuesday date change because of PT conferences)

Feb 5 - Schwan's Super Sale (2-6pm)

Feb 18 - 5th grade Music Concert at 3pm & 7pm

Mar 7 - Pork Dinner

Please call Marcia Lodmell, President (428-6010), if you would like to volunteer or if you have any questions.

Check the Music Boosters website for even more info. From DellRapids.com, click the "Parents-Public" tab, then "Partners" in the drop-down menu, and choose "Music Boosters." Our email is [drmusicboosters@hotmail.com](mailto:drmusicboosters@hotmail.com).

# ATTENTION

## Parents of DR Music Students:

Look for a Pork Dinner "work assignments" letter arriving in the mail in early February.

## Pork Dinner is March 7th

*Let's work together to help our kids!*

**Volunteer for a Leadership Position!**  
We have open leadership positions available.







## WEATHER DISMISSALS

When bad weather or other emergency conditions require that the schools be closed or that classes be started late or dismissed early, information will be immediately available by: 1). on the Dell Rapids Information Line by dialing 428-4040 (ext. 4, #2); 2). our emergency communication system (for those who have signed up); and 3). from the following media sources:

**KELO TV, TV CHANNEL 11/3**  
**KSFY TV, TV CHANNEL 13/9**  
**KDLT TV, TV CHANNEL 5/5**  
**KTTW TV, TV CHANNEL 17/4**  
**KELO AM, RADIO 1320**

**BROADCAST/CABLE:**  
**KELO FM, RADIO 92.5**  
**KSOO AM, RADIO 1140**  
**KKLS, RADIO 104.7**  
**KIKN FM, RADIO 100.5**  
**KJAM FM, RADIO 103.1**

When inclement weather threatens, our goal will be to make early morning decisions about the cancellation or postponement of school by 6:00 AM. Students and parents should call the information line or listen to the media listed above. Decisions that will be made will follow three categories: No School; School Starting Late (in hours) or Buses will be running snow routes only. If any variation is heard from these announcements the information should be verified by calling the Dell Rapids Information Line and choosing option (4) and then option (2) from the district menu.

Snow routes will only be used when absolute-

ly necessary, and it will be announced EACH time they are used. For instance, it should not be assumed that just because snow routes were used in the morning that they will be used in the afternoon. When the decision is made to utilize the snow routes, this decision will apply to EVERY bus route regardless of the conditions present on a particular bus route. Weather and road conditions can vary greatly across the district, and it is simply impossible to run some buses on snow routes and others on regular routes. There is too much confusion. ❌

## Wise Owl Now Available Online

The monthly "Wise Owl" newsletter is on the School District Website. If you are no longer interested in receiving this newsletter in the mail from Dell Rapids School District, please call LuAnn Heidebrink at 428-5473 ext 7 or email her at:

[LuAnn.Heidebrink@k12.sd.us](mailto:LuAnn.Heidebrink@k12.sd.us) to cancel your "subscription."

## School Reach: Phone Notification System

**Attention Parents!** If you are not getting a phone call through the automated phone system when school is canceled, has a late start, or an early dismissal, please contact the secretary at your child's school campus to get the proper form sent home via your student.

Thanks,  
 Fran

Fran Ruesink  
 Middle School Principal  
 Dell Rapids School District  
 1216 N. Garfield  
 Dell Rapids, SD 57022  
 605-428-5473

## The ABC's of Good Health

### Aim for fitness

- 60 minutes of physical activity is the daily recommendation.
- Feeling tired? Go for a brisk walk.

### Build a healthy base

- choose a variety of grains daily, especially whole grains.
- choose a variety of fruits and vegetables daily.
- Let the food pyramid guide you.  
 Visit: [MyPyramid.gov](http://MyPyramid.gov)
- get your ZZZ's (average 8 hours)

### Choose sensibly

- choose water over soda  
 (Eight 8-oz glasses of water daily)
- eat a diet low in salt, saturated fat and cholesterol and moderate in total fat.
- pick raw fruits and veggies over chips.



## 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; Superintendent, Business Manager, or administrative assistant #7; Immediate Assistance, dial 0.

[www.dr-k12.org](http://www.dr-k12.org)

## 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.

If you would like to purchase a 4-DVD set of the 2009 Quarrier Football games please contact Coach Hansen or Coach Stone. Cost is \$20.00 and must be paid before your copy will be made or delivered.

**2009 QUARRIER FB  
 4-DVD Set**



# ELEMENTARY NEWS

## January Character Counts Representatives



Taylor Reit, Braden Gee & Kaitlyn Greenhoff. (Not pictured: Mallory Haak)  
WHO ARE THESE KIDS? They this month's Character Counts Drawing winners!

Our 4th grade Character Representatives reminded us about the importance of kind words. They helped distribute signs and reminders during No Name Calling Week. We combined the ideas of respect and caring to help all students and staff make good choices to treat others as they would like to be treated! Here are some ideas to discuss at home.

- Question put downs. Instead of getting mad when you hear unkind words, ask your child how they would feel to hear the words said to them.
- Caring Contest. Make a fun game out of how many compliments can be given to family members.

**Thursday, February 8th  
Kids' Circle  
Wear Red for Caring!**

## KINDERGARTEN REGISTRATION

Kindergarten Registration is a unique experience. A team of educators will provide pre-kindergarten screening activities to help parents assess their child's readiness for kindergarten. Kindergarten teachers, speech clinicians, and a school nurse will be present to assist parents.

**Kindergarten Registration is scheduled for April 22 and 23 at the United Methodist Church (505 E 5th St, Dell Rapids).** If your child will be 5 on or before September 1, 2010, you must contact Dell Rapids Elementary School to register your child for the next school year at 428-3192. **It is important to notify the school before March 26, 2010** to schedule an appointment for kindergarten registration.

As parents/guardians, you can plan for this registration by making sure all of your child's immunization records are up-to-date with your family doctor and providing the school with a copy of the state immunization certificate, including kindergarten shots. You will also need to bring a **certified** copy of your child's birth certificate and social security number. Once the school has the names of all the students planning to attend kindergarten in the 10/11 school year, you will be notified by mail as to a specific appointment time for your child's screening.

### DELL RAPIDS EARLY CHILDHOOD PROGRAM

**March 4 & 5  
2010**

## Birth-Age 5 Developmental Screenings

CALL 428-3192  
by Feb 26th to  
schedule an  
appointment

A variety of times are available

**March 4 & 5**

**Ages Birth-5 yrs old**

(children that will go to Kindergarten  
in Fall 2010 should attend  
Kindergarten Round-Up in April 2010)

### Location

United Methodist Church  
505 E 5<sup>th</sup> Street  
Dell Rapids

Dell Rapids Public School District  
1216 N. Garfield  
Dell Rapids, SD 57022

Phone: 605-428-3192  
E-mail:

[elizabeth.ekeland@k12.sd.us](mailto:elizabeth.ekeland@k12.sd.us)  
[nicole.anderson-gappa@k12.sd.us](mailto:nicole.anderson-gappa@k12.sd.us)

*We promote spirited  
thinking, responsible  
citizenship, and lifelong*

### Early Childhood Screening Can Help

Find out how  
your child is  
doing  
Connect you  
with early  
childhood  
programs  
Answer your  
parenting  
questions

### Free Screening

Dell Rapids School District will be offering FREE developmental screenings for children ages birth through age 5 that live within the school district boundaries. If you are interested in learning more about your child's current level of development in the areas of personal-social, fine and gross motor, cognitive, and communication skills, we encourage you to participate in this screening opportunity. If your child has been screened in the past, you are welcome to attend again. The screening tool provides a variety of information at different ages.







