



Dell Rapids Quarriers

Wise Owl

Dell Rapids Public Schools Dell Rapids, SD

February 2013

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



Principal Jay Nelson

Inside This Issue:

Administrators Corner	1
School Board Information	2
School Board Elections	2
Staying Healthy	2
Quarrier of the Month	3
DRHS student teachers	3
Y-Ball	4
Powerlifting Meet	4
Ag in Action	5
ACT Test Dates	6
Mark you Calendar	6
Prom and Post Prom	6
Thank You	6
Mentoring in Dells	7
DRMS SOM	7
MS Honor Roll Notice	7
Music Boosters	8
HOBY Award	8
Haven	9
Peer Helpers Fundraiser	9
DRHS Honor Roll	10
One-Act Play	11
Movie Field Trips	11
Breakfast Menues	12
Lunch Menues	13
DRHS Lunch menu	14
Middle School Collect	14
February Calendar	15
Yearbook Orders	16

Attention: Administrative Audiences-

A monthly report from the DRPSD Administrative offices on school district happenings, updates, and changes.

Is my child ready to begin Kindergarten? As with every school year, many parents struggle with this question as they watch their 4 year old develop. It is a difficult decision that will affect your son or daughter for the next 12 school years and beyond. Last year, my sister released a barrage of phone calls, texts and emails to me asking about the screening process and how my niece should "prepare." Through many conversations, I was able to assure her that while sending your child to Kindergarten can be a monumental and frightening step, working closely with the school and looking at the whole child can help parents make the right decision. South Dakota law stipulates Kindergarten eligibility for those children turning 5 on or before September 1st of the current year. While the chronological age gives us a cutoff date for eligibility, it is a variety of other information the school and parents should gather through assessments, observation and conversation with caregivers. Below is a list of developmental skills taken from the University of Minnesota's Center for Early Education and Development of a school ready child:

Social Development for a school-ready child:

- Is able to trust other adults and children
- Can play with, not just next to, other children
- Is able to learn and play in a group

Emotional Development for a school-ready child:

- Has some degree of independence and self-direction
- Has self-control or ability to delay gratification (even briefly)
- Is reasonably confident and willing to try new things
- Is interested in school and in learning new things

Language Development for a school-ready child:

- Is able to understand directions
- Is able to express needs
- Is able to communicate with adults and other children
- Can express thoughts in sentences
- Has a reasonably broad vocabulary

Motor Development for a school-ready child:

- Can run and jump (if not handicapped)
- Has a sense of spatial awareness and balance
- Shows right or left dominance
- Has self-help skills: dressing, eating, and toileting
- Is able to manipulate small objects
- Can copy simple symbols
- Can hold a pencil appropriately

Intellectual and Academic Development for a school-ready child:

- Is able to focus and concentrate on an activity for 10 to 15 minutes
- Understands that letters stand for something
- Understands that printed text is spoken language written down
- Has had experiences with various environments (grocery store, post office, library, department store, etc.)
- Can follow simple directions and remember simple routines
- Is able to stick with and solve simple problems

The Dell Rapids School District will host a Kindergarten Screening on March 21 and 22 at the elementary school. Dell Rapids is able to offer "all day, every day" kindergarten, as well as a Kindergarten Prep program that follows the same schedule. Above all, I encourage parents to consider the maturity of their child when making this decision. Too often, I have had conversations with parents that regretted sending their child early to school. Rarely, if ever, has a parent said that I wished I would have sent him earlier.

If you have questions or concerns in the meantime, or would like to schedule a visit to see our Kindergarten, please don't hesitate to call.

Please watch our website for online screening registration coming soon!

School Board Election 2013

Two school board positions will be up for election on April 9, 2013. The two three-year positions, with duties to be assumed on July 8, 2013, will be vacant due to the expiration of the present terms of Cindy Schuch and Matthew Weiland.

Nominating petitions, along with information on how to circulate a petition, are available in the school district business office at 1216 N. Garfield Avenue Monday through Friday from 8:00 a.m. to 4:00 p.m. Petitions may be picked up and circulated between January 25th and February 22nd, and must be filed with the business manager no later than February 22, 2013 at 5:00 p.m. To vote in this election, residents of the school district must be registered by March 25, 2013.

Serving as a school board member is a challenging job that requires leadership, vision, and dedication. It is one of the most important responsibilities a citizen can undertake. School board members shape the future of the community and society by establishing educational goals that help students reach high levels of achievement. Some of the most important duties of the school board are to advocate on behalf of all students, policy-making, hiring and evaluating the superintendent, planning and goal setting, maintaining fiscal responsibility, and providing safe, secure school facilities. To be eligible to serve on a South Dakota school board, one must be at least 18 years old, a resident of the school district, and an eligible voter of the school district.

