



Wise Owl

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

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

HAPPY EASTER!



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QUARRIER OF THE MONTH

- JESE NELSON

The faculty has selected Emily Kerns as the Dell Rapids High School Quarrier of the Month for February.



EMILY KERNS

Along with extra-curricular activities, Kerns has excelled in numerous sports as well. She was in volleyball all four years of high school. She was also a participant in golf and basketball all four years. During her junior year as a Lady Quarrier basketball player, she was awarded MVP for her junior varsity team. Girl's varsity basketball coach,

Kerns is a great student and is committed to everything she participates in. She has been on the honor roll all four years of high school, as well as being inducted into the National Honor Society her junior and senior years. Kerns had the special privilege of attending YBA, Youth Business Adventure, her junior year, where she learned more about skills and other aspects of business. Also during her junior year she was selected as a Girl's State participant. During her senior year Kerns was selected as Academic All-State as well as participating in the One-Act play. Throughout high school she was a member of band, marching band, concert band, and pep band.

Jeff Dvorak said, "From last year until this year Emily stepped up incredibly well; not only in her leadership but also in the way she played. She will be greatly missed next year."

"I have wanted to be chosen as a Quarrier of the Month ever since I can remember; it is a big honor for me to be chosen," said Kerns. Her future plans include attending South Dakota State University to major in Business and Economics. She is the daughter of Jerry and Lynn Kerns.



Congratulations to the BBB team on their third place finish at the State Tournament. Congratulations to Cole Langer and Bryce Koch for being named to the All Tournament Team. (More pictures and details to follow in the next issue of the Wise Owl)

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.

DRIVER EDUCATION 2011

This year's Driver Education class will take place during the months of May & June. The classroom portion is tentatively scheduled for May 24, 25, 26, and 27 from 8:00-4:00 PM. Lunch break will be the responsibility of the students and will run from 12:00-12:30 each day. The fee for the Driver Ed program will be announced soon.

Each student will sign up for a specific driving portion. The sign-up for the driving portion will be Friday, April 29 at 8:00 AM in the Middle School Commons on a first-come, first-serve basis. Students will pay the fee at this time. Parents are not required to accompany their child to sign up. Students are asked to check their summer schedule very carefully for any vacations, camp, retreats etc. that may conflict with either the classroom or driving portion of Driver Education before signing up.

If you have any questions please call 428-5473 X3.
Thank you...Driver Education instructors.



CONGRATULATIONS TO THE QUARRIER WRESTLING TEAM

as they finished the season 15th in the State A tournament in Sioux Falls. Jordan Lindberg finished 7th at 125 lbs., Phillip Schwebach finished 4th at 130 lbs., Tyler Gee finished 6th at 140 lbs., and Jackson Entringer finished 8th at 145 lbs. Jacob Huewe, Austin Gee, and David Halvorson wrestled well also.
Great Job to all the Wrestlers on a fine season.

POST PROM PARENTS

Post Prom parents are busy planning Game Night at Old 77 for the post prom event. This will be held from 12:30 AM to approximately 6 AM following prom. Students will ride buses to Old 77 for a Game night filled with games including Family Feud, Minute to Win It, Karaoke, Silent Library, and misc board games. This will be held in the brand new Old 77 Event Center. Food & drinks will be provided as well. Following the games, we will end the night with a performance at the MS Commons by Reza the Illusionist. It should be a fun night for all involved.

Volunteers are needed for bag check-in at the school prior to the Grand March, bag check out following the dance, chaperones, game mc's, & other workers at Old 77. Please volunteer your time and talents to help our kids have a fun, safe night. Email jillhansen@div-it.com or contact any post prom parent:

Clay & Christy Gee, Jeanne & Steve Hoff, Pam Schwebach, Julie Barber, Brett & Cindy Sherrill, Lori Kohnen, Kerry & Tim Ljunggren, Jill & Chad Hansen, Will & Cathy Boever, Marcia & Ken Siemonsma and Jan & Ron Siemonsma.

MUSIC BOOSTER NOTES

School concerts are coming up. Keep your calendars open for the MS spring concert on April 5th at 2:30pm and 7pm. HS spring concert is April 18th at 7pm. Other info: MS solo contest is April 30th from 7:30 am – 12:30pm. HS Jazz Band will be at the Brookings Optimist Jazz Festival on April 7th.

Fundraising information: Pork Loins: Preorders will begin the first of April with the delivery at the High School Concert April 18. Watch for more information to be sent home with your student.

Track Meet Concession: May 10 - we will be providing a concession stand for the 7th and 8th grade track meet. We are looking for workers so if you are available to work or bake items to sell, please contact Janine Burst @359-3379.

The next music scholarship's deadline is May 15. Take advantage of this scholarship to help pay for some lessons or music camps. (A feature of our fundraising efforts)

Senior Trip: Unfortunately, due to limited interest and our big trip last year, there will not be a Senior Trip this spring.