# Middle School Messages



## Congratulations!

These students were nominated for  
*January Student of The Month.*

front L to R

5th grade: Taci Delker, Justin Dorn

6th grade: Erica Opland, Alicia Tiesen

7th grade: Jase Nelson, Chris Gullickson

8th grade: Nick Ernesti, Sam VanVoorst

### School Bond Information

By Tom Ludens, Superintendent

The spring semester is in full swing and everyone is looking forward to a change in the weather. I would like to applaud the Dell Rapids custodial staff for their work in removing the ice and snow to help create a safe environment for our students. Ensuring student safety and creating a positive learning environment is something that every district staff member strives to achieve.

Student safety and academic safety is the reason we have come to you with another bond election on February 8<sup>th</sup>. As I have stated in the past, we have concerns about the current elementary school's ability to provide these two key components. The school administration feels we have put forward a proposal that meets the district's needs and is the least expensive design possible. The current plan is identical to what was proposed last November. Compared to proposals before that, it eliminates an extra hallway, reduces the size of the computer lab and redesigns and reduces the special education area. The total cost of the project is \$10.985 million and remains much smaller than the plan proposed last April.

#### Bond Information Hotline

1-888-447-4394

8:00 am – 9:00 pm

Since the announcement of the February 8<sup>th</sup> election, some have approached me with questions about the timing. In short, the school board does not like holding frequent elections but we have strong concerns about student safety and the current learning environment. We also recognize that district residents can save on the construction costs by building immediately. The timing is right for both of these.

Approving the February 8<sup>th</sup> bond will allow the school district to take advantage of Build America Bonds offered through the federal government. These bonds would provide the school district with lower interest rates than would be available through other sources. Through the Build America Bonds program, the school's interest rate is estimated to be 4.05%, which would mean the tax levy would be \$1.36 per \$1,000 of taxable valuation. Without Build America Bonds, the interest rate would be much higher, which would increase the tax levy to \$1.51. The savings realized from a lower interest rate are passed directly onto the patrons through that lower tax levy. We must act now as Build America Bonds are set to expire this December.

Approving the bond and building immediately would also allow the school district to take advantage of cheaper

construction costs. It is no secret that demand for commercial construction has declined over the past year, driving down prices. Waiting to build could mean higher construction costs as the economy recovers and demand increases.

#### Vote Early!

You can vote early in the bond election at the HS Administrative office on weekdays from 7:30am to 4:30pm.

That office will also be open extended hours for early voting on:

Saturday, January 30<sup>th</sup> from 10am to 2pm.

Monday, February 1<sup>st</sup> from 4:30pm to 9:00pm.

Saturday, February 6<sup>th</sup> from 10am to 2pm.

The school district is committed to providing district residents with as much information as possible so they can make an informed decision on February 8<sup>th</sup>. We are hosting an informational meeting on Wednesday, February 3<sup>rd</sup> at 8pm in the Elementary School Gym and all District residents are encouraged to attend.

If you are not able to attend the meeting, but have questions about the bond proposal or the election, feel free to call our information hotline at 888-447-4394 between the hours of 8am and 9pm any day.

Election Day is Monday, February 8<sup>th</sup> and voting will take place from 7am to 7pm at the elementary school gym. If you cannot vote on Election Day, or just want to vote earlier, absentee voting is available in the high school administrative office. Thank you for your consideration and participation.

...Continued from page 4

# ELEMENTARY NEWS



# Dell Rapids Community Haven

## NOW SEEKING NEW BOARD MEMBERS

The Haven exists because no child should have to be home alone, and our main objective is to provide a safe, supervised, and positive environment for students in the Dell Rapids area during out-of-school time hours.

The Haven programs are overseen by a Board of Advisors. The Board meets in the evening of the third Monday of each month for approximately 1 hour. This team of enthusiastic individuals volunteers their time and talents to help make Haven the best it can be. We are currently seeking new community members to be a part of this great team. It is crucial to the success of our program that we operate with a Board of diverse individuals, including educators from both St Mary & DR Public schools, parents, business owners, child care providers, etc. Even if you are not familiar with Haven's programs and have never participated, you could still bring great insight to the group. Haven makes a tremendous difference in our community and we invite you to be part of it!

Please call us at **366-8612** or e-mail us at [haven@dellrapids.com](mailto:haven@dellrapids.com) if you are interested in becoming a member of the Haven Board of Directors. 🦉

### Booster Club Notes

Good luck to the wrestling team as they participate in region and state tournaments this month to finish out their season. Good luck to both the boy's and girl's basketball teams as they begin post season play later this month as well. Go Quarriers!!

**ATHLETIC BOOSTER CLUB**

### Senior Appreciation

Senior appreciation for the wrestling team will be held at the quad with Beresford, Canton and Tea on Feb. 9th and for the basketball teams will be held at the BB double header against Harrisburg on Feb. 16th. Thank you to all the senior athletes for your leadership and your years of dedication.

### New Board Members

The Dell Rapids Booster Club will be nominating new board members in

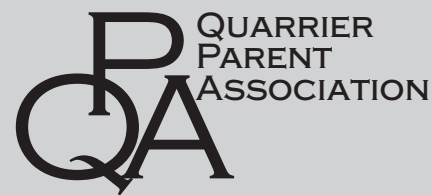
March and April. If you are interested in being on the board, please contact a current board member. It is a great opportunity to get involved in school events and Quarrier athletics.

### 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

### Beef raffle - 50/50

Tickets are now on sale for this year's beef raffle. Look for the Booster Club table at home events so you can purchase your chance to win and while you're there, you can get your 50/50 ticket too! The drawing for the beef will be held at the basketball double header against Harrisburg on Feb. 16th. You need not be present to win.



The QPA is sponsoring a Red Cross Babysitting Clinic on March 27th from 9 a.m. to 4 p.m. It is open to all students 11 and over with a cost of \$20.00.

Information will be sent home with the Middle School students soon and sign up will be in the Middle School office. If you have any questions you may contact Michelle Heiberger at 428-4323.

It is also time to reserve your copy of the Elementary and Middle School year books. Information will be sent home soon with the students.

The QPA will provide meals for the teachers during conferences on February 1st and 8th. We thank everyone who provided food to make the meals a success. Thank you.

We are looking for more board members. If we do not have more volunteers we will not be in existence next year. Please join us the second Monday of each month at Jabberwock at 6:30 p.m. If you have any questions you may either join us or call Joni Koster at 428-5730 or Michelle Heiberger at 428-4323.

### Football Pool Winners

Congratulations to the last of the football pool winners: Dick Mergen, Allen Brown, Ben Hammer, Dean Kommes and Tracy Langer. Thanks to all who participated! 🦉





# HONOR ROLL

...what an honor

## DRHS Term II Honor Roll

### GOLD

Zachery Barber  
Alyssa Broin  
Miranda Broin  
Jada Entringer  
Danyelle Ernesti  
Juliana Everist  
Jonathan Farmer  
Austin Gee  
Emily Haak  
Michael Hainje  
Jocilyn Hansen  
Corynn Hoff  
Sam Hinricher  
Kristi Hoffman  
Morgan Hoglund  
Jessica Houser  
Kody Jensen  
Emily Kerns  
Courtney Kolbeck  
Cole Langer  
Dylan Lauth  
Colin LeBrun  
Brielle Mears  
Riley Miller  
Katrina Mohror  
Jacob Morris  
Chad Munk  
Kelly Nemmers  
Trevor Peter

Alexis Pierson  
McKenzie Rinehart  
Cheyenne Schumaker  
Nicole Snyder  
Ashley Stanton  
Samantha Stykel  
Hunter White  
Nicole Wrage  
Cassidy Wright

