



Wise Owl

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

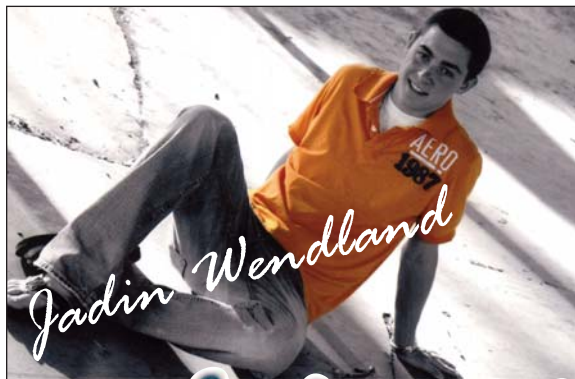


Inside This Issue:

Music Boosters	2
Haven Butter Braids	2
FFA Fruit Sales	2
School Board	3
Winter Weather Prep	3
School Donations	3
High School Happenings	4
Tour of Homes	4
ESA Hope for Heros	4
HS Happenings, cont'd.	5
QPA	6
Athletic Booster Club	6
DRPS "Distinguished" title	6
School Bond Info	7
MS Messages	8
HS Happenings, cont'd.	8
MS Messages, cont'd.	9
Elementary News	10
Christmas for Our Kids	10
ES Christmas Concert	10
Scholastic Book Fair	11
Upcoming Events	11
Parenting Workshop	11
Weather Dismissals & Information	11
Scholarships	12
Breakfast Menus	13
Lunch Menus	14
Activities Calendar	15
Healthy Walk Calendar	16

Jadin Wendland has been selected as Dell Rapids High School Quarrier of the Month for September.

During his years at DRHS, Wendland has been involved in numerous activities, including: basketball (freshman through junior years); golf



for Young Leaders in 2007 and has been on the honor roll since his freshman year. He was selected to be a National Honor Society member his junior year. He was also

Quarrier of the Month!

(freshman through senior years); band (freshman through junior years); Honor Band (sophomore and junior years); Marching Band Drum Major(junior year); and chorus(junior year).

"It is a great honor to be selected and it feels good to know that others see me as a good example in our school. Having the faculty select me as a person of good character is something that I am very proud of," said Wendland.

Along with being involved in athletics in high school, Wendland was also selected as a Boys State representative his junior year and has been involved in Peer Helpers all four years of high school.

He also attended the Governor's Luncheon

nominated to the 2009 Homecoming Royalty.

"Jadin is somebody who is respectful of others and a gentleman at all times. If there is anyone that you need to turn to for any problem you have, he is the one person who would venture any distance to help you out," said Mr. Cory Clopton.

"Jadin has been a great member of the golf team. His leadership qualities will be greatly missed when he graduates. He make everyone better, including me," said Coach Mick Hoglelund.

Wendland's future plans include attending a four year college to pursue a career in physical therapy. He is the son of Christi and Craig Lauritzen and Mike and Dawn Wendland.

**Booster Club
Fall Sports
Athletic Awards
Night**

*At the HS Gym
Sunday evening,
November 15th
at 6:30 PM.*

parent-teacher
conferences

Parent Teacher Conferences are scheduled for the following dates & time:

Thursday, November 12: ES & MS Conferences (4:30pm - 8:30pm)

Monday, November 16: ES, MS, & HS Conferences (4:30pm - 8:30pm)

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

NO SCHOOL

*Thursday & Friday
November 26th & 27th*

**Thanksgiving
Holiday!**

Dell Rapids Community Haven



A Place For YOUth!

Get your *delicious* **BUTTER BRAID BREADS NOW!**

We are selling these delectable pastries to raise money for program materials. Loaves come in 7 scrumptious flavors and sell for \$10 each. They are perfect for family get-togethers, holiday events or gifts! **Place your order by November 13th** with Haven students or by calling us at 366-8612.

F F A FRUIT SALES

Now thru
November 13th!

Watch the paper for details
or
contact Mr. Wolff at
428-5473, ext. 3
(before or after school)
to place an order.

Big NY Trip News

The dates for the New York City trip have been changed to **May 21 to May 27, 2010**. In an effort to accommodate as many other end-of-the-year student events as possible, the trip dates have been adjusted and submitted to the travel company for "final" confirmation.

Your Big NY Trip Opportunity!

Do you wish you could go on a trip, like the Dell Rapids music students? With this opportunity, you can come to New York City with us! After final sign up, 62 students are going on the trip, and bus capacity is 56, so we are adding an additional bus. You could be one of a limited number of guests from the community who will see New York City with us on this trip. It is not necessary for guests to have a student in the music program, as there will be no chaperone

responsibilities for guests. Guests must be at least 19 years old and have graduated from high school. All the arrangements for the trip have been made, you just need to sign up with Shelly by November 9th and pay the appropriate fee.

The Big NYC Trip guest price is \$735 per person, based on a four-occupant room. (Other room arrangements are available, call for pricing.) The trip includes transportation, 4 nights lodging, and 4 deluxe Continental breakfasts. Guests will enjoy full escort by an experienced travel guide with Omanson Tour and Travel and the following attractions: a Broadway play, Coney Island and the beach, Statue of Liberty, Ellis Island, Empire State Building, Times Square, China Town, Lincoln Center, Ground Zero, Central Park, Rockefeller Center, and more. Interested? You must notify us by November 9th. Call Shelly Nelson 428-6108 or Marcia Lodmell 428-6010.

Fundraising Details

Additional concession dates are available. Remind your student to sign up in the music department for Nov 11th, Dec 11 & 18th, or February 11th concession dates, if they are interested.

- Quarrier Cards will be available for sale beginning November 13th for \$10. These popular coupon cards offer discounts to local and Sioux Falls area restaurants. Contact a band or chorus student to place your order. Limited supply available.

- Do you want to preserve a memory for a Dell Rapids band alumnus? Stunning Music Booster Quilts make a great gift! Contact Kim Berven for more information (428-0191).

Call Janine Brust (428-5033) with fundraising questions.

**Tips for Trips: Students should earn \$200-250 each year to be on budget for the next trip. *An error last month stated an incorrect amount.*

Band Student Recognition

Dell Rapids High School Band will be represented in the Macy's Thanksgiving Day parade! Hillary Sward, one of only three students selected from South Dakota, will march and play trumpet in The Great American Marching Band, which leads the parade. Congratulations Hillary on this honor recognizing your hard work and dedication! Hillary's selection for The Great American Marching Band demonstrates what opportunities the Dell Rapids School music program can help students accomplish.

