



Wise Owl

Dell Rapids Public Schools • Dell Rapids, SD • March 2011

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

Happy St. Patrick's Day!



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QUARRIER OF THE MONTH

The faculty has selected Megan Rueb as the Dell Rapids High School Quarrier of the Month for January.

Rueb has been a very active participant in populous endeavors during her years in high school. She has been on the honor roll all four years of high school, as well as being a peer helper. During her junior year, Rueb was inducted into the National Honor Society, and also was selected to be a Girl's State participant. During her sophomore year, Rueb had the special privilege of attending the Governor's Leadership Luncheon. One of her major accomplishments in high school was being one of the two sophomores selected to attend the Hugh O'Brian Youth Leadership Conference, which is a conference held during the summer before the students' junior year. In this conference, sophomores from all around South Dakota came together to improve leadership skills. In receiving this award, Rueb said, "I was excited to be chosen as Quarrier of the Month because

MEGAN RUEB



I got rewarded for all that I have accomplished throughout high school."

"Megan is a very positive, hard-working individual. She never gives up, even when the material gets difficult. She never has any problems asking for help when it is needed, which shows a lot about her character and her ambition to do her best," said Calculus teacher, Ms Jann Saxon. Along with many other

extra-curricular activities Megan has also been in band and cheerleading throughout high school. She was a participant in band, marching band, marching band color guard, concert band, jazz band and pep band. She has been a cheerleader for competitive cheer, football cheer, wrestling cheer and girls basketball cheer throughout high school.

Rueb's future plans include attending the University of South Dakota to major in Occupational Therapy. She is the daughter of Brett and Cindy Sherrill and Troy and Brenda Rueb.

DEPUTY MIKE WALKER

On Monday, Jan. 10, 2011, Dell Rapids High School welcomed a new resource officer, Deputy Mike Walker. Deputy Walker took the place of our previous resource officer, Deputy Trevor Osmer.

Along with working at DRHS, Deputy Walker is also the resource officer at Dell Rapids St. Mary's. When asked how he liked his job as a resource officer in Dell Rapids he replied, "I'm really enjoying it so far. It's my first time as a resource officer, so it's great to get to learn new things and meet new people." In becoming a resource officer, Deputy Walker and other deputies got the announcement that there was a job opportunity available. Those who were interested needed to apply and the best applicant was chosen.



As a resource officer, there are several duties they need to uphold. Some of these duties include: investigating crimes that occur within the school and/or on school property, creating a positive role model for students and staff, and being a resource for parents, students, staff and administration when any issue arises. During the summer months, all resource officers are required to attend a two week DARE school, which is a program that beneficially portrays the negative effects of drinking and doing drugs, and how to use the information they have learned in a positive way to students. When school is not in session during the summer months, all resource officers go back on patrol and attend community activities, such as a farm show, rodeos, and participate in safety talks throughout Minnehaha County.

Deputy Walker grew up in Sturgis, South Dakota. He later graduated from the University of South Dakota (USD) and worked as a deputy in Meade County for 12 and a half years. He started as a Minnehaha County Deputy in August of 2009. He currently lives in Sioux Falls with his 10 year old daughter.



Pictured above are Ashley Weinacht and April Erdman. April was elected as the new District III Chairperson for 2011-2012 year. Ashley is the past District III treasurer.

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.



Pictured above is April Erdman displaying the fifteen safety kits that were given at the FCCLA booth during the Farm and Home Show.

LOCAL HIGH SCHOOL MEMBERS ATTEND DISTRICT III FCCLA MEETING

Members of the Dell Rapids FCCLA Chapter participated in the District III FCCLA Meeting held on Wednesday, February 9. Chapter members met with other students, from neighboring chapters, to participate in various activities sponsored by this dynamic, student-run organization. The theme for the meeting was "FCCLA Blast From the Past."

Members competed in the STAR (Students Taking Action for Recognition) Events in the Illustrated Talk category. The following members received a Gold rating on their Illustrated Talk and will now advance to state competition: Nicole Snyder, Lexi Snyder, Branden Jastram, Taiven Logan, Aubrey Kimball, Chandler Dersch, Darrian Grassi, and Kelcie Hauf. Receiving a Silver rating were Michael Spiegelberg and Chuck Grassi.

District officers presiding at the meeting included Chairperson, Cadi Golay from West Central; Co-Chair, Chelsea Welbon from Madison; Secretary, Trevor Evans from Baltic; and Treasurer, Ashley Weinacht from Dell Rapids. At the meeting, the group elected and installed new leaders for the 2011-2012 school year. Chosen as the new chairperson was April Erdman from our chapter. She will also be installed as one of the state officers at the state meeting.

FCCLA, which stands for Family, Career and Community Leaders of America, centers on building strong leaders for America's future and is the only national organization with the family as its focus. The organization has been in existence since 1945 and has over 220,000 members nationwide. The state leadership meeting is held every April in Sioux Falls and over 2,000 students from across the state are expected to attend. Winners in each category at the state level will advance to the National Leadership Meeting to be held in California in July.



Pictured above are members who did Illustrated Talks at the District III FCCLA meeting. Back row from left to right; Taiven Logan, Nicole Snyder, Kelcie Hauf, Chandler Dersch, Darrian Grassi, Lexi Snyder, and Branden Jastram. Front row from left to right; Aubrey Kimball, Chuck Grassi, and Michael Spiegelberg.

POST PROM PARENTS

Post Prom Parents are busy planning a fun safe event for kids to attend after Prom. The evening will begin with a performance by an Illusionist followed by Game Night at Old 77's new banquet facilities. Please encourage your children to sign up to attend. The first early sign up deadline is Tuesday, March 1st. There will be a drawing for prizes from those who sign up by that date. The second deadline is Thursday, March 24th.

The next planning meeting will be on Sunday, March 6th at Old 77 at 6 PM. Prom night is fast approaching so much help is needed in the final planning and preparation stages. Please mark your calendars and consider helping in the planning of this event. 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.

If you cannot attend the meetings, but would like to help with event setup and supervision, please email jillhansen@div-it.com.

Planned fundraisers are:

Thursday, May 5: Concessions Junior High Track Meet
 If you can assist with this event, please email jillhansen@div-it.com.

MUSIC BOOSTER NOTES

The Music dinner is March 6th. Enjoy the food and the musical talents of 5th, 6th, 7th & 8th and the high school band and chorus.

