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he faculty has selected Nicole Wrage as the Dell Rapids High School Quarrier of the Month for December. Wrage has been an obvious hard worker throughout her education and faculty and students have taken notice.

"It was an honor to receive this award. It was an unexpected surprise and I was very excited," said Wrage.

Wrage has accomplished many great achievements throughout her high school experience. She has been on the Honor Roll all four years of high school. She was also selected to be on the National Honor Society her junior year.

Teachers have described Wrage as a hard working, responsible student. "Nicole has taken challenging courses throughout her high school career and works hard to maintain her grades throughout," said one teacher. "She is dependable, you can always count on her to get the task done."



In her years at DRHS, Wrage has been very actively involved in FFA (Future Farmers of America). She was selected the FFA chapter office secretary her junior year and vice president her senior year. Along with those respectful titles Wrage also earned Gold Medals when she horsejudged at State FFA both her sophomore and junior years.

"Nicole is a very deserving student for being selected as Quarrier of the Month. She is a very hard working and dedicated student." FFA advisor Tom Wolff said.

Wrage has not only been involved in her education and her FFA leadership, during her junior year she decided she wanted to help create the high school yearbook and

use her knowledge for the greater good in Quiz Bowl as well.

Wrage's future plans include going to South Dakota State University and majoring in Animal Sciences with a minor in Equine studies.

She is the daughter of Dennis and Katie Wrage.

# NEXT YEAR'S KINDERGARTENERS REGISTER BY JANUARY - 24

In February, the school district's parent-teacher task force studying all day every day kindergarten will make final recommendations regarding next year's kindergarten. This recommendation requires the district to know kindergarten enrollment by January 24. The Dell Rapids Elementary School needs the parents of next year's kindergarten students to either call the elementary school at 428-3192 or send an email to Heidi. Adams@k12.sd.us before January 24 so your child can be scheduled for kindergarten screening.

If your child will be five on or before September 1, 2011, you should contact the school. Kindergarten registration is designed to assist parents who are unsure of whether their child should enter kindergarten even though they are of age as well as parents sending their child to kindergarten. It is very important to participate in this registration to insure there are proper student/teacher ratios and enough materials for your child. Parents will be contacted by letter as to the time for their child's screening. If your child will be of kindergarten age, or you know of children who are, please help the school extend this list. Registration can be done by contacting the elementary by phone (428-3192) or email (Heidi.Adams@k12.sd.us).

#### Eligible Kindergarteners for Fall 2011 (as of December 10):

Kale Evans, Levi Gaul, Evan Hammer, Keaton Harvey, Jackson Henry, Ethan Kringen, Brandon Kruse, John (Jack) Montgomery V, John Mortrude, Micah Pickard, Adam Tomes, Emily Van Hecke, Reagan Van Zee, Ryder Van Zee and Mya Watkins.

## FALL SPORTS AWARDS



All-Conference Football: Cole Langer, Hunter White, Nick Siemonsma, Austin Gee, Greg Schwebach and Tanner Munk



Academic All-State: Greg Schwebach, Austin Gee, and John Elverson



All-Conference Honorable Mention: Dylan Ljunggren, Channing Barber, and John Elverson



All-State FB: Tanner Munk, Greg Schwebach, Austin Gee, Nick Siemonsma, (Honorable Mention selection Zachery Barber), Cole Langer, and John Elverson



MVP Offensive Lineman John Elverson and Nick Siemonsma, MVP Offensive Back Cole Langer



Ron Berg Memorial Award Winners: Greg Schwebach and Austin Gee



Emily Kerns and Kristi Hoffman as Volleyball Academic All-State



Honorable Mention All Conference VB Paige Bunkers, All Conference VB Hannah Hammer



Channing and Zachery Barber as Elite 45 Honorable Mention



Cole Langer and John Elverson as Elite 45 winners



MV Defensive Lineman is Cory Kramer MV Defensive Back is Tanner Munk



MV JV Players are Bryce Koch and Lane LeBrun







Rookie of the Year is Jacob Huewe



# **SCHOOL BOARD**

Alan Blankenfeld	349-8034
Matt Weiland	428-3570
Brian Davis	428-5375
Cindy Schuch	428-0147
Troy Randall	428-4660

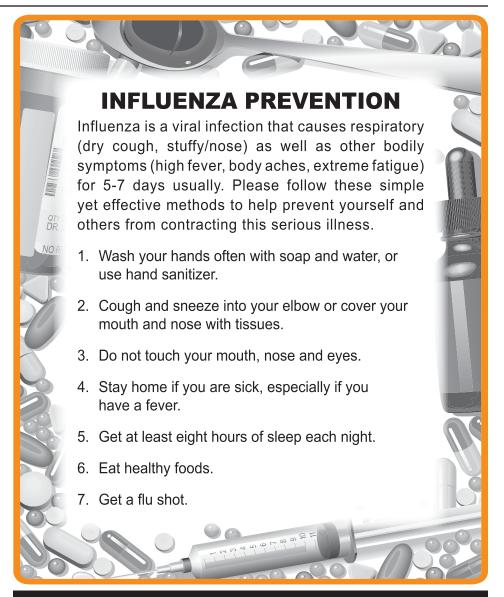
#### **ADMINISTRATION**

#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.