Check the Music Boosters website for more info. From dr-k12.org, click the "Parents-Public" tab, then "Partners"

Upcoming Events and Info

Nov 1 – cut-off for \$100-matching fundraising incentive for NY trip

Nov 2 - Music Booster meeting - 7pm in the choir room. (1st Monday of the month – all are welcome!)

Dec 1 – Middle School Winter Concert – 2:30 & 7pm

Dec 17 – High School Winter Concert – 7pm

in the drop-down menu, and choose "Music Boosters." Or email at drmusicboosters@hotmail.com.

Winter Weather Preparedness

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

Here are some tips when traveling this winter season:

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

Items that should be in your Survival Kit:

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

School Assisted By Donations

The Dell Rapids School District wants to take this opportunity to thank all the businesses, organizations, and individuals that support the school and clubs with various types of donations.

Significant funds for the purchase of equipment and student trips are donated through the fundraising efforts of the music and athletic booster clubs. The Quarrier Parent Association supports the school in many ways, including providing meals for staff during parent-teacher conferences. Organizations and individuals have donated time and funding for facility improvements, and many people volunteer to help with various activities. Businesses often give discounts or donate items to the school, and families have donated gently

used instruments to the band program.

The District has received monetary donations through employer matching programs and memorials. Employees of Citigroup have documented their volunteer hours to generate monetary donations to the school, and employees of Wells Fargo have utilized their matching program to give monetary gifts to Haven, the building fund, and student activities. Modern Woodmen have matched revenues earned through student fundraising.

Elementary school employees generate funds for special events and equipment by participating in collection programs sponsored by companies such as General Mills, Campbell's Soup, and Land-O-Lakes.

SCHOOL BOARD

Alan Blankenfeld 349-8034
 Steve Munk 428-5842
 Brian Davis 428-5375
 Cindy Schuch 428-0147
 Troy Randall 428-4660

ADMINISTRATION

Tom Ludens, Superintendent . . . 428-5473
 Bruce Olson, HS Principal/AD . . . 428-5473
 Francis Ruesink, MS Principal . . . 428-5473
 Barb Littel, Business Manager . . . 428-5473
 John Jewett, Elementary Principal/
 Technology Director 428-5473
 Steven Helgeland, Special Ed
 Director 428-5473 Ext. 1

Phone options: Elementary #1; Middle School #2; High School #3; School Events, Cancellations/Postponements #4; Bus Barn #5; Lunchtime Solutions #6; Immediate Assistance, dial 0.

www.dr-k12.org

MEETINGS

The Board of Education meetings are held on the second and fourth Mondays of the month from September through June and the second Monday of the month in July, August and December. The first BOE meeting of the month begins at 7 p.m. and the second meeting of the month begins at 5:30 p.m. They are held in the Distance Learning Room at the High School. Agendas can be obtained from the superintendent's office on the Friday before any meeting. The *Dell Rapids Tribune* publishes the minutes of each regular and special meeting. Agendas and minutes are also posted on the school website.

Currently, the following items are being collected at the elementary school: Box Tops for Education, Campbell's Soup labels, Land-O-Lakes milk caps, and pop can top tabs.

The Target Take Charge of Education program also provides monetary donations for the elementary school, middle school, and high school. 1% of Target card purchases may be donated to a K-12 school of the customer's choice.

Community support is vital to the Dell Rapids schools, and your donations are appreciated by the school board, staff and students. 🦉



High School Happenings

What are you doing Summer 2011?

English teacher Jason Kurtz is starting up the DRHS Trip Club again in October. The club will be traveling to England and France in June 2011. "We had a great experience in 2008, and we are ready to go again!"

During this trip, students will travel to London seeing Windsor Castle and Canterbury, then venture across the channel to France for a few days in Paris, where they will see the Eiffel Tower, tour the Louvre, and the Notre Dame Cathedral.

An educational experience is the primary focus of this EF Tours guided event. Freshmen, sophomores, and juniors this year are invited (along with any interested adults) to begin working towards a June 2011 trip of a lifetime.

Help your student gain a world perspective, by sending them overseas, with quality educators and tour guides. It couldn't be easier, leaving right from Sioux Falls, and leaving the details to the professionals. Contact Mr. Kurtz for details. 🦉

The Ag III/IV class has finished up the unit on ag sales and is now working on the electricity unit. The classroom instruction on basics of electricity and electrical circuits is being covered and later the students will complete their wiring exercises in the shop. They have to wire basic circuits involving lights, switches and outlets. The next unit to be covered will be on financial analysis, which will include cash flow, supply and demand and budgeting.

The small wood projects are about complete for the Ag I students. They will return to the classroom for a unit on crops

and horticulture. The uses and identification of various crops will be covered along with growing horticulture plants.

The Welding class has just started with the start of the second nine weeks. They are focusing on the principles of the welding process, operation, applications and safety with oxy-fuel, arc, wire-feed and tungsten inert gas welding through classroom instruction. Once the classroom instruction is completed the students will have required welds to perform in the shop.

On September 22nd, twenty-one high school agriculture students had the opportunity to participate in the district land judging school. The students applied skills learned about soils and land evaluation. This school was hosted at a site near Chester and was a great practice for the region event. Twelve members of the FFA chapter attend the South East Region Land Judging event on Sept. 29th near Colton. The top four

scores for Dell Rapids were added together for the team total. Our team placed 10th and consisted of John Elverson, Dylan Lesselyoung, Nick Siemonsma and Colin LeBrun. John Elverson placed 27th and

AG IN ACTION

Dylan Lesselyoung placed 33rd individuals and both received silver awards.

The chapter sent two members on the state chartered bus that took members from across the state to the National FFA Convention. Those members attending were Nicole Wrage and Erica Jurgensen. On the way to the convention, they stopped at Moline, IL for a tour of John Deere. The members also got to tour the Indianapolis Motor Speedway, the National FFA Center and the Hoosie Horse Park. While at the convention they attended various business sessions and the career show. The Jackrabbit Invitational Leadership event will be held in Brookings on Nov. 5 and the district leadership career development events will be held at Hartford on Nov. 16. Members competing in the ten different leadership areas and can advance onto the state competition by placing in the top 3 of each area. The FFA is once again conducting their fruit sale and will be wrapping it up on November 13 with the items coming in the week of December 7-11. Watch for advertisements in the paper or call Mr. Wolff at 428-5473 ext. 3 before or after school for more information or to place an order. 🦉



Junior Class Tour of Homes

The junior class is preparing for the annual Christmas Tour of Homes. We're looking for people who would consider having their homes on the tour. Please contact Mr. Mark Shriver at the high school if you are interested. The date is Sunday, December 6 from 1-4 p.m.