Three band members were in the Quad State Honors Band—Mirada Krogstad-Honors Symphony, Jayme Damm and Michael Luke—Honors Concert. Jazz Band members are practicing to be nominated for All State Jazz band in May.

The next music scholarship's deadline is May 15. Take advantage to help pay for some lessons.

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.

We have concession stands and do need parents to help. Other fundraisers coming up will be the Music Dinner, pork loin sale in April, concession stand May 10 and Jazzfest. The fundraising helps with the cost of band/chorus trips (which we are already planning), musical scholarships, 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.

Our next meeting will be March 7 at 7pm in the Chorus room. Please contact these Board members or your child's director if interested in more information.

2010-2011 MUSIC BOOSTER BOARD MEMBERS:

Our next meeting will be March 7 at 7pm in the Chorus room. Please contact these Board members or your child's director if interested in more information.

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

DELL RAPIDS MUSIC DINNER

Sunday March 6, 2011

Serving 11:00-1:30

Come Enjoy!

OUR NEW MENU

Roast Beef,
Mashed Potatoes
& Gravy, Corn,
Buns, Pie & Drink

Call For Advance Tickets:
Marcia Lodmell 428-6010

Home Deliveries Call
Lynn Kerns 428-5779
or 201-1370

Ticket Prices:
Children 3 & under: Free
Children 4-10: \$5.00
Adults: \$8.00
Senior Citizens: \$7.00

Performances by:
5th Grade Band
6th Grade Band
7th/8th Grade Band
7/8th Grade Choir
High School Band
Jazz Band
High School Choir

FCCLA NEWS

FCCLA Week

The Dell Rapids FCCLA Chapter celebrated National FCCLA Week on February 6-13. The theme for this year's activities was "FCCLA....to be continued." The chapter members held various activities each day of the week to commemorate this observance. A small bouquet of flowers was given to each of the seven local churches as a token of appreciation for all they do for us. Trivia questions were placed in the announcements each day and a small prize was awarded. There was a guessing game and the person with the closest answer received the prize. A small gift was given to staff members in appreciation for their work. Tray favors were made and distributed to Terrace Manor, Orchard Hills, and Trent Assisted Living Center residents, Meals on Wheels participants, and hospital patients. A fundraiser for Children's Miracle Network was also held. Saturday was set aside for family day.

FCCLA Community Safety Project

The Dell Rapids FCCLA Chapter sponsored a booth at the Dell Rapids Farm and Home Show on February 5 and 6. A board displaying some of the chapter's activities for the year so far was on display. April Erdman, a state Community Peer Education team member, was in charge of the booth with the emphasis on safety. As a part of the responsibilities of this team, she devised a game on safety questions. After correctly answering the questions, people had the opportunity to place their name in a box for a drawing. Fifteen various safety kits like first aid kits, winter survival kits for a vehicle, a smoke detector and carbon monoxide detector were awarded. Partial funding for the kits was received through a grant from the Building Our South Dakota Rural Communities program that the Dell Rapids FCCLA Chapter received.



What's Happening at DR School

Work on the New Elementary School Continues



CHARACTER COUNTS AT DRES!

The following students were noticed for their good behavior at school. Teachers and staff members are impressed with their great character choices. Over 200 students have been caught being good!



FEBRUARY STUDENTS OF THE MONTH



We would like to announce and congratulate the Students of the Month for February. 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, Pizza Ranch & Video Plus, Students of the Month recipients will receive gift certificates for these places!

Congratulations to our February Students of the Month:

5th grade: Amanda Tomes & Evan Schmidt; 6th grade: Dawson Kerzman & Austin Ellingson
7th grade: Amy Stoltenburg & Brett Mogen; 8th grade: Joel Brust & MacKenzie Heinemann

*Not pictured is MacKenzie Heinemann



SPRING INTO WELLNESS 2011

The Dell Rapids Wellness Committee would like to invite the families in our community to a local health fair

WHEN: APRIL 1, 2011 from 3:00 - 7:00 pm

WHERE: DRMS Commons

Come have a fun, interactive health adventure with your family!!

**DELL RAPIDS SCHOOL DISTRICT
EARLY CHILDHOOD SCREENING**

**March 3 & 4
2011**

Birth-Age 5 Developmental Screenings

**CALL 428-3192
by Feb 28th to
schedule an
appointment**

A variety of times are available

**March 3 & 4
Ages Birth-5 yrs old**

(children that will go to Kindergarten in Fall 2011 should attend Kindergarten Round-Up in April 2011)

Location

United Methodist Church
505 E 5th Street
Dell Rapids

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

Phone: 605-428-3192

E-mail:

elizabeth.ekeland@k12.sd.us
nicole.anderson-gappa@k12.sd.us

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



Early Childhood Screening Can Help

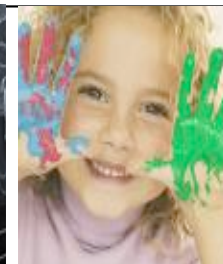
- * Find out how your child is developing
- * Connect you with early childhood programs
- * Answer your parenting questions & receive flyers on parenting topics



Free Screening

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

If your child has been screened in the past, you are welcome to attend again. The screening tool provides a variety of information at different ages.



CONGRATULATIONS

to the cast and crew of the one act who performed in Brandon at the regional one act contest. Good job to all. Outstanding acting awards were earned by Tad Lacey and Michael Luke.

MARCH'S WISE OWL VEGGIE FEATURE... CAULIFLOWER

The goodness in cauliflower is that it is low in saturated fat and cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus. This wonderful source of dietary fiber also carries Vitamin C, Vitamin K, Vitamin B6, Folate, Potassium and Manganese.

This wonderful vegetable can be roasted, boiled, fried, steamed or eaten raw. Steaming or microwaving better preserves the anti-cancer compounds versus boiling. A helpful hint to encourage your kids to enjoy the health benefits of this fruit would be to steam some cauliflower while you are boiling your potatoes and mash both the potatoes and cauliflower together, yummo! Try some at your local grocery today.



Head DRHS Wrestling Coach Craig Jorgensen accepts a check from Mike Tiernan of Dells Electric for the amount of \$2,800 toward the purchase of new warm-up sweats. Thanks, Mike, from the wrestling organization for your kindness.

