



Wise Owl!

Dell Rapids Public Schools • Dell Rapids, SD • December 2010

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

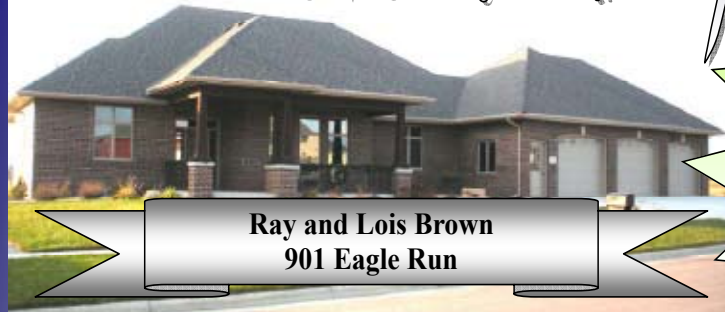
MERRY CHRISTMAS!



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2010 Tour of Homes



Ray and Lois Brown
901 Eagle Run

The Tour of Homes will conclude at the Dell Rapids Museum with punch and cookies!



Pete and Jessica Schmidt
1005 Eagle Run



Ross and Tara Rollinger
304 E. 7th Street



Jim and Dawn Wilber
914 E. 8th Street



Dale Solberg
1005 E. 11th Street

December 5th
1:00 - 4:00 pm

Admission \$5.00

WINTER WEATHER PREPAREDNESS

Winter driving can be extremely hazardous at times due to poor road conditions or reduced visibilities from heavy or blowing snow. During these times, travel is difficult and not recommended. Many people still venture outdoors not knowing what they will encounter. Many winter injuries and deaths can be attributed to people becoming stranded and venturing away from their vehicle.

Here are some tips when traveling this winter season:

- Listen to the forecast before departing and postpone travel if inclement weather is occurring or expected.
- Avoid traveling alone. Inform others of your timetable and planned routes.
- Keep your gas tank near full.
- Adjust your speed to the condition and increase following distances.
- Carry a Winter Survival Kit in your vehicle at all times!

Items that should be in your Survival Kit:

- ✓ Shovel and flashlight with extra batteries.
- ✓ First Aid Kit and medications.
- ✓ Non-perishable food, such as granola bars and peanuts.
- ✓ Candles and matches.
- ✓ Extra clothing, sleeping bags or blankets.
- ✓ Jumper cables and tire chains.
- ✓ Battery-operated radio.
- ✓ Cell phone with fully charged batteries.
- ✓ Windshield scraper and brush.
- ✓ Brightly colored cloth to tie to the antenna so the vehicle can be easily located.

SCHOOL BOARD

Alan Blankenfeld	349-8034
Matt Weiland	428-3570
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

#7 Luann/District Office, #1 Elementary,
#2 MS, #3 HS, #4 School Events,
Cancellations or Postponements,
#5 Bus Barn, #6, Lunchtime Solutions
and Dial 0 for Immediate Assistance.

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. BOE meetings begin at 7 p.m. and 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.

BACKPACK PROGRAM

The Dell Rapids School is offering the Backpack Project to families. This program provides a free supply of meals and snacks to students who may need additional food over the weekends during the school year. A backpack of food is given to the children before they leave school at the end of each week. This service is provided as discreetly as possible and at no charge.

If you believe that your child would benefit from this assistance, please register him/her right away. School counselors at each school have consent forms that can be completed and turned in. This information will remain confidential.

Register now if this program might help your family. Questions? Please contact your child's school counselor. Elementary – Mrs. Kane. Middle School – Ms. Coble. High School – Mrs. Ruesink



On November 22nd the Parent Teacher Organization hosted a Roller Skating party for the Elementary Students at Carousel Skate in Sioux Falls. We would like to thank everyone who attended and also a big thank you to the chaperones Michelle Heiberger and Tammy Parrott.

In November our accomplishments included purchasing books from the book fair for the Elementary classrooms and providing meals for the teachers. We are in the process of planning Holiday appreciation for the teachers and staff, a Middle School dance and the spring Babysitting Clinic. Please let us know if you wish to assist with any activities. We are wrapping up our annual membership drive. If you have not submitted your registration form it is never too late. You may contact the school offices for a form.

Our next meeting will be December 13th at 7:00 p.m. in the Middle School Commons. Please feel free to join us or you may contact Tammy Parrott at 428-4351, Michelle Heiberger at 428-4323 or Joni Koster 428-5730 with any questions.

MUSIC BOOSTER NOTES

ALL-STATE

Darrian Grassi/Samantha Kohnen



Oct. 28-30, 2010. They left Thursday Oct. 28 at noon and returned the following Sunday around 2 p.m.

“It was so good this year. They had really good conductors and the choice of music was very singable.” Ziebarth said. The director of the chorus was Dr. Craig Arnold and the director of the orchestra was Jungho Kim.

During their time there, DRHS students were working hard. All together the All-State choir sang eight songs, three of which were accompanied by the orchestra. “This year’s orchestra was excellent.” Ziebarth said. The Dell Rapids group did well and didn’t get spot-checked.

“It was very exciting to get the opportunity to go to All-State. It was so amazing to be able to go and spend time with all those amazing singers and with the talented conductors. It was so much fun and I’m glad I got to go!” senior Alysha Solberg said.

The 2010 All-State members included: seniors Solberg, Anthony Cameron, Tim Domel; junior Sam Hinricher; sophomores Margo Hegge and Nicole Rice; and freshmen Jackson Gleason and Jordon Stone.

Congratulations on a great performance!