### SILVER

Shelby Bailey  
Channing Barber  
Gabriella Berre  
Shelby Bierema  
Aaron Blake  
Brittany Brown  
Paige Bunkers  
Cade Buysse  
Caleb Buysse  
Glenda Danielson  
Brianna Davis  
Rachel Devlin  
Josh DeVos  
David Dusing  
Julie Eddy  
Karen Eddy  
Jackson Entringer  
April Erdman  
Haley Fiedler

Alyssa Frantz  
Cody Gannon  
Kenny Grovenburg  
Hannah Hammer  
Alec Hansen  
Rachel Hansen  
Rachel Hanson  
Nicole Hanzlik  
Lee Hoffman  
Alex Kannenberg  
Lucas Knopf  
Bryce Koch  
Nathan Koens  
Matt Kolbeck  
Garrett Kommes  
Ted LaCoursiere  
Lane LeBrun  
Jordan Lindberg  
Monica Lindholm  
Zane Lomdell  
Samantha Mathis  
Michael McGee  
Mallory Mergen  
Mitchell Mohror  
Ashley Munk  
Jordan Munk  
Ryan Nichols  
Amanda Peterson  
Wyatt Redetzke  
Danielle Richter

Riley Rinehart  
Kelsi Ritter  
Megan Rueb  
Samantha Rus  
MacKenzie Schildhauer  
Aundrea Schlaikjer  
Danielle Schuch  
Ashley Schultz  
Phillip Schwebach  
Karlie Solum  
Nicole Springman  
Matea Strong  
Abby Utech  
Lexy Utech  
Megan Welbig  
Jadin Wendland  
Brady Wrede  
Brad Zwart

### BRONZE

Julia Brust  
Michael Carpenter  
Aaron Crisp  
Josiah DeLange  
Benjamin Dipple  
Travis Dusing  
Dylan Dybedahl  
Tye Dybedahl  
John Elverson  
Joshua Fiedler

Kaitlin Franka  
Ryan Fuglsby  
Darrian Grassi  
Brett Gruis  
Weston Hansen  
Margo Hegge  
Austen Hof  
Matthew Hoffman  
Steven Hoffman  
Sebastian Holmes  
Taylor Huewe  
Chelsey Huffman  
Jerica Johnson  
Dane Jorgensen  
Michael Jorgensen  
Erica Jurgensen  
Nicholas Kahler  
Aleza Kirschenmann  
Samantha Kohnen  
Miranda Krogstad  
Paige Lampe  
Taylor Lauth  
Evan Leebens  
Megan Leebens  
Megan Lemme  
Dylan Lesselyoung  
Dylan Ljunggren  
Landon Leuders  
Michael Luke  
Callan Martin

Kyle Michel  
Laine Mitchell  
Tyler Morris  
Tanner Munk  
Peter Nebben  
Jena Nelson  
Jese Nelson  
Connor O'Hara  
Dezirae Palmer  
Austin Posey  
Aaron Riswold  
Whitney Rowe  
Marisa Rueb  
Jager Rus  
Michael Schmidt  
Krista Schnieders  
Shaylea Schreurs  
Greg Schwebach  
Danielle Selken  
Scott Selken  
Levi Sell  
Brodie Sharp  
Nicholas Siemonsma  
Brittni Steineke  
Kassandra Steineke  
Samantha Steineke  
Connor VanDuy  
Ashley VantHul  
Diamond Wartenbee

## DRMS Term II Honor Roll

### 6th Grade

#### GOLD

Erickson, Demi  
Hoglund, Ty  
Miles, Megan  
Mogen, Brett  
Nemmers, Noah  
Parrott, Joshua  
Riswold, Justin  
Welbig, Hannah  
Wright, Cordell

#### SILVER

Adams, Mara  
Adams, Sutton  
Benda, Joshua  
Burggraff, Paige  
Dearduff, Cassidy  
DeLange, Theodore  
DeVos, Alexa  
Drew, Kendra  
Fiedler, Hannah  
Geraets, Ryan  
Gronli, Brooke  
Hauf, Kelcie  
Hegge, Nadine  
Holmes, Dominic  
Hyde, Kenydie

Klein, Eric  
LaCoursiere, Henry  
Lesselyoung, Drew  
Machmiller, Austin  
Morris, Lindsey  
Miles, Megan  
Opland, Erica  
Prasek, Samuel  
Reider, Samantha  
Schumacher, Kiah  
Stelzer, Zachary  
Stofferahn, Mikaela  
Tiesen, Alicia  
White, Sam

#### BRONZE

Blair, Jace  
Brewer, Ciera  
Eddy, Brent  
Ellison, Griffin  
Finke, Ty  
Gottsch, Elizabeth  
Hollaren, mason  
Johnson, Elijah  
Jorgenson, Karlie  
Kahler, Gregory  
Koster, Brianna  
Lemme, Zachary  
Miller, Mikaylah  
Pulscher, Alex

Randel, Trey  
Schmit, Sydnee  
Schrad, Zachary  
Shellum, Cody  
Stahl, Dominick  
Stoltenburg, Amy  
ThoresonBruhn,  
Jasmine

### 7th Grade

#### GOLD

Haak, Sarah  
Jensen, Morgan  
Tisher, Jessica  
Welbig, Brittney  
Wilke, Melanie

#### SILVER

Baatz, Shelby  
Boyle, Emily  
Broin, Austin  
Brown, Taylor  
Dearduff, Meg  
Dorale, Matthew  
Gleason, Casey  
Gullickson,  
Christopher  
Hammer, Benjamin  
Hanzlik, Trevor

Hennen, Ty  
Huss, Hannah  
Jurgensen, Riley  
Karst, Adam  
Knappe, Trent  
Langer, Grant  
Link, Lauren  
Lueders, Angel  
Meyer, Justin  
Munk, Bailey  
Nemmers, Roman  
Sachen, Desaray  
Schmidt, Riley  
Schumaker, Zane  
Tiernan, Reice  
VanBallegooyen,  
Devin  
Weber, Devon  
Wiebenga, Andrew  
Wrage, Shelby

#### BRONZE

Bach, Jamison  
Brust, Joel  
Carpenter, Beau  
Erickson, Dena  
Eulberg, Austin  
Gillogly, Benjamin  
Halvorson, David  
Heinemann,  
MacKenzie

Leeper, Heaven  
Ljunggren, Tanner  
Nelsen, Jill  
Nelson, Jase  
Osborne, Paige  
Reams, Adam  
Roemen, Micah  
Schreier, Jacob  
Schumacher, Pierce  
Siemonsma, Brittney  
Snoozy, Luke

### 8th Grade

#### GOLD

DeNoon, Jonathan  
DeNoon, Matthew  
Gleason, Jackson  
Hinricher, Benjamin  
Kangley, Sarah  
Mitchell, Michael  
Nagelhout, Maria  
O'Hara, Shane  
Snyder, Alexandra

#### SILVER

Adams, Mikaela  
Apland, Cody  
Damm, Jayme  
Huewe, Jacob  
Lacey, Tad

Leighton, Kutler  
Logan, Taiven  
Luke, Mallory  
McKilip, Tia  
Murphy, Victoria  
Roemen, Alexandra  
Schroeder, Zachary  
Schultz, Kelsey  
Schumacher, Zane  
Skinner, Sheridan  
Solberg, Tanner  
Spielmann, Cheyenne  
Stone, Jordan  
Tomes, April  
White, Zach  
Wolles, Courtney

#### BRONZE

Bortnem, Gage  
Damm, Alexis  
Derschan, Chandler  
Ernesti, Nicholas  
Habeger, Jacob  
Kimball, Aubrey  
Lambert, Jessica  
Leighton, Karlie  
Martin, Cassandra  
Reit, Natasha  
Riswold, Alec  
Ruth, Alexis  
Viotor, Madeline





# High School Happenings

If you would like to purchase a 4-DVD set of the 2009 Quarrier Football games please contact Coach Hansen or Coach Stone. Cost is \$20.00 and must be paid before your copy will be made or delivered.