MS BASKETBALL WRAP UP



DR 7th Grade Boys Basketball Team:

(Back Row) Coach Putnam, Ryan Geraets, Sam Prasek, Josh Benda, Sam White, Cordell Wright (Middle Row) Brent Eddy, Henry LaCoursiere, Brett Mogen, Joshua Parrott, Ted DeLange (Front) Justin Riswold, Ty Hoglund, Greg Kahler, Trey Randel.



The Dell Rapids Seventh Grade Girls' Basketball finished their season with a record of 12 A game wins and 2 losses. The girls had a perfect B game record of 10-0 for a combined record of 22-2.

Pictured (Front Row) Sami Reider, Drew Lesselyoung, Kiah Schumacher, (Middle) Hannah Fiedler, Mara Adams, Hannah Welbig (Back Row) Coach Stanford, Megan Miles, Lindsey Morris, Stats: Alexa Devos. Not pictured Mikaela Stofferahn.



DR 7th Grade Cheer:

(Back Row) Cierra Brewer, Makaylah Miller
(Front Row) Sydnie Hyde, Alicia Tiesen.



The 8th grade boys basketball team has had a busy month of January and will be wrapping up their season on Feb. 17th. The boys have played twelve games so far and have won seven games and lost five games. After starting the season 0-3, the 8th graders reeled off four straight wins before losing to West Central. The boys then went on to win the first two games of the junior high Big Sioux Conf. tournament and found themselves in the championship game against a tough Sioux Falls Christian team. The young Quarriers played tough and battled with the Chargers, but ended up losing a close game and took home 2nd place in the tournament. Good job boys!!! The 8th graders have 3 games remaining on their schedule. They will visit McCook/Montrose, Pipestone, MN, and Harrisburg. Good luck the rest of the year boys and great job this year!!!

(Back Row) Gunnar Kangas, Grant Langer, Ben Hammer, Trent Knuppe, (Third Row) Adam Reams, Matthew Boever, Keagan Hemenway, Justin Meyer, Sean Einerwold (Second Row) Zachery Dishman, Trevor Hanzlik, Zane, Schumaker, Riley Jurgensen, Riley Schmidt, Ben Gillogly, Micah Roemen (Front Row) Matthew Jorgensen, Tanner Ljunggren, Adam Karst, Jase Nelson, Joel Brust.



DR 8th Grade Girls Basketball Team:

(Back Row) Coach Koerner, Brittney Siemonsma, Shelby Baatz, Emily Boyle (Middle Row) Sarah Haak, Jill Nelsen, Melanie Wilke, (Front Row) Nicole Mattern, Bailey Munk, Shelby Wrage, Meg Dearduff.



DR 8th Grade Cheer:

Back Row Alisyn Hof, Mackenzie Heinemann, Taylor Brown
(Front Row) Brittany Welbig, Kyrsten Williams and Angel Lueders.

JUNIOR ACHIEVEMENT

Is your child one of the 44,000 South Dakota students who is participating in Junior Achievement this school year? We encourage you to ask them about what they have learned through their JA experiences. With the support of the classroom teachers, we are able to provide a unique learning experience that challenges children to achieve. If you have an opportunity, please thank your child's volunteer and classroom teacher for their commitment to business and to education.



Junior Achievement is a non-profit organization that inspires and prepares young people to succeed in a global economy by educating them about work readiness, entrepreneurship, and financial literacy. JA programs offer kindergarten through 12th graders an educational experience that combines sequential curriculum with the leadership of a community volunteer to make education and economics relevant to students' lives and future successes.

Many South Dakota schools invite business and community leaders into their classrooms to conduct hands-on activities to show students how business works. Nearly 2,000 community volunteers have been motivating students in South Dakota's public and private schools this year.

For more information about the JA program or to volunteer, contact the JA office at 605-336-7318, 1-800-871-7007 or jasd@ja.org. A JA representative will be happy to share more information about the program with you.

2010-2011 JUNIOR ACHIEVEMENT VOLUNTEER CONSULTANTS AND TEACHERS DELL RAPIDS HIGH SCHOOL

Teacher	JA Program	JA Volunteer Consultant
Jeff Krumm	JA Excelling Through Ethics	Tim Eddy, Citi
Jason Kurtz	JA Excelling Through Ethics	Kari Karst, Buskerud Construction
Jeanne Ludens	JA Excelling Through Ethics	Kris Langer, Landmark Realty and Auction
Tom Wolff	JA Excelling Through Ethics	Jeff Lautt, POET
Steve Hansen	JA Personal Finance	Chad Hansen
Steve Hansen	JA Personal Finance	Charlie Pleskac, Dairy Queen
Steve Hansen	JA Personal Finance	Kari Karst, Buskerud Construction
Steve Hansen	JA Personal Finance	Steve Stofferahn, Air Guard Federal Credit Union

CASEY MICHEL

The Dell Rapids High School welcomes a new face, Casey Michel, a student teacher who works with Mr. Krumm, the high school computer instructor and Mr. Headrick, the middle school computer instructor.

"I chose to student teach at Dell Rapids High School because in high school I attended some of the classes here and really enjoyed the atmosphere and high school staff," Michel said. He has lived in Dell Rapids his whole life and attended Dell Rapids St. Mary's. He currently lives in Dell Rapids and is presently in his last semester at Dakota State University, majoring in Computer Information Systems. He plans to graduate in May of 2011.

Michel hopes to pursue a career as a computer teacher following his student teaching, either in Dells or the surrounding area. "Wherever the job takes me," he said, "I really enjoy working with all of the great staff here and am looking forward to learning more about the field."

Fellow staff member, Mr. Krumm, had nothing but nice words to say about Michel. "Casey is a welcomed asset to our school. He is a fantastic teacher, and we are all happy to have him around." We look forward to seeing more of Casey in the future and wish him luck in all of his endeavors.



MS. HEADRICK



Dell Rapids High School seems to be very lucky this school year with all the new faces being welcomed. Among a few others, Ms. Kaycee Headrick is student teaching for two of our staff members; Mr. Mark Shriver and Mr. Jeff Welbig.

Headrick resided in Fairburn, South Dakota, a town with only about a 60 people population. She attended Custer High School where she was a Wildcat. She now lives in Brookings where she is completing her degree at South Dakota State University (SDSU). If everything goes well and as planned, Headrick will be graduating from SDSU in May, ready to take on the teaching world.