## COLD AND FLU SEASON

In order to keep all of our students as healthy as possible, our school district follows the guidelines listed below in recommending students stay home from school when ill:

- A student should stay home if he/she has a fever. The child may return when he/she has been fever-free for 24 HOURS WITHOUT THE AID OF TYLENOL OR MOTRIN.
- A student should stay home from school if he/she has **VOMITED WITHIN THE PAST 12 HOURS**.
- A student diagnosed with Strep Throat or Pink Eye should stay home until he/she HAS BEEN ON ANTIBIOTICS FOR 24 HOURS.

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

MONDAY, JANUARY 3RD STAFF INSERVICE. NO SCHOOL FOR STUDENTS.

# What's Rappening at the Blementary!

## MACY'S MAKE A WISH DONATION

Ms. Storo worked with her computer class on completing Santa letters. Each child that submitted a letter helped to provide a contribution through Macy's Make a Wish donation. Kids were excited to participate in a fun activity that helps local kids affected by illness fulfill their wish! Ms. Storo's leadership earned \$720 for the Make a Wish Foundation.

# DRES IS PEANUT AWARE

Because we have students with severe peanut allergies attending our school, and it is our goal to keep our learning environment safe for everyone, we will no longer allow peanuts or peanut products to be served or eaten in our facility. We appreciate your cooperation in helping DRES keep our kids healthy and safe.

## ELEMENTARY FOOD DRIVE

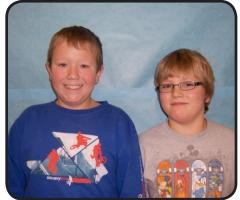
During the month of December, elementary students celebrated our caring pillar. Mrs. Reiff coordinated a food drive. Students and staff donated items that were given to our local food pantry. The donations were distributed to local families for holiday meals and snacks.



# CAUGHT WITH CHARACTER!













Many kids have been caught with good character. Each month our recognition display grows!

# CHANDLER DERSCHAN RUNS NIKE CROSS COUNTRY MEET

n Sunday, Nov. 14, 2010, one of our very own Dell Rapids Quarriers ran in the Nike Cross Nationals Heartland Regionals Cross Country meet. Freshman Chandler Derschan ran in Sioux Falls at 10 a.m. in the open race. This race was an experience very unique and honoring; one that Derschan was excited to participate in for the second time!



In the 5K (3.2 miles) race, 180 runners participated. Derschan raced her way to her 116th place, completing it in 23:45:15. Steep hills made the race more challenging and it just goes to show Derschan doesn't let that stop her. The runners had to jump over hay bales in some spots that only added to the challenge. She said that even though the weather was cold, there were still a lot of spectators there for support. "The girl who finished in first place finished 19 minutes before me. She was so tired she passed out; people had to drag her off the course," Derschan said.

The Nike race didn't just include the state of South Dakota in this event; Kansas, Wisconsin, Nebraska, Iowa, North Dakota and Minnesota also had participants. Although Derschan ran in the individual race, there were also team entries.

"I think that we should compete in it as a team because they add challenges that you might come across in other races, and you might also have to jump over ditches or little streams of water like we had to in McCook and Salem. That's what the hay bales helped you do. It prepares you for your strengths and your weaknesses," Derschan said.

When asked about the experience, Derschan said, "I felt really good because it was the first time I ran since cross country season because of my stress fracture. I felt good about placing, knowing I had just come off an injury."

Derschan said that she can't wait until her sophomore year to hopefully participate again. She also hopes that her team will participate with her.

Congratulations on your strong representation of Dell Rapids Cross Country and best of luck in your future events.

# MOMENTS FROM THE ELEMENTARY CHRISTMAS PROGRAM











# MUSIC BOOSTER NOTES

Parents of Musical students—Become an active member of the Music Boosters. Have a say in the Music program. We meet in the DRHS Chorus room the first Monday of every month at 7pm. Even if you don't have anyone in the music program, if you are interested in helping, please join us.

The Music dinner is in the beginning of its planning stages. We are looking for ideas on how to make the dinner better and people to help plan it. If interested, please call Edie Hinricher at 366-8319.

The Music Boosters are planning Appreciation parties for those students in Band and Chorus. We want to acknowledge the hard work of the musical students. The Middle School is planned for December 21st and the High School members will be toward the end of January.

We have concession stands and do need parents to help. Other fundraisers coming up will be the Schwan's Frozen Foods, Music Dinner, and the pork loin sale in April. The fundraising helps with the cost of band/chorus trips (which we are already planning), instrument repairs, uniforms and other musical venues. Support the band and chorus with their fundraisers and come watch them perform during their concerts and pep rallies.

We hope you enjoyed the Christmas concerts.

## 2010-2011 MUSIC BOOSTER BOARD MEMBERS:

Our next meeting will be Jan 3. Please contact these Board members or your child's director if interested in more information.

Sharee VanVoorst: 428-4664, Marcia Lodmell: 428-6010 Edie Hinricher: 366-8319 or drhsmusicboosters@hotmail.com

#### 2010 WINTER FORMAL



## SENIOR PARENT FINANCIAL AID MEETING

A Financial Aid Information Meeting has been scheduled on Saturday, January 8th at 9:00 AM in the HS Chorus Room. Brenda Murtha, Director of Financial Aid at Augustana, will be presenting and bringing along copies of the 2011-2012 FAFSA forms and Student Guides. She will be walking through the process of completing the FAFSA as well as providing information on student loans, grants, and work-study options. This is a great opportunity to get assistance with any questions and/or concerns you have in regards to funding your student's post-secondary educational plans. In the meantime, feel free to contact me at school at Jennifer.Ruesink@k12.sd.us or 605-428-5473 (extension 3 for high school) with any questions.