WELCOME TO THE MUSIC BOOSTERS. Interested in helping plan for the trips, dinner, fundraising or just want to know more about the music department? Come join us the first Monday of the month at 7pm in the chorus room. Next meeting is Dec. 6th. The All-State chorus did a great job in Aberdeen. Congratulations to Ginny Ziebarth and her All-State chorus. Holiday concerts are coming up in December—Middle school is Dec. 9th and High School is Dec. 16th. Music Scholarships are available with the next one due in January. See your instructor for more information.

WISE OWL IS NUTS ABOUT NUTRITION...

The December Wise Owl Food Feature comes as a perfectly wrapped present from nature. What a fun, family time of gathering around a bowl of nuts and testing each other’s strength to see what prize awaits you inside each shell. Some examples of the nutritional fact of nuts include:

WALNUTS are harvested in December and are a great source of omega-3 fatty acids.

ALMONDS provide protection against diabetes and cardiovascular disease.

Nuts are a great source of Manganese. Manganese is an essential trace mineral needed for healthy skin, bone and cartilage formation, also aids in glucose tolerance.

The fat, protein and fiber in nuts help you feel fuller longer which may lead you to eat less throughout the day. Portion control is always key, you only need about 1 healthy handful per day.

How much is one serving? Walnuts- 14 halves, Brazil Nuts 6-8, Almonds 20-24, Pecans 18-29 halves and Hazelnuts 18-20.

Enjoy some quality family time and pick up an assortment of nuts at your local grocery store. Tis the season to crack open the nutritional goodness of the nut!



CHRISTMAS FOR OUR KIDS

"Christmas for Our Kids" is a long standing community project started by Sue Horstmeyer and currently spearheaded by the local ESA women's organization. Because of the generosity of the Dell Rapids community, we are able to ensure a Merry Christmas for all of our Dell Rapids kids. Last Christmas the ESA elves were able to deliver gifts to 79 children from 30 families in the Dell Rapids area. Those kids truly had a Merry Christmas because of your kindness.

The "Christmas for Our Kids" project works like this:

- Families in need are identified through anonymous referrals. We may all know a family in our community that is going through tough times and could use our help to provide those extras over the holidays. Self referrals are welcome as well.
- Referred families are contacted and kid's "wish lists" are requested.
- These "wish lists" are filled through donations and delivered to families prior to Christmas.

Here are some ways you can help ensure another successful "Christmas for Our Kids" project:

1. Contact Brenda O'Hara with family referrals now or anytime before Christmas – Home 428-6032, Cell 201-6571, brendaohara@siouxvalley.net.
2. You or your group can adopt a child or family and purchase gifts from their "wish lists". Be anonymously matched up with a child or family and have fun shopping.
3. Monetary donations can be dropped off or mailed to "Christmas for Our Kids", First National Bank, 312 E. 4th Street, Dell Rapids, SD 57022.
4. Donations of new, unwrapped gifts can also be dropped off at First National Bank and placed under the Christmas tree. Gift ideas include toys, books, games, and gift cards. We provide gifts for children ranging in age from infants to teenagers.

We hope to have all donations collected by December 17th so that gifts can be sorted and delivered to the families prior to Christmas. As we enter the holiday season please consider being part of this Dell Rapids tradition. If you have any questions please contact Brenda O'Hara at 428-6032, 201-6571, or brendaohara@siouxvalley.net.

Senior Class Snow Ball Dance

The senior class has set the date for the 2010 Snow Ball Winter Formal! The dance will take place at the Dell Rapids Elementary school gym on December 3, doors open at 7:30. The event will be in action from 8 p.m. to 11 p.m. Tickets will be on sale in the high school office starting November 15th until December 2nd. Tickets will be sold for \$15 for couples and \$10 for a single ticket. It is asked that students who attend the dance wear a formal or semi-formal attire.

SCHOLASTIC BOOK FAIR A BIG HIT!



IMPORTANT FACTS ABOUT THE SCHOLASTIC BOOK FAIR AT THE ELEMENTARY SCHOOL:

- Scholastic Books donates 60% of our sales back to us so we can buy books for the library!
- This year we earned over \$4200 to spend on books – that equals almost 500 books!
- 87 books were purchased for classroom libraries!
- The Book Fair has visited the elementary library for over 15 years!
- Every year the Book Fair gets bigger!
- We couldn't do it without the support of the Dell Rapids community!

Thank you!

What's Happening at the Elementary!

NEED WINTER GEAR?

Local organizations are willing to help families purchase coats, snow pants, boots, gloves and hats. If your child needs any of these items, please contact our school counselor, Mrs. Kane. All names and inquiries will remain confidential.

Veteran's Day Celebration

The elementary was proud to host a Veteran's Day celebration. We had the honor of having the American Legion Color Guard present and retrieve the flags. Tayte Gleason read the President's Proclamation describing the meaning of Veteran's Day. Mrs. Gaul led the 1st grade in two songs: Grand Ole Flag and Oh, I Love America. Nikki Wajer of the 114th Fighter Wing Family Program coordinated our speaker, Lt. Col. Reid Christopherson. He talked to our students about the importance of being a good citizen. The 2nd-4th grades performed the song, One Nation. The ceremony ended with the playing of Taps by Dell Rapids freshman Jayme Damn. Thank you to all who came and supported our veterans!



WE ARE ON THE LOOKOUT FOR GOOD CHARACTER!

Students in 1st-4th grade have been caught by DRES staff members. These students were recognized as October's Kids with Good Character!



ELEMENTARY CHRISTMAS CONCERT:

Humbug! is based on Dickens' A Christmas Carol with the action taking place in the present-day classroom of grumpy teacher Ms. Ebenezer, who has lost her charm and spunk, to say the least, as an educator. Through three special visitors - the janitor, the coach and the music teacher - Ms. Ebenezer rediscovers her first love of teaching and through the big heart of Bobby Cratchit, she is reminded of the importance of how we teach our children by the lives we live. Please join us for the Elementary Christmas Program on December 2 at 2:00pm and 7:00pm.