The Music Dinner: A nice variety of music from our talented students was enjoyed by everyone who attended this year's Music Dinner. On Sunday we heard many great comments about the new menu! Because of the hard work and diligence of the parents, directors and students, it was another seamless event. Thank you for all to the directors, parents and students who helped work -- you did a great job!

Since we are always striving to make these events better, the Music Boosters would like your opinions and comments regarding the direction and future of the Music Dinner. As you know, prior to 2010, The Ways and Means Committee guided the parents of the students and helped prepare and serve the food. However, due to increased busy schedules of parents, the Ways and Means Committee as well as the Music Booster opted to cater the event in 2010. Our NY trip was taken last spring, and because we are in our first year of fundraising for a future trip in 2014, we were finding that we have less students and parents who were willing to step forward and assist with events such as this. With fewer helpers, it was decided that the Music Dinner would need to be catered another year. We cut expenses and streamlined our processes as well as tried to advertise inexpensively with more signs for 2011. We hoped to ensure this large event would provide the returns we anticipated. We have come to a cross-road regarding the future of the dinner.

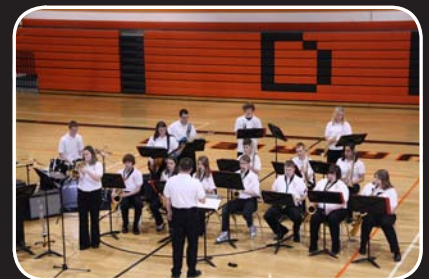
When we sit down and review the numbers, we are finding that this large event is not as profitable as we feel it should be. We are experiencing a substantial decline in the number of persons we serve every year. Unfortunately, the Music Dinner is no longer our largest fundraiser. The Music Boosters would appreciate any comments or opinions you may have regarding the future of the Music Dinner. Please contact the music directors by email or phone the Board members listed below. We appreciate any/all feedback.

2010-2011 MUSIC BOOSTER BOARD MEMBERS:

Our next meeting will be April 4 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

PICTURES FROM THE DELL RAPIDS MUSIC DINNER



What's Happening at DR School

SUMMER SCHOOL

Students interested in taking summer school classes through the Sioux Falls School System need to register for classes by April 21st, however, early registration is encouraged as classes fill up quickly. There are two sessions being offered this summer – the first session runs May 31st to June 24th and the second session runs June 27th to July 22nd. Classes meet Monday through Friday from 8 AM to 12 PM. Students can earn one half credit for each session. The cost for out of district registration is \$210 per half credit. Online registration is encouraged - <https://commed.sf.k12.sd.us> and click on High School Summer School link. Out of district students should enter 5 zeroes for their student id number. Please see Mrs. Ruesink with any questions.

DRES KIDS OF CHARACTER!



COLE LANGER AWARDED THE MVP BALL

Cole Langer was awarded MVP of the Dell Rapids vs. Deubrook game in the Entringer Classic Tournament earlier this basketball season.

During the game Langer played awesome; he scored 25 points, had 11 rebounds, and blocked two shots.

This is Langer's second time receiving the MVP Entringer Classic Award.



MARCH STUDENTS OF THE MONTH



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

Congratulations to our March Students of the Month:

Back row l-r: Makaylah Miller, Reice Tiernan, Lucas Meyerink, Paige Burggraff

Front row l-r: Brooke Kaiser, Cheyenne Adams, Elyssa Petrik,

Not pictured: Drew Wood

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!!

VALENTINES DELIVERED TO VETERANS AT THE V.A. HOSPITAL

On February 16th the Dell Rapids Middle School Student Council members delivered Valentines to Veterans at the V.A. Hospital in Sioux Falls. All DRMS students grades 5-8 participated in making the Valentines and more than 300 were delivered to the Veterans. Great job to all students and thank you for your help.



Student Council Members: (Left to Right, Back Row) Trevor Pulscher, Drew Lesselyoung, Dominic Holmes, Ty Hoglund, Beau Carpenter and Grace Tisher. (Left to Right, Middle Row) Austin Eulberg, Ross Wiebenga, Sydney LaCoursiere, Tiffany Dorale and Elijah Story. (Front) Trevor Hanzlik. (Not pictured: Jessica Tisher, Advisor: Ms. Coble).

APRIL WISE OWL VEGGIE FEATURE... SPINACH

Crunch on this...Spinach is one of the healthiest foods you can eat. Spinach is low in calories and extremely high in antioxidants, vitamins and minerals. It is a power house source of Vitamin K, Iron, Vitamin E, Vitamin C, calcium, potassium, folic acid, niacin, magnesium and other nutrients.

Adding spinach and other green leafy vegetables is a vital part of your ongoing health. Consider planting some spinach in your garden this year and enjoy some fresh spinach at your local grocery store this month.