Staying Healthy

Influenza Prevention

Influenza is a viral infection that causes respiratory (dry cough, stuffy/runny nose) as well as other bodily symptoms (high fever, body aches, extreme fatigue) for 5-7 days usually. Please follow these simple yet effective methods to help prevent yourself and others from contracting this serious illness:

1. Wash your hands often with soap and water, or use hand sanitizer.
2. Cough and sneeze into your elbow or cover your mouth and nose with tissues.
3. Do not touch your mouth, nose, and eyes.
4. Stay home if you are sick, especially if you have a fever.
5. Get at least eight hours of sleep each night.
6. Eat healthy foods.
7. Get a flu shot.

Cold and Flu Season

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

1. A student should stay home if he/she has a fever. The child may return when he/she has been fever-free for 24 hours without the aid of Tylenol or Motrin.
2. A student should stay home from school if he/she has vomited within the past 12 hours.
3. A student diagnosed with Strep Throat or Pink Eye should stay home until he/she has been on antibiotics for 24 hours.

Dell Rapids Elementary is PEANUT AWARE/No Fish

Because we have students with severe peanut allergies attending our school, and it is our goal to keep our learning environment safe for everyone, we no longer serve peanuts or peanut products in our facility. Therefore, we highly discourage peanut products from being brought to school.

Dell Rapids Elementary does not serve fish as well. We have a student with a severe allergy to fish. Therefore, we ask that fish, including tuna, not be sent to school for lunch.

We appreciate your cooperation in helping DRES keep our kids healthy and safe.

SCHOOL BOARD

Tom Morris	428-4884
Steve Stofferahn.....	428-4897
Cindy Schuch.....	428-0147
Troy Randall.....	428-4660
Matt Weiland	428-3570

ADMINISTRATION

Summer Schultz, Superintendent...	428-5473
Kimberly Kludt, HS Principal.....	428-5473
Francis Ruesink, MS Principal .	428-5473
Barb Littel, Business Manager..	428-5473
Jay Nelson, Elementary Principal..	428-5473
John Jewett, Technology Director...	428-4909
Jeff Dvorak/AD.....	428-5473

#7 District Office, #5 Elementary, #2 MS,
#1 HS, #8 Bus Barn,
#6 Lunchtime Solutions.

www.dr-k12.org

MEETINGS

The Board of Education meetings are held on the second Monday of every month, and fourth Monday of every month, except 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.

December Quarrier of the Month Awarded



Colin LeBrun

December is over. Students and staff are returning from break and getting back into the routine of school. This means that staff chooses another Quarrier of the

Month to be honored for hard work and dedication to academics, extra curricular activities and their fellow students. He has been described as “a great student who is dedicated and reliable.” Colin LeBrun is this new Quarrier of the Month.

LeBrun works very hard academically and it shows in his GPA and class ranking. He was inducted into the National Honor Society his junior year and has been on the Honor Roll every year of his high school career. Writing “Sportswrap” for the Echo is another way LeBrun has involved himself in helping his school.

Athletics are a huge part LeBrun’s extra curricular activities. He has participated in boys basketball three years at DRHS as well as football for four. LeBrun has lettered in football his sophomore and junior years as well as being a useful asset to the team.

Tom Wolff, FFA supervisor and Ag teacher, said, “Colin is a very well-deserving student of this honor.”

A very impressive part of LeBrun’s activities is his involvement in FFA. Currently, he is the FFA Chapter President,

but in the past he has served as the Chapter Reporter his sophomore year and the Chapter Secretary his junior year. He has also received many awards and honors in FFA including the Greenhand FFA degree and Star Greenhand his freshman year and Chapter FFA degree his sophomore year.

“It feels good knowing younger students will look up to me because of this,” said LeBrun

Colin will be attending South Dakota State University in the fall and will be majoring in Ag Engineering.

Colin is the son of Paul and Kara LeBrun.

Student Teacher in Special Education

This semester welcomes another Student teacher in Miss Jessica Doty. Doty student teaches in various classrooms throughout the Dell Rapids District. In the elementary, she student teaches in both a special education classroom and second grade classroom. At the high school, she works in the special education with teacher Melissa Nygaard’s class.

“I want to be a teacher because I enjoy helping students and working in a school environment. I look forward to also working in the elementary on a daily basis as well,” said Doty.

Doty will be student teaching in Dell Rapids until the end of the semester.

Doty grew up in Brandon, SD, and currently attends Dakota State University where she is majoring in K-12 Special Education and K-8 Elementary Education. Doty’s goal is to get the opportunity to become a full-time teacher in Dell Rapids in the future. “I am really looking forward to becoming more comfortable in the classroom and being able to practice my knowledge and skills on students,” said Doty.