Parents of juniors, please save your plastic grocery bags so that we can use them for the visitors' shoes. Thanks. 🦉

ESA Hope for Heroes Coin Challenge

The Dell Rapids High School along with the local ESA (Epsilon Sigma Alpha) group will be holding our annual ESA Hope for Heroes coin challenge. This is a national program started by ESA in 2005 as a way to honor our country's men and women in the service. The event is held in conjunction with the Veteran's Day Observances.

This year the money will be donated to help the soldiers currently serving and the soldiers that have come home from the war. Please place any soldier names with addresses in the coin challenge bucket.

The coin challenge will be held November 9-13.

Thank you.

Sheba Schlaikjer

sschlaik@siouxvalley.net

Marching Quarriers Take the Field



Marching band season is here and so are some new changes! This year Field Marching became optional to all students rather than just mandatory to all students in senior high band. Dell Rapids High School band director Brian Smith believes that having this optional will allow students who are interested the opportunity to learn marching. Usually the band consists of over 40 members and eight to 10 Color Guard members; this year there are only 28 band members and five guards. The numbers are smaller, but the talent is still there.

The show's theme is "The Hits of Chicago," including songs "Does Anybody Really Know What Time It Is?", "Twenty-Five or Six to Four", "Saturday in the Park", and "Hard to Say I'm Sorry." The marching band is led by Drum Majorette Marisa Rueb and Color Guard Captain Joci Hansen.

The Quarrier Marching Band has added a new part this year. The flags now have a supervisor, Amanda Coble, who oversees the color guard's routines and runs practices. Most bands competing all have a color guard supervisor so the addition of Coble has been extremely helpful.

The Marching Quarriers started rehearsal at the end of July in which the band worked on music, musical and marching techniques, and chart memorization. Practices would often last up to four hours in the hot sun but the dedicated marchers did not let that interfere with learning. Once school began, the band started rehearsing at 7:45 a.m. on the practice field.

On September 26, 2009, the Marching Quarriers competed in their first competition of the year at Brandon Valley, in Brandon, S.D., in Division 1A. Having a lot of younger members in the band, the nerves were high as they competed but ended up bringing home a second place trophy under West Central's first place finish. The following weekend, Oct. 3, the Quarriers performed at the Festival of Bands at Howard Wood Field in Sioux Falls, S.D. The band was competing in class 2A which means they are divided by school size rather than band size. Having a small band was a bit of a disadvantage but overall the band came home with a participation plaque. The band came out with an amazing performance and marched incredibly well.

"The band looked like a completely different band," said spectator Megan Rueb. "It looked like they really buckled down and got a lot of work done. They looked good." 🐯



Peer Helpers Attend Training

Peer Helpers is a fantastic group many teenagers are involved in throughout high school. Peer Helpers is based on the philosophy of students going to other students rather than talking to teachers or other adults.

In 1988-1989 Dell Rapids brought together a group of students to learn listening and teaching skills to help fellow friends and students, and has been going strong ever since.

A group like Peer Helpers is an honorable group to be involved in, especially since your classmates select you to be a Peer Helper. There are currently 23 members along with DRHS Guidance Counselor Mr. George Henry involved in the program.

Each grade level is allowed up to six student representatives; returning seniors are Jadin Wendland, Courtney Kolbeck, Joci Hansen, and newcomer

Josh Fielder. One of the many goals of Peer Helpers is to help other students to identify these selected members. The group likes to have a monthly meeting at one member's house to discuss ideas and things they would like to do together as a group.

On Sept. 23, 2009, the group loaded a bus at 9:00 a.m. and traveled to Sioux Falls Volunteers of America center to learn new helping, listening, decision making, and referral skills. It is important for all peer Helpers to know when and how to make a referral. Not all students' problems are something the Peer Helper can handle alone; sometimes they need to involve the appropriate adults. Throughout the day, everyone participated in fun activities and listened to the instructors about ways to listen and make referrals. Everyone was put in small groups to run through scenarios of problems

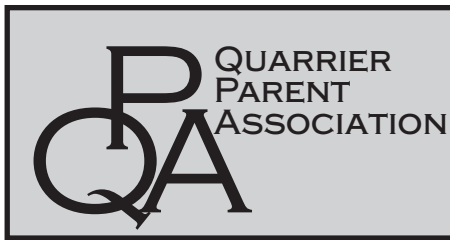
that may actually occur. Freshmen were paired with returning Peer Helpers so they could learn the procedure they would need to know when students approach them.

"It is really important for students to come forward when they need someone to listen to them," said Henry.

Peer Helpers allows many fellow classmates to get things off their chest. "Learning the right procedure is nice but when someone approaches you it's not until after the fact that you realize they came to you because you were a Peer Helper," said Wendland. "It's like you're just having an everyday conversation." 🐯

High School Happenings

...continued onto page 8



The QPA is wrapping up the membership contest between the classes and will announce the winners next month. Remember it is

never too late to join! Also watch for Babysitting Clinic information coming home soon. We are still coordinating with the Red Cross for the final date. This is open to all students 11 years and older.

Come join us for our November meeting. We are changing it to the **second Monday of the month at 6:30 p.m.** This month we will **meet at Jabberwock** Coffeehouse on Main Street on November 9th. Mark your calendars and come

join us to finalize the fall conference food for the staff and input any ideas for Holiday appreciation. It has been suggested that we do a student activity over the Holiday Break and need ideas and volunteers.

We would like to start including homework tips in our monthly article. As parents we all have the frustration of getting our kids to practice spelling words, math problems or practice their penmanship. Our tip this month is a suggestion from Michelle Heiberger. She has her daughter use a dry erase marker to practice spelling words on a mirror, patio door or window. It is always fun to write on something we usually can't plus it will help keep those windows clean where all the finger prints get left!

Please feel free to contact us with any questions or suggestions if you are unable to join us. You may call Joni Koster 428-5730 or Michelle Heiberger at 428-4323. 🦉

ATHLETIC BOOSTER CLUB

The fall sports seasons are quickly drawing to a close. Congratulations to Michael Schmidt for his 3rd place finish and to the **boys' golf team** on their 7th place finish in the state golf tournament! Other members of the state golf team were: Colin Karst, Ben Kahler, Jager Rus and Ted LaCoursiere. Congratulations Coach Hoglund and team!

Watch for updates in next month's Wise Owl from the **state cross country meet** that was held on Oct. 24th in Rapid City and from the football playoffs that started Oct. 27th. Good luck to the **volleyball** and **competitive cheer teams** as they also approach post season competitions.

Senior Appreciation for our football team was held on Oct. 22nd. On Oct. 20th, the boys' golf, cross country and volleyball seniors were recognized. At these events our seniors and their parents are recognized for their leadership and dedication to the sport. Senior appreciation is held for each sport towards the end of the regular season. Keep your eyes and ears open for announcements on each sports appreciation night as the season draws to a close.