SCHOOL BOARD ELECTION 2011

Polls will be open from 7:00 a.m. to 7:00 p.m. on Tuesday, April 12, 2011 to elect a school board member for one three-year position. Running for election are Steven E. Munk and Tom Morris. All precincts will vote in the elementary school gym on 7th Street between Orleans Avenue and State Avenue in Dell Rapids.

Absentee voting is available prior to Election Day by mail or in-person at the high school business office at 1216 Garfield Avenue during school office hours. For information on the election or assistance with absentee voting, contact the school business office at 428-5473, extension 7.

DR. SEUSS' BIRTHDAY

On March 2nd, 1st-4th grade students celebrated Dr. Seuss' birthday with their Kids' Circle groups. The students and teachers participated in relay events in the gym centered on popular children's books. They also spent time with their Kids' Circle leader doing individual activities and listened to Dr. Jewett read "Let's do Nothing."

WHAT ARE YOU DOING THIS SUMMER?

Join in the FUN

2011 Summer Haven Program

- For students entering grades 1st-7th
- Flexible scheduling and rates
- Open 7:00 a.m.–6:00 p.m. Monday–Friday except holidays
- \$15 one-time Registration Fee per participant
- Weekly tuition fees are as follows: \$3.75/hour for 11 hours or less; \$45 for 12–18 hrs; \$55 for 19–25 hrs; \$65 for 26–32 hrs; \$75 for 33–39 hrs; \$85 for 40–46 hrs; and \$95 for 47–55 hrs.
- Reduced fees may be available for those who qualify for free or reduced school lunches.
- Tons of fun activities planned including: local Field Trips to the pool, bowling alley and movie theatre, Art & Craft Projects, Sports, Food Fun, Board & Card Games, Indoor & Outdoor Games, Computers, Science Projects, Multicultural Activities, Special Events, Visitors, Community Service Projects and time to just have fun and hang out with new and old friends!

SUMMER RECREATION PROGRAM



- * Sponsored by the City of Dell Rapids
 - * For students entering 1st–7th grades
 - * \$15 Registration Fee per child
 - * Eight–week program, from June 6 – July 28, features a different sport each week
 - * Learn or develop skills in: Dance, Indoor & Outdoor Games, Hockey, Football, Soccer, Track & Field, and Volleyball
 - * Meets Monday–Thursday mornings at the Public Elementary School Gym;
- | | |
|------------|-------------|
| Grade 1 | 8:30–9:25 |
| Grade 2 | 9:30–10:25 |
| Grade 3 | 10:30–11:25 |
| Grades 4–8 | 11:30–12:25 |



FRIDAY FIELD TRIPS

- * Transportation Sponsored by the City of Dell Rapids
- * For students entering 1st–7th grades
- * Leave at 9:00 a.m. and return by 4:00 p.m. each Friday
- from June 10 –July 29
- * Visit and explore places like: Sioux Falls Aquatic Centers, Xcite Family Fun Center, Brookings Children’s Museum, Brookings Aquatic Center, Beaver Creek Nature Area, Great Bear Hiking Trail, Madison’s Aquatic Center, Minnesota State Parks, Pipestone’s Aquatic Center, and Washington Pavilion.
- * Fees are based on hours + entrance fee for the day. Entrance
- Fees will vary from week to week.
- * Join us for one trip or all of them! Prior registration is needed.

Enrollment Packets are available at: (1) Haven, before or after school, (2) St. Mary’s Elementary School Office, (3) Public Elementary School Office, (4) Public Middle School Office, (5) Dell Rapids City Hall (Rec. Program Only), or call us at **366-8612**.

“Early Bird” Registration is due April 29

All Registration Fees will be increased to \$20 per child after this date—
so SIGN UP TODAY!

On–going enrollment will be accepted as space is available.

PTO

The Parent Teacher Organization has been busy so far this year. We have offered the discounted matinee tickets, Elementary School Roller Skating party and provided the teachers with meals on Conference Days. But since the school year is not over we have more to come. On April 1st we will sponsor a Middle School dance for the 7th and 8th graders. We would like to thank the chaperones and everyone that donated treats. A big thanks to Tammy Parrott for organizing and putting the dance together. On April 2nd we will sponsor the Red Cross Babysitting Clinic for Middle School students. Field Day is coming up for the Elementary School and we will provide a little cool treat for them to cool off with after a tough day of competition.

It is yearbook time and the Elementary yearbook has been sent off for printing and the order forms have been sent home. If you wish to purchase a book and did not receive the form they are \$14.00 payable to the PTO. You can send your payment to the Elementary School Office with the student’s name, grade, your name and phone number. The Middle School order forms will be coming home soon.

Please join us at our monthly meeting the second Monday of each month at 7:00 p.m. at Jabberwock. The meetings last one hour since they close at 8:00 p.m. If you have any questions please contact Joni Koster at 428-5730, Michelle Heiberger at 428-4323 or Tammy Parrott at 428-4351.