Because she will be a recently graduated teacher, Headrick said she is not going to be "picky" about where she wants to teach; "I would like to focus on getting the job," she said. Once hired, she wants to teach both sociology and history. When asked what inspired her most, she answered with a sincere and honest answer, "Definitely the kids and young adults. Being around them is what inspires me."

While taking over this experience, Headrick is expected to take on the full forces of being a regular teacher, but doesn't exactly have all of the responsibilities quite yet. She will be making and using lesson plans she creates herself and teaching classes. At first, her mentor teachers will be staying alert in the room with her, helping her with any class activities and/or assignments. She will be assisting and teaching Mr. Shriver's history classes in the morning and Mr. Welbig's sociology class in the afternoon.

"All new young teachers deserve a great teaching experience. It is important for them to get experiences," said Mr. Welbig.

We wish Ms. Headrick the best of luck in her time at DRHS and in the future as she starts her teaching career!



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. SIOUX FALLS AREA COMMUNITY FOUNDATION SCHOLARSHIPS

*This Foundation administers many scholarships, some of which Dell Rapids students are eligible to apply for. Most of these scholarships have a March 15th deadline and are available on line at www.sfacf.org. The following are available for Dell Rapids High School students with some just for *Dell Rapids students.*

AXA Advisors Sioux Empire Scholarship

\$500

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

Cogley-Buffington Scholarship

\$1000

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

Dakota Gold Student Athletic Scholarship

\$250 and \$500

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

Dale Lokke Law Enforcement Scholarship

\$400

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

Davenport, Evans, Hurtwitz Scholarship

\$1000 and \$2500

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

Must attend a college in SD

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

*David Schmidt Scholarship

\$1000

Available only to Dell Rapids High School students can not be ranked in the top 10% of graduating class.

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

David Profilet Scholarship

\$500

Given to SD high school graduates who plan to attend Augustana College GPA 3.00+, show character traits such as courage, determination and ability to overcome adversity.

Fred and Marie Christopherson Scholarship

\$2500

Must attend a four year college in SD

GPA 3.9+ and ACT score of 28+

*Gloria Beck Scholarship

\$500

Available only to Dell Rapids High School students

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

*Jeremy Baum Hope Scholarship

\$1000

Must be a Dell Rapids area student

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

*Jerry Hoftiezer Memorial Scholarship

\$500

Available only to Dell Rapids High School students

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

Joe Foss Scholarship

\$1000

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

Junior League of Sioux Falls Scholarship

\$500

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

Kiwanis Clubs of Sioux Falls Scholarship

\$750

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

Sally Bertina Meyer Scholarship

\$800

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

*Trent Area Scholarship

Amount varies of year to year.

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

*Wyatt Ammon Memorial Scholarship

\$500

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

3. ROBERT C BYRD HONORS SCHOLARSHIP

\$1500

Must have GPA of 3.5+ and ACT of 30+

Available in the guidance office or on line at –

<http://doe.sd.gov/scholarships/byrd/index.asp>

Deadline – March 18

4. RICHARD HAGEN-MINERVA HARVEY MEMORIAL SCHOLARSHIP

\$1000-\$2500

Must be an enrolled member of an American Indian Tribe

Must attend a college or technical institute in South Dakota

Application is in the guidance office or on line at –

<http://doe.sd.gov/scholarships/hagen/index.asp>

Deadline – March 11

5. AMERICAN LEGION AUXILIARY SPIRIT OF YOUTH SCHOLARSHIP

\$1000

Must be a junior member of the American Legion Auxiliary and must continue membership in the Auxiliary during the four-year-scholarship period.

Must have GPA of 3.00+ and be of good character.

Applications are available in the guidance office.

Deadline – March 1

6. AMERICAN LEGION AUXILIARY NATIONAL PRESIDENTS SCHOLARSHIP

\$1500-\$2500

Awarded to daughters, step-daughters, sons, or step-sons, grandsons, granddaughters, step-granddaughters of veterans who served in the Armed Forces during eligibility dates during war time years.

Must have completed 50 hours of volunteer service within the community.

Application is available in the guidance office.

Deadline – March 1

7. ASSOCIATED GENERAL CONTRACTORS OF SOUTH DAKOTA SCHOLARSHIP

\$1000-\$2500

Four different scholarships given to students pursuing a career in a construction related education program at a college or technical institute

Must be sponsored by an AGC member.

Application is available on line at – www.sdagc.org

Deadline – May 1

8. INDEPENDENT ORDER OF ODD FELLOWS – IOOF – SCHOLARSHIP

\$500

Must have GPA of 2.50+

Must attend a South Dakota institute of higher learning

Based on scholastic qualifications, leadership and financial need

Application is available in the guidance office

Deadline – March 15



SCHOLARSHIPS

9. US BANK SCHOLARSHIP

(40) \$1000

Scholarship awards are selected in monthly random drawings.

Information is available on line at – usbank.com/studentloans

10. AMATEUR SOFTBALL SCHOLARSHIP

\$500

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

Application is available in the guidance office

Deadline – March 1

11. MINNESOTA CHAPTER OF FARM HOUSE FRATERNITY SCHOLARSHIP

(3) \$1000

Open to a male high school student who is planning to attend the University of Minnesota in the Twin Cities. Based on academic achievement, leadership, athletic involvement and career motivation.

Application is available on line at – www.mnfarmhouse.org or in the guidance office.

Deadline – March 20

12. GOLDEN WEST SCHOLARSHIP

\$1000 to a Dell Rapids High School senior

Students parents or legal guardians must reside within one of the Golden West telephone service areas.

Based on ACT scores, academic achievement, character, leadership, extra curricular activities, and motivation to succeed.

Application is available in the guidance office.

Deadline – March 15

13. 2010 SDACTE SCHOLARSHIP

Must be accepted by a program at any South Dakota technical institute or be accepted into one of the following fields at any South Dakota university... health, business, trade and industry, marketing, agricultural education, and family consumer science education

Application is available on line at – www.lakeareatech.edu/sdacte/ or in the guidance office.