## 2009 QUARRIER FB 4-DVD Set

On Thursday, January 14, two agriculture students attended the Student Career Day during the Ag Expo 2010 at the Ramkota Hotel and Conference Center in Sioux Falls. Those attending were: John Elverson and Nick Siemonsma. The students had the opportunity to view various exhibits and equipment, listen to Steve Ford's "Leadership with Character" presentation, enjoy a luncheon sponsored by various agriculture companies and tour the Raven Industries Precision Center near Baltic.

The Ag III/IV students are just finishing up a unit on financial analysis and starting the next unit on agricultural law. This consists of covering the legal aspects that apply to agricultural situations. Following the ag law unit, they will cover a unit on taxes.

Projects of various types are being worked on in the Ag Manufacturing class. Students design and construct projects out of wood or metal utilizing skills learned in previously taken ag classes. Bat racks are being constructed for the new dug outs at the baseball field.

The students in Welding class have finished the classroom instruction and are working on completing their required welds using the oxy-acetylene welder, the arc welder and the wire feed welder. They will also have the opportunity to try using the tungsten inert gas welder. Once they have fin-

## "Give Kids a Smile Day" to be held on Feb. 5th

Dr. Leslie Heinemann will again be participating in "Give Kids a Smile Day" on Friday, February 5. The American Dental Association initiated this program in 2003 to provide free dental exams and treatment to children through the age of 18 who may not otherwise have access to dental care. This event will be advertised in the local newspapers but feel free to get the word out. Anyone interested in this program can call 428-5471. Thank you.

ished their required welds, they will design and construct metal projects for the remainder of the quarter.

The welding unit is about complete

planning for **National FFA Week, which will be held Feb. 20-27.** The theme for this year is LEAD OUT LOUD, as FFA positively influences its

## AG IN ACTION



Steve Ford, son of former President Gerald R. Ford, was the keynote speaker at the Ag Expo and talked about what it takes to be a good leader and some of the traits of leadership with character.

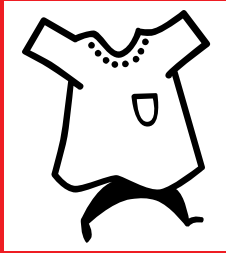
for the Ag II students. They were exposed to the safety rules of using oxy-acetylene, arc and wire-feed welding and had the opportunity to try each type of welder. Livestock selection will be the next unit to be covered and the students will learn the various body parts of the animals, how to determine a quality animal and how pedigrees and production records can also be used in selection.

The FFA members have been busy

student members by developing character, work ethic and leadership skills, and prepares them for successful careers in agriculture. FFA members are the leaders of tomorrow. Through community service, hands-on projects, scholarship programs and more, we are headed for a bright future. With more than a half million members, FFA reaches out to all 50 states, Puerto Rico and the Virgin Islands. FFA is committed to developing character and leadership skills and preparing members for a lifetime of civic leadership and career success.

Another thing the members are preparing for are the career development events that will be held this spring. The various areas include: *Agriculture Business Management, Agricultural Mechanics, Agricultural Sales, Agronomy, Dairy Cattle Evaluation, Dairy Foods Evaluation, Floriculture, Food Science and Technology, Horse Evaluation, Livestock Evaluation, Meats Evaluation, Natural Resources, Nursery/Landscape and Range Plant Identification.* The members will prepare and then compete at events to sharpen their skills and eventually compete at the State FFA Convention in April. 🦉



**GO RED on Feb 5!**

1 in 3 adults will die from heart disease! It is the #1 killer in adults in the USA!!

-Know your numbers: height, weight, blood pressures, waist circumference, blood cholesterol and triglyceride numbers.

-Eat a healthy diet

-Maintain a healthy weight

-Exercise regularly

-DON'T SMOKE

In honor of GO RED the student body and fans are invited to wear RED to the home basketball game on Feb 5!!

## *What's Happening in the Dell Rapids Food Service?*

**T**ortellini Primavera, Cajun Shrimp, Chicken Penne Pasta, Beef Teriyaki Stir Fry, Fresh Ravioli Primavera - these are some of the fresh entrees that have been prepared in front of students by Chef Keith Nelson of Lunchtime Solutions Inc., the food service management company that provides meal service for Dell Rapids Schools.



Chef, Keith Nelson, pictured above.

One day per month beginning in March, one featured chef prepared entrée will be available on the scheduled day at the middle school/high

school for \$3.50. This new item will be served to students in grades 7-12. The price includes the Chef Prepared entrée, unlimited fruit and veggie bar and milk. Just like getting extras slices of Pizza Ranch Pizza, students choosing this entrée need to have money in their lunch accounts. All of the regular menu choices will still be available that day.

Chef Keith Nelson at the Dakota Valley School District, pictured below.



These entrees give students an opportunity to try foods that maybe they have not tried before, expose them to some flavors and tastes not normally a part of school food service, and to provide more healthy fresh-made choices.

We are excited to be able to bring in our Chef Keith Nelson to have him demonstrate his skills. He is a graduate from the Culinary Institute of America in Hyde Park, NY, and is an alumni from Sioux Valley High School in South Dakota. Keith manages the food service at Dakota Valley Schools in North Sioux City, and he looks forward to coming up and doing this at Dell Rapids as well.

Check the March Lunchroom menu for the Chef Prepared Entrée of the month, and enjoy! 🍴

**LSI** Lunchtime Solutions, Inc.  
Creative Solutions to School Food Service™

## *High School welcomes new face in the office*

**I**f you come to the office at Dell Rapids High School you will be greeted by a new face in the office as Jessica Schmidt now sits in the secretary chair. Schmidt is originally from Dell Rapids and graduated from DRHS. After she graduated from high school, Schmidt attended the University of Sioux Falls and graduated with a degree in business administration.

After college, she returned to Dell Rapids with her husband Peter, and two daughters, Raigan and Maggie, a third grader and a kindergartener respectively at Dell Rapids Elementary. Peter is currently working at Knight Carber in Howard, S.D. She feels that the town is a great place which helped make it an easy decision to come back.

In order to receive the position, Schmidt had to undergo an interview, where she was told the requirements of the job. Schmidt said it is necessary to be a socialable person, have good time management and computer skills, and be able to communicate well with others. She hopes to get to know the students and their families through her job at the high school. "I want to help out anyway I can," said Schmidt.

The staff and students at DRHS are pleased to welcome Jessica Schmidt back to the school as a part of the office staff and we wish her the best of luck! 🍀

Don't Forget to

**VOTE!**

**TUESDAY, FEBRUARY 8TH**  
**7am - 7PM**  
**ELEMENTARY SCHOOL GYM**



# 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](http://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](http://www.state.sd.us/dakotacorps/default.html)

## 3. SIOUX FALLS AREA COMMUNITY FOUNDATION SCHOLARSHIPS

This Foundation administers many scholarships, some of which Dell Rapids students are eligible to apply for. Most of these scholarships

have a March 15th deadline and are available on line

at [www.sfacf.org](http://www.sfacf.org). The following are available for Dell Rapids High School students with some just for \*Dell Rapids students.