Mark November 15th on your calendar for the **fall sports awards night!** Join us for a night of celebrating the accomplishments of the ath-

letes that participated in fall sports. Please join us following the awards for lunch in the middle school commons.

Congratulations to **Monday Night football pool winners** Bob Johnson, Mike Kahler and Jon South.

Don't miss out on new **Quarrier Wear**. Items are available through the middle school office. Get yours now while supplies last!

Thank you to all who have joined the booster club. It's not too late, there's still time to become a booster club member! Family memberships are \$20 and an individual membership is \$10. Your support is greatly appreciated and all proceeds go directly to support Quarrier athletics.

Look for booster club board members selling both memberships and Quarrier wear at **parent/teacher conferences** this month. Don't miss out! 🦉

2009-2010 Booster Board Members:

Roger & Deb Koens
 Scott & Jan Mandel
 Gregg & Laurie Huewe
 Kevin & Jeanine Schnieders
 Dean & Elaine Hammer
 Pam Schwebach
 Alan & Sheba Schlaikjer
 Jerry & Lynn Kerns
 Jeff Delker
 Del Ray & Kathy Dorale

Dell Rapids Schools Earn "Distinguished" Title

The Dell Rapids Elementary and High School have been recognized by the State of South Dakota's Department of Education as "Distinguished" Schools. Distinguished schools and districts are identified using the following criteria: the school or district must meet adequate yearly progress (AYP) for two consecutive years in both reading and math; AND decrease the achievement gap for one or more subgroups by 10 percent over a two-year period OR have at least 80 percent of students in the "All Student" group meet the state's proficient and advanced levels of student performance in both reading and math.

The recognition of Distinguished Schools is a measure in No Child Left Behind, the federal legislation that holds schools not only accountable for increasing student achievement, but also recognizes schools that have met or exceeded the guidelines for improvement set by the federal government.

Back to Basics: School Safety and Academic Achievement

During the past 2 years the Dell Rapids School Board has asked the voters to approve bonds that would address the needs of the school district. Although a majority of voters supported the bonds, each failed to garner the necessary 60% for passage. We have listened to your concerns about the cost of these projects and the new proposal addresses the most urgent safety and academic needs of our students.

Bond Information Hotline

1-888-447-4394
8:00 am – 9:00 pm

The current bond is cheaper and more efficient than previous plans, most recently the \$13.5M bond rejected last April. To craft the current proposal, the District squared up the footprint, cut two resource rooms, reduced the size of one computer lab, and combined and reduced the commons area in the elementary school. These changes reduced the square footage of the building by 3,212 and decreased the bond by \$2.51 million, to an overall cost of \$10.99 million. This represents a significant cost savings for District residents: the individual tax levy would be \$1.36 per \$1,000 of assessed valuation, down 27% from the April bond levy of \$1.86.

While the District worked creatively to reduce building costs, two areas we cannot and will not compromise are student safety and improving the academic learning environment. The current proposal maintains a separate pick up and drop off zone for students so they no longer have to cross traffic and bus lanes to enter and leave the school each day. To further decrease congestion and allow for more efficient and safe movement outside of the school, the new facility includes 100 parking spaces (reduced from 175 in the April proposal). Upgrades in parking and school access are critical to our students' safety.

A new elementary school will provide many academic improvements over the current facility. The new school will finally bring the district into compliance with the Americans with Disabilities Act and create a positive environment for special needs students. Current classrooms are insufficient and students on crutches or in wheelchairs must pass through an in-use classroom to move from one end of the school to another, creating an embarrassing and disruptive situation for all involved.

Portable trailers converted to temporary classrooms create the most daunting academic and safety challenges currently faced by the District. Two of these buildings have been in place for 10 years, are detached from the rest of the school, and do not have their own restrooms. A new elementary school would eliminate the need for these structures.

The school district is working to balance the voters' desire for a less expensive bond with the safety and academic needs of the elementary students. We are also working to make sure every voter has the facts on the upcoming bond. Please join us for one of the public meetings regarding the bond proposal on Saturday, November 7th at 10:00am; or Monday, November 9th at 7:00pm. Both meetings will take place at the Dell Rapids Elementary Gym.

We have also launched a toll-free information hotline to answer questions you may have about the bond or absentee voting. District personnel are available from 8:00 am-9:00 pm and can be reached at 1-888-447-4394. Please, remember to vote in the upcoming election on November 16th.

Public Information Meetings

November 7th - 10:00am
November 9th - 7:00pm.

Where: Dell Rapids Elementary
Gym

Middle School Messages



Congratulations!

Dell Rapids Middle School Band tied for 2nd at the Lake Area Marching Band Festival in Chester.

Middle School Quiz Bowl

On Monday, October 5, the Middle School Quiz Bowl team attended the Greater Sioux Falls Home School Association Quiz Bowl competition at Central Baptist Church. The students did an outstanding job, with Dell Rapids #1 placing 5th and Dell Rapids #2 placing 7th out of the 22 team field. Dell Rapids #1 team members included: Jackson Gleason (Captain), Tad Lacey, Michael Mitchell, Lexi Snyder, and Ben Hinricher. Dell Rapids #2 team members included: Jessica Tisher (Captain), Shane O'Hara, Sarah Kangley, Roman Nemmers, and Jacob Ritter. Brookings #3 emerged as the winning team in the competitive field. Great job Quiz Bowlers! Good luck in your future competitions! 🦉



Middle School Students of the Month

5th: Shelby Redetzke and Beth Bruggeman

6th: Zachary Steltzer and Sam White

7th: Devon Weber and Mariah Warne

8th: Alexis Merrill and Alexis Damm
(8th graders not pictured)

High School Happenings

continued from pages 4 & 5...

DR Golf Team Finishes 7th at State!



Also, Michael Schmidt finished third at the State Golf Tournament. The Dell Rapids team finished in 7th place. State participants were Michael Schmidt, Colin Karst, Ted LaCoursiere, Jager Rus, and Ben Kahler. Congratulations on a very successful season. 🦉

Congrats CC Teams!

Congratulations to the Cross Country teams on their fine performance at the Region Meet.

Connor O'Hara took 2nd, Morgan Van Dam 16th, Brittney Schlaikjer 17th & Chandler Derschan 20th to earn a trip to the State Meet in Rapid City!

Finishing their season with fine performances were Sam Steineke, Haley Fiedler, Evan Leebens, Taran Xavier, Rachel Devlin, Megan Leebens, Kelli Siemonsma, Erica Jurgensen, Karen Eddy, Shaylea Schreurs, April Erdman, Ashley Stanton, Tanner Barrett, Patrick Bent. Great Job!

Great Season for 7th Grade VB!