Deadline – May 1

14. AMERICAN LEGION AUXILIARY SCHOLARSHIP

(2) \$500

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

Application is available in the guidance office

Deadline – March 1

15. THELMA FOSTER SCHOLARSHIP

\$300

Must be a junior member of the American Legion Auxiliary

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

Application is available in the guidance office

Deadline – March 1

16. ZACH LEIGHTON “BELIEVE” SCHOLARSHIP

\$500

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

Application is available in the guidance office.

Deadline – April 1

17. MAXPREPS/ARMY NATIONAL GUARD SCHOLARSHIP

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

Must have participated on a sports team covered by MaxPreps

Given to high school student-athletes who are model citizens in all areas of life

– community service, academics, athletics, and school involvement.

Application is on line at – www.MaxPreps.com/CitizenAthlete

Deadline – March 12

18. FOUNDATION OF THE BETTER BUSINESS BUREAU SCHOLARSHIP

(3) \$2000

Application is on line at – www.southdakota.bbb.org

Deadline – March 5

19. HOME BUILDERS ASSOCIATION OF THE SIOUX EMPIRE SCHOLARSHIP

\$1000

Must pursue a career in the construction industry – architecture/construction, heating and ventilation, civil engineering, landscape design, building trades, carpentry, residential wiring, construction management, and plumbing.

Application is available in the guidance room.

Deadline – April 5

20. AMERICAN YOUTH CANCER SURVIVORS SCHOLARSHIP PROGRAM

Must have been diagnosed with cancer before the age of 21

Must be under the age of 25

Application is available in the guidance office

Deadline – March 15

21. MICHAEL ENTRINGER SCHOLARSHIP

\$1000

Will be awarded to a Dell Rapids High School student. Must be a graduating senior in the Region II basketball area. Must have participated in school sports for two or more years and exhibited good sportsmanship. These sports include as athletes, cheerleaders, student managers, and statisticians.

Application is available on line or in the guidance office.

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

Deadline – March 1

22. ASSOCIATED GENERAL CONTRACTORS OF SD SCHOLARSHIP – BUILDING CHAPTER

\$500- \$3500

Must declare a major in construction management, civil engineering, or any other approved program that is directly related to the commercial building industry.

Priority is given to students staying in SD. Applicant is encouraged to submit a sponsorship letter from a current AGC of SD Building Chapter member.

Application is in the guidance office or on line at –

www.sdbuildingchapter.org

Deadline – March 5

23. SOUTH DAKOTA FARMERS UNION SCHOLARSHIP

(25) \$1000

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

Application is available in the guidance room

Deadline – April 15

24. LEO CRAWFORD JUNIOR ACHIEVEMENT SCHOLARSHIP

\$500

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

Application is available in the guidance office.

Deadline – March 30

25. UNITY LODGE #130 OF SIOUX FALLS

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

Must have a family connection the Masonic Lodge of Sioux Falls

Application is available in the guidance office

Deadline – April 15

26. FIRST NATIONAL BANK IN SIOUX FALLS SCHOLARSHIP

\$1000

Based on academic achievement, activities, financial need, and character

Application is available in the guidance office

Deadline – April 30

27. BOB REDDER MEMORIAL SCHOLARSHIP

\$500

Must be a senior FFA member

Must attend a college in South Dakota

Must plan to pursue a major in an agriculturally related field and intend to return to the farm

Application is available in the guidance room

Deadline – March 1

28. HEALTH-CARE EDUCATION SCHOLARSHIPS

\$1,000

Must have a minimum unweighted GPA of 3.8 and minimum ACT score of 28.

Based on overall academic merit, extracurricular activities, health-care related activities, leadership, letters of recommendation, and planned health-care or eye-related course of study.

Application is available in the guidance office or at

www.npef.org/scholarship.asp

Deadline – March 1st

29. HELP!LINE CENTER – CITI YOUTH LEADERSHIP AWARDS

(6) \$1,000

Student must be a senior at a Sioux Empire High School

Must have contributed at least 100 hours of service within the past 12 months

Application is available in the guidance office or at

www.helplinecenter.org

Deadline – March 28th



SCHOLARSHIPS

30. KAYLA CLEVELAND MEMORIAL SCHOLARSHIP – PLAYIN' WITH AN ANGEL

Award amount varies from year to year
Must be from a school who participated in the
"Playin' With An Angel" basketball tournament
Application is available in the guidance office
Deadline – April 1st

31. WITTE INDUSTRIES SCHOLARSHIP

(2) \$500 to Dell Rapids Public High School Seniors
Based on financial need, GPA, ACT score, school/community
involvement, future goals
Application is available in the guidance office
Deadline – April 15th

LOCAL SCHOLARSHIPS

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

Lions Club Scholarship

\$500
Based on service to the school and the community
Deadline – assigned by the counselor

John Solem Scholarship

\$3000 to \$4000
Based on merit – academics, leadership, service and character.
Deadline – Assigned by the counselor

Dells Forward Youth Scholarship (formerly the Optimist Scholarship)

(2) yet to be determined but \$300 last year.
Based on the importance of serving the community and school
Deadline – assigned by the counselor

Dell Rapids Public School Education Scholarship

\$200 - \$500
Must go into the teaching field
Deadline – assigned by the counselor

PEO Scholarship

\$350
For girls only with GPA of 3.00 or higher
Deadline – Assigned by the counselor

Dan Daugaard Scholarship

\$500
Must major in engineering and preference is given to students who will attend the University of North Dakota. If we have no engineering students attending UND, students attending another college and majoring in engineering will be eligible.
Deadline – assigned by the counselor

Jay Geraets Scholarship

\$500
Must go into an agriculture related field, coaching or play collegiate sports
Deadline – assigned by the counselor

American Legion Scholarship

\$300 - \$500
All students are eligible to apply
Deadline – assigned by the counselor

Golden West Scholarship

\$1000
Student/parent must reside within the Golden West Telecommunications service area. Based on ACT score, leadership, extracurricular activities, academic achievement, motivation to succeed, and personal character.
Deadline – March 15

SCHOLARSHIP SITES

Check out These Scholarship Search Sites:

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

SCHOLARSHIP TIPS:

Applications should be typed.
If need be, scan the application and type.
Ask for references in advance... usually one week.
Keep a copy of the application form... could use parts later.
Proof read for grammatical and spelling errors.



DESTRUCTION OF SPECIAL EDUCATION RECORDS

This is a notice to inform you of the Dell Rapids District policy concerning the destruction of Special Education records. All material will be destroyed seven years after the information is no longer needed for providing educational services.