# DECEMBER STUDENTS OF THE MONTH



We would like to announce and congratulate the Students of the Month for December. 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 December Students of the Month:

5th: Sydney Cook and Jason Cook

6th: Sheldon Siemonsma and Zachary Baker 7th: Michael Spiegelberg and Karisa Neels 8th:Trystan Hofeman and Gunnar Kangas



# HOBY

There are many opportunities to help students grow to 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. This program has affected Dell Rapids High School students in many ways; especially by encouraging them to apply for HOBY which will give them the opportunity to build leadership skills, meet new people and develop lifelong goals.

This year Dell Rapids has two sophomore girls who will attend HOBY this summer on June 9-12 in Mitchell, South Dakota. Corynn Hoff was chosen as the HOBY representative and Margo Hegge was chosen as the alternate. Nearly 200 sophomores from across South Dakota will attend this camp. The girls will have the opportunity to meet a lot of new people, participate in activities and projects including icebreakers and listen to motivational speakers.

Hoff and Hegge were selected from their applications. The application consists of an essay discussing leadership experiences throughout your community. Candidates are chosen by showing their potential leadership ability. Hoff was motivated to apply after speaking with a previous HOBY applicant and HOBY worker, Joci Hansen. Hegge, however, found her motivation from one of last year's applicants, Emily Haak.

Hoff commented on the program, "I'm really looking forward to my time at HOBY this summer. I've already heard many stories which make me believe my experience will be great. I was also convinced to apply because HOBY looks excellent on resumes which make great resources when applying for scholarships."

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



# SNYDER SELECTED AS KSFY SCHOLAR OF THE WEEK

Dell Rapids High School counselor Jennifer Ruesink said, "Nicole Snyder is a young lady who challenges herself academically and seeks opportunities to further her knowledge," Apparently the rest of the DRHS staff agreed with her because senior Nicole Snyder was nominated as a KSFY Scholar of the Week.

"Nicole is an excellent choice for 'Scholar of the Week'. She is a highly motivated senior who has excelled n the classroom and been very active in community activities," said Principal Bruce Olson.

In order to receive this honor, a student must be nominated by his or her teachers. The teachers nominate a student based on their participation in extra-curricular activities, academic achievements, leadership skills demonstrated, community services and just their overall character. Snyder has a great record of all these thing, and so was very deserving of this award.

After Snyder was chosen as Scholar of the Week, KSFY came to Dell Rapids High School to learn more about her daily life as a DRHS student. They followed her around the school and taped part of her AP Calculus class.

"Nicole is simply an outstanding student. She has a knack for asking questions in class which shows her ability to think analytically and her desire to truly learn versus just getting an assignment done," Jann Saxon said during her interview concerning Snyder as a current calculus student.

Snyder was chosen Scholar of the Week for the of Dec. 5-11, 2010. Because of this nomination, she was presented with a \$100 check from Sioux Valley Energy on Nov. 30. Her interview was aired on Thursday, Dec. 9, 2010, on the 6 p.m. KSFY news program; so be sure to watch for her!

"I'm pretty honored and surprised to be chosen as KSFY's Scholar of the Week. The coolest part is being on T.V.!" Snyder said.

Congratulations to Nicole Snyder on this achievement, along with many other awards she has received during her years attending DRHS. Simply put, "Nicole is" determined, hardworking and positive.



#### CONGRATULATIONS

for the following MS Student Council members on their elections to offices:

Jessica Tisher--Student Council President
Beau Carpenter--Student Council Vice President
Shelby Baatz--Student council Secretary
Ty Hoglund--Student Council Treasurer

# **BOOSTER CLUB NOTES**

A big **CONGRATULATIONS** goes out to the **2010 Dell Rapids State Champion Football team!** What an exciting year (12-0), for the football team, coaches, cheerleaders, staff and parents!!

The Booster Club hosted the Fall Athletic Awards on November 14th. Recognizing many athletes and coaches that have worked so hard throughout the fall season.

We would like to thank everyone who has supported our fall tailgaters, concessions, and parent's nights for the following fall sports: Boys Golf, Cross Country, Volleyball, Competitive Cheer, Football and Cheerleaders. The athletes, coaches and staff of Dell Rapids represent us well! Congratulations to the athletes that were recognized and received awards throughout the evening.

Thank you to the Dell Rapids staff and parents that helped with the fall athletic events. We greatly appreciate your donations and time!!

**Coming Up: Winter Sports Season -** It's hard to believe but we're already well into the winter sports! We are looking forward to an exciting season of watching boys and girls basketball and wrestling.

The Pee Wee Wrestling tourney was held on December 30. Big **THANKS** to all who helped organize and work the tourney. Special thanks to Coach Jorgensen, our Quarrier wrestlers, cheerleaders and all the Pee Wee wrestling parents for helping make this event a success.

**Senior Appreciation Night** for our wrestlers will be held in Jan. At these events our seniors and their parents are recognized for their leadership and dedication to the sport. Senior appreciation is held for each sport usually towards the end of the regular season. Keep your eyes and ears open for announcements on each sports appreciation night as the season draws to a close.