WEBCASTS

– CHEYENNE SCHUMAKER

An additional way for any interested community member to learn more about Dell Rapids’ happenings is to check out dellrapidsareanews.com. This website was created a year and a half ago by Mike Henriksen in order to promote Dell Rapids and to inform residents of Dell Rapids’ events.

This website includes various information about school activities. For example, it includes results and schedules for all the school sports. The results are posted promptly as they are submitted. The school board proceedings are included in the website, as well as excerpts from the Wise Owl. In addition, it posts the daily Dell Rapids Public School announcements, which consists of all the information of school activities and news.

One of the many draws to this site are the webcasts. The site first started showing webcasts just this year. These webcasts include live showings of the Dell Rapids Public School and Dell Rapids St. Mary’s High School boys and girls basketball games. According to Henriksen, many individuals have

discovered the site from the webcasts. “The webcasts are a good thing for everybody because they can tune in from anywhere to see what the kids are accomplishing,” Henriksen said. He plans to continue with the webcasts, showing baseball games and football games when their seasons begin.

Besides encompassing school news, the site contains community news. For instance, it keeps up with much of the local business’ and organizations’ news. The website also posts obituaries, church news, and classified ads. All in all, this site is a great promoter of the town.

“I’m excited dellrapidsareanews.com continues to grow. It’s a great way to share information with people in the community,” said Henriksen. He also stated that the more information people send in, the more people will know about the community. Therefore, if anyone has any news they would like on the site, they can visit the contact page on the website to forward the information on.

DELL RAPIDS CARNEGIE PUBLIC LIBRARY NEWS

The Dell Rapids Carnegie Public Library is a community resource that makes available programs and exhibits of value to everyone in our community. This April the Library will be host to Go Figure! The Library partners with the Hands-On Partnership for Science, Literature and Art in South Dakota (HOP) which brings high quality science and art experiences to young people regardless of where they live. HOP features a collection of hands-on traveling exhibits that inspire exploration of science, literature and art. Each is accompanied by kits full of activities, works of art and literature related to the exhibit theme, plus exhibit manuals with directions, media kits and additional art resources. HOP exhibits are turn-key traveling exhibits, using modern technology and fun. Go Figure! transforms charming children's books into a kids-sized world where children and adults delight in exploring math and books. Go Figure! will be on display from April 1st through April 28th.

With an expansion of our library, other exhibits of value to the community can be provided in the future. For the first time in its 100 year history, a major fundraising campaign "Legacy for Lifelong Learning" is underway to raise funds for a major renovation and expansion library project. An estimated \$1.5 million is needed to complete the project, of which nearly \$1,000,000 has been received! A federal appropriation of \$487,000 and a bequest from the Elaine Denn Estate will be applied toward the library project.

The library's renovation and expansion will allow for more accessible public space, a quiet study area, a new ground-level entrance with elevator, updated plumbing and electrical systems, and more resources for information media technology. This is an exciting time for our community and the library. For more information about Go Figure! or the "Legacy for Lifelong Learning" library capital campaign, please contact Deb Huska at (605)-428-3280.

WELLNESS

- SAMANTHA MATHIS

On April 1st, 2011, the Dell Rapids Public School District is holding a Health Fair from 3-7 p.m. in the community to make positive wellness choices.

The wellness committee, parents, and staff of the elementary, middle and high school plan to help our community make a connection between school and nutrition. At this event there will be nutrition samples and prizes available. The FCCLA organization from Dell Rapids High School is going to be promoting fruits and vegetables, and the FFA organization will be promoting dairy. Minnehaha County will be encouraging nutrition and health. Dell Rapids Dental will also be there. The American Heart Association is also attending this event and they will have a booth encouraging heart health. A big feature for this event will be the inflatable colon from Sanford Hospital in Sioux Falls. The local Lewis Pharmacy will be checking blood pressures and evaluating body fat measurements. South Dakota Cooperative Gardening Club will have information provided by the master gardeners of the chiropractic and will be doing posture evaluations.

"This event will allow families in the community to take the first step in receiving information on improving health and wellness in their homes," says middle school-high school nurse, Stacy Tisher, who is also a part of the wellness committee. This event is scheduled for April 1st. If you would like to contact Stacy for this opportunity you may get a hold of her by email at stacy.tisher@k12.sd.us. This event to get informed on wellness and health is a great opportunity that you do not want to miss.

The Yearbook is on sale NOW!



Jump on it!

Order Your
YEARBOOK
NOW! at
www.smart-pay.com

balfour TAYLOR
YEARBOOKS



3 Easy ways to order!

- 1 Order online at www.smart-pay.com! Click "Locate Your School" to begin the ordering process.
- 2 Pick up an order form and mail it in with your check, money order or credit/debit card information. Order forms are available at: [Dell Rapids High School](#); [Ms. Kirschenmann](#)
- 3 Call 1-800-853-1337 to order with credit/debit card.