### AXA Advisors Sioux Empire Scholarship

\$500

Must attend a four year college, demonstrate diligence, determination to overcome Challenges, and willingness to undertake unusual responsibility in pursuit of a worthy, nonacademic personal achievement.

### Cogley-Buffington Scholarship

\$1000

Must attend a four year college, have a 3.50+ GPA, demonstrate financial need, Participate in extra-curricular and community activities, and have an interest in and an understanding of the role of business in American society.

### Dakota Gold Student Athletic Scholarship

\$250 and \$500

Must have participated in Dakota Gold, Sioux Falls Soccer Association, have a 3.00+ GPA, and demonstrate leadership through his or her soccer team.

### Dale Lokke Law Enforcement Scholarship

\$400

Must attend a South Dakota college or university, have participated in extra-curricular and community activities and demonstrate an ability to succeed in a career field.

### Davenport, Evans, Hurtwitz Scholarship

\$1000 and \$2500

Must have a high academic achievement based on GPA, class rank, and ACT

Must attend a college in SD

Must demonstrate a strong desire to pursue and meet educational goals.

tional goals.

### \*David Schmidt Scholarship

\$1000

Available only to Dell Rapids High School students

Can not be ranked in the top 10% of graduating class.

Preference is given to students who may not receive any other scholarship.

### David Profflet Scholarship

\$500

Given to SD high school graduates who plan to attend

Augustana College, GPA 3.00+, show character traits such as courage, determination and ability to overcome adversity.

### Fred and Marie Christopherson Scholarship

\$2500

Must attend a four year college in SD

GPA 3.9+ and ACT score of 28+

### \*Gloria Beck Scholarship

\$500

Available only to Dell Rapids High School students

Preference is given to students who plan to attend Augustana College, If no student attends Augustana, preference then is given to students attending a private college.

### \*Jeremey Baum Hope Scholarship

\$1000

Must be a Dell Rapids area student

Given to students who have developed a motivation to succeed late in life or after High school making the applicant ineligible for most scholarships

### \*Jerry Hoftiezer Memorial Scholarship

\$500

Available only to Dell Rapids High School students

Must attend a four year college, involved in school and community activities, have a 3.00+ GPA, and have taken or will complete five math courses, including AP calculus.

### Joe Foss Scholarship

\$1000

Must have a GPA of 3.5+, ACT score of 21+ and demonstrate characteristics of an American patriot.

### Junior League of Sioux Falls Scholarship

\$500

Applicant must be female, reside in Minnehaha or Lincoln counties, have a ACT of 23+ and attend a college or technical school

### Kiwanis Clubs of Sioux Falls Scholarship

\$750

Must be a graduating senior of a Minnehaha or Lincoln County high school, who Plan to attend a SD college or university, have a GPA of 3.00+, an ACT of 23+, and be a Child or grandchild of a Sioux Falls Kiwanis Club member

### Sally Bertina Meyer Scholarship

\$800

Must reside in Minnehaha County and attend a Minnehaha County high school. Must have a GPA of 3.00+ and show an interest in the out of doors.

### \*Trent Area Scholarship

Amount varies of year to year.

Must live in the Trent area as bounded on the south by the Moody County line, on the north by SD Highway 34, on the east by the SD state line, and on the west by the Colman Road.

### \*Wyatt Ammon Memorial Scholarship

\$500

Must attend either DRHS or St. Mary High School, must demonstrate originality and an interest in seeking personal challenges. Applicants may be evaluated according to special circumstances, motivation to pursue goals, and the inspiration for those goals.





# SCHOLARSHIPS

## 4. 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](http://www.haveityourwayfoundation.org/bksp_application.htm);

Access Key BKS

## 5. LUCY HOSKINGS AYRES SCHOLARSHIP

\$500

Must be the child or grandchild of a veteran of armed conflicts.

Veteran refers to former members of the Armed Forces who have been called to armed conflict.

Application is available in the guidance office

Deadline – Feb. 1

## 6. MISS SOUTHDAKOTA/MISS SOUTH DAKOTA TEEN USA

Information – [www.missouthdakotateenusa.com](http://www.missouthdakotateenusa.com) or [www.missouthdakotausa.com](http://www.missouthdakotausa.com)

Deadline – June

## 7. YANKTON COLLEGE SCHOLARSHIP

\$1000

Applicants must either have a family relationship to a Yankton College alumni, former faculty or Staff, or a family friend, teacher, pastor or other person with a connection to Yankton College may recommend the applicant.

Application is available in the guidance office

Deadline – Feb. 12

## 8. KFC COLONEL'S SCHOLARSHIP PROGRAM

\$5000

GPA – 2.75+

Must pursue a bachelor's degree at a public institution

Application is on line at – [www.kfcscholars.org](http://www.kfcscholars.org)

Deadline – Feb. 10

## 9. US BANK SCHOLARSHIP

(40) \$1000

Scholarship awards are selected in monthly random drawings.

Information is available on line at – [usbank.com/studentloans](http://usbank.com/studentloans)

## 10. AMATEUR SOFTBALL SCHOLARSHIP

\$500

Open to family members who have participated in SDASA softball for at least 3 years.

Application is available in the guidance office

Deadline – March 1

## 11. AXA ACHIEVEMENT COMMUNITY SCHOLARSHIP

\$2000

Based on ambition and drive, determination to reach goals, respect for self, family and community, and ability to succeed in college.

Download application at [www.axa-achievement.com](http://www.axa-achievement.com)

Deadline – Feb. 15

## 12. SIOUX EMPIRE CORNHUSKERS SCHOLARSHIP

(6) \$1000

Must be an entering freshman at the University of Nebraska/Lincoln

Based on ACT scores, school activities, scholastic ranking, and community activities

Application available in the guidance office

Deadline – Jan. 27

## 13. SIOUX VALLEY ENERGY SCHOLARSHIP

Total of \$12,000

Must be a son or daughter of a Sioux Valley Energy customer.

Based on GPA 3.00+, ACT scores, work experience, school activities, volunteer service.

Application is on line at – [www.sioxvalleyenergy.com](http://www.sioxvalleyenergy.com)

Deadline – Feb. 1

## 14. AMERICAN LEGION AUXILIARY SCHOLARSHIP

(2) \$500

Must be a child or grandchild of a veteran or a child or grandchild of a American Legion Auxiliary member.

Application is available in the guidance office

Deadline – March 1

## 15. THELMA FOSTER SCHOLARSHIP

\$300

Must be a junior member of the American Legion Auxiliary

Based on character, leadership, academics, Americanism, and need

Application is available in the guidance office

Deadline – March 1

## 16. ZACH LEIGHTON "BELIEVE" SCHOLARSHIP

\$500

This scholarship is a tribute to Zach. "If you believe, you can achieve."

Application is available in the guidance office.

Deadline – April 1

## 17. MAXPREPS/ARMY NATIONAL GUARD SCHOLARSHIP

\$2500 (5 men and 5 women in the country)

Must have participated on a sports team covered by MaxPreps

Given to high school student-athletes who are model citizens in all areas of life – community service, academics, athletics, and school involvement.

Application is on line at – [www.MaxPreps.com/CitizenAthlete](http://www.MaxPreps.com/CitizenAthlete)

Deadline – March 12

## 18. ESA FOUNDATION SCHOLARSHIP

150 national scholarships are given each year.

Application is available on line at – [www.esaintl.com/esaf](http://www.esaintl.com/esaf)

Deadline – Feb. 1

## 19. SOUTHEAST CHAPTER OF SOUTH DAKOTA ENGINEERING SOCIETY

\$1500 and \$2500

Must major in engineering attend SDSU or the School of Mines

Based on responsibility, high grades, and high ACT score

Application is available in the guidance office or on line at – [www.sdes.org](http://www.sdes.org)

Deadline – Feb. 1

## 20. NATIONAL ASSOCIATION OF WOMEN IN CONSTRUCTION

\$1000

All students – male and female – who are going into a construction related field such as carpentry, plumbing, drafting, construction management, engineering, architecture, etc. are encouraged to apply.