**Quarrier Wear** – Remember items are available at the middle school for purchasing throughout the year. We have jackets, wind shirts, sweat shirts, a variety of T-shirts, shorts, sweats, socks, hats, blankets and cool garden flags to chose from. Any of these items would make a great gift for a Quarrier fan!!!

# **2010-2011 Booster Club Board Members:**

You can also **become a Booster Club member**. Memberships are \$10 this year and you will receive a nice school calendar with all athletic events and pictures. Contact a Booster Club member for more information.

**Kevin and Jeanine Schnieders, Presidents** 

**Dean and Elaine Hammer** 

**Pam Schwebach** 

**Del Ray Dorale** 

Alan and Sheba Schlaikjer

Jerry and Lynn Kerns

John and Leah Steineke

**Louis and Karla Peter** 

**Steve and Jeanne Hoff** 

Tim and Kerry Ljunggren

# JANUARY WISE OWL FRUIT FEATURE KIWI

This Chinese Gooseberry or Sunny Peach originates in China. The name, Kiwi, comes from New Zealand where the fruit was renamed after their national bird.

Choose a kiwi that is plump and slightly soft from gentle pressure to get the sweetest fullest flavor. You can ripen a hard kiwi fruit on your counter away from heat or direct sunlight. Fruit can also be ripened by placing in a brown paper bag.

Through a study on 6-7 year old children in Italy this fruit demonstrated health benefits for the children's respiratory tracts. Children who consumed 5-7 portions of kiwi and citrus fruits had a 44% less probability of wheezing compared to the children who had ate these fruits less than once a week.

This wonderful fruit is rich in dietary fiber and is bursting with Vitamin C. Kiwi is also a good source of Potassium, copper, magnesium, Vitamin E and manganese. To eat the skin or not to eat the skin? The skin and seeds of the kiwi fruit are edible. The bulk of the dietary fiber is found in the skin and many of the vitamins are stored directly under the skin. It is a personal preference if you want to eat like an apple or to make the skin less noticeable to cut into thin slices. Peeling is still an option on how to enjoy the nutritious gifts this fruit has to offer.

Kiwi can be bought year around. Look for this super, Vitamin C fruit at your local grocery!





# **Work on the New Elementary School Continues**



# 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. *Deadline – February 1* 

Application is on-line at -

www.haveityourwayfoundation.org/bksp\_application.htm Access Key BKS

#### 4. 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

#### 5. MISS SOUTH DAKOTA / MISS SOUTH DAKOTA TEEN USA

Information at - www.misssouthdakotateenusa.com or www.misssouthdakotausa.com
Deadline – June

#### 6. 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

# SCHOLARSHIPS

#### 7. 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

#### 8. US BANK SCHOLARSHIP

40) \$1,000

Scholarship awards are selected in monthly random drawings. *Information is available on-line at — usbank.com/studentloans* 

#### 9. 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

#### 10. 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

#### 11. 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

#### 12. 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

#### 13. 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

#### 14. 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

#### 15. 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

#### 16. 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 Deadline - March 12

#### 17. ESA FOUNDATION SCHOLARSHIP

150 national scholarships are given each year. Application is on-line at - www.esaintl.com/esaf Deadline - February 1

#### 18. 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

Deadline - February 1

#### 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.

# FALL MUSICAL - "HONK"





# **AG IN ACTION TREVOR PETER FFA**

The new semester brings a new course offering of Wildlife and Fisheries. This class is offered during the first skinny class and will last the entire semester. Students enrolled in this class will recognize the importance of managing fish and wildlife and understand the importance habitat plays in their populations, identify key factors including economic and social issues related to fish and wildlife and identify life patterns of fish and wildlife.

Advanced Ag Mechanics will be offered during the 2nd skinny class and will last the entire semester. This class involves constructing projects in the shop. These projects could be for the school, community or personal projects. The students enrolled in this course have taken other agriculture classes and will be applying skills learned in those courses to construct their projects.

The second block class of Fundamental Animal Science will consist of gaining knowledge of anatomy and physiology to produce and/ or manage animals in a domesticated or natural environment. The students will recognize animal behavior to facilitate working with animals safely, provide proper nutrition to maintain animal performance, know the factors that influence an animal's reproductive cycle and identify environmental factors that affect an animal's performance. Since this class is an entire block it will last only 3rd quarter. With the large number of students interested in this course, it will also be offered 4th block. In the 4th quarter of the school year, these classes will change into a course called Ag Processing Technology.

Trevor Peter participated in the Ag Broadcasting/Journalism event at the State FFA Leadership Event in Pierre on December 5th and 6th. Senior FFA members can apply for the State FFA Degree and their applications will be reviewed on Jan. 26 to make sure they meet the requirements. The district Star Greenhand will also be selected at that time. The senior members are also working on various scholarships available to FFA members. The Corduroy Classic is scheduled to be held Saturday, Feb. 12. This event includes a pregame reception for FFA members and half-time festivities. It will be a night of great basketball and an opportunity to celebrate the special connection SDSU shares with the FFA. The SDSU women's and men's basketball teams take on Western Illinois at Frost Arena in Brookings. The FFA members are starting to prepare for the spring career development events. Those events areas include: Ag Business Management, Ag Mechanics, Ag Sales, Agronomy, Dairy Cattle Evaluation, Dairy Foods, Floriculture, Food Science, Horse Evaluation, Livestock Evaluation, Meats Evaluation, Natural Resources, Nursery/Landscape and Range Plant Identification. The first event will be the livestock judging contest held during the Sioux Empire Farm Show on Saturday, January 29. There is also a youth invitational calf show open to FFA members Tuesday, Jan. 25 at the Sioux Empire Farm Show. Members are also busy planning activities for the National FFA Week February 19 – 26.