QUARRIER OF THE MONTH

The faculty has selected Nicole Snyder as the Dell Rapids High School Quarrier of the Month for October.

Snyder has been described by cross country coach Doug Fiedler as, "An excellent student who is honest, responsible, hard working, and wants to succeed as well."

Snyder has worked hard throughout high school challenging herself daily in everything. She has been on the Honor Roll all four years and during her junior year, she was inducted into the National Honor Society. Snyder has been recognized with the Bausch and Lomb Honorary Science Award, which few students receive. In addition, Snyder has been very active in journalism throughout her years at DRHS, even receiving the "Unsung Hero Award" her junior year.

As well as academics, Snyder participates in many



other activities. She has been involved in Cross Country all four years of high school, as well as track. Fine Arts played a big role in her life, as she participated in marching band, concert band, jazz band, pep band, and FCCLA. Also, Snyder had the special privilege of designing the 2010 yearbook cover; she will also be designing the upcoming 2011 yearbook cover. Speaking in front of others comes naturally for her as she is a member of Oral Interp.

"It's cool to have everyone hear some of the things I do throughout the school and community. I appreciate the fact that the staff appreciates me and what I do," said Snyder.

Snyder's future plans include attending a four year college, along with medical school in hopes of pursuing a career in Forensic Pathology. We wish you the best of luck.

She is the daughter of Ron and Christine Snyder.

POST PROM COMMITTEE

Meetings are held the first Sunday of every month at 6 PM at Old 77. The next scheduled meeting is Sunday, Dec. 5th at 6 PM at Old 77. Please mark your calendars and consider helping in the planning of this event. We are specifically lacking in representation of girls' parents. We know this is an important event for girls' so please assist us with your input so we can make this a wonderful night for all. Reminder email will be sent out the Thursday before each meeting. If you would like to be included on the email list, send your email address to jillhansen@div-it.com.

The kids voted on three options for the Post Prom event. The kids overwhelmingly chose the Dell Rapids Game Night option. The other two options were Cosmic Bowling and SF Family Wellness Center. All three options included a performance by an Illusionist to start off the evening. We will be determining the Game Night location as well formulating the schedule, game and prize options.

Planned fundraisers are:

Tuesday, December 7: Concessions Girls Basketball vs SF Christian

Monday, January 3: Concessions Basketball Double Header

Saturday, January 29: 5th & 6th Boys Basketball Tournament

Thursday, February 17: Concessions Girls Basketball vs Madison

Thursday, May 5: Concessions Junior High Track Meet

If you can assist with any of these events,
please email jillhansen@div-it.com

NOVEMBER STUDENTS OF THE MONTH



DRMS would like to announce and congratulate the Students of the Month for November. 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, Students of the Month recipients will receive gift certificates for these places!

Congratulations to our November Students of the Month:

5th: Riley Anderson and Shaylee Hoff

6th: Seth Anderson and Alexis Timmer

7th: Baraj Patel and Kenydie Hyde

8th: Kyrsten Williams and Devon Weber

HOBY

By: Whitney Rowe



JADA ENTRINGER

There are many opportunities offered to help students grow and become inspiring leaders. One program available is in the form of a camp called HOBY (Hugh O'Brian Youth Leadership). HOBY's mission is to provide lifelong leadership development opportunities that empower individuals to achieve their highest potential.

Jada Entringer was a candidate for HOBY last year when she was a junior. She reapplied this year for the opportunity to attend HOBY once again as a worker instead of a candidate. The camp was held on June 10-13, 2010, at the Dakota Wesleyan campus in Mitchell, SD. Jada arrived on June 9 to help other workers and volunteered staff to prepare and set up the dorms for the program's events. As part of being a worker, Jada was assigned to a group of HOBY candidates to help them through their first year experiences and to better understand their leadership opportunities.

"I believe that HOBY is a great program and it helped teach good leadership skills, however, I had a little more fun my first year as a candidate than my second year as a worker. Overall, I would recommend any sophomores interested to apply. It's a great way to meet new people, open up, and listen to many motivational speakers," Entringer said.

There were two candidates from Dell Rapids who also went to HOBY during this time in Lexy Utech and Emily Haak. A Dell Rapids graduate, Joci Hansen, also attended the program as a worker. These girls had a lot of fun and learned many new skills to hold onto.

HOBY is an amazing program. It inspires many leaders to further their skills and develop lifelong goals. All in all HOBY is inspiring, energizing, enthusiastic, motivating, transforming, long-lasting and life-changing.

Dell Rapids Community Haven

HAVEN'S INCLEMENT WEATHER POLICIES

Please be aware of our policies in regards to the cold and snow:

- If the Dell Rapids School District announces **NO SCHOOL** for the day, there will **NOT** be Haven programming.
- If the Dell Rapids School District announces a **LATE START**, the Haven **Before School Program** **WILL begin at 8:00 a.m.** and run until the announced start time.
- If the Dell Rapids School District announces **EARLY DISMISSAL**, there will **NOT** be Haven programming **After School**.

Tune into the local radio and television stations for school announcements.

A Place For YOUTH!

THANK YOU to everyone who purchased **Butter Braids** from our recent fundraiser. We raised over \$3,000 to purchase supplies for the children in our program. We couldn't have done this without the continued support of our community!