Application is available in the guidance room

Deadline – Feb. 19

## 21. AMERICAN YOUTH CANCER SURVIVORS SCHOLARSHIP PROGRAM

Must have been diagnosed with cancer before the age of 21

Must be under the age of 25

Application is available in the guidance office

Deadline – March 15



Continued from page 11...

# SCHOLARSHIPS

## 22. MARION T. WOOD SCHOLARSHIP

\$500

Must pursue further education in an office related business program

Must have completed fur credits of high school courses from among the following: Computer classes, accounting, and business classes.

Application is available in the guidance office or on line – [www.sdaeop.com](http://www.sdaeop.com)

Deadline – Feb. 15

## 23. MICHAEL ENTRINGER SCHOLARSHIP

\$1000

Must be a graduating senior in the Region II basketball area

Must have participated in school sports for two or more years and exhibited good sportsmanship. These sports include as athletes, cheerleaders, student managers, and statisticians.

Application is available on line or in the guidance office.

<http://entringerclassic.k12.sd.us/>

## 24. ASSOCIATED GENERAL CONTACTORS OF SD SCHOLARSHIP – BUILDING CHAPTER

\$500- \$3500

Must declare a major in construction management, civil engineering, or anyother approved

Program that is directly related to the commercial building industry

Priority is given to students staying in SD

Applicant is encouraged to submit a sponsorship letter from a current AGC of SD BuildingChapter member.

Application is in the guidance office or on line at: [www.sdbuildingchapter.org](http://www.sdbuildingchapter.org)

Deadline – March 5

## 25. SOUTH DAKOTA FARMERS UNION SCHOLARSHIP

(25) \$1000

Open to seniors who parents are Farmers Union policyholders, members or friends of the SDFU Foundation. Criteria – academic record, school and community service, and financial need

Application is available in the guidance room

Deadline – April 15

## 26. LEO CRAWFORD JUNIOR ACHIEVEMENT SCHOLARSHIP

\$500

Must have participated a Junior Achievement Program during the applicant's K-12 education

Application is available in the guidance office.

Deadline – March 30

## 27. UNITY LODGE #130 OF SIOUX FALLS

Amounts to be determined by the needs of the of the applicants

Must have a family connection the Masonic Lodge of Sioux Falls

Application is available in the guidance office.

Deadline – April 15

## LOCAL SCHOLARSHIPS

The following are local scholarships that will be awarded to someone in the senior class and will become available later this spring. The amounts are from last year and may change this year. These scholarships will be announced so students need to make sure they check the announcements or with Mr. Henry when they become available:

### 1. Lions Club Scholarship

\$500

Based on service to the school and the community

Deadline – assigned by the counselor

### 2. John Solem Scholarship

\$3000 to \$4000

Based on merit – academics, leadership, service and character.

Deadline – Assigned by the counselor

### 3. Dells Forward Youth Scholarship (formerly the Optimist Scholarship)

(2) yet to be determined but \$300 last year.

Based on the importance of serving the community and school

Deadline – assigned by the counselor

### 4. Dell Rapids Public School Education Scholarship

\$200 - \$500

Must go into the teaching field

Deadline – assigned by the counselor

### 5. PEO Scholarship

\$300

For girls only with GPA of 3.00 or higher

Deadline – Assigned by the counselor

### 6. Henry Speh Scholarship

\$500 - \$1000

Must attend USD

Get application from the USD website and follow their directions and deadlines.

### 7. Dan Dugaard Scholarship

\$500

Must major in engineering and preference is given to students who will attend the University of North Dakota. If we have no engineering students attending UND, students attending another college and majoring in engineering will be eligible.

Deadline – assigned by the counselor

### 8. Jay Geraets Scholarship

\$500

Must go into an agriculture related field, coaching or play collegiate sports

Deadline – assigned by the counselor

### 9. American Legion Scholarship

\$300 - \$500

All students are eligible to apply

Deadline – assigned by the counselor

### 10. Golden West Scholarship

\$1000

Student/parent must reside within the Golden West

Telecommunications service area.

Based on ACT score, leadership, extracurricular activities, academic achievement, motivation to succeed, and personal character.

Deadline – March 15

## Search Sites

Check out These Scholarship Search Sites:

1. [www.fastweb.com](http://www.fastweb.com)
2. [www.collegenet.com/mach25/app](http://www.collegenet.com/mach25/app)
3. [www.eac-easci.org](http://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.





## FEBRUARY 2010 ELEMENTARY BREAKFAST

Mon	Tue	Wed	Thu	Fri
Waffles w/Syrup Sausage Fruit Milk Choices	Cheese Omelet Fruit Milk Choices	Breakfast Pizza Fruit Milk Choices	Biscuit w/Sausage Gravy ☺ Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
Mini Pancake Sausage Bites Fruit Milk Choices	Cinnamon Tastry Fruit Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	Biscuit w/Sausage Gravy ☺ Fruit Milk Choices	No School
No School	Waffles w/Syrup Sausage Fruit Milk Choices	Breakfast Pizza Fruit Milk Choices	Biscuit w/Sausage Gravy ☺ Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
French Toast Sticks w/Syrup Fruit Milk Choices	Cheese Omelet Fruit Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	Biscuit w/Sausage Gravy ☺ Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices

### Dell Rapids Public Schools



QUARRIERS

#### Breakfast Choices

Available every day  
Breakfast includes:

- Entrée or choice of cereals & toast
- Fresh or Canned Fruit
- Milk choices



#### Cereal Choices With Toast

Available every day

**Entree Note:**  
Homestyle/Scratch ☺

#### Meal Prices

Student Breakfast \$1.20  
Adult Breakfast \$1.45

Free and reduced meal forms can be obtained from all building offices at any time throughout the school year.

#### Extras Available

Extra Milk \$ .40

#### Breakfast Trivia

1. Name the 3 original flavors in Fruit Loops?
2. How many cereal boxes can be made out of 1 pound of recycled newspaper?

Answers:

1. Orange/Lemon/Cherry
2. Six

#### Did you Know?

Recent research has shown that students who skip breakfast have trouble concentrating at school and become inattentive and restless by late morning. Studies have also found that students who eat school breakfast perform better on tests and are late or absent from school less often than students who do not eat breakfast at school.

Now that you know that a good breakfast is the best way to start your day – Give School Breakfast a try!

Get off to a

**Good Start,**

**Eat Breakfast!**

#### Questions Comments

Contact Rhonda Galles, Food Service Director at 605-670-9502 or [rhonda@lunchtimesolutions.com](mailto:rhonda@lunchtimesolutions.com)

Breakfast is served every day from 8:15 to 8:55.