FFA STATE LEADERSHIP 2010 "One of the three main components of the FFA mission is premier leadership. Everyone can be a leader in one role or another. Each of us has the opportunities everyday to choose to be a leader. Our actions can provide a positive influence to others in our families, schools and communities." said FFA advisor. Tom Wolff.

The Dell Rapids FFA members attended the Jackrabbit invitational leadership CDE held on Nov. 4th, 2010, in Brookings. Over 130 individuals from 26 different chapters



participated in this event. Dell Rapids members, Erica Jurgensen and Gina Wolles participated in Prepared Public Speaking and placed 21st and 19th respectively. Both Jurgensen and Wolles had to write and memorize a 6-8 minute speech on an agricultural subject. Nicole Snyder also did well, placing 14th in her Job Interview. She had prepared a letter of application and a resume in advance before she was given 20 minutes to complete an application form.

Another recent event for the FFA members was the important District Leadership CDE held on Nov. 15th, 2110, at West Central. There were 11 different areas that members could compete in, and the top three members from each event will represent the Dells District at the upcoming state event. Sophomore Trevor Peter placed first in Ag Broadcasting/Journalism and will advance to the state competetion in Pierre on Dec. 5-6. In order to win in this area, Peter had to present a 4-5 minute broadcast. In addition, Wolles placed fourth in Prepared Speaking which made her the alternate to compete at the state event; Jurgensen also placed sixth with her Prepared Public Speech.

When asked about state competition, Trevor said, "I'm excited. It should be a fun experience."

Congratulations to all of the FFA members on their great show of leadership. Also, the best of luck to Peter as he prepares for the state competition.



**MS CHRISTMAS CONCERT 2010** 



#### DRMS HONOR ROLL Quarter 1 2010-2011

#### 6TH GRADE GOLD

DeNoon, Mikayla Kaiser, Brooke Wiebenga, Ross

#### 6TH GRADE SILVER

Amundson, Betsy Baker, Zachary Boever, Margaret Bruggeman, Beth Dennis, Stephanie Dorn, Justin Gleason, Micah Gullickson, Mackenzie Hahn, Janae Hansen, Hunter Hoffman, Nicholas Huss, Justin Kerns, Jordan Lorenzen, Ashley Millage, Kendrin Nordstrom, Alexander Peter, Mason Petrik Elyssa Pulscher, Trevor Redetzke, Shelby Schreurs, Harrison Schumaker, Autumn Shellum, Alyssa Solberg, Chloe Tisher, Grace Wilson, Reiley

#### 6TH GRADE BRONZE

Wolles, Jacob

Andersen, Seth
Anderson, Kyler
Bakker, Skyler
Black, Aidan
Delker, Taci
Griebel, Megan
Habeger, Rose
Hackett, Patrick
Helgeland, Alexander
Kuper, Kollin
Miller, Anthony
Nelson, Bailey
Weinzetl, Tristan
Yetter, Caleb

#### 7TH GRADE GOLD

DeVos, Alexa
Hoglund, Ty
Klein, Eric
Parrott, Joshua
Riswold, Justin
Stelzer, Zachary
Stofferahn, Mikaela
Welbig, Hannah
Wright, Cordell

#### 7TH GRADE SILVER

Adams, Mara Benda, Joshua DeLange, Ted Erickson, Demi Geraets, Ryan Gronli, Brooke Hauf, Kelci Hegge, Nadine Hyde, Kenydie LaCoursiere, Henry Miles, Megan Mogen, Brett Morris, Lindsey Neels, Karissa Opland, Erica Prasek, Sam Reider, Samantha Schumacher, Kiah White, Sam

#### 7TH GRADE BRONZE

Adams, Sutton Brewer, Ciera Burggraff, Paige Donaldson, Orion Drew, Kendra Fiedler, Hannah Finke, Ty Gottsch, Elizabeth Hollaren, Mason Holmes, Dominic Kahler, Greg Lesselyoung, Drew Lightner, Braeden Machmiller, Austin Randel, Trey Shellum, Cody Stahl, Dominick Tiesen, Alicia

#### 8TH GRADE GOLD

Haak, Sarah Huss, Hannah Jensen, Morgan Meyer, Justin Tisher, Jessica Wilke, Melanie

#### 8TH GRADE SILVER

Baatz, Shelby Brown, Taylor Dearduff, Meg Gleason, Casey Hennen, Ty Karst, Adam Knuppe, Trent Langer, Grant Munk, Bailey Nelsen, Jill Sachen, Desaray Schumaker, Zane Seimonsma, Brittney Warne, Mariah Welbig, Brittnay Wiebenga, Andrew Wrage, Shelby