HAVEN WILL CONTINUE IT'S FUNDRAISING EFFORTS BY SELLING HOME-BAKED CONCESSIONS AT THE 7TH & 8TH GRADE GIRLS BASKETBALL HOME GAMES AT THE PUBLIC ELEMENTARY SCHOOL ON DECEMBER 6TH, 14TH, 16TH AND 20TH.



Pictured above is Michael Speigelberg, Trystan Hofeman, Holocaust survivor who spoke to us about his experiences, Jill Nelsen and Ms. Rieck.

FCCLA NEWS

District 3 FCCLA Rally

The District 3 FCCLA Rally was held in Madison on Thursday, October 21 beginning at 3 pm. Fourteen members and the advisor of the Dell Rapids FCCLA Chapter attended. The theme of the rally was "Leave the Past; Blast into the Future with FCCLA!" Attendees were divided into groups and rotated between four workshops. One of the workshops was led by April Erdman who is a member of the state Community Peer Education team. The title of her workshop was "Puzzle Mania" which dealt with making posters dealing with different safety areas. There was an opening and closing session with the district officers participating. The purpose of the rally is to create interest in FCCLA at the beginning of the year.



Congratulations to the State IIA FB Champions!



**Congratulations to All Fall Sport Athletes,
thanks for all of your hard work!**

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+

Application is available on-line at–

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

Deadline – February

3. BURGER KING SCHOLARSHIP

\$1000
Must have 2.5+ GPA, must work 10 hours per week, involved in community service, and demonstrate financial need.

Application is on-line at –

www.haveityourwayfoundation.org/bksp_application.htm

Deadline – February 1

4. AXA ACHIEVEMENT SCHOLARSHIP

\$10,000 to \$25,000
Based on community involvement, overcoming personal challenges and leadership

Application is on-line at – www.axa-achievement.com

Deadline – December 15

5. FARMERS UNION INSURANCE SCHOLARSHIP

3 - \$500
Parents must be members of South Dakota Farmers Union. Based on involvement in school and community activities, need and involvement in Farmers Union Activities.

Application is available in guidance room and on-line at – sdfu.org/educationscholarships.html

Deadline - December 1

6. 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 - February 1

7. MISS SOUTH DAKOTA / MISS SOUTH DAKOTA TEEN USA

Information at - www.missouthdakotateenus.com or www.missouthdakotatena.com

Deadline – June

8. YANKTON COLLEGE SCHOLARSHIP

\$1,000
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 – February 12

9. KFC COLONEL'S SCHOLARSHIP PROGRAM

\$5,000
GPA - 2.75+
Must pursue a bachelor's degree at a public institution
Application is on-line at - www.kfcscholars.org
Deadline – February 10

10. US BANK SCHOLARSHIP

(40) \$1,000
Scholarship awards are selected in monthly random drawings.
Information is available on-line at – usbank.com/studentloans

11. AMATEUR SOFTBALL SCHOLARSHIP

\$500
Open to family members who have participated in SDASA softball for a least 3 years.
Application is available in the guidance office
Deadline – March 1

12. VIOLET RICHARDSON AWARD

\$500
For young women ages 14 - 17 who have volunteered within their school or community.
Application is on-line at - sisioxfalls@sroptimist.net
Deadline – December 1

13. 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.
Application is on-line at - www.axa-achievement.com
Deadline – February 15

14. 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 is available in the guidance office
Deadline – January 27

15. 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 services.
Application is on-line at - www.siouxvalleyenergy.com
Deadline – February 1

16. AMERICAN LEGION AUXILIARY SCHOLARSHIP

(2) \$500
Must be a child or grandchild of a veteran or a child or grandchild of an American Legion Auxiliary member
Application is available in the guidance office
Deadline – March 1

17. 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

ESSAY CONTESTS

1. AYN RAND EDUCATION ESSAY

Essay contest on Ayn Rand's novels
Open to grades 8th - 12th
For more information visit - www.aynrandeducation.com

SCHOLARSHIP SITES

Check out These Scholarship Search Sites:

www.fastweb.com
www.collegenet.com/mach25/app
www.eac-easci.org

SCHOLARSHIP TIPS:

1. *Applications should be typed.*
2. *If need be, scan 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.*

AG IN ACTION

The Fundamental Ag Mechanics class has finished up a unit on Electronics in Agriculture. The students will now go into the shop and look at the various parts of an electric motor and go over how to reverse the direction of the motor. The students will finish out the semester in the shop working on personal projects.

The Introduction to Agriculture, Food and Natural Resource students have started going over general animal science information which includes production practices and terms used in the animal science industry. A short unit on crops/horticulture along with international agriculture and agriculture careers will round out the semester.

The Ag Metal Fabrication students have completed their required welds using the various welders in the shop and have now started working on personal metal projects that were designed and paid for by the students.

Erica Jurgensen, Gina Wolles and Nicole Snyder demonstrated their leadership skills by competing against over 130 FFA members from 26 different chapters in the Jackrabbit Invitational Leadership event in Brookings on Nov. 4. Gina placed 19th and Erica placed 21st in the prepared public speaking event. Nicole placed 14 in the job interview event. The district leadership career development events were held at Hartford on Nov. 15 with Erica and Gina giving their prepared public speeches. Gina placed 4th and is the alternate to attend the state event and Erica placed 6th. Trevor Peter competed in the Ag Broadcasting/Journalism event and placed 1st, which advances him onto the state competition on Dec. 5 & 6 in Pierre. The FFA fruit sale concluded on Nov. 12 with 23 individuals selling items totaling \$10,800. That money is used to fund all of the FFA activities throughout the year. John Elverson was the top selling individual selling \$899. The products should be in the week of Dec. 6-10 with the members sorting through the boxes to ensure a quality product before delivering the items they sold. The senior members can apply for their State FFA Degree, with the applications being reviewed on Jan. 26 and they can also apply for FFA scholarships through the State and National FFA, with the application due Feb. 15. The Sioux Empire Winter Show, Jan. 25- 29, will also have various events available for members to participate in.