## FEBRUARY 2010 MIDDLE-HIGH BREAKFAST

Mon	Tue	Wed	Thu	Fri
Breakfast Pizza Fruit Milk Choices	Cheese Omelet Fruit Milk Choices	Homestyle Sausage Gravy over Fresh Baked Biscuit ☺ Fruit Milk Choices	Waffle with Syrup Sausage Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
Mini Pancake Sausage Bites Fruit Milk Choices	Cinnamon Tastry Fruit Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	Breakfast Pizza Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
Breakfast Pizza Fruit Milk Choices	Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	Scrambled Eggs ☺ Tri-Tator Hash brown Fruit Milk Choices	French Toast Sticks with Syrup Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
Mini Pancake Sausage Bites Fruit Milk Choices	Cheese Omelet Fruit Milk Choices	Homestyle Sausage Gravy over Fresh Baked Biscuit ☺ Fruit Milk Choices	Breakfast Pizza Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices

### Dell Rapids Public Schools



QUARRIERS

#### Breakfast Choices

Available every day  
Breakfast includes:

- Entrée, choice of Cereals w/Toast, or choices below
- Fresh or Canned Fruit
- Milk choices



#### Entree Note:

Homestyle/Scratch ☺

#### Prices

MS Breakfast \$1.20  
HS Breakfast \$1.20  
Adult Breakfast \$1.45

Free and reduced meal applications are available at the school office.

#### Extras Available

Extra Breakfast Entrée \$1.00  
Extra Milk \$ .40  
Bottled Water \$1.75  
Nutri Grain Bar \$ .75  
Assorted Muffins \$ .75  
Bagel w/ Cream Cheese \$1.00  
Sunny Delight Drinks \$1.75  
V-8 Splash Drink \$2.00

#### Did you Know?

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Breakfast is served every day from 8:15 to 8:55.



# Breakfast MENUS



# Lunch Menus

## Dell Rapids Public School



QUARRIERS

### Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



### Menu Notes:

Vegetarian   
Homestyle/Scratch   
Good Source of Fiber

### Healthy Cool Choices:

Sub Sandwiches are available every day.

### Meal Prices

Elem Student Lunch	\$2.10
Adult Lunch	\$2.80
Extra Milk	\$0.40

Free and reduced meal forms can be obtained from all building offices at any time throughout the school year.

## my LUNCHTIME CHOICES!

## FEBRUARY 2010 LUNCH MENU ELEMENTARY SCHOOL

Mon	Tue	Wed	Thu	Fri
1 A. Italian Dunker with Marinara Sauce B. Crispy Chicken Sandwich Steamed Broccoli	2 A. Homestyle Chicken Stir Fry B. Hamburger or Cheeseburger Cooked Carrots Cookie	3 A. Chicken Nuggets B. Salisbury Steak Mashed Potatoes & Gravy	4 A. Homestyle Beef Chili B. Corn Dog Corn Fresh Baked Cinnamon Roll	5 A. Pizza B. BBQ Rib Sandwich Green Beans
8 A. Hot Dog B. Toasted Cheese Sandwich with Tomato Soup Wheat Berry Rice Pilaf Fortune Cookie	9 A. Soft Shell Taco B. Chicken Gravy over Biscuit Mexi Tots	10 A. Golden Macaroni & Cheese B. Crispy Chicken Sandwich Peas	11 A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich Green Beans Cinnamon Breadstick	12 No School
15 No School	16 A. Taco in a Bag B. Hot Pepperoni Sub Corn Cookie	17 A. Breaded Fish Sandwich B. Mini Corn Dogs Baked Beans	18 A. New to the Menu: Beef & Gravy (over Mashed Potatoes) B. Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll	19 A. Pizza B. Sloppy Joe Steamed Broccoli
22 A. Beef & Bean Burrito B. Crispy Chicken Sandwich Chips & Salsa	23 A. Super Nachos B. BBQ Rib Sandwich Refried Beans Frosted Yellow Cake	24 A. Country Fried Steak B. Chicken Nuggets Mashed Potatoes & Gravy	25 A. Homestyle Cavatini B. Hot Dog Peas Breadstick	26 A. Pizza B. Tator Tot Hotdish Green Beans

### Questions Comments

Contact Rhonda Galles,  
Food Service Director at  
605-670-9502 or  
rhonda@lunchtimesolutions.com



### February Selection: Wheat Berries

Find out the whole-grain nutritional benefits of wheat berries on the poster in the dining area or at:

<http://server.lunchtimesolutions.com/51/farmersmarket.pdf>

### New To The Menu



Beef & Gravy over Mashed Potatoes is the new entrée feature this month. This recipe is made with pure ground beef cooked in savory brown gravy. Served over your Mashed Potatoes, this new recipe provides a tasty and flavorful homestyle menu option. Give it a try and let us know what you think!

Lunchtime Solutions, Inc.  
Creative Solutions in School Food Services

## my LUNCHTIME CHOICES!

## FEBRUARY 2010 LUNCH MENU MIDDLE-HIGH SCHOOL

## Dell Rapids Public School



QUARRIERS

### Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday.



### Menu Notes:

Vegetarian   
Homestyle/Scratch   
Good Source of Fiber

### Healthy Cool Choices:

Subs—Everyday  
Fruited Yogurt—Everyday  
Chef Salads—Everyday

### Meal Prices

MS Lunch	\$2.20
HS Lunch	\$2.20
Adult Lunch	\$2.80

Free and reduced meal applications are available at the school office

### Questions Comments

Contact Rhonda Galles, Food Service Director at 605-670-9502 or rhonda@lunchtimesolutions.com

### Extras Available

Extra entrée	\$1.50
Extra Pizza Ranch Pizza	\$1.75
Extra Milk	\$ .40
Bottled Water	\$1.75
Yogurt	\$1.30
Baked Chips	\$ .85



Good Things, Every Day!



### February Selection: Wheat Berries

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### New To The Menu



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Lunchtime Solutions, Inc.  
Creative Solutions in School Food Services

Mon	Tue	Wed	Thu	Fri
1 A. Italian Dunker with Marinara Sauce B. Crispy Chicken Sandwich Steamed Broccoli	2 A. Homestyle Chili B. Hamburger or Cheeseburger Corn Fresh Baked Cinnamon Roll	3 A. Chicken Dinner Bowl B. Salisbury Steak Mashed Potatoes & Gravy	4 A. Homestyle Burrito B. Corn Dog Chips & Salsa	5 A. Pizza Ranch B. BBQ Rib Sandwich Green Beans
8 A. Hot Dog B. Toasted Cheese Sandwich with Tomato Soup Wheat Berry Rice Pilaf Fortune Cookie	9 A. Soft Shell Taco B. Chicken Gravy over Biscuit Mexi Tots	10 A. Golden Macaroni & Cheese B. Spicy Chicken Sandwich Peas	11 A. Spaghetti with Meat Sauce B. Hot Ham & Cheese Sandwich Green Beans Cinnamon Breadstick	12 No School
15 No School	16 A. Taco in a Bag B. Hot Pepperoni Sub Corn Cookie	17 A. Breaded Fish Sandwich B. Mini Corn Dogs Baked Beans	18 A. New to the Menu: Beef & Gravy (over Mashed Potatoes) B. Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll	19 A. Pizza Ranch B. Homestyle Tator Tot Hotdish Steamed Broccoli
22 A. Sloppy Joes B. Crispy Chicken Sandwich Corn	23 A. Super Nachos B. BBQ Pork Sandwich Refried Beans Frosted Yellow Cake	24 A. Country Fried Steak B. Chicken Nuggets Mashed Potatoes & Gravy	25 A. Homestyle Cavatini B. Hot Dog Peas Breadstick	26 A. Pizza B. Beef & Bean Burrito Green Beans