This year the 7th grade girls volleyball team had a great season. The A girls finished fourth in the conference tourney and finished the year with a hard fought victory over a good Harrisburg team. The setters on the A team were Desaray Sachen and Sarah Haak. The middles were Emily Boyle and Bailey Munk. The outside hitters were Lauren Link and Shelby Wrage. Coming off the bench for the A team were Brittney Welbig and Mariah Warne. The B team also had a great season which saw a lot of close games. On the B team were Nicole Mattern, MacKenzie Heinemann, Taylor Brown, Brianna Koch, Paige Osborne, Heaven Leeper, Mariah Warne, and Brittney Welbig. Great Job this season girls! 🦉



Back row l-r: Coach Mike Putnam, Sara Haak, Brittney Welbig, Mariah Warne, Emily Boyle, Heaven Leeper. Middle row l-r: Paige Osborne, Lauren Link, Brianna Koch, Desaray Sachen, Bailey Munk, MacKenzie Heinemann, Shelby Wrage. Front row l-r: Nicole Mattern & Taylor Brown



Back row l-r: Natasha Reit, Taiven Logan, Tia McKillip, Maddie Vietor, Alexis Sprecher, Jordan Stone, Taylor Kramer. Coach Julie Barber. Middle row l-r: Aubrey Kimball, Courtney Sorsen, Jessica Lambert, Karlie Leighton, Maria Nagelhout, Mikaela Adams, Cheyenne Spielmann. Front row l-r: Tori Murphy & Courtney Wolles.

8th Grade VB Completes Season

The 8th grade girls finished their regular season on October 13th. This year the girls worked very hard on fundamentals and applying them on the court. The girls had a very tough schedule and didn't finish with many wins but hustled in every game and learned the importance of never quitting and team work. In the Conference Tournament they were a much improved team. Each player will apply those improved skills next year. Thanks for a good season and Best of Luck next year. 🦉

7th Grade Football Ends Season 6-0!

The 7th grade football team has had a very good season. They started the year with a win on Sept. 3rd at Garretson and have been on a roll ever since. The seventh graders have had wins over Canton, Tri-Valley, Madison, Lennox, and West Central. Their current record is 6-0. They finish the year on Friday, Oct. 23 at home against the Harrisburg Tigers. Congratulations on a great season boys!!! Thanks for all of your hard work!! 🦉



Back row l-r: Coach Justin Stanford, Coach Ryan Robb, Grant Langer, Riley Jurgensen, Lucas Meyerink, David Halvorson, Ben Hammer, Reice Tiernan, Casey Gleason, Gunnar Kangas, Coach Scott Headrick. Row two l-r: Adam Karst, Joel Brust, Ian Bergstrom, Andy Wiebenga, Justin Meyer, Riley Schmidt, Matthew Boever. Row three l-r: Keegan Hemenway, Ben Gillogly, Joel Brust, Jamison Bach, Trevor Hanzlik, Brady Appel, Pierce Schumacher, Austin Broin, & Jacob Schreier. Front Row l-r: Austin Eulberg, Jase Nelson, Tanner Ljunggren, Chris Gullickson, Beau Carpenter, & Zachery Dishman.



Back row l-r: Coach Scott Headrick, John Merry, Trey VanderPlaats, Jacob Habeger, Zach White, Jeremiah Leeper, Alec Reams, Zane Schumacher & Coach Justin Stanford. Middle row l-r: Coach Ryan Robb, Kip Hartwick, Tyler Dishman, Tanner Solberg, Tyler Friesen, Michael Mandel, Tyler Gee, & Brett Nichols. Front row l-r: Hunter Gronli, Jonathon DeNoon, Zach Schroeder, Kutler Leighton, Jacob Huewe, Matthew DeNoon, & Kahler Bervan

8th Grade Football Wraps Up Season

The 8th grade football team started the season on Sept. 23rd in Garretson with a victory over the Blue Dragons. Since then the 8th graders have played tough, but have not notched another win. The 8th graders current record is 1-5. They ended their season on October 23rd at home against Harrisburg. Thanks for all of your hard work boys!! 🦉

ELEMENTARY NEWS



Brooke-Lynne Hawthorne (3MG), Noah Dennis (1L), Madison Anstine (2S), and Kaylee Hennen (4RS) are September's Caught with Character drawing winners. Thank you to Dairy Queen, Pizza Ranch and Dells Theater for their donations of gift certificates.

Character Counts!

Elementary students participated in Character Counts week on October 19-23. 3rd and 4th grade spent time decorating posters with their own messages of good character. 1st and 2nd grade created a Character Counts quilt. All contributions are on display throughout the school. The students were busy "catching" each other showing good character. They also met with their Kids' Circle groups and watched the high school improv performance.

Classroom guidance lessons have focused on ways to be a friend, creating safe social boundaries and manners. The students continue to work hard to make good choices! 🦉

Is Your Child Bundled Up?

As cold weather approaches, more layers of clothing will be needed to stay warm and participate in recess and outdoor activities. *If your child needs hats, gloves, boots or coats, please feel free to contact me at 428-3192 or Erin.Kane@k12.sd.us.* 🦉

Christmas for Our Kids

"Christmas for Our Kids" is a community project that was started by Sue Horstmeyer some 20 years ago. The project is now spearheaded by the local ESA women's organization. Because of the generosity of the Dell Rapids community, we are able to ensure a merry Christmas for all of our Dell Rapids kids. Last Christmas the ESA elves were able to deliver gifts to 80 children from 29 families in the Dell Rapids area. Those kids truly had a Merry Christmas because of your kindness.

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

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

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

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

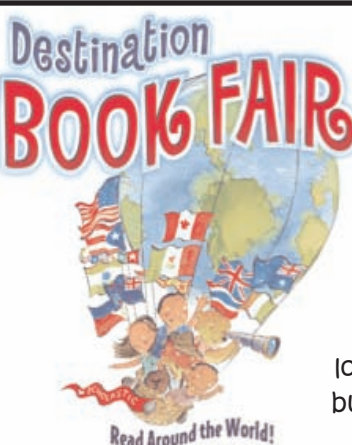
We hope to have all donations collected by December 15th so that gifts can be sorted and delivered to the families prior to Christmas. As we enter the holiday season please consider being part of this Dell Rapids tradition. *If you have any questions please contact Brenda O'Hara at 428-6032 or brendaohara@siouxvalley.net.*

SNOW BIZ

There's no business like "snow" business! Just ask weatherman Storm Watch. An overnight Nor'easter has dumped buckets and buckets of fluffy white precipitation, and it's everywhere!



Elementary Christmas Concert
December 3, 2009
2:00 PM & 7:00 PM at the Elementary Gym.