Trevor Peter, Erica Jurgensen, and Gina Wolles.

FFA

By: *Samantha Kohlen*

"The National FFA Organization is dedicated to making a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education." This is the Future Farmers of America National Convention's Motto which is strongly upheld by many FFA members throughout the country. Sophomore, Trevor Peter, had the special opportunity to attend the 83rd FFA National Convention in Indianapolis from Oct. 20-23, 2010. The national convention is held once a year and each time the attendance number exceeds the expected 55,000 attendees. Throughout the convention, Peter, along with other FFA students, participated in listening to speakers, attending leadership workshops, and participating in volunteer activities.

This year a few speakers came; Josh Shipp and Angela Mayfield- Shipp, who is the author of "The Teen's Guide to World Domination," was just recently named Inc. Magazine's 30 under 30 list. His reputation holds nothing but good things; he is well-known across the U.S. as a speaker who inspires youth with simple and fun, yet challenging, messages. Another speaker also came to motivate the FFA members in Angela Mayfield. She has a strong background in leadership training, focusing in agriculture science and Spanish. Mayfield served as the State FFA Vice President for California in 1999-2000.

Besides speakers, the attendees took part in fun activities! One leadership workshop involved students who were particularly interested in becoming an entrepreneur business. The workshop went step-by-step to help students learn to find their biggest potentials.

"It was a great opportunity to meet new people, expand my leadership skills, try new things and it really showed me that I can make a difference." Peter said.

SEASONAL COLD AND STOMACH FLU SEASON

Unfortunately, the cold and stomach flu season is among us. In order to keep all of our kids as healthy as possible, our school follows the guidelines set up by the SD Department of Health and CDC. The recommendations are as follows:

- Do not send your child to daycare or school if he/she has a fever. Your child may return after he/she has gone **24 HOURS WITHOUT A FEVER-WITHOUT THE AID OF MOTRIN OR TYLENOL.**
- If your child has had the stomach flu, do not send him/her to school or daycare unless it has been **12 hours since they last vomited.**

If we all follow these guidelines, we can hopefully lessen the chance of spreading illness. Thank you!

Congratulations to Trevor Peter on his first place finish at the district FFA leadership event in the Ag Broadcasting and Journalism division. He will now advance on to the state event on December 5 & 6. Also congratulations to Erica Jurgensen on her 6th place finish in the prepared public speaking event.



DRMS HONOR ROLL TERM 1 2010-2011

GOLD

Miranda Broin
Brianna Davis
Jonathan DeNoon
Matthew DeNoon
Jada Entringer
Jackson Gleason
Michael Hainje
Hannah Hammer
Benjamin Hinricher
Kristi Hoffman
Morgan Hoglund
Jacob Huewe
Autumn Isburg
Jerica Johnson
Alexander Kannenberg
Emily Kerns
Matthew Kolbeck
Garrett Kommes
Cole Langer
Jordan Lindberg
Dylan Ljunggren
Tia McKillip
Mallory Mergen
Laine Mitchell
Michael Mitchell
Jacob Morris
Victoria Murphy
Shane O' Hara
Alexis Pierson
Danielle Richter
McKenzie Rinehart
Riley Rinehart
Megan Rueb
Andrew Scherff
Cheyenne Schumaker
Gregory Schwebach
Nicole Snyder
Samantha Stykel
Hunter White
Courtney Wolles
Nicole Wrage
Brady Wrede

SILVER

Mikaela Adams
Cody Aplan
Channing Barber
Zachery Barber
Tanner Barrett
Josiah Delange
Benjamin Dipple
Cody Domel
Karen Eddy
April Erdman

Danyelle Ernesti
Haley Fiedler
Emily Haak
Rachel Hansen
Weston Hansen
Rachel Hanson
Nicole Hanzlik
Margo Hegge
Shanna Helgeland
Samuel Hinricher
Austen Hof
Corynn Hoff
Jessica Houser
Kody Jensen
Erica Jurgensen
Nicholas Kahler
Sarah Kangley
Aubrey Kimball
Nathan Koens
Jared Lampe
Dylan Lantt
Colin LeBrun
Megan Leebens
Karlie Leighton
Kutler Leighton
Michael McGee
Brandi Mitchell
Mitchell Mohr
Chad Munk
Tanner Munk
Maria Nagelhout
Trevor Peter
Austin Posey
Julia Rice
Nicole Rice
Aaron Riswold
Mackenzie Schildhauer
Krista Schnieders
Shaylea Schreurs
Nicholas Siemonsma
Alexandra Snyder
Tanner Solberg
Ashley Stanton
Samantha Steineke
Jordan Stone
April Tomes
Lexy Utech
Megan Welbig
Miranda Wickert
Cassidy Wright

BRONZE

Andrew Bach
Lyndsey Baumberger
Casey Boever
Gage Bortnem
Paige Bunkers
Jayme Damm
Tyler Dishman
Dalton Domel
Tye Dybedahl
John Elverson