# February 2010

**DR QUARRIERS**  
We promote spirited thinking,  
responsible citizenship and life-  
long learning.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> <b>4:30 PM</b> - 8:30 PM HS, MS, ES Parent-Teacher Conferences <b>4:30 PM</b> to 9:00 PM Extended hours for absentee voting in HS business office	<b>2</b> <b>4:00 PM</b> 7&8 BSC 1st Round Tourney Home vs. SFC - Order of play 4:00 - 7A, 5:00 - 7B, 6:00 - 8A, 7:00 - extra quarters <b>4:00 PM</b> 7&8 WR @ Brandon (bus 2:45) <b>4:30 PM</b> GBB @ Canton (bus 3:00) <b>4:30 PM</b> BBB @ Canton (bus 3:00) <b>7:00 PM</b> Music Boosters Meeting in Choir Room	<b>3</b> <b>8:00 PM</b> ES Bond Election Informational Mtg @ ES Gym	<b>4</b> <b>11:45 AM</b> Josten's taking Class Ring Orders - 11:45-12:45 & 3:30-4:30 <b>5:00 PM</b> GBB @ Vermillion (bus 2:30) <b>5:30 PM</b> WR DR Triangular (McCook-Montrose, Harrisburg)	<b>5</b> <b>2:00 PM</b> Music Boosters Schwan's Super Sale (2:00-6:00 PM) <b>4:00 PM</b> GBB Home vs. TV <b>5:15 PM</b> BBB Home vs. TV <b>5:30 PM</b> WR @ TV Triangular (DR, Alcester/Hudson) (bus 3:30)	<b>6</b> <b>9:00 AM</b> 7 BBB BSC Tourney @ EPJ (bus 7:00) <b>9:00 AM</b> 8 BBB BSC Tourney @ DV (bus 7:00) <b>10:00 AM</b> DR Wrestling Parent's Club Kids Tourney - Dell Rapids <b>10:00 AM</b> JV WR @ Brookings Invite (bus 8:15) <b>10:00 AM</b> to 2:00 PM Absentee voting in HS business office
<b>7</b> <b>6:00 PM</b> Post Prom Meeting @ Jabberwock	<b>8</b> <b>7:00 AM</b> to 7:00 PM Bond Election in Elementary School Gym <b>4:00 PM</b> HS Quiz Bowl @ SF Home School, QPA Mtg. 6:30 PM at Jabberwock. <b>4:00 PM</b> 7&8 WR - BE/LCC Tournament @ McCook (bus 2:30) <b>4:30 PM</b> - 8:30 PM MS & ES Parent-Teacher Conferences, QPA Mtg. 6:30 PM Jabberwock <b>7:00 PM</b> Regular School Board Meeting - RESCHEDULED FOR FEBRUARY 10TH <b>7:00 PM</b> FFA Chapter Meeting in HS Ag Classroom	<b>9</b> <b>4:00 PM</b> 7&8 BBB home vs. Pipestone - Order of play - 4:00 - 7A, 5:00 - 7B, 6:00 - 8A, 7:00 - extra quarters. <b>5:00 PM</b> WR Dells Quad (Tea, Canton, Beresford) WR & Cheer Senior/Parent Recognition Night	<b>10</b> <b>7:00 PM</b> School Board Meeting	<b>11</b> <b>4:00 PM</b> 7&8 BBB @ McCook Central (bus 2:45) <b>5:00 PM</b> GBB Home vs. McCook Central <b>5:15 PM</b> WR @ SF Lincoln Triangular (DR & SF Roosevelt) (bus 3:15)	<b>12</b> <b>8:55 AM</b> No School <b>5:00 PM</b> BBB @ McCook Central (bus 3:15)	<b>13</b> <b>4:00 PM</b> GBB @ DV (bus 1:15 & 3:15) <b>4:00 PM</b> BBB @ DV (bus 1:15 & 3:15)
<b>14</b> <i>Happy Valentine's Day!</i> 	<b>15</b> <b>8:55 AM</b> No School/President's Day <b>Presidents Day</b> 	<b>16</b> <b>4:00 PM</b> GBB Home vs. Harrisburg - GBB, BBB, Cheer Senior/Parent Appreciation Night <b>4:00 PM</b> 7&8 BBB @ Canton (bus 2:45) <b>5:15 PM</b> BBB Home vs. Harrisburg - GBB, BBB, Cheer Senior/Parent Appreciation Night	<b>17</b> <b>8:00 AM</b> FCCLA District Meeting in Dell Rapids	<b>18</b> <b>3:00 PM</b> & 7:00 PM 5th Grade Band Concert <b>4:00 PM</b> 7&8 BBB Home vs. Harrisburg <b>4:45 PM</b> GBB @ Madison (bus 3:15)	<b>19</b> <b>4:45 PM</b> BBB @ Lennox (bus 3:15)	<b>20</b> <b>8:00 AM</b> National FFA Week <b>8:00 AM</b> 7&8 BBB Solid As A Rock Tournament - DR <b>10:00 AM</b> WR Region Tournament @ Madison (bus 7:15)
<b>21</b> <b>8:00 AM</b> National FFA Week	<b>22</b> <b>8:00 AM</b> National FFA Week <b>4:00 PM</b> HS Quiz Bowl @ BV <b>5:30 PM</b> School Board Meeting <b>6:15 PM</b> C GBB Home vs. Harrisburg <b>7:30 PM</b> C BBB Home vs. Harrisburg 	<b>23</b> <b>8:00 AM</b> National FFA Week <b>7:00 PM</b> GBB District 6A Tournament @ high seed 	<b>24</b> <b>8:00 AM</b> National FFA Week 	<b>25</b> <b>8:00 AM</b> National FFA Week <b>8:00 PM</b> GBB District 6A Championship @ Tea (5A Championship 6:30) 	<b>26</b> <b>8:00 AM</b> National FFA Week <b>10:00 AM</b> WR State Tournament @ Rapid City <b>6:15 PM</b> BBB @ Pipestone (bus 4:45) 	<b>27</b> <b>8:00 AM</b> National FFA Week <b>10:00 AM</b> WR State Tournament @ Rapid City <b>6:00 PM</b> FFA Corduroy Classic SDSU Basketball Game vs. IUPUI 
<b>28</b>						


**SCHOOLS**

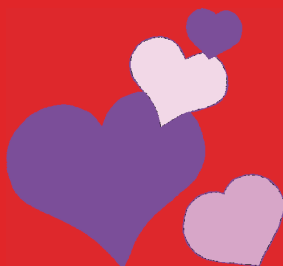
**WALK**

### Did you know?

Your heart is the strongest muscle in your body and it beats about 100,000 times a day. Your heart is about the size of your fist and weighs as much as a softball.

### "Fitness" February Challenge:

This month, give your heart a "fitness" challenge and make it stronger by being physically active every day.



## "Fitness" February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> Do 25 sit-ups	<b>2</b> Do 100 jumping jacks	<b>3</b> Wall sit for 30 seconds	<b>4</b> Jog in place for 1 minute. Repeat twice!	<b>5</b> Do 10 push-ups. Repeat	<b>6</b>
<b>7</b>	<b>8</b> Do 50 high knee lifts.	<b>9</b> Walk for 5 minutes and skip for 1 minute. Repeat twice!	<b>10</b> Do 35 side-to-side jumps.	<b>11</b> Do 10 different stretches.	<b>12</b> Jump rope for 1 minute for each member in your family.	<b>13</b>
<b>14</b>	<b>15</b> Put on some music and get up and dance	<b>16</b> Do forward and backward circles with your arms.	<b>17</b> Do 20 walking lunges.	<b>18</b> Do bicep curls with full water bottles.	<b>19</b> March 100 steps and walk 100 steps.	<b>20</b>
<b>21</b>	<b>22</b> Walk for 3 minutes for each letter in the word "heart."	<b>23</b> Do 35 forward to backward jumps.	<b>24</b> On each side, do 2 side-bends for each letter in "February."	<b>25</b> Do 20 karate kicks on each leg.	<b>26</b> Pretend you are a boxer and practice your punches.	<b>27</b>
<b>28</b>						

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

Non-Profit  
Organization  
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