In her spare time, she enjoys spending time with family, doing various crafts that she searches for daily on Pinterest and working at Midway

DRHS welcomes new face to the English department



Kayla Madler

The English Department at Dell Rapids High School is welcoming a new student teacher for the new semester. Miss Kayla Madler, originally from Brookings, is helping out DRHS teacher Ms. Kirschenmann as a part of her studies at South Dakota State University.

“I really like Dell Rapids,” said Madler “Its not too small and not too big. Nothing overwhelming.”

Madler is currently studying English Education at SDSU. At Dell Rapids, she will be taking over Ms. Kirschenmann’s junior English classes very shortly. In addition she will be assisting in the College Bound English class.

“I hope to gain extra practice in writing lesson plans and such. That it will not be so overwhelming when I get my first job,” said Madler when asked what she would like to gain from the experience. Besides studying education, Madler has a theatre minor and is highly involved in that area. She has participated in the Prairie Rep theatres and quite a few other plays at SDSU. She has even hand-sewn costumes for a few of them.

After her time at DRHS comes to an end, toward the end of April, Madler has definite plans for what she would like her future to hold. She hopes to get a teaching job not far from Brookings, as her fiancée is currently working there. She is also interested in teaching theatre at that job if possible.

Everyone here at DRHS would like to wish Miss Madler the best of luck during her student teaching and for whatever else her future may hold!

Quarrier Pride

2013 Y-Ball Season Starts



2013 DRHS Y-Ball team members include: (back row-from left): Nathan Koens, Colin LeBrun, Dylan Laultt, Michael McGee, and Andrew Schreff; (front row-from left): Brett Nichols and Ted LaCoursiere

Recently, students at Dell Rapids Public High School have started participating in a new club sport activity through the YMCA in Sioux Falls. Y-Ball, or youth basketball, has become a popular activity for students around the U.S. The Y-Ball Basketball League is designed for high school students in grades 9-12 who don't play on their high school teams. Players in the league compete against students from other schools and neighborhoods.

The Jamaican Hopscotch Mafia is a Y-Ball team that involves students from DRHS coached by senior Kyle Michel and includes seniors Ted LaCoursiere, Nathan Koens, Michael McGee, Colin LeBrun and Dylan Laultt; as well as juniors Andy Scherff and Brett Nichols. The team chose to participate in Y-Ball this season because one member, LaCoursiere, had played it previously with students

from other schools and decided to get a team together with his own peers. "What I enjoy most about being on a Y-Ball team," said Laultt, "is that it's fun and you don't have to worry about doing something wrong and getting yelled at."

To apply to be a part of the sport, students must upload a form from the YMCA website or pick one up directly.

"Y-Ball differs from regular basketball because it is more laid back and fun. You get to do basically whatever you want," said LaCoursiere. The Jamaican Hopscotch Mafia practices after school whenever all of them are available.

"What I wish to accomplish as a team this year is to win again and just have fun," said LaCoursiere.

They play on Wednesday nights at the 'Y' and if you get a chance to go and watch it is great entertainment! Good luck on your season.

Power Lifting to the Top

On Jan. 26, 2013, 13 boys and one girl attended the annual PowerLifting meet at O'Gorman High School in Sioux Falls, S.D.

These lifters left their mark on the floor and record books as they place five lifters in the five in a field of 115 competitors and took Third Place as a team on the day. Individual placers were: Matthew DeNoon (114 lbs) place First; Jonathan DeNoon (123 lbs) placed First; Peter Nebben (HW) placed First; Griffen Ellison (242 lbs) placed Fourth; and Ty Hennen (220 lbs) placed Fourth. Along with placing, several lifters set new meet records in: M. DeNoon (114) in the backsquat, deadlift, and total weight lifted; J. DeNoon (123) in the backsquat and total weight lifted; Connor Van Duyn (198 lbs) in the deadlift; and Nebben (HW) in the deadlift and total weight lifted.

"I did okay, but could've done better, so I hope to improve before the next meet. The team did a good job as a whole and we even broke some records," said the lone girl lifter Jill Nelson.

"I can not say enough about the kids I have this year, they are very receptive and eager to do their best," said coach Alex Hanson. With the ability on the team, Hanson is hoping to place in the top three at the state meet held in Madison, S.D., on March 2, 2013.



Senior Peter Nebben makes his first attempt at a meet record weight of 535 lbs. in the deadlift.



Jill Nelson had a great day lifting as she demonstrates in her squat.



Cole Van Duyn sets the standard in benching as a first year Power Lifter.