You have the right to be provided with these materials prior to destruction. Please send a signed written request to the Dell Rapids High School if you desire your Special Education information. If you are of legal age and you are your own legal guardian, you must be the individual who makes this request. All materials with dates prior to 2003, with student names, are to be destroyed no earlier than March 15, 2011.

If you have any questions, please contact the high school special education staff at (605) 428-5473 (Ext 3). There will be someone available for consult between the hours of 8AM and 4PM.

Countdown to DakotaSTEP

Starting the week of April 4 students across the state will be taking the DakotaSTEP Tests (grades 3-8 and 11). This test measures your child's performance in reading and mathematics on the South Dakota Content Standards. (The DakotaSTEP results are reported as below basic, basic, proficient, or advanced). The results are very important. The district is accountable for the scores under the federal law known as No Child Left Behind.

Parents play an important role in helping their children give their best performance on this test. The following help to serve as a guideline for parents in helping their children prepare for this test:

1. Put the Test in Perspective – Tell your student that the test is just one of the many ways that the school evaluates student progress.

2. Reassure Your Child – Tell your child that it is okay to be nervous. Everyone gets a little nervous before a test.

3. Tell Your Child What to Expect – Explain that even though some of the questions will be difficult and they will not know all of the answers, it is important not to leave an answer blank. It is better to take your best guess rather than leave a question blank.

4. Give Your Child a Head Start – Make sure your child has a good nights sleep, and then a healthy breakfast in the morning. Keep the morning routine as stress free as possible and assure your child gets to school on time.

5. A Positive Attitude is Contagious – Let your child know that you believe in them. Explain that doing their best is what counts.



DR ELEMENTARY IS "PEANUT AWARE".

Because Dell Rapids Elementary has students with severe peanut allergies, we are a "Peanut Aware" school. This means that DRES does not knowingly serve peanuts or peanut products in our school, and we highly discourage peanuts/peanut products from being sent in lunches or snacks from home. Please check package labeling when sending snacks to school; foods prepared in facilities where nuts are processed are highly discouraged as school snacks. Thank you for helping us to keep our students SAFE.

AG IN ACTION

The Wildlife and Fisheries students are continuing working on wildlife identification. They have been working on large mammals, small mammals, non-indigenous species, upland game birds, duck, geese, swans and cranes. They are investigating the general description, the habitat, feeding habits and life cycle of the various species.

Various shop projects occupy the class period for the Advanced Ag Mechanics students. They are now working on building picnic tables for the city. The materials were purchased with grant money that was received from the South Dakota Department of Agriculture for Building Our South Dakota Rural Communities.

The Fundamental Animal Science students are just finishing up a unit on livestock nutrition. Students recognize the importance of a balanced diet to keep animals healthy and productive. They will finish out the third quarter going over livestock diseases, marketing and careers in animal science. Ag Processing Technology will be offered during the fourth quarter. This class will focus on the processing of various agriculture products.

The Dell Rapids Farm, Home and Hobby show on February 5 & 6 had a booth from the FFA. The original charter of the Dell Rapids FFA Chapter was in 1936, making this 75 years since the chapter began. The purpose of the booth was to touch base with former members and see how things have changed over the years. A children's picnic table constructed by the Advanced Ag Manufacturing students was given away as a prize. Thanks to everyone who stopped to register with our winner being Hellen Heeren. The FFA chapter just finished celebrating National FFA Week. The chapter sponsored Agriculture Trivia questions that were available to all students and staff. Rolls were provided for staff members to show appreciation for all that they do to support the agriculture program and the FFA organization. FFA members could drive tractors to school to show their ties to production agriculture. The ag students had the ability to participate in agriculture Olympic activities. The games were set up to test their skills in different agriculture areas. The FFA members are ready to start competing in 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 career development events that members can attend are: March 2 at Howard; March 8 at DeSmet; March 14 at Tri-Valley; March 21 at Flandreau and March 30 at Lennox. The members will pick a specific event to participate in and compete with other FFA members from the surrounding area. The four members from our chapter who do the best at the various events will then be the team to compete at the State FFA Convention on April 10-12. The skills developed by participating in these events can lead to a challenging and rewarding career.

NO SCHOOL
FRIDAY, MARCH 25TH SPRING BREAK

BOOSTER CLUB NOTES

WAITING FOR SPRING!!!

Good luck to the boy's and girl's basketball teams as they finish up their season and head into districts, regions and state events.

A big thank you goes out to the coaches, players, cheerleaders, fans, and parents who have supported these athletics throughout the season.

Good luck to the boy's and girl's track team as they start their season this month. Go Quarriers!!

EVENTS

The Booster club would like to thank the volunteers that have helped out with our concession stands. (Weather permitting). We couldn't do it without your help. We are always looking for volunteers, just let a board member know and we will put you on our schedule.

FOOTBALL POOL WINNERS

Roch Lamis, Eric Thompson, and Mark Downs.

The Dell Rapids Booster Club will be nominating new board members in March and April. **If you are interested in being on the board**, please contact a current board member. It is a great opportunity to get involved in school events and Quarrier athletics.

Quarrier wear items are available at the middle school. We presently have jackets, windbreakers, hoodies, t-shirts, sweatshirts, garden flags and some miscellaneous items. What a great gift for birthdays or a sporting event.

Memberships are still available for \$20 a family. School calendars with the DR sport photos are now \$5.

2010-2011 Booster Club Board Members:

Kevin and Jeanine Schnieders

Alan and Sheba Schlaikjer

Dean and Elaine Hammer

Leah and John Steineke

Pam Schwebach

Karla and Louis Peter

Delray Dorale

Tim and Kerry Ljunggren

Jerry and Lynn Kerns

Steve and Jeannie Hoff

Save the Date Save the Date
Dell Rapids School District Wellness Committee's
1st

SPRING INTO WELLNESS
Community Health/Wellness Fair

Where: DRMS Commons

When: April 1, 2011 3-7 pm

DELL RAPIDS COMMUNITY HAVEN

CALLING ALL HIGH SCHOOL STUDENTS!