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/SDOppportunityScholarship.htm

2. 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

3. US BANK SCHOLARSHIP

(40) \$1000

Scholarship awards are selected in monthly random drawings.

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

4. 2011 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/sdactel/ or in the guidance office.

Deadline – May 1

5. 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.

6. 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

7. 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

8. 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

9. UNIVERSITY OF SIOUX FALLS ALUMNI SCHOLARSHIP

\$1000

Available to DRHS and St. Mary students who plan to attend USF

Must have applied and been accepted.

Application is available in the guidance office.

Must be turned into Mr. Hoglund by April 15

SCHOLARSHIPS

10. FEDERAL CREDIT UNION SCHOLARSHIP

(2) \$500

Must have a GPA of 2.5+

Must be a Bell Federal Credit Union member.

Application is available in the guidance office.

Deadline – April 23

11. 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 Mr. Henry when they become available.

1. LIONS CLUB SCHOLARSHIP

\$1000

Based on civic, cultural and social welfare of the community.

Deadline – April 8th

2. JOHN SOLEM SCHOLARSHIP

\$3000 to \$4000

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

Deadline – Assigned by the counselor

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.*

WOMEN IN SCIENCE

On March 9th, 2011 the Dell Rapids Middle School 8th grade girls attended the Women In Science Conference in Sioux Falls. This event is an educational opportunity designed to promote a positive image and stimulate interest in science and technology careers among young women. DRMS 8th grade girls attended presentations by local women doctors, veterinarians, pharmacists, zoologists, optometrists, dentists, nurses, chemists, engineers, ultrasound technicians, nutritionists, geographers and computer analysts. They also had an opportunity to browse through an exhibit area where they participated in hands-on activities and talked with women working in these areas. This was a great opportunity for our students and we are thankful we could be a part of it!



TURKEY TROTTERS WINNER

Last fall, six teams of staff members competed in a Turkey Trot Challenge. The 1st place team for this event was The Well-NESS MONSTERS. Craig Kumerfield, their fearless captain, lead them to an overwhelming victory. They were declared triumphant with their impressive 4055 minutes of physical activity in a four week time period (that is 445 more minutes than the 2nd place team). Mr. Kumerfield, Dr. Jewett, Virginia Miller and Jody Stone all received a County Fair gift card and a coffee mug from ASBSD. Everyone who makes the choice to get up and moving are winners, way to go to all the participants in this challenge.



Dr Jewett, Virginia Miller, Captain Craig Kumerfield, Jody Stone

Congratulations to the GBB team and the WK Team on their fine seasons.



AG IN ACTION

Common fish of South Dakota have been the main focus of the Wildlife and Fisheries class. The students have been exposed to the identifiable characteristics of the various species. Fishing techniques and baits will be the next unit with George Henry coming in to explain and demonstrate fly fishing.

Picnic tables for the city have been the main focus of the Advanced Ag Mechanics class. A grant through the South Dakota Department of Agriculture for Building Our South Dakota Rural Communities was awarded to the FFA Chapter to purchase material to build picnic tables. The students have been cutting the square tubing and will weld the frames together. They will also be attaching the boards for the tops and seats.

Ag Processing Technology is finishing up the dairy foods unit that consisted of fluid milk, butter, cheese, ice cream, nutrition and marketing of dairy products. The next unit will be covering the meat industry which includes the slaughter process, inspection, quality and yield grading, wholesale meat cuts and retail meat cuts. These classes will take a tour of the John Morrell's plant in Sioux Falls.

The FFA members continue to prepare for the various Career Development Events at the State FFA Convention on April 10-12 held on the campus of SDSU in Brookings. On March 2nd, twelve members attended the Career Development Event hosted by Howard. Nick Siemonsma placed 2nd, John Elverson placed 3rd and Colin LeBrun placed 7th with the team placing 1st in the agronomy area. Lane LeBrun placed 17th, Jackson Entringer placed 22nd and Trevor Peter placed 35th in the dairy foods area for a 6th place team finish. Other participants in the dairy foods event were Phillip Schwebach, Ryan Nichols and Peter Nebben. Gina Wolles placed 25th in the livestock judging event with Joe Wolles and Andrew Andersen also participating in the livestock judging event. The Career Development Event hosted by Tri-Valley on March 14 found fifteen members participating in five different areas. John Elverson, Nick Siemonsma and Colin LeBrun participated in the agronomy event with John placing 2nd, Nick placing 3rd and Colin placing 17th for a 2nd place team finish. Phillip Schwebach placed 2nd in the dairy foods event along with Trevor Peter placing 21st, and Jackson Entringer placed 56th for a 4th place team finish. Other members participating in the dairy foods event were Casey Boever, Ryan Nichols and Peter Nebben. The first place individual in the horse judging event was Nicole Wrage with Erica Jurgensen placing 12th. The other member of the horse judging team was Heidi Anderson. Joe Wolles was the only individual from Dell Rapids in the ag mechanics event and he placed 2nd. The only individual from Dell Rapids in the dairy cattle judging event was Gina Wolles, who placed 10th. In the natural resources event, Nicole Snyder was the only individual from Dell Rapids and she placed 15th. The FFA members attended the Career Development Events hosted by Flandreau on March 21st, the events hosted by Lennox on March 30th and the events held during the Little International at Brookings on April 1. Those members who have done the best at the various competitions will be selected to be on the teams to represent Dell Rapids at the State FFA Convention. The chapter will also be holding the annual parent/member banquet on Sunday, April 17 in the middle school commons to recognize the members on their accomplishments from the past year.