Ag in Action

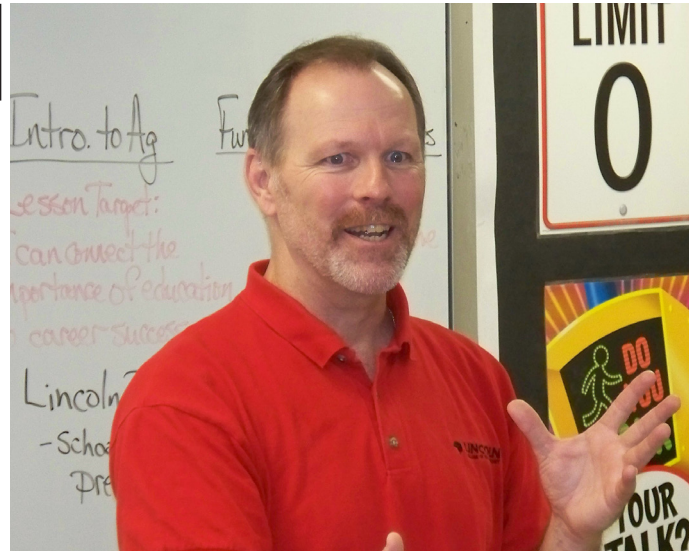
The two sections of the Wildlife and Fisheries class have finished up the introduction to wildlife, habitat, hunting and management. The students are now working on wildlife identification. They will be working on large mammals, small mammals, non-indigenous species, upland game birds, duck, geese, swans and cranes. They will investigate the general description, the habitat, feeding habits and life cycle of the various species.

The unit on the FFA organization has been completed and now the Introduction to Agriculture, Food and Natural Resources students have started preparing for the shop unit. Shop tool identification, safety, project planning and design will be completed before the students go into the shop to construct a small wood project. Once they have completed their wood projects, they will return to the classroom for the next unit on international agriculture. They will analyze commodities produced in other countries, how they are traded and how that affects us as consumers. This unit will be followed by an agricultural careers unit.

Dan Darkow, the admissions representative from Lincoln College of Technology talked to the Ag Metal Fabrication Technology students on Jan. 15, 2013, about how important education is to their future success. He also explained the opportunities available in their various programs offered at the Denver campus.

The students have now finished up the classroom instruction on the fundamentals of the various types of welding and are now working on completing their required welds using oxyacetylene, arc and wire-feed welders. They also have the opportunity to use the plasma cutter and the TIG welder. Once they have completed the 14 required welds, they will design and construct their own metal projects utilizing their welding skills.

The FFA chapter will sponsor a 3-point shot event during the half-times of both varsity basketball games on Feb. 8, 2013, to help raise funds for the Cystic Fibrosis Foundation. Cystic Fibrosis is a genetic lung disease that causes the body to produce abnormally thick, sticky mucus, which clogs the lungs, leading to infections, and also obstructs the pancreas, in-



FFA

(Left): Dan Darkow of the Lincoln College of Technology came and talked with members of the Dell Rapids High School Ag Metal class. This is just one of the many types of speakers students in the Ag area has the privilege to listen to as many life skill events are part of the planned curriculum of these courses.

hibiting proper digestion of food. Progress in Cystic Fibrosis research has accelerated over the past few years and with the help of events like the 3-point shot contest, we can keep the Foundation on the forefront of medical science helping the 30,000 children and young adults who face cystic fibrosis every day. The FFA chapter will match the amount brought in on February 8th. The Corduroy Classic in Brookings is scheduled to be held Saturday, Feb. 9, at Frost Arena. This event starts at 5 pm and includes a pre-game reception for FFA members and half-time festivities. It will be a night of great basketball and an opportunity to celebrate the special connection SDSU shares with the FFA. Another sporting event is FFA Night with the Stampede which takes place on Friday, Feb. 15 when the Stampede takes on Omaha at 7:05 pm.

Several scholarships are available for senior members such as five scholarship of \$500 each for members who plan to major in agriculture at a South Dakota University or Technical Institute. A \$500 scholarship is available for a member planning to enroll at South Dakota State University majoring in Agriculture Education. Through the National FFA Organization, members are eligible for approximately \$2 million in scholarships designed to fit the diversity of the applicants. These scholarships are sponsored by businesses and individuals through the National FFA Foundation and are given for a wide variety of experiences, career goals and higher education plans. The selection process takes into account the whole student – FFA involvement, work experience, Supervised Agriculture

Experience, community service, leadership skills and academics. Younger members can apply for the four \$500 scholarships to attend the Washington Leadership Conference held during the summer. All of the scholarships are due Feb. 15.

Members are also busy planning and preparing activities for the National FFA Week Feb. 16 – 23, 2013. The theme of “Grow” applies to our members and to us. We can grow our membership, our service, our relevance, our SAEs and our impact. Each of the 557,318 members in the National FFA Organization has room for growth. The FFA members are starting to prepare for the spring career development events. Those events areas include: Ag Business Management, Ag Communications, Ag Mechanics, Ag Sales, Agronomy, Dairy Cattle Evaluation, Floriculture, Food Science and Technology, Horse Evaluation, Livestock Evaluation, Meats Evaluation, Milk Quality and Products, Natural Resources, Nursery/Landscape and Range Plant Identification. The first event will be on March 12 at DeSmet.