Haven is looking for enthusiastic 9-12 Grade Students who are interested in helping other youth in the community by being a Mentor for our students! We are specifically looking for Mentors who are able to help with homework from 5:00-5:30 p.m. Monday through Thursday after school, as well as in the morning. Mentors can also help with other activities and choose what days and hours they want to volunteer their time and talents. Mentoring at the Haven is a great opportunity for youth seeking volunteer hours. If you are interested in sharing your knowledge and enthusiasm, please call Jessica at 366-8612.

THANK YOU! THANK YOU! THANK YOU! THANK YOU! THANK YOU!

Thank you to everyone who supported our Bake Sales/Concessions at the Middle School Home Basketball games this season. All together we raised \$1,200 for our program!

Thank you to everyone who purchased Raffle Tickets for our Valentine Fundraiser! We would like to extend a special THANKS to the following local businesses for their donations to our Valentine Basket: The Rose Stone Inn, Pretty Please, Blooms on Main, a Touch for Wellness, Dairy Queen, True Value, Dells Theatre, Jabberwock & Video Plus!

Attention parents:

Haven is available for drop in sessions (\$4.00 per session) as long as you call ahead and are pre-registered. Plan for those unexpected events and register your child in Haven today!

JOIN IN THE SUMMER FUN!

We have an exciting summer planned with lots of activities to keep your school-age child busy during those long summer months. Registration forms will be available at the end of March to enroll in Summer Haven or in the Summer Recreation program. Give us a call for more information. We look forward to another year of FUN IN THE SUN!

Call the Dell Rapids Community Haven at 366-8612 for more information!

The Dell Rapids Community Haven exists because no child should have to be home alone.

We are a non-profit organization dedicated to providing a safe, supervised, and positive environment for students in grades K-7.

PROGRAMS OFFERED

Before School: 7:00-8:40 a.m.
After School: 3:45-6:00 p.m.
Summer: 7:00a.m.-6:00 p.m.
Summer Recreation

WHAT DO WE DO?

- *Arts & Craft Projects
- *Music *Sports
- *Board & Card Games
- *Field Trips *Food Fun
- *Indoor & Outdoor Games
- *Multicultural Activities
- *Special Events *Visitors
- *Community Service Projects
- *Homework Help *Computers



The 5th grade band doing some warm up drills.



The 5th grade band performing their song.



The 5th grade band performing their song with a solo number by the girl in the pink.



The 5th grade band and the parent participation portion. With our own Dane Stone and Fran Ruesink helping out.

DREW BACH AND TRAVIS DUSING PLAY HOCKEY

Every once in a while students get involved in extra-curricular activities that are not involved within the schools walls. Two sophomore students take in the enjoyment and physical activity through the rough sport of hockey: Drew Bach and Travis Dusing.

Dusing has been involved with hockey since as long as he can remember, he says. "I started playing when I was four years old. My dad played when he was in high school and throughout college. It was just one of those things I knew I would do." He mentions how hockey takes up a lot compared to an average kid's life but it is "totally worth it". It takes up so much time on and off the rink, during three of the four seasons; Fall, Winter, and Spring. Bach started playing when he was in sixth grade.

This sport calls for many things; physical ability and mental ability. Athletes who are actively involved are by far dedicated and learn time management skills. Both Bach and Dusing agreed that their weekdays and their weekends are pretty much occupied with their schoolwork and hockey during the hockey season.

When asked what their favorite aspect of hockey was they both smiled. "Definitely being able to hit people and having it be okay since it is part of the sport," Bach said. Dusing added, "The physical fitness and the fact that you're constantly moving the whole practice and game."

The intense hockey season starts on September and after months of hard practices and games the season wraps up in March. During their season, they play multiple games and at the end of the season they play in the South Dakota State Tournament. All teams make it to state and they have stages to play through in order to make the final tournament bracket. Each team plays the other teams three times before they get their state standings, which then places them in the state bracket.

Dusing and Bach play together on the same team, Sioux Falls Flyers, and hope to do well throughout the rest of their season.



Drew Bach and Travis Dusing



MARCH 2011 ELEMENTARY BREAKFAST

Mon	Tue	Wed	Thu	Fri
	Cheese Omelet Fruit Milk Choices	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
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
14 Breakfast Pizza Fruit Milk Choices	15 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	16 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	17 Pancakes with Syrup Fruit Milk Choices	18 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
21 Waffle with Syrup Fruit Milk Choices	22 Cheese Omelet Fruit Milk Choices	23 Homestyle Sausage Gravy over Fresh Baked Biscuit ☺ Fruit Milk Choices	24 Breakfast Pizza Fruit Milk Choices	25 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
28 Breakfast Pizza Fruit Milk Choices	29 Fresh Baked Fruit Muffin Square ☺ Fruit Milk Choices	30 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	31 Pancake Sausage Stick Fruit Milk Choices	

Dell Rapids Public Schools



QUARRIERS

Breakfast Choices

Available every day
Breakfast includes:

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



Cereal Choices With Toast

Available every day

Entree Note:

Homestyle/Scratch ☺

Meal Prices

Student Breakfast \$1.25
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?



Skipping breakfast is a common strategy for losing weight, but not a smart one.

Studies have repeatedly shown that people who skip breakfast are at an increased risk of being overweight. This is because skipping breakfast can slow a person's metabolism, which contributes to weight gain. The body expects to be refueled a few times each day so boost your metabolism by starting you day with breakfast!



MARCH 2011 MIDDLE-HIGH BREAKFAST

Mon	Tue	Wed	Thu	Fri
	Cheese Omelet Fruit Milk Choices	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
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
14 Breakfast Pizza Fruit Milk Choices	15 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	16 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	17 Pancakes with Syrup Fruit Milk Choices	18 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
21 Waffle with Syrup Fruit Milk Choices	22 Cheese Omelet Fruit Milk Choices	23 Homestyle Sausage Gravy over Fresh Baked Biscuit ☺ Fruit Milk Choices	24 Breakfast Pizza Fruit Milk Choices	25 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
28 Breakfast Pizza Fruit Milk Choices	29 Fresh Baked Fruit Muffin Square ☺ Fruit Milk Choices	30 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit ☺ Fruit Milk Choices	31 Pancake Sausage Stick Fruit Milk Choices	

Dell Rapids Public Schools



QUARRIERS

Breakfast Choices

Available every day
Breakfast includes:

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



Entree Note:

Homestyle/Scratch ☺

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 with the items listed on the menu.

Meal Prices

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

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.



Did you Know?