Scholastic Book Fair
 Dell Rapids Elementary School
 November 9-12
 Mon-Wed, 8am-6pm
 Thur, 8am-9pm
 Support your child's love of reading and help build our libraries at the same time.

Read Around the World!

FREE Parenting Workshop!
Wednesday, Nov. 4 6:30-8:30
Ramkota Hotel, Sioux Falls

Kids are Worth it! Parenting with Wit and Wisdom

Barbara Coloroso, bestselling author and consultant on parenting, teaching, bullying and nonviolent conflict resolution, will provide practical advice for parents of toddlers to teenagers. The parent session will focus on ways to create a home environment of self-discipline, compassion, responsibility and resilience. Topics include positive home climate, power struggles and discipline.

More information is available at
<http://systemschange.midwestmaple.org/>

Upcoming Events:

November 7th Public Info Bond Mtg.
 10:00am @ Elementary Gym

November 9th Public Info Bond Mtg.
 7:00pm @ Elementary Gym

November 12th ES &MS P/T Conferences
 4:30pm-8:30pm

November 13th Fruit & Butter Braid Sales deadline

November 15th Fall Sports Athletic Awards Night

November 16th ES, MS, & HS P/T Conferences
 4:30pm-8:30pm

November 26th NO SCHOOL

November 27th NO SCHOOL

December 1st MS Christmas Concert
 2:30pm & 7:00pm

December 3rd Elementary Christmas Concert
 2:00pm & 7:00pm

December 6th Tour of Homes
 1-4pm

December 17th HS Christmas Concert
 7:00pm

REMINDEERS! REMINDERS! REMINDERS! REMINDERS!

"Visit dr-k12.org and check out the new "Virtual Tour of Dell Rapids Elementary School."

The link will be coming to the website early November. Virtual tour was brought to you by the DRES 4th grade students.

WEATHER DISMISSALS

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

BROADCAST/CABLE:

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

- KELO FM, RADIO 92.5**
- KSOO AM, RADIO 1140**
- KKLS, RADIO 104.7**
- KIKN FM, RADO 100.5**
- KJAM FM, RADO 103.1**



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

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



SCHOLARSHIPS

1. SOUTH DAKOTA OPPORTUNITY SCHOLARSHIP

\$5000 over Four Years

Must attend a South Dakota college or technical school

Must complete the Regents Scholar Curriculum with a cumulative GPA of 3.00 or better, an ACT score of 24 or higher and no grade below a C in the core classes.

The Regents Scholar Curriculum is –

- 4 credits of English
- 3 credits of social studies
- 4 credits of math
- 4 credits of science
- 1 credit of computer science
- 1 credit of fine arts
- 2 credits of the same foreign language

Deadline – September 1 of the year you will be starting college

Application is available at –

www.sdbor.edu/SDOpportunityScholarship.htm

2. DAKOTA CORPS SCHOLARSHIP PROGRAM

Pays full tuition and fees

Must attend a South Dakota college or technical school

Must go into a critical need occupation after graduation from college

Critical need occupations include – teaching k-12 music, special education, foreign language, high school math or science or working as a licensed practical nurse, registered nurse, or in allied health care field.

Must have ACT score of 24+ and GPA of 2.8+

Deadline - February

Application is available on line at –

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

3. BURGER KING SCHOLARSHIP

\$1000

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

Deadline – Feb. 1

Application is on line at –

www.haveyourwayfoundation.org/bksp_application.htm;

Access Key BKS

4. AXA ACHIEVEMENT SCHOLARSHIP

\$10,000 to \$25,000

Based on community involvement, overcoming personal challenges, and leadership.

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

Deadline – Dec. 15

5. FARMERS UNION FOUNDATION SCHOLARSHIP

3 - \$500

Parents must be members of South Dakota Farmers Union

Based on involvement in school and community activities, need, and involvement in Farmers Union Activities

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

Deadline – Dec. 1

6. ELKS FOUNDATION MOST VALUABLE STUDENT SCHOLARSHIPS

\$15,000 to \$1000 per year

Based on community service, honors and awards, leadership, extracurricular activities, citizenship, financial need.

Deadline – Nov. 2

Application on line – www.elks.org/enf/FindALodge.cfm

7. MISS SOUTHDAKOTA/MISS SOUTH DAKOTA TEEN USA

Information – www.missouthdakotateenusa.com or

www.missouthdakotausa.com

Deadline – June

8. PRUDENTIAL SPIRIT OF COMMUNITY AWARD

\$1000

Open to students grades 5-12

Recognizes young people who have volunteered in their community through such activities as girl or boy scouts, 4-H, etc.

Apply on line – <http://spirit.prudential.com>

Deadline = Nov. 2

9. KFC COLONEL'S SCHOLARSHIP PROGRAM

\$5000

GPA – 2.75+

Must pursue a bachelor's degree at a public institution

Application is on line at – www.kfcscholars.org

Deadline – Feb. 10

10. US BANK SCHOLARSHIP

(40) \$1000

Scholarship awards are selected in monthly random drawings.

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

Search Sites

Check out These Scholarship Search Sites:

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

SCHOLARSHIP TIPS:

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





NOVEMBER 2009 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



Mon	Tue	Wed	Thu	Fri
2. Pancake w/Syrup Fruit Milk Choices	3. Breakfast Sandwich Fruit Milk Choices	4. Scrambled Eggs Tri Tatar Hash brown Fruit Milk Choices	5. Biscuit w/Sausage Gravy Fruit Milk Choices	6. Cinnamon Roll 100% Fruit Juice Milk Choices
9. Waffle with Syrup Fruit Milk Choices	10. Cheese Omelet Fruit Milk Choices	11. Breakfast Pizza Fruit Milk Choices	12. Biscuit w/Sausage Gravy Fruit Milk Choices	13. Cinnamon Roll 100% Fruit Juice Milk Choices
16. Breakfast Pizza Fruit Milk Choices	17. Cinnamon Tastry Fruit Milk Choices	18. New to the Menu: Breakfast Skillet Bake Fruit Milk Choices	19. Biscuit w/Sausage Gravy Fruit Milk Choices	20. Cinnamon Roll 100% Fruit Juice Milk Choices
23. French Toast Sticks with Syrup Fruit Milk Choices	24. Breakfast Quesadilla Fruit Milk Choices	25. Breakfast Pizza Fruit Milk Choices	26. No School Happy Thanksgiving! 	27. No School
30. Breakfast Pizza Fruit Milk Choices				

Meal Prices
Elementary Student
Breakfast \$1.20
Adult Breakfast \$1.45

Free and reduced meal applications are available at the school office

Extras Available
Extra Milk \$.40

Breakfast Boosts Brain Power

How totally cool that breakfast fuels kids' brains for school! Several studies suggest that eating breakfast may help children do better in school by improving memory, alertness, concentration, problem-solving ability, test scores, school attendance, and mood. Adult breakfast skippers, take a lesson—eating breakfast may help boost your brain power, too.