America’s Farmers Grow Rural Education, a Monsanto Fund program, gives rural public school districts the opportunity to compete for a grant of up to \$25,000. Local farmers can nominate our school district to compete for the grant by visiting GrowRuralEducation.com or calling 1-877-267-3332. The program entry period runs until April 15, 2013.

If there are any questions concerning the events and activities connected with the Dell Rapids FFA Chapter please contact Advisor Tom Wolff at the high school.

The ACT Test Dates For 2013

TEST DATE:

February 9, 2013

Registration Deadlines:

Regular Deadline: January 11, 2013
Late Fee Required: January 12-18, 2013

Test Date:

April 13, 2013

Registration Deadlines:

Regular Deadlines: March 8, 2013
Late Fee Required: March 9-22, 2013

Test Date:

June 8, 2013

Registration Deadlines:

Regular Deadlines: May 3, 2013
Late Fee Required: May 4-17, 2013

ACT Test Dates for 2013-2014

September 21, 2013

October 26, 2013

December 14, 2013

February 8, 2014

April 12, 2014

June 14, 2014

For any other testing or scholarship information, contact Mrs. Jennifer Ruesink, Guidance Counselor, at 428-5473 - Opt. 1 at the Dell Rapids High School.

Mark Your Calendar

Booster Club Notes:

The Booster Club will be sponsoring a 5th & 6th Girls and Boys Basketball Tournament on Saturday, March 2, 2013. Volunteers will be needed for this tournament. Contact a Booster Club Board Member for more information

Prom 2013

This year's grand march will introduce the prom attendees at 8:00pm on Saturday, April 6th in the High School gym. Those students who are signed up to attend prom will be given early bird ticket so that family may arrive at 6:30 to greet and photograph the prom goers prior to the grand march. Our doors will open to the public at 7:00 pm and there will be a \$2.00 charge for adults and a \$1.00 charge for students who wish to watch the grand march. This admission will greatly help off-set the cost of prom decorations and the festivities. We look forward to a wonderful prom night and we are excited to see you all there!

Post Prom Planning for February

Thank you to all the volunteers who helped with the basketball tournament and all of the concession stand fundraisers. The committee wishes to thank everyone for so many donations and hours of help. Every single tournament volunteer – both parents and community members - showed up to do his or her part. Many teams mentioned they enjoyed the day so much, they will look to return next year. Thank you to all who helped host this successful event, which is the largest, single fundraiser for the annual Post Prom Party. (Congratulations to the Dell Rapids teams who played in the tournament: In their grade-level brackets, the 7th grade team earned 1st place, and the 8th grade team earned 2nd place, losing by only two points in the championship game.)

Moving forward in planning, please mark your calendars for Prom night, April 6, 2013. To create a successful event, we will need everyone's help to pull off a fun and safe event for our kids. The next few meetings will be crucial! We will need creative ideas and supportive hands to finalize the activities and throw a memorable Post Prom event. **Please join us for the next meeting on Feb. 10, at 6:30 at Old 77.**

Thank you

On behalf of the Dell Rapids Middle School Student Body, Staff and Student Council Members we would like to say "Thank You" to The Dell Rapids Methodist Church for their donations of "warm weather gear". The mittens, hats, gloves, and other items will be used by our students and are greatly appreciated. We would also like to say a special "Thank You" to Mary Nelson for thinking of us and delivering these items to the school. We truly are thankful for your kindness and support of our school and students. You are very much appreciated!

If your child is in need of "winter gear", school supplies or any other personal care items please contact your child's School Counselor for more information at 428-5473.

Mentoring in Dell Rapids

The Dell Rapids School District is participating in the Lutheran Social Services School Based Mentoring Program. This program aims to develop positive experiences and relationships between students and volunteers that promote character development. We are looking for adult volunteers who are willing to volunteer their time to serve as a Mentor within the Dell Rapids School District.

Information About Mentoring:

*Mentoring takes place one time per week, at the designated school, for approximately one hour, during the school day.

*Mentors are asked to commit to a minimum of one school year. It is our hope that Mentors will remain with the program and when possible the same student for several years.

*Lutheran Social Services screens and trains all Mentors. The School Counselors then match the Mentor with a Student. A permission letter is sent home with students who are interested in participating in the program or are potential candidates. Students are not allowed to meet with a Mentor unless it is permitted by his or her parent or guardian.

*Mentors and students may engage in many different activities, such as reading a book, eating lunch together, playing board games, constructing craft projects, working on homework or just hanging out and talking.

*Mentors are not matched with their own children or relatives. Mentoring is linked to building positive behaviors in children, including increased self-esteem, improved academic skills, higher rates of attendance in school and is a positive influence on social development. The mentoring relationship is rewarding for Mentors too. It can be a way to learn more about yourself and experience the joy of seeing a child grow and change.