Ryan Fuglsby
Austin Gee
Tyler Gee
Thomas Geraets
Darrian Grassi
Brett Gruis
Jacob Habeger
Garrett Hoff
Chelsey Huffman
Branden Jastram
Ben Kahler
Colin Karst
Spencer Kerzman
Easton Kluever
Bryce Koch
Samantha Kohnen
Jessica Lambert
Lane LeBrun
Megan Lemme
Zane Lodmell
Taiven Logan
Mallery Luke
Micheal Luke
Moriah Magnuson
Cassandra Martin
Philip Martinson
Amanda Mergen
Jonathon Merry
Riley Miller
Kelly Nemmers
Ryan Nichols
Brett Nichols
Dharti Patel
Alec Reams
Natasha Reit
Kelsi Ritter
Alexandra Roemen
Joshua Row
Whitney Rowe
Alex Rueckert
Tiana Sachen
Brittany Schlaikjer
Michael Schmidt
Zachery Schroeder
Kelsey Schultz
Zane Schumacher
Sheridan Skinner
Courtney Sorsen
Cheyenne Spielmann
Nicole Springman
Andrew St. Clair
Kassandra Steineke
Matea Strong
Derrick Vortherms
Diamond Wartenbee
Ashley Weinacht
Nicholas Welbig
Zach White
Brad Zwart

FCCLA NEWS

2010 National Cluster Meeting

By Trystan Hofeman

We left on Thursday evening, November 4th to start heading down to St. Louis, Missouri to attend the 2010 FCCLA (Family, Career, and Community Leaders of America) Cluster Meeting. We returned on Sunday, November 7th. The theme for this year's Cluster meeting was "FCCLA To Be Continued". Several thousand members from across the United States were in attendance. This mini national meeting was one of three meetings held this fall. The Dell Rapids FCCLA Chapter members who attended were Trystan Hofeman, Jill Nelsen, Michael Spiegelberg, and our adviser, Ms. Rieck.

On Friday night there was a speaker for the first general session. His name was Eddie Slowikowski. He talked about making your move with FCCLA. Then on Saturday morning a person named Philippe Cousteau talked to us about positive emotion. To end the day we had another motivational speaker. His name is Byron Embry. He was a baseball player for the Kansas City Royals. He challenged us not to judge a book by its cover or a person by their label. The speakers were inspiring and motivational.

During the day there were several workshops to choose from. One of the workshops included state officer training, which helped us build the skills to be a great leader in our state and community. There were many more workshops to choose from. On Saturday night there was a dance.

We also were able to tour the Gateway Arch and the Holocaust Museum. After the museum tour we were privileged to hear a speaker who was a Holocaust survivor of the concentration camps. He spoke of his life while there for 3 years. It was very interesting to hear about his experience.

Everyone had lots of fun in St. Louis. I will be definitely attending next year's National FCCLA Cluster Meeting! I would recommend to anyone to go.

DELL RAPIDS MS QUIZ BOWL TEAM

The Dell Rapids Middle School Quiz Bowl team has begun their season with a very strong start. On October 7 the team traveled to Brookings for their first competition of the year. DRMS #1 finished in 5th place and DRMS #2 finished in 8th place in the event, which was won by Brookings 1. DRMS #1 team members included Jessica Tisher (Captain), Shelby Baatz, Josh Parrott, Sam Prasek, Erica Opland, and Braeden Lightner. DRMS #2 team members included Melanie Wilke (captain), Meg Dearduff, Ted DeLange, Brett Mogen, Josh Benda, and Dominick Stahl.

On October 18 the team traveled to Sioux Falls to participate in the Greater Sioux Falls Home School Association competition. DRMS #1 finished in 3rd place in the tough competition; team members included captain Jessica Tisher, Melanie Wilke, Justin Meyer, Ted DeLange, Josh Parrott, and Brett Mogen. DRMS #2 finished in 15th place; team members included captain Shelby Baatz, Casey Gleason, Sarah Haak, Sam Prasek, Erica Opland, and Braeden Lightner. These students represented Dell Rapids Middle School very well in two of the toughest competitions we will see all year. Great job students!



**DECEMBER 2010
ELEMENTARY BREAKFAST**

Mon	Tue	Wed	Thu	Fri
		1 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	2 Mini Pancake Sausage Bites Fruit Milk Choices	3 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
6 Cinnamon Tastry Fruit Milk Choices	7 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	8 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	9 Breakfast Pizza Fruit Milk Choices	10 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
13 Breakfast Pizza Fruit Milk Choices	14 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	15 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	16 Pancakes with Syrup Fruit Milk Choices	17 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
20 Waffle with Syrup Fruit Milk Choices	21 Cheese Omelet Fruit Milk Choices	22 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	23 Holiday Break No School	24 <i>Merry Christmas</i> 🎄
27 Holiday Break No School	28 Holiday Break No School	29 Holiday Break No School	30 Holiday Break No School	31 Holiday Break No School

Dell Rapids Public Schools



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 \$1.25
Adult Breakfast \$1.55

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

Extras Available
Extra Milk \$.40

Did you Know?



We offer Cheerios® and Kix® cereals daily to provide students with a healthy, whole grain, no sugar added, cereal option. Get your day off to a great start with breakfast! Studies show that students who have breakfast are able to perform better in the classroom.

Questions Comments

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

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



Did you Know?

Get off to a **Good Start!**
Eat Breakfast!

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



**DECEMBER 2010
MIDDLE-HIGH BREAKFAST**


Mon	Tue	Wed	Thu	Fri
		1 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	2 Mini Pancake Sausage Bites Fruit Milk Choices	3 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
6 Cinnamon Tastry Fruit Milk Choices	7 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	8 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	9 Breakfast Pizza Fruit Milk Choices	10 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
13 Breakfast Pizza Fruit Milk Choices	14 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	15 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	16 French Toast with Syrup Fruit Milk Choices	17 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
20 Pancake on a Stick Fruit Milk Choices	21 Cheese Omelet Fruit Milk Choices	22 Breakfast Biscuit Sandwich made with Fresh Baked Biscuit 😊 Fruit Milk Choice	23 Holiday Break No School	24 <i>Merry Christmas</i> 🎄
27 Holiday Break No School	28 Holiday Break No School	29 Holiday Break No School	30 Holiday Break No School	31 Holiday Break No School

Dell Rapids Public Schools



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 \$1.25
HS Breakfast \$1.25
Adult Breakfast \$1.55

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

Extra Breakfast Choices:

- Monday:** Biscuit with Sausage Gravy
- Tuesday:** Breakfast Pizza
- Wednesday:** Omelets
- Thursday:** Biscuit w/Sausage Gravy
- Cereal with Toast is available every day**

These items will be served along

Did you Know?