New To The Menu 

This month we are featuring a great-tasting new breakfast entrée, "Breakfast Skillet Bake".

This recipe was created by our Culinary Team and includes scrambled eggs, hash browns, ham, and shredded cheddar cheese. Let us know what you think!

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

NOVEMBER 2009 MIDDLE-HIGH BREAKFAST

Dell Rapids Public Schools



QUARRIERS


Breakfast Choices
Available every day
Breakfast includes:

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



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

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

Mon	Tue	Wed	Thu	Fri
2. Pancakes with Syrup Fruit Milk Choices	3. Biscuit w/Sausage Gravy Fruit Milk Choices	4. Breakfast Pizza Fruit Milk Choices	5. Breakfast Tac-Go Fruit Milk Choices	6. Jumbo Cinnamon Roll Fruit Milk Choices
9. Waffle with Syrup Fruit Milk Choices	10. Biscuit w/Sausage Gravy Fruit Milk Choices	11. Breakfast Pizza Fruit Milk Choices	12. Breakfast Wrap Fruit Milk Choices	13. Jumbo Cinnamon Roll Fruit Milk Choices
16. Cinnamon Tastry Fruit Milk Choices	17. Biscuit w/Sausage Gravy Fruit Milk Choices	18. New to the Menu: Breakfast Skillet Bake Fruit	19. Breakfast Sandwich Fruit Milk Choices	20. Jumbo Cinnamon Roll Fruit Milk Choices
23. French Toast Sticks w/Syrup Fruit Milk Choices	24. Biscuit w/Sausage Gravy Fruit Milk Choices	25. Breakfast Pizza Fruit Milk Choices	26. No School Happy Thanksgiving! 	27. No School
30. Pancake Stick w/ Syrup Fruit Milk Choices				

Breakfast Raffle Contest
Easy to play - Easy to Win

How to play:

- Eat Breakfast at Dell Rapids MS/HS
- Your name will be entered into the drawing
- We draw a winner every Friday after Breakfast
- Redeem your prize

Extras Available

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

New To The Menu 

This month we are featuring a great-tasting new breakfast entrée, "Breakfast Skillet Bake".

This recipe was created by our Culinary Team and includes scrambled eggs, hash browns, ham, and shredded cheddar cheese. Let us know what you think!

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



Breakfast MENUS

Lunch MENUS

Dell Rapids Public School

QUARRIERS

Fruit & Veggie Bar & Milk Choices
Included with the meal every day



Entree Notes:
Vegetarian 
Home-style 















Healthy Cool Choices:
Sub Sandwiches are available every day.

Meal Prices
Elementary Student \$2.10
Lunch
Adult Lunch \$2.80

Free and reduced meal applications are available at the school office

NOVEMBER 2009 LUNCH MENU ELEMENTARY SCHOOL

in LUNCHTIME CHOICES!

Mon	Tue	Wed	Thu	Fri
2. A. Homestyle Chicken Stir Fry  B. Hot Dog on a Bun Whole Grain Rice Fortune Cookie	3. A. Hard or Soft Shell Taco B. Crispy Chicken Sandwich Green Beans	4. A. Hamburger or Cheeseburger B. Corn Dog Baked Beans	5. A. Homestyle Chili  B. Chicken Nuggets Corn Frosted Cinnamon Roll	6. A. Pizza  B. Golden Macaroni & Cheese  Steamed Broccoli
9. <u>Breakfast for Lunch</u> A. French Toast Sticks with Syrup and Sausage B. Breakfast Sandwich (Egg, Ham, Cheese on English Muffin) Tri-Tator Hash brown	10. A. Super Nachos B. BBQ Rib Sandwich Cinnamon Breadstick	11. A. Sloppy Joe B. Chicken Nuggets French Fries	12. A. Homestyle Spaghetti with Meat sauce  B. Hot Ham & Cheese Sandwich Green Beans	13. A. Pizza  B. Grilled Chicken Sandwich Peas
16. A. Toasted Cheese Sandwich with Tomato Soup  B. Chicken Nuggets Green Beans	17. A. Super Mexican Potatoes B. Hot Pepperoni Sub Refined Beans Cookie	18. A. New to the Menu: Chili Smothered Baked Potato  B. Crispy Chicken Sandwich Corn	19. Holiday Meal A. Roast Turkey B. Hamburger on a Bun Mashed Potatoes/Gravy Winter Squash Pumpkin Bar 	20. A. Pizza  B. Mini Corn Dogs Cooked Carrots
23. A. Golden Macaroni & Cheese  B. Grilled Chicken Sandwich Peas	24. A. Homestyle Quesadilla  B. Hot Dog on a Bun Mexican Rice Frosted Chocolate Cake	25. A. Italian Dunker with Marinara Sauce  B. Chicken Nuggets Green Beans	26. No School Happy Thanksgiving! 	27. No School
30. A. Chicken Dinner Bowl B. Breaded Pork Sandwich Mashed Potatoes with Gravy				

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

FARMERS MARKET SELECTIONS



November selection winter squash
Find out the nutritional benefits of the many varieties of winter squash on the poster in the dining area or at <http://server.lunchtimesolutions.com/81/farmersmarket.pdf>

New To The Menu 


This month we are featuring a great-tasting new Entrée, "Chili Smothered Baked Potato".



This recipe was created by our Culinary Team and features a baked potato smothered with homestyle chili and topped with cheese sauce..Give it a try and let us know what you think!



Dell Rapids Public School

QUARRIERS

Fruit & Veggie Bar & Milk Choices
Included with the meal everyday



Entree Notes:
Vegetarian 
Home-style 

Healthy Cool Choices:
Subs—Everyday
Fruited Yogurt—Everyday
Chef Salads—everyday
















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

Free and reduced meal applications are available at the school office

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

NOVEMBER 2009 LUNCH MENU MIDDLE-HIGH SCHOOL

in LUNCHTIME CHOICES!