#### 8TH GRADE BRONZE

Bach, Jamison Boyle, Emily Brust, Joel Gillogly, Ben Gullickson, Chris Hammer, Ben Hanzlik, Trevor Heinemann, MacKenzie Hemenway, Keegan Hof, Alisyn Hofeman, Trystan Jurgensen, Riley Lueders, Angel Nelson, Jase Osborne, Paige Peterson, AJ Roemen, Micah Schmidt, Riley Schumacher, Pierce Snoozy, Luke Tiernan, Reice

VanBallegooyen, Devin

# JOIB SHADOWING

On Wednesday and Thursday, Nov. 3-4, 2010, Dell Rapids High School seniors were given the chance to experience a day in the work force. With the help of Guidance Counselor Jennifer Ruesink, and English teacher Kerri Kirschenmann, the seniors have been preparing for their job shadow experience since their junior year by taking career exploration through a series of ability and interest tests. In their senior year they created a resume, included a cover letter that was put in an envelope and sent to their business contact person prior to their day of shadowing.

Dell Rapids seniors have been given the opportunity to shadow for the past 30 years. Up until the last three years, the job shadowing program has actually been synchronized with ten other schools estimating 250 students. Since the contact person retired, the DRHS counselor, Mrs. Ruesink, has called businesses in the surrounding area, confirming dates, arranged times, distinguished dress codes and then later provided the follow up phone calls so that this valuable event could continue. There is a vast variety of occupations offered to the students that range from police officers, teachers, engineers, a vet and various health field careers, to just name a few.

Alysha Solberg had a very informative and quite entertaining experience that will definitely help her decide on college choices and an occupation. Solberg shadowed an english teacher at O'Gorman High School on Sioux Falls. "I really enjoyed my shadowing experience. It helped me a lot to realize that being an english teacher is really the path I want to pursue after high school," she said.

Aaron Blake also had an informative experience in shadowing a police officer in Sioux Falls where he observed the office as he passed out

tickets, issued warrants and arrested citizens in wrong doing. "It was a really good day. I liked finding out more information about the career that isn't always told to society. A police officer is really something I am looking into for my future plans."

The goal that DRHS tries to accomplish by the job shadowing experience is to give students a look into life after high school. This opportunity gave each student a chance to ask questions pertaining to their specific occupations and then determine whether this is the career choice for them.



Anthony Cameron was with Chef Dominique



Samantha Stykel was at the vet in Harrisburg

#### Dell Rapids Public



**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 Adult Breakfast

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

#### Extras Available

Extra Milk

4		V 200				_
	Mon	Tue	Wed	Thu	Fri	
	No School	Fresh Baked Fruit Muffin Square Fruit Fruit Milk Choices	5 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit Fruit Milk Choices	Pancake Sausage Stick Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	7
	French Toast Sticks with Syrup Fruit Milk Choices	Homestyle Sausage Gravy over Fresh Baked Biscuit Fruit Milk Choices	12 Homestyle Breakfast Que- sadilla Fruit Milk Choices	13 Breakfast Pizza Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	14
	17 Breakfast Pizza Fruit Milk Choices	18 Cheese Omelet Fruit Milk Choices	19 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit Fruit Milk Choices	20 Mini Pancake Sausage Bites Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	21
	24 Cinnamon Tastry Fruit Milk Choices	25 Fresh Baked Fruit Muffin Square Fruit Milk Choices	26 Homestyle Sausage Gravy over Fresh Baked Biscuit E Fruit Milk Choices	27 Breakfast Pizza Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	28
	31 Breakfast Pizza Fruit Milk Choices					

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.



Milk is an effective exercise recovery drink due to its powerful nutrient peakage that supplies the nutrition the body needs after a workout. Milk has carbohydrates to help reful the body; protein to help reduce muscle breakdown and stimulate growth; and fluid and electrolytes to aid in rehydration. Drinking milk after resistance training has been shown to increase the body's ability to make new muscle and may help improve body composicle and may help improve body composi-tion. All the more reason to drink milk!

#### 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 🙂

Did you Know?

We offer Cheerios®

and Kix® cereals daily to provide stu-

in the classroom.

dents 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

## 

Mon		Tue	Wed	Thu	Fri	
No School	3	Fresh Baked Fruit Muffin Square Fruit Fruit Milk Choices	5 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit Fruit Milk Choices	Pancake Sausage Stick Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	7
French Toast Sticks with Syrup Fruit Milk Choices	10	Homestyle Sausage Gravy over Fresh Baked Biscuit Fruit Milk Choices	12 Homestyle Breakfast Que- sadilla Fruit Milk Choices	13 Breakfast Pizza Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	14
Breakfast Pizza Fruit Milk Choices	17	18 Cheese Omelet Fruit Milk Choices	19 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit Fruit Milk Choices	20 Mini Pancake Sausage Bites Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	21
Cinnamon Tastry Fruit Milk Choices	24	25 Fresh Baked Fruit Muffin Square Fruit Milk Choices	26 Homestyle Sausage Gravy over Fresh Baked Biscuit Fruit Milk Choices	27 Breakfast Pizza Fruit Milk Choices	Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices	28
Breakfast Pizza Fruit Milk Choices	31					

#### Extra Breakfast Choices:

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

These items will be served along with the items listed on the menu.

#### **Meal Prices**

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

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

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





Milk is an effective exercise recovery drink due to its powerful nutrient package that supplies the nutrition the body needs after a workout. Milk has carbohydrates to help reful the body; protein to help reduce muscle breakdown and stimulate growth; and fluid and electrotypes to aid in rehydration. Drinking milk after resistance training has been shown to increase the body's ability to make new muscle and may help improve body composition. All the more reason to drink milk!