If you or someone you know is interested in learning more about becoming a Mentor for this program or connecting your child with a Mentor please go to the website http://www.lsssd.org/children_services/mentor_program/schoolbasedmentorprogram.html for more information or contact your School Counselor at 428-5473 to learn more.

Do you already know that you would like to be a Mentor? If you are interested in being a Mentor and are ready to apply, you can submit an online application by going to the following link: http://www.lsssd.org/children_services/mentor_program/application.html. Or for more information you can send an e-mail titled: School Based Mentoring Program to: mentoring@lsssd.org.

If you do not have access to the Internet please contact one of the School Counselors (428-5473) for a hard copy of the application which can be printed or faxed, or to have one mailed to you. You can also call Lutheran Social Services and ask about the School Based Mentoring Program at 1-605-221-2403.

DRMS Student of the Month



DRMS January Students of the Month are:

Fifth Graders: Kaela Taubert and Tyler Wood; Sixth Graders: Brady Ginsbach and Hunter Gary; Seventh Graders: Matt Gillogly and Isabella Tesnow; and, Eighth Graders: Autumn Schumaker and Jay Patel. Congratulations to you all on your hard work and dedication at Dell Rapids Middle School!

DRMS would like to announce and congratulate the Students of the Month for January. These individuals have demonstrated positive behavior reflective of the Pillars of Character: Trustworthy, Responsible, Respectful, Fair, Good Citizenship, and are Caring Individuals. A Special Thank You to Lunchtime Solutions and The Dells Theatre; Students of the Month recipients will receive gift certificates from these places!

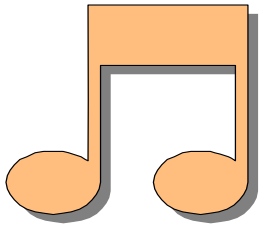
Please Note:

Due to computer issues? ?

DRMS

1st Quarter Honor Roll cannot be posted accurately at this time.

Sorry for any inconvenience.



Music Booster Notes

Would you love to get out of cooking supper and doing the dishes on the night of parent/teacher conferences? Come join the Music Boosters for our annual Chili Supper on February 4th. All you can eat chili, plus a bar for dessert, is only \$5 a person!

The Schwann's Fundraiser is going on now through February 7th so if you need anything from Schwann's, be sure to contact a band or choir member or one of the names listed below to place your order. The Schwann's truck will be in the high school parking lot on February 15th from 3pm to 7pm so you can pick up your items.

Mark your calendars for the Music Dinner on March 3rd. The Music Boosters will be serving pork loin sandwiches complete with their famous secret recipe BBQ sauce. We will also have extra pork loins and BBQ sauce for sale so if you're interested in that, please be sure to contact Edie Hinricher at 366-8319.

Do you need a new mattress? Yes, you read

that right! Don't buy one from a furniture store because the Music Boosters will be hosting a Mattress Sale on April 27th. There will be brand name mattresses available for you to try out and purchase, with proceeds going to the Music Boosters! Watch for more details in upcoming Wise Owls.

Music Scholarships for Middle School and High School student lessons are available through the Music Boosters. Applications are due February 15th. Contact your child's director for more information and the application.

ATTENTION 5th - 8th Grade Parents of Band and Chorus Students: We'd love to have more of you join us for the Music Boosters meetings! A few of the current members will be aging out due to graduations in the next few years and in order to keep things going, we need your help! All parents of music students are considered members so you will always be called on to help out for certain fundraisers. If you attend meetings on a regular basis, you are able to have a say in what types of fundraisers we do. We meet for an hour once a month on the first Monday. The next meeting is Monday, February 11th in the band room. Please join us!

Any questions or comments, please contact:

Edie Hinricher (Music Boosters President) 366-8319

Or you can email your child's teacher:

Brian Smith (7/8th Band and High School Band)

Ginny Ziebarth (5/6th, 7/8th, and High School Chorus)

Sharee Van Voorst (5th Grade Band and 6th Grade Band)

Hegge receives HOBY Volunteer Award



Senior Margo Hegge

HOBY Students Empower, Lead, and Excel!

In June 2011, Dell Rapids High School Senior Margo Hegge, along with 130 other students from across South Dakota, attended HOBY where she was challenged to perform 100 hours of community service as part of their "Leadership for Service", or L4S, program.

Recently, in conjunction with the 100 hours of L4S challenge, Hegge was awarded the President's Volunteer Service Award. She was awarded a Gold Level of Service Award sent from the President himself. This Gold Level of Service Award is given to those students completing 250 or more hours of service over the course of a 12-month period. During her 12-month volunteer period, Hegge completed 262 hours of volunteer work!!