Mon	Tue	Wed	Thu	Fri
2. A. Homestyle Chicken Stir Fry  B. Hot Dog on a Bun Whole Grain Rice Fortune Cookie	3. A. Hard or Soft Shell Taco B. Crispy Chicken Sandwich Green Beans	4. A. Hamburger or Cheeseburger B. Corn Dog Baked Beans	5. A. Homestyle Chili  B. Chicken Nuggets Corn Frosted Cinnamon Roll	6. A. Pizza  B. Golden Macaroni & Cheese  Steamed Broccoli
9. <u>Breakfast for Lunch</u> A. French Toast Sticks with Syrup and Sausage B. Breakfast Sandwich (Egg, Ham, Cheese on English Muffin) Tri-Tator Hash brown	10. A. Super Nachos B. BBQ Rib Sandwich Corn	11. A. Sloppy Joe B. Chicken Nuggets French Fries	12. A. Homestyle Spaghetti with Meat sauce  B. Hot Ham & Cheese Sandwich Green Beans	13. A. Pizza Ranch  B. Grilled Chicken Sandwich Peas 
16. A. Toasted Cheese Sandwich with Tomato Soup  B. Chicken Nuggets Green Beans	17. A. Super Mexican Potatoes B. Hot Pepperoni Sub Refined Beans	18. A. New to the Menu: Chili Smothered Baked Potato  B. Crispy Chicken Sandwich Corn	19. Holiday Meal A. Roast Turkey B. Hamburger on a Bun Mashed Potatoes/Gravy Winter Squash Pumpkin Bar 	20. A. Pizza  B. Mini Corn Dogs Cooked Carrots
23. A. Golden Macaroni & Cheese  B. Hot & Spicy Chicken Sandwich Peas	24. A. Homestyle Quesadilla  B. Hot Dog on a Bun Mexican Rice	25. A. Italian Dunker with Marinara Sauce  B. Chicken Nuggets Green Beans	26. No School Happy Thanksgiving! 	27. No School
30. A. Chicken Dinner Bowl B. Breaded Pork Sandwich Mashed Potatoes with Gravy				

Extras Available

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



FARMERS MARKET SELECTIONS


November selection winter squash
Find out the nutritional benefits of the many varieties of winter squash on the poster in the dining area or at <http://server.lunchtimesolutions.com/81/farmersmarket.pdf>

New To The Menu 

This month we are featuring a great-tasting new Entrée, "Chili Smothered Baked Potato".

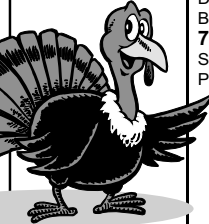



This recipe was created by our Culinary Team and features a baked potato smothered with homestyle chili and topped with cheese sauce..Give it a try and let us know what you think!



November 2009

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 5:00 PM Voter Registration Deadline School Bond Election 7:00 PM FB - Second Round Play-Offs	3 4:00 PM HS Quiz Bowl @ WC 6:00 PM VB District 6A @ Garretson (bus 4:30) 	4 7:30 AM - 4:00 PM Seniors Workshadowing	5 7:30 AM - 4:00 PM Seniors Workshadowing 9:00 AM FFA Jackrabbit Inv. Leadership Career Development Event @ Brookings 7:00 PM VB District 6A Championship @ high seed	6 4:00 PM Oral Interp @ SF Washington (bus 12:30)	7 9:00 AM Cheer - SD Coaches Invite @ Brandon 10:00 AM Bond Election Informational Meeting @ ES 10:00 AM - 2:00 PM Absentee Voting @ HS Business Office 7:00 PM FB Semi-Finals
8	9 4:00 PM Oral Interp - Dell Rapids Invite 4:00 PM POSTPONED - HS Quiz Bowl @ Beresford 6:30 PM QPA Meeting @ Jabberwock 7:00 PM FFA Chapter Meetings in HS Ag Classroom 7:00 PM Bond Election Informational Meeting @ ES 8:00 PM School Board Meeting (following informational meeting)	10 4:30 PM - 7:30 PM Extended HS Business Office Hours for Absentee Voting 7:00 PM VB Region 3A @ District 5A Champs	11 	12 2:30 PM FB State Championship @ Vermillion 4:30 PM - 8:30 PM ES & MS Parent-Teacher Conferences 4:30 PM - 9:00 PM Extended HS Business Office Hours for Absentee Voting	13	14 9:00 AM - 3:30 PM QPA Babysitting Clinic in the MS Commons 10:00 AM - 2:00 PM Absentee Voting in HS Business Office 12:00 PM State Cheer @ Brandon (bus 9:00)
15 6:30 AM Fall Sports Athletic Night in HS gym	16 7:00 AM - 7:00 PM School Bond Election Elementary School Gym \\ 8:00 AM Class A Region Oral Interp Contest 4:00 PM WR - first practice 4:00 PM HS Quiz Bowl @ TV 4:30 PM - 8:30 PM HS, MS & ES Parent Teacher Conferences 4:30 PM FFA District Leadership CDE @ WC	17	18	19 8:15 AM Senior Class Officers meeting with Jostens 8:55 AM Senior Class Meeting with Jostens 1:00 PM VB State @ Brookings	20 12:00 PM FCCLA Cluster Meeting in Louisville, KY 1:00 PM VB State @ Brookings	21 9:00 AM FCCLA Cluster Meeting in Louisville, KY 1:00 PM VB State @ Brookings 4:00 PM Oral Interp. @ Cougar Classic USF 
22 9:00 AM FCCLA Cluster Meeting in Louisville, KY	23 4:00 PM GBB first practice 5:30 PM School Board Meeting	24	25	26 8:55 AM No School/Thanksgiving	27 8:55 AM No School/Thanksgiving holiday	28
29	30 4:00 PM BBB - first practice					




American Education Week

Happy Thanksgiving!

"New" November 2009

Did you know?
 If all 600 muscles in your body pulled in one direction, you could lift 25 tons.

"New" November Challenge:
 This month, find "new" ways to challenge your body and boost your physical fitness level.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Try 10 new yoga poses.	3 Make up a new exercise game and teach it to your family.	4 Invent new ways to raise your heart rate.	5 Do 30 jumping jacks for every letter in the word "new."	6 Do a new exercise that you have never tried before.	7 
8	9 Invent a new animal walk and show it to your class.	10 Learn 3 new ways to lift weights.	11 Turn on some music and create a jumping dance.	12 Jog in place for 2 minutes. Jump in place for 2 minutes. Repeat twice!	13 Skip around the block or a room for 10 minutes.	14
15 	16 Do 10 tuck jumps. Rest. Do 10 more. Rest. Do 10 more!	17 Try to keep a balloon in the air as long as possible.	18 Try any new physical activity today. Your choice.	19 March 100 steps in place and jog 100 steps in place.	20 Do 5 sit-ups for every letter in the word "November."	21
22	23 Walk for 15 minutes. Do 5 push-ups and 10 sit-ups.	24 Do 2 sit-ups for every letter in the word "November."	25 Jump rope for 5 minutes. Then walk for 5 minutes.	26 Try 4 new stretches for your muscles.	27 Do 10 bicep curls with soup cans. Repeat twice.	28 
29	30 Make up an obstacle course and teach it to your class.					

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

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

Current Resident or