Get off to a **Good Start!**
Eat Breakfast!

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!

Questions Comments

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

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



Did you Know?

Get off to a **Good Start!**
Eat Breakfast!

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 MENUS

LUNCH MENUS

Dell Rapids Public School



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:
Sandwiches are available every day.

Meal Prices

Elem Student Lunch	\$2.15
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.

DECEMBER 2010 LUNCH MENU ELEMENTARY SCHOOL

Mon	Tue	Wed	Thu	Fri
		A. Country Fried Steak B. Chicken Nuggets Mashed Potatoes & Gravy	A. Homestyle Cavatini  B. Hot Dog Peas  Breadstick	A. Pizza  B. Breaded Pork Sandwich Green Beans 
New to the Menu! A. Buffalo Chicken Wrap B. Hamburger or Cheeseburger Oven Baked French Fries	A. Soft Shell Taco B. Italian Dunkers with Marinara Sauce Chips & Salsa 	A. Scalloped Potatoes and Ham  B. Corn Dog Corn 	A. Homestyle Beef Chili  B. Crispy Chicken Sandwich Green Beans  Fresh Baked Cinnamon Roll	A. Pizza  B. Golden Macaroni & Cheese  Steamed Broccoli 
Breakfast for Lunch A. Scrambled Egg and Sausage  B. Pancakes and Sausage Tri-Tator Hashbrown	A. Taco in a Bag B. BBQ Rib Sandwich Whole Grain Rice 	A. Sloppy Joe B. Hot Dog Baked Beans 	Holiday Dinner A. Roast Turkey B. Chicken Nuggets Mashed Potatoes & Gravy Candied Carrots  Fresh Baked Dinner Roll Christmas Cookie 	A. Pizza  B. Hot Ham & Cheese Sandwich Corn 
A. Toasted Cheese Sandwich with Tomato Soup  B. Hamburger or Cheeseburger Steamed Broccoli 	A. Super Mexican Potatoes B. Hot Pepperoni Sub Refried Beans 	A. Homestyle Ham & Beans  B. Mini Corn Dogs Corn  Fresh Baked Cornbread	Holiday Break No School	Merry Christmas
Holiday Break No School	Holiday Break No School	Holiday Break No School	Holiday Break No School	Holiday Break No School

Questions Comments

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

FARMERS MARKET SELECTIONS



December selection: Carrots
Find out the nutritional benefits of carrots on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>


New To The Menu




Our Buffalo Chicken Wrap is guaranteed to light your fire! We take tasty chicken tenders and dip them in authentic Buffalo hot sauce, then wrap them in a soft flour tortilla. Super hot and super good!






Dell Rapids Public School



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


























Questions Comments
Contact Rhonda Galles, Food Service Director at 605-670-9502 or Rhonda@lunchtime-solutions.com

Meal Prices

MS Lunch	\$2.25
HS Lunch	\$2.25
Adult Lunch	\$2.80
Extra Entrée	\$1.50
Extra Pizza Ranch	\$1.75
Extra Milk	\$.40
Chef's Prepared Meal	\$3.95

Free and reduced meal applications are available at the school office

DECEMBER 2010 LUNCH MENU MIDDLE-HIGH SCHOOL

Mon	Tue	Wed	Thu	Fri
		A. Homestyle Cavatini  B. Hot Dog Peas  Breadstick "Chef's Entrée"	A. Country Fried Steak B. Chicken Nuggets Mashed Potatoes & Gravy	A. Pizza Ranch  B. Breaded Pork Sandwich Green Beans 
New to the Menu! A. Buffalo Chicken Wrap B. Hamburger or Cheeseburger Oven Baked French Fries	A. Soft Shell Taco B. Italian Dunkers with Marinara Sauce Chips & Salsa 	A. Scalloped Potatoes and Ham  B. Corn Dog Corn 	A. Homestyle Beef Chili  B. Spicy Chicken Sandwich Green Beans  Fresh Baked Cinnamon Roll	A. Pizza  B. Golden Macaroni & Cheese  Steamed Broccoli 
Breakfast for Lunch A. Breakfast Skillet Bake  B. Pancakes and Sausage Tri-Tator Hashbrown	A. Homestyle Burrito  B. BBQ Rib Sandwich Whole Grain Rice 	A. Sloppy Joe B. Hot Dog Baked Beans 	Holiday Dinner A. Roast Turkey B. Chicken Nuggets Mashed Potatoes & Gravy Candied Carrots  Fresh Baked Dinner Roll Christmas Cookie 	A. Pizza Ranch  B. Hot Ham & Cheese Sandwich Corn 
A. Toasted Cheese Sandwich with Tomato Soup  B. Hamburger or Cheeseburger Steamed Broccoli 	A. Super Mexican Potatoes B. Hot Pepperoni Sub Refried Beans 	A. Homestyle Ham & Beans  B. Mini Corn Dogs Corn  Fresh Baked Cornbread	Holiday Break No School	Merry Christmas
Holiday Break No School	Holiday Break No School	Holiday Break No School	Holiday Break No School	Holiday Break No School

Chef Prepared Entrée
Wednesday, December 1st
Chicken Cordon Bleu Pasta
Chef Keith Nelson will be preparing Chicken Cordon Bleu Pasta as a special entrée selection for lunch on December 1st. This Pasta features tender white meat chicken tossed with fresh mushrooms, ham, onion and celery in a fresh made creamy Swiss cheese sauce. This entrée is available for a special ala carte price of \$3.95, and includes the fruit and veggie bar and milk choice. You must have money in your account to choose this entrée.