Nicole Snyder works on identifying mammals as one part of the natural resources event.

BOOSTER CLUB NOTES

BOOSTER CLUB NEWS - APRIL 2011

Congratulations goes out to the Wrestling team, coaches, cheerleaders, and statisticians, for their success at the State level!!! The Booster club sponsored the welcome home on February 27th.

Congratulations to the GBB team as they finished their season as District Runners Up. Congratulations to the BBB team as they are District and Region Champs and played in the BBB State Tournament in Mid March.

The Booster club wishes the track team and girls golf team great success as their season gets underway.

UPCOMING EVENTS

The Spring Athletic Awards night will be Sunday, May 1st at the Middle School Commons. The athletic teams for the 2010-2011 seasons will be recognized, along with the presentation of the senior plaques. The Booster club will provide refreshments. Everyone is welcome, please plan to attend and support the Dell Rapids High School athletes for his or her accomplishments.

The 2011-2012 Booster of the Year will be announced during the Awards night. The new board member will also be recognized.

CONCESSION STANDS

The Booster Club will hold their last concession stand on May 9th for the Quarrier Track Invitational. We will need several volunteers to help this day. If you are interested, please contact Pam Schwebach or Sheba Schlaikjer.

QUARRIER WEAR

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. School calendars with the DR sport photos are now available for \$5. These items are located at the DR Middle School or by contacting Sheba Schlaikjer.

2010-2011 Booster Club Board Members:

Kevin and Jeanine Schnieders, President	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

UPCOMING EVENTS

Parent/Teacher Conferences for the HS on
Monday, April 11th from 4:30-8:30 PM

Saturday, April 16 – Prom, Grand March begins at 8:00 PM

Sunday, April 17 – FFA Parent/Member Banquet @ MS Commons

Monday, April 18 – HS Band & Vocal Concert

Thursday, April 21 – No School for students/Teacher Inservice

Friday, April 22 – Good Friday/No School

Monday, April 25 – No School/Easter Break

Tuesday, April 26 – 7:00 PM Humanities Award Night

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 night's 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.

"JAZZ ON THE UPPER GREAT PLAINS" FESTIVAL

The Dell Rapids jazz ensemble placed fourth in Class A at the 37th Annual Augustana College "Jazz On the Upper Great Plains" Festival. The group finished just one point behind 3rd place winner Parkston and two points behind 2nd place winner Redwood Valley (Redwood Falls, MN). The Class A competition winner was Vermillion High School. Other schools competing in Class A were Maple Valley-Anthon-Oto, Chamberlain, West Central, Dakota Valley, Esterville Lincoln Central, and Hartley-Melvin-Sandborn. The Dell Rapids jazz ensemble is comprised of thirteen high school students, one 8th grade student, and five 7th grade students."

The following students received a "Special Citation for Outstanding Musicianship" award: Ben Hinricher (tenor sax) Sam Hinricher (trumpet) Jayme Damm (flugelhorn feature solo) Breona Dobesh (alto sax) and Dylan Waldner (guitar).

FCCLA NEWS

On Friday, March 11, 2011 the Dell Rapids FCCLA Chapter donated, prepared and served breakfast at the Banquet in Sioux Falls. Some members, their parents, and other students helped with this project. Those attending were asked to help with donations of items that were needed at the Banquet. While some attendees prepared breakfast others helped with other jobs for the Banquet staff. Those who attended felt rewarded with the work that they had done.

In the picture are the volunteer students from the middle and high school who helped that morning.





**APRIL 2011
ELEMENTARY BREAKFAST**

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 😊

Mon	Tue	Wed	Thu	Fri
				1 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
4 French Toast Sticks with Syrup Fruit Milk Choices	5 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	6 Homestyle Breakfast Quesadilla 😊 Fruit Milk Choices	7 Breakfast Pizza Fruit Milk Choices	8 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
11 Breakfast Pizza Fruit Milk Choices	12 Cheese Omelet Fruit Milk Choices	13 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	14 Mini Pancake Sausage Bites Fruit Milk Choices	15 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
18 Cinnamon Tastry Fruit Milk Choices	19 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	20 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	21 No School	22 No School
25 No School	26 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	27 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	28 Pancakes with Syrup Fruit Milk Choices	29 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices


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.