14



### Tanold S

#### **JANUARY 2011** LUNCH MENU ELEMENTARY SCHOOL

Mon	Tue	Wed	Thu	Fri	
3 No School	A. Super Nachos B. Golden Macaroni & Cheese	A. Chili Smothered Baked Potato Potato B. Crispy Chicken Sandwich Green Beans	A. Homestyle Lasagna (1) B. Hot Dog Peas (2) Breadstick	A. Pizza B. Beef & Bean Burrito Cooked Carrots	7
A. Italian Dunker with Marinara Sauce B. Grilled Chicken Sandwich Steamed Broccoli	A. Hot Mexican Grinder B. Hamburger or Cheeseburger Chips & Salsa Cookie	A. Chicken Nuggets B. Country Fried Steak Mashed Potatoes & Gravy	A. Homestyle Beef Chili : B. Com Dog Com Fresh Baked Cinnamon Roll	A. Pizza	14
A. Teriyaki Chicken (over Rice) B. Toasted Cheese Sandwich with Tomato Soup Whole Grain Rice Fortune Cookie	A. Soft Shell Taco B. Hot Dog Mexi Tots	A. Golden Macaroni & Cheese (1) B. Crispy Chicken Sandwich Peas	A. Spaghetti & Meat Sauce : B. Hot Harn & Cheese Sandwich Green Beans  Breadstick	A. Pizza B. Breaded Pork Sandwich Corn	21
A. Creamy Chicken Stew  B. Hamburger or  Cheeseburger  Cooked Carrots	A. Homestyle Beef & Cheese Enchilada Hot Dish B. Hot Pepperoni Sub Corn Cookie	A. Homestyle BBQ Pork Sandwich (*) B. Mini Corn Dogs Baked Beans	A. Beef & Gravy (over Mashed Potatoes) B. Chicken Nuggets Mashed Potatoes & Gravy Fresh Baked Dinner Roll	A. Pizza  B. Sloppy Joe Steamed Broccoli	28
A. Tator Tot Hot Dish B. Crispy Chicken Sandwich Com					

#### **Meal Prices**

day.

Healthy Cool Choices: ndwiches are available every

Vegetarian -Homestyle/Scratch Cood Source of Fiber

Elem Student Lunch \$2.15 Adult Lunch \$2.80

Dell Rapids Public

QUARRIERS Fruit & Veggie Bar & Milk Choices Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday

be obtained from all building offices at any time throughout the school

#### **Questions Comments**

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



#### Ground Beef

Find out the nutritional benefits of beef on the poster in the dining area

#### New To The Menu

Homestyle, made from scratch Beef & Cheese Enchilada Hot Dish is our name for a great Mexican classic. Our recipe calls for pure ground beef, whole grain com torillas, authentic enchilada sauce and natural cheddar cheese. Muy Ricol Top with lettuce and other fixings from the Fruit & Veggie Bar. If you have ideas for new menu items, please let us know, we'd appreciate it.

A. Pizza

B. Beef & Bean Burrito
Cooked Carrots

A. Pizza Ranch B. BBQ Rib Sandwich Green Beans

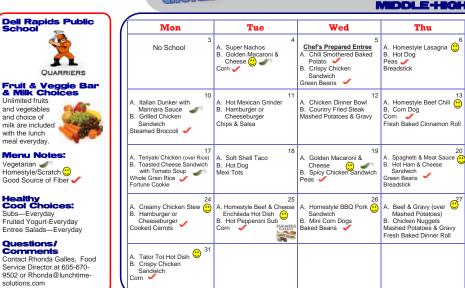
A. Pizza
B. Breaded Pork
Sandwich
Corn

A. Pizza Ranch
B. Sloppy Joe
Steamed Broccoli

21

28

#### **JANUARY 2011** MIDDLE-HIGH SCHOOL



#### Meal Prices MS Lunch

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

Free and reduced meal applications are available at the school office

Thursday, January 5th
Chicken Lo Mein
Chef Keith Nelsön will be preparing Chicken
Lo Mein as a special entrée selection for
lunch on January 5th. This is a Chillese classic. Juicy Writte meat chicken tossed with
celerly green noin and Napa cabbage
served over linguine pasta in a light soy
sauce, This entrée is available for a special a
la carte price of \$3.95, and includes the fruit
and veggie bar and milk chopic. You must
have money in your account to choose this
entrée.

Lunchtime Solutions, Inc.





#### January selection: Local Ranch Ground Beef

Find out the nutritional benefits of beef on the poster in the dining area

#### New To The Menu



Homestyle, made from scratch Beef & Cheese Enchilada Hot Dish is our name for a great Mexican classic. Our recipe calls for pure ground beef, whole grain com torillas, authentic enchilada sauce and natural cheddar cheese. May Ricol Top with lettuce and other fixings from the Fruit & Veggie Bar. If you have ideas for new menu tems, please let us from, we de appreciate it.