Skipping breakfast is a common strategy for losing weight, but not a smart one.

Studies have repeatedly shown that people who skip breakfast are at an increased risk of being overweight. This is because skipping breakfast can slow a person's metabolism, which contributes to weight gain. The body expects to be refueled a few times each day so boost your metabolism by starting you day with breakfast!

Breakfast MENUS



LUNCHTIME CHOICES!

MARCH 2011 LUNCH MENU ELEMENTARY SCHOOL

Dell Rapids Public School



QUARRIERS

Fruit & Veggie Bar & Milk Choices

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



Menu Notes:

Vegetarian Homestyle/Scratch Good Source of Fiber

Healthy Cool Choices:

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.

Questions Comments

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



March Selection: Sweet Potatoes
Find out the nutritional benefits of sweet potatoes on the poster in the dining area or at:

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

New To The Menu



This month we are pleased to feature Bread Sticks with Meat Sauce. We start with our Home Style tomato based meat sauce, then fresh bake our special bread sticks, that you can use for dipping. Warm fresh baked Bread Sticks with a rich tomato meat sauce. Simple yet delicious and fun!

Lunchtime Solutions, Inc.
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LUNCHTIME CHOICES!

MARCH 2011 LUNCH MENU MIDDLE-HIGH SCHOOL

Dell Rapids Public School



QUARRIERS

Fruit & Veggie Bar & Milk Choices

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



Menu Notes:

Vegetarian Homestyle/Scratch Good Source of Fiber

Healthy Cool Choices:

Subs—Everyday
Fruited Yogurt—Everyday
Entree 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

Chef Prepared Entree

Thursday, March 2nd

Bow Tie Alfredo Shrimp

Chef Keith Nelson will be preparing Bow Tie Alfredo Shrimp as a special entrée selection for lunch on March 2nd. This culinary delight features tender shrimp, celery and green onions in a light Alfredo dill sauce served al dente over Bow Tie pasta. This entrée is available for a special a la 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.

Lunchtime Solutions, Inc.
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March Selection: Sweet Potatoes
Find out the nutritional benefits of sweet potatoes on the poster in the dining area or at:

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

New To The Menu



This month we are pleased to feature Bread Sticks with Meat Sauce. We start with our Home Style tomato based meat sauce, then fresh bake our special bread sticks, that you can use for dipping. Warm fresh baked Bread Sticks with a rich tomato meat sauce. Simple yet delicious and fun!

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LUNCH MENUS



MARCH 2011

DR QUARRIERS

We promote spirited thinking,
responsible citizenship
and lifelong learning.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:00 PM BBB District 6A High Seed	2 8:00 AM Howard FFA Career Development Events	3 8:00 AM Pre-School Screening (United Methodist Church) Birth-5 Years Old 6:30 PM GBB Region Tea 4B/6:30 PM, 3A/8:00PM	4 8:00 AM MS All State Band in Pierre 8:00 AM Pre-School Screening (United Methodist Church) Birth-5 yrs. old 6:30 PM BBB District @ Elmen Center 6:30 PM District 6A, 8:00 PM District 5A	5 8:00 AM MS All State Band in Pierre
6 11:00 AM Music Boosters Dinner 6:00 PM Post Prom Mtg. @ Old 77	7 8:00 AM FCCLA serves brkfst at banquet-SF 8:30 AM Improv performance at Canistota 3:30 PM MS BSC Quiz Bowl @ TV 7:00 PM FFA Chapter Meeting 7:00 PM Music Booster Meeting in Music Room	8 8:00 AM DeSmet FFA Career Development Events 7:00 PM BBB Region @ Elmen Center	9	10 1:00 PM State GBB Tournament @ Watertown	11 1:00 PM State GBB Tournament @ Watertown	12 1:00 PM State GBB Tournament @ Watertown
13	14 8:00 AM End Third Term 8:00 AM Tri-Valley FFA Career Development Events 3:00 PM BSC Academic Bowl @ Beresford 7:00 PM School Board Meeting - MS Library 7:00 PM QPA Mtg. MS Commons	15	16	17 1:00 PM State BBB Trny @ Rapid City	18 1:00 PM State BBB Trny @ Rapid City	19 1:00 PM State BBB Trny @ Rapid City
20	21 8:00 AM Flandreau FFA Career Development Events 8:00 AM Improv Performance at Harrisburg 6:30 PM BSC Spring Mtg. @ Tea	22	23 8:00 AM Vocal Solo & Ensemble Contest	24 8:00 AM All State Band	25 8:00 AM All State Band 8:00 AM Spring Break 8:00 AM Improv Youth Conference Watertown	26 8:00 AM All State Band
27	28 9:00 AM TR Dan Lennon @ Vermillion 7:00 PM School Board Meeting	29	30 8:00 AM Lennox FFA Career Development Events	31		

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

Phone: 605-428-5473
Fax: 605-428-5609
Website: www.dr-k12.org





HEALTHY KIDS MAKE A DIFFERENCE

MARCH 2011

*SPRING INTO
WELLNESS*

APRIL 1, 2011

3 –7 pm

DRMS COMMONS

*All families are invited to attend
this event to promote overall health
and wellness in our homes, school
and community!!*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 See how long you can hop on one foot and switch legs and try again	2 20 arm circles, Repeat two times!	3 15 sit ups Repeat two times	4 Tell someone to have a nice day!	5
6	7 MARCH around your home to your favorite song!	8 Touch your toes and jump up high 10 times. Repeat	9 WHO can do the most push ups in your family??	10 20 jumping jacks Repeat three times	11 CLEAN YOUR ROOM!!	12
13	14 30 high knee MARCHES. Re- peat two times.	15 Go outside and play for 20 minutes!!	16 Do 15 arm curls with soup cans Repeat 3 times	17 Jump up and down to a song on the radio!!	18 Help fold and put away laundry.	19
20	21 How many MARCHing steps in 30 minutes!	22 WHO can do the most sit ups in your family??	23 Get outside and go for a 20 minute walk	24 Jump side to side 40 times. Repeat 3 times!!	25 Help a parent do a household chore (clean , vacuum)	26
27	28 Go outside and MARCH around your house !	29 Have your family do 50 jumping jacks !!	30 10 push ups, Repeat 2 times.	31 Eat 2 cups of veggies today!! And everyday!!		

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

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