Lunchtime Solutions, Inc.
Creative Solutions in School Food Services™


Boost Your Brain Power!



Wow, how profound is that statement? Who would have guessed that eating food when you wake up and haven't eaten for the last 12 hours would help your brain work better? A monkey maybe? Monkeys ARE pretty clever. How clever are you? Do you eat breakfast? It's amazing that some humans need scientific studies to know whether or not they should eat in the morning but monkeys figured it out ALL by themselves. Although, technically they did beat us into space. **Boost your Brain Power with School Breakfast!**

**APRIL 2011
MIDDLE-HIGH BREAKFAST**

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 😊

Mon	Tue	Wed	Thu	Fri
				1 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
4 French Toast Sticks with Syrup Fruit Milk Choices	5 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	6 Homestyle Breakfast Quesadilla 😊 Fruit Milk Choices	7 Breakfast Pizza Fruit Milk Choices	8 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
11 Breakfast Pizza Fruit Milk Choices	12 Cheese Omelet Fruit Milk Choices	13 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	14 Mini Pancake Sausage Bites Fruit Milk Choices	15 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices
18 Cinnamon Tastry Fruit Milk Choices	19 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	20 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	21 No School	22 No School
25 No School	26 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	27 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	28 Pancakes with Syrup Fruit Milk Choices	29 Fresh Baked Cinnamon Roll 100% Fruit Juice Milk Choices

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

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Breakfast MENUS

LUNCH MENUS

LUNCHTIME CHOICES!

APRIL 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.

Mon	Tue	Wed	Thu	Fri
				1 A. Pizza  B. Beef & Bean Burrito Green Beans 
4 A. Salisbury Steak B. Chicken Nuggets Mashed Potatoes & Gravy	5 A. Soft Shell Taco B. Corn Dog Chips & Salsa	6 A. Hamburger or Cheeseburger B. Italian Dunkers with Marinara Sauce  Peas 	7 A. Homestyle Beef Chili  B. Grilled Chicken Sandwich Green Beans  Fresh Baked Cinnamon Roll	8 A. Pizza  B. Golden Macaroni & Cheese  Steamed Broccoli 
11 <u>Breakfast for Lunch</u> A. Pancakes and Sausage B. Crispy Chicken Sandwich Tri-Tator Hashbrown	12 A. Homestyle Scalloped Potatoes and Ham  B. BBQ Rib Sandwich Whole Grain Rice  Rice Krispie Treat	13 A. Sloppy Joe B. Hot Dog Baked Beans 	14 A. Spaghetti with Meat Sauce  B. BBQ Chicken Wrap Green Beans  Breadstick	15 A. Pizza  B. Breaded Pork Sandwich Corn 
18 A. Toasted Cheese Sandwich with Tomato Soup  B. Hamburger or Cheeseburger Steamed Broccoli 	19 New to the Menu: A. Taco Burger B. Hot Pepperoni Sub Mexi Tots	20 A. Skillet Macaroni and Beef  B. Mini Corn Dogs Corn 	21 No School	22 No School
25 No School	26 A. Super Nachos B. Golden Macaroni & Cheese  Corn 	27 A. Chili Smothered Baked Potato  B. Crispy Chicken Sandwich Green Beans  Frosted Chocolate Cake	28 A. Homestyle Lasagna  B. Hot Dog Peas  Breadstick  Try our Italian Mushroom Salad on the Fruit & Veggie	29 A. Pizza  B. Beef & Bean Burrito Cooked Carrots 

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

FARMERS MARKET SELECTIONS


April Selection: Mushrooms
 Find out the nutritional benefits of mushrooms on the poster in the dining area or at:
<http://server.lunchtimesolutions.com/51/farmersmarket.pdf>


New To The Menu


Taco Burger is this month's new entrée choice, featuring classic seasoned taco meat served on a fresh bun and melted cheese. Load it up with crisp lettuce and juicy tomatoes from the Fruit and Veggie bar!



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LUNCHTIME CHOICES!

APRIL 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
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Mon	Tue	Wed	Thu	Fri
				1 A. Pizza  B. Beef & Bean Burrito Green Beans 
4 A. Salisbury Steak B. Chicken Nuggets Mashed Potatoes & Gravy	5 A. Soft Shell Taco B. Corn Dog Chips & Salsa Chocolate Chip Cookie	6 Chef Prepared Entrée A. Grilled Chicken Sandwich B. Italian Dunkers with Marinara Sauce  Peas 	7 A. Homestyle Beef Chili  B. Hamburger or Cheeseburger Green Beans  Fresh Baked Cinnamon Roll	8 A. Pizza Ranch B. Golden Macaroni & Cheese  Steamed Broccoli 
11 <u>Breakfast for Lunch</u> A. Pancakes and Sausage B. Chicken Quaddilla Tri-Tator Hashbrown	12 A. Homestyle Beef & Cheese Enchilada Hotdish  B. Spicy Chicken Sandwich Whole Grain Rice  Rice Krispie Treat	13 A. Sloppy Joe B. Buffalo Chicken Wrap Baked Beans 	14 A. Spaghetti with Meat Sauce  B. Hot Dog Green Beans  Cinnamon Breadstick	15 A. Pizza  B. Breaded Pork Sandwich Corn 
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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 Entrée
 Thursday, April 6th
Sizzling Caesar Salad
 Chef Keith Nelson will be preparing Sizzling Caesar Salad as a special entrée selection for lunch on April 6th. This culinary salad features tender chicken breast meat, sautéed with green pepper and onions and served over a bed of fresh romaine lettuce with creamy parmesan dressing. 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.