"Margo is well deserving of this award as she worked hard to put in every minute of her time. She is a good representative of what a 'class act' group of students are found at DRHS," said Guidance Counselor Jennifer Ruesink.

Hegge is a strong proponent of the HOBY program and her hard work and dedication is a prime example of that effort.

"HOBY South Dakota is proud to recognize Margo Hegge as part of their family and would like to extend its 'Congratulations' to such and OUTSTANDING student!" stated former DRHS student Joci Hansen in a formal press release.

The DRHS 2013 HOBY representatives are Jessica Tisher and Sarah Haak who are also strong student representatives.

Dell Rapids Community Haven



A Great Place For YOUth!



VALENTINE BASKET RAFFLE

TO BENEFIT THE HAVEN'S BEFORE & AFTER SCHOOL PROGRAMS!

DINNER GIFT CERTIFICATE from Old 77

MASSAGE from A Touch for Wellness

JJ'S WINE & SPIRITS GIFT CARD from Kringen family

BOUQUET from Blooms on Main

PHOTOGRAPHY SESSION from Carder Photography

ACE GIFT CARD from Dell Rapids Ace

MOVIE TICKETS for Dells Theatre from Ricca Bent

ROMANTIC MOVIE from Video Plus

A GIFT FOR HER from Pretty Please/Thanks A Latte

LEWIS GIFT CARD from Mathis family

BLIZZARDS from Dairy Queen

CHERRY BERRY GIFT CARD from Hembree family

PIZZA PACKAGE & CANDY from Cubby's

CHOCOLATES

CANDLES

SOMA BODY WASH & LOTION

Tickets \$1 each or \$5 for six

Prize Package valued at more than \$550!!!

Drawing Feb 11th 4:30 pm

Purchase tickets from Haven students, staff or Board Members

Or by calling 366-8612

Winner notified by phone



Notice: Looking for that special something for that special someone on Valentine's Day??

Well, look no further!! The DRHS organization of Peer Helpers will be making Cookie Grams for Valentine's Day! Order forms for students will be in the High School office or Mrs. Ruesink's room. If you want to call and place an order contact Mrs. Ruesink at 428-5473 - Opt 1 for the high school. The Cookie Grams are \$1.00 per cookie - all orders must be in and paid for by Friday, February 8, 2013. The cookies will then be delivered to those special people on Thursday, February 14 to make their day!

DRHS Honor Roll - Quarter 2 2012-13

TERM 2 - "Gold"

Boyle, Emily
 Broin, Miranda
 Damm, Jayme
 DeNoon, Jonathan
 DeNoon, Matthew
 DeVos, Alexa
 Erickson, Demi
 Gleason, Jackson T
 Gleason, Kenyon C
 Haak, Sarah
 Hegge, Margo
 Hinricher, Benjamin
 Hoff, Corynn
 Hoglund, Ty
 Holmes, Dominic
 Huewe, Jacob
 Huss, Hannah
 Jensen, Morgan
 Kangley, Sarah
 Kannenberg, Alexander
 Koens, Nathan
 LaCoursiere, Theodore
 Lampe, Paige E
 Langer, Cole L
 LeBrun, Colin K
 Luke, Mallory
 Mathis, Samantha J
 McKillip, Tia
 Mitchell, Michael
 Mogen, Brett
 Morris, Jacob T
 Morris, Lindsey
 Nagelhout, Maria J
 Nielsen, Cody J
 O'Hara, Shane R
 Parrot, Joshua
 Rinehart, McKenzie J
 Schumacher, Cheyenne
 Snyder, Alexandra
 Solberg, Tanner
 Tisher, Jessica
 Welbig, Brittnay
 Wilke, Melanie
 Wrage, Shelby

TERM 2 - "Silver"

Adams, Mikaela L
 Adams, Sutton M

Bortnem, Gage D
 Damm, Dylan
 DeLange, Theodore
 Devlin, Rachel
 Drew, Kendra
 Eddy, Karen
 Ekeren-Moening, Hanley G
 Gillogly, Benjamin
 Grassi, Darrian
 Gronli, Brooke
 Gullickson, Christopher
 Hammer, Benjamin
 Hauf, Cierra M
 Hegge, Nadine E.
 Hennen, Ty
 Hof, Alisyn M
 Hof, Austen C
 Hofeman, Trystan K
 Hoglund, Morgan L
 Houser, Jessica D
 Huffman, Chelsey M
 Johnson, Elijah D
 Karst, Adam R
 Kerzman, Spencer J
 Kimball, Aubrey D
 Kirschenmann, Aleza J
 Klein, Eric
 Kludt, Brittany N
 Kluever, Easton
 Knappe, Trent
 Koch, Bryce
 Kolbeck, Matthew J
 Kost, Spencer A
 Lambert, Jessica
 Laut, Dylan S
 LeBrun, Lane R
 Leighton, Kutler B
 Logan, Taiven
 Lueders, Angel L
 Machmiller, Austin
 McGee, Michael
 Meyer, Justin
 Miles, Megan
 Miller, Makaylah
 Mitchell, Brandi A
 Murphy, Victoria
 Neels, Karisa L
 Nelsen, Jill M
 Nelson, Jese J