# **JANUARY 2011**

## **DR QUARRIERS**We promote spirited thinking,

We promote spirited thinking responsible citizenship and lifelong learning.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
						1	
2	8:00 AM Staff Inservice Day/No School for Students 4:00 PM BBB & GBB Home, JVG-4:00, JVB-5:15, VG-6;30 PM, VB-8:15 PM	8:00 AM School Resumes 4:00 PM HS Quiz Bowl @ Parker 4:45 PM GBB @ Lennox	5	4:00 PM 7/8 GBB @ Tri-Valley 4:00 PM 7/8 BBB Home vs Tri-Valley 5:00 PM WR @ Harrisburg Quad 7:30 PM BBB BSC Trny @ Beresford: DR vs. Beresford	4:00 PM 7/8 BBB @ Tea 6:00 PM BBB BSC Trny 6:00 & 7:30 PM @ Beresford and Canton/TBA	9:00 AM JV WR @ Madison Inv. 9:00 AM JV GBB Dells Invite 9:00 AM Financial Aid Meeting in the HS Chorus Room 10:00 AM WR @ Garretson Invite 2:00 PM BBB BSC Tmy @ Tea/TBA	
9	6:00 PM 7/8 BBB @ Garretson 6:00 PM 7/8 WR Home Dells Invite 7:00 PM School Board Meeting 7:00 PM FFA Chapter Meeting 7:00 PM QPA Mtg. MS Commons	6:15 PM BBB Home vs Chester - No "C" Game.	12	4:00 PM 7/8 GBB Home vs Madison 4:00 PM 7/8 BBB @ Madison 6:00 PM GBB BSC Trny @ DV and EPJ, DR vs Canton @ Dakota Valley	4:00 PM 7/8 BBB Home vs Lennox 6:00 PM GBB BSC Trny 6:00 & 7:30 PM @ DV & EPJ/TBA	9:00 AM 9th BBB Tea Trny 9:00 AM 7/8 GBB Home vs Pipestone 10:00 AM WR Tri-Valley Invite 2:00 PM BSC GBB Trny @ DR	
16	4:00 PM 7/8 GBB @ Flandreau 4:00 PM 7/8 BBB Home vs Flandreau 5:00 PM BBB @ SFC 6:00 PM 9th GBB Home vs Lincoln A & B, 6:00 & 7:15 PM	4:30 PM 7/8 WR Canton Trny 5:00 PM GBB Home vs WC	19	4:00 PM 7/8 GBB @ McCook 4:00 PM 7/8 BBB home vs. Garretson 4:45 PM BBB @ Madison 5:30 PM WR Garretson Triangular	4:00 PM 7/8 BBB @ Baltic 6:15 PM GBB Home vs Sioux Valley - No "C" Game	22 10:00 AM WR BSC Trny @ Tri-Valley 5:00 PM BBB @ Garretson	
23	8:00 AM Quiz Bowl @ Brandon Valley 4:00 PM 7/8 BBB @ WC 4:00 PM 7/8 GBB Home vs West Central 5:00 PM 7/8 WR @ SV 7:00 PM School Board Meeting	25 4:00 PM 7/8 GBB Home vs Baltic 4:00 PM 9th & JV BBB Home vs Roosevelt 5:00 PM WR @ Flandreau Quad 5:00 PM GBB @ Beresford	26 6:30 PM Dist. State Degree Review (Hartford)	8:00 AM Regional One Acts in Brandon 5:00 PM BBB Home vs Vermillion	28	8:00 AM Post Prom 5th & 6th Boys BB Tny @ HS & Elem gym. 10:00 AM WR Lee Wolf Trny @ Aberdeen 6:00 PM GBB @ Pipestone (Varsity and JV)	
30	31 8:00 AM Inst. Solo & Ensemble Contest in SF 4:00 PM 7/8 WR @ Brandon 6:00 PM 7/8 GBB @ Garretson  Dell Rapids School District Phone: 605-428-5473 1216 N. Garfield Fax: 605-428-5609 Dell Rapids, SD 57022 Website: www.dr-k12.org DR School District						



# January 2011

#### HEALTHY KIDS MAKE A DIFFERANCE

Sun	Mon	Tue	$\mathbf{Wed}$	Thu	Bri	Sat
						1
2	3 Jump for joy 50 times	4 Jump side to side 50 times	5 20 sit ups Repeat 3 times	6 Do 100 jumping jacks	7 grab two cans and do 15 arm curls per arm	8
9	10 Wall sit for 30 seconds Repeat x's 3	11 leg lifts on each side 25 times each leg	12 20 sit ups Repeat 3 times	13 30 lunge steps	14 TGIF Dance to your favorite song	15
16	17 Jump for- ward and back ward 50 times	18 Stand up tall and touch your toes 25 times	19 20 sit ups Repeat 3 times	20 Do 15 pushups repeat	21Clean your room -including the closet	22
23	24 Jump over a pillow 50 times	25 Go for a brisk walk for 10 min	26 20 sit ups Repeat 3 times	27 Jump as high as you can 20 times— Repeat	28 Eat two cups of veggies to- day!	29
30	31 Do 5 jumps for every letter in JANUARY!					

Winter Fun Family Activities include ice skating, sledding, snow-shoeing or even consider....

**Snow Painting: A Great Idea.** All you need is a few water bottles with a squirt top, some water and food coloring and some snow. Fill each bottle with water and some food coloring and then head outside. A little imagination and some creativity will result in some great works of art.

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

Non-Profit Organization U.S. Postage Paid Dell Rapids, SD 57022 Permit No. 9

Current Resident or