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FARMERS MARKET SELECTIONS


April Selection: Mushrooms
 Find out the nutritional benefits of mushrooms on the poster in the dining area or at:
<http://server.lunchtimesolutions.com/51/farmersmarket.pdf>

New To The Menu


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APRIL 2011

DR QUARRIERS

We promote spirited thinking,
responsible citizenship
and lifelong learning.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 3:00 PM DRSD Health Fair in MS Commons from 3-7pm	2
3	4 9:00 AM Junior Class to College Fair in Pipestone 6:00 PM DRMS Oral Interp @ Florence. Bus time 12:30 7:00 PM FFA Chapter Meeting 7:00 PM Music Booster Meeting in Music Room	5 12:30 PM Golf @ Garretson Quad 4:00 PM Varsity TR at SV Quad 7:00 PM MS Band & Vocal Concert	6	7 8:15 AM Improv performance at DRES 9:00 AM Golf EPJ Invite 9:00 AM Jazz Band @ SDSU	8	9 10:00 AM TR Vince Relays @ Flandreau
10 8:00 AM State FFA Convention-Brookings	11 8:00 AM State FFA Convention-Brookings 4:30 PM P/T Conferences HS 4:30-8:30 7:00 PM School Board Meeting 7:00 PM QPA Mtg. MS Commons	12 8:00 AM State FFA Convention-Brookings 9:00 AM Golf Dakota Valley Invite 4:00 PM TR Sioux Valley Invite 4:00 PM Middle School Oral Interp Contest	13	14 3:30 PM TR Milbank Invitational 4:00 PM MS TR Sioux Valley 4:00 PM MS Golf @ Pipestone	15	16 8:00 PM PROM Grand March
17 8:00 AM State FCCLA leadership mtg-SF (4/17through 4-19) 6:30 PM FFA Parent/Member Banquet-MS Commons	18 8:00 AM State FCCLA Leadership Mtg. SF 7:00 PM HS Band & Vocal Concert	19 8:00 AM State FCCLA Leadership Mtg. @ SF 9:30 AM Golf DR Invitational 2:00 PM MS Golf @ Garretson 4:00 PM Track vs. Beresford/Alcestor/Hudson Invite @ Beresford 7:00 PM New 9th Grade Orientation	20 8:00 AM HS Vocal & Band Contest @ Harrisburg	21 8:00 AM Teacher Inservice/No School for Students	22 8:00 AM Good Friday/No School	23
24	25 8:00 AM No School/ Easter Break 7:00 PM School Board Meeting	26 9:00 AM Golf @ West Central 4:00 PM MS Track @ Lennox 7:00 PM Humanities Award Night	27	28 4:00 PM TR Terry Bong Invitational @ Canton 4:00 PM MS Track @ Garretson	29 8:00 AM Drivers Education Sign Up in the MS Commons 9:00 AM Golf Vermillion Invite	30 8:00 AM MS Band Solo Contest 9:00 AM TR Barker Relays @ Madison

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

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





APRIL 2011

HEALTHY KIDS MAKE A DIFFERENCE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Attend the Spring into wellness fair!!	2
3	4 Go outside and play for 15 min- utes	5 25 sit ups	6 Eat 2 cups of veggies	7 Jump side to side 20 times and repeat	8 Crouch down low and jump up high 15 times	9
10	11 Skip outside for 5 minutes	12 Help a parent make a healthy snack.	13 See who can do the most push- ups @ home	14 Turn up the radio and dance to a fun song.	15 Jump front to back 10 times and repeat.	16
17	18 Hop like a bunny outside for 5 minutes!	19 How many pillows can you jump over?	20 15 sit ups and repeat	21 Jump twice for every letter in EASTER!	22 Clean your room!	23
24	25 Enjoy 2 cups of veggies!!	26 Go for a walk after school!	27 20 jumping jacks. Repeat	28 15 sit ups Repeat 2 times	29 Help fold and put away laun- dry!	30

SPRING IS IN THE AIR...GET OUTSIDE AND ENJOY THE BEAUTIFUL SPRING DAYS!!!

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

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Current Resident or