FARMERS MARKET SELECTIONS



December selection: Carrots
Find out the nutritional benefits of carrots on the poster in the dining area or at:

<http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

New To The Menu



Our Buffalo Chicken Wrap is guaranteed to light your fire! We take tasty chicken tenders and dip them in authentic Buffalo hot sauce, then wrap them in a soft flour tortilla. Super hot and super good!



DECEMBER 2010

DR QUARRIERS

We promote spirited thinking,
responsible citizenship
and lifelong learning.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:30 AM JA Reps presentation for Freshmen during 2nd block.	2 2:00 PM DRES Christmas Concert 7:00 PM DRES Christmas Concert	3 8:00 AM State Oral Interp in Aberdeen 8:00 PM Winter Formal (Elementary Gym) 8pm-11	4 8:00 AM State Oral Interp @ Aberdeen 9:00 AM GBB Team @ SDHSAA Girl's Basketball Officials Jamboree in Brandon Valley 11:00 AM WR Chester Trny
5 8:00 AM State FFA-Pierre 6:00 PM Post Prom Mtg. Old 77	6 8:00 AM East Central Honor Band 8:00 AM State FFA-Pierre 8:00 AM Quiz Bowl @ Huron 4:00 PM 7/8 GBB Home vs Garretson 6:00 PM 7/8 WR @ Flandreau Jamboree	7 2:00 PM DRES Christmas Concert Snow Date 5:00 PM GBB Home vs SFC 7:00 PM DRES Christmas Concert Snow Date	8	9 2:30 PM DRMS Christmas Concert 4:00 PM 7/8 GBB Home vs Canton (1st Round of BSC Trny) 8th first followed by 7th 7:30 PM DRMS Christmas Concert	10 5:00 PM BBB @ West Central	11 9:00 AM 7/8 GBB BSC Trny (7th@ Dells, 8th @ TR) 10:00 AM WR Watertown Trny 6:15 PM GBB Entringer Classic vs. Madison
12 7:00 PM Hip Hop Shop Winter Dance Recital 7-8pm. MS Commons	13 4:00 PM 7/8 WR Beresford Inv. 7:00 PM School Board Meeting 7:00 PM FFA Chapter Mtg. 7:00 PM QPA Mtg. MS Commons	14 4:00 PM 7/8 GBB Home vs Harrisburg 5:00 PM BBB @ Beresford 6:00 PM WR Home vs Pipestone	15 9:00 AM Plan Test - Sophs from 9:00 am - 12:00 pm	16 4:00 PM 7/8 GBB Home vs Tea 7:00 PM DRHS Christmas Concert	17 4:00 PM BBB/GBB @ Tea: C Girls & Boys 4:00 PM, JV Girls & Boys 5:15, Varsity Girls 6:00, Varsity Boys 8:00 PM	18 9:00 AM 7/8 GBB Canton Trny 9:00 AM 9th GBB @ Tri-Valley Trny 10:00 AM WR @ Madison Inv 10:00 AM WR @ Sioux Valley JV Tournament
19	20 5:30 PM 9th GBB Home vs Baltic 6:45 PM 9th BBB Home vs Baltic	21 4:00 AM 7&8 GBB HOME VS SFC 6:15 PM GBB Home vs Garretson	22 8:00 AM End of Second Quarter 2:30 PM Early Dismissal	23 8:00 AM Christmas Break/No School	24 8:00 AM Christmas Break/No School	25 
26	27 8:00 AM Christmas Break/No School	28 8:00 AM Christmas Break/No School 4:00 PM GBB Parkston Classic	29 8:00 AM Christmas Break/No School 9:00 AM 9th BBB Tri-Valley Inv.	30 8:00 AM Christmas Break/No School 5:00 PM DR Athletic Booster Club Pee Wee WR Tournament Weigh-ins 3:00 pm - 4:30 pm	31 8:00 AM Christmas Break/No School 6:15 PM BBB Entringer Classic @ Brookings vs Deubrook	

HEALTHY KIDS MAKE A DIFFERENCE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Jump 5 times for every letter in DECEMBER	2 Clean and organize your closet.	3 Go for a brisk 10 minute walk outside!	4
5	6 Jump side to side 50 times	7 Pretend to ice- skate around your house.	8 Do 10 side lying leg lifts on each leg. repeat	9 50 jumping jacks will get you up and moving.	10 Go for a brisk 15 minute walk outside!	11
12	13 Turn up the radio and dance to your favorite song.	14 Pretend you are skiing and jump side to side.	15 Go for a brisk 15 minute walk outside	16 Take 5 deep breaths and tell someone they are special!	17 Dash around your home like a Santa's rein- deer.	18
19	20 Do something kind for your teacher	21 Jump in place while singing Jingle Bells 2 times!	22 Enjoy early dismissal and play outside for 25 minutes!	23 Jump for JOY for 3 min- utes, it is Christ- mas vacation!!	24 Do 10 sit ups to tighten up your jelly belly.	25 MERRY CHRISTMAS!!
26	27 Clean your room and make your bed.	28 See how long you can jump on your right leg.	29 See how long you can jump on your left leg.	30 Do 10 of your best kung- fu kicks.	31 Sit criss- cross and think about the good things in 2010	

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

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