Nichols, Ryan L
 Nielsen, Samantha P
 Payne, Laura D
 Peter, Trevor
 Peterson, Amanda K
 Prasek, Samuel
 Redetzke, Wyatt
 Rice, Nicole L
 Riswold, Justin
 Scherff, Andrew T
 Schildhauer, Mackenzie
 Schultz, Kelsey A
 Schumacher, Kiah
 Schumaker, Zane
 Shellum, Cosy J
 Snoozy, Luke
 Spielmann, Cheyenns
 Stahl, Dominick
 Stange, Rita L
 Stelzer, Zachary
 Stone, Jordan
 Swenson, Jericho K
 Swenson, Kenaniah J
 Tomes, April
 Van Ballegooyen, Devlin J
 Van Duyn Connor P
 Warne, Mariah M
 Welbig, Hannah
 White, Sam
 White, Zach
 Wiebenga, Andrew
 Wolles, Courtney
 Wright, Cassidy
 Wright, Cordell

TERM 2- "Bronze"

Appel, Brady
 Bach, Amdrew D
 Benda, Joshua
 Boever, Matthew
 Brech, Shauna
 Broin, Austin
 Brown, Taylor
 Brust, Joel
 Damm, Alexis
 Dearduff, Meg C
 Dusing, Travis
 Ellison, Griffin
 Entringer, Jackson

Fredrichsen, Dalton S
 Gee, Tyler
 Griffin, Alexis M
 Habeger, Jacob G
 Hanzlik, Nicole M
 Jurgensen, Riley
 Kistler, Morgan W
 Lee, Hyejin
 Leighton, Karlie M
 MacRunnels, Michela A
 Miller, Riley H
 Mohror, Mitchell J
 Munk, Bailey
 Nelson, Jase
 Nemmer, Roman G
 Nichols, Brett A
 Posey, Austin
 Reider, Samantha J
 Reit, Natasha J
 Rice, Julia M
 Rieffer, Peter C
 Riswold, Alec
 Roozing, Mikayla A
 Sachen, Desaray
 Shellenberg, Nadja
 Schmidt, Riley
 Schrad, Zachary
 Schreier, Jacob
 Schroeder, Zachary
 Schumacher, Pierce T
 Schumacher, Zane B
 Scott, Damon A
 Skinner, Sheridan R
 Sorsen, Courtney
 Sprecher, Alexis M
 Stanton, Keagan
 Stofferahn, Mikaela
 Van Ballegooyen, Aaron J
 VanDyke, Whitney M



Movies “Lincoln” and “Les Miserables” field trips a success

On Wednesday, Jan. 16, 57 students took a trip to the Dell Rapids Movie Theatre to watch “Lincoln”. “Lincoln” recently came out in theatres and is a movie about Abraham Lincoln’s life after being reelected as President of the United States and going through the troubles of passing the 13th Amendment, to end slavery.

Both junior class English teachers Jason Kurtz and Kerri Kirschenmann set up and agreed that the students will later on in the class learn about the Civil War, slavery and other history events, which relates with the movie “Lincoln”.

“This was a wonderful opportunity for the kids to watch history unfold and later use it educationally as a lesson,” said Kirschenmann.

Recently, in American Litera-

ture, students were reading “The Crucible”, one of Arthur Miller’s most famous plays and the main character in the movie version is Daniel Day-Lewis who is the actor portraying President Lincoln. Students also compared his ability to develop a character in action and how this works for the outcome of any piece of work.

Not to leave out any department in the school, on Jan. 30, the band and choir students had the same opportunity to watch “Les Miserables” that is also up for many academy awards including ‘Best Song’. Both band and choir advisors Brian Smith and Ginny Ziebarth felt the experience would be a great musical moment.

Again, approximately 67 students loaded the busses at 8:30

a.m. and went down to the Dells Theatre for their experience. In watching the movie students were to pay attention to how performers were involved in a live performance on set and how emotion was brought forth in song and not the spoken words they were use to.

Most of the students were very appreciative of the experiences and what can be learned if one only sits down and watches a movie and looks beyond the surface of what is being presented.

The Dell Rapids school would like to thank Manager Nancy Jorgensen and owner Jeff Logan for this inexpensive and educational field trip for our students and here is hoping there will be many more options to come in the future.

One Act Play performers qualify for State Event



DRHS cast, crew and directors of “The Devil in Sherman Marsh” as they get ready to head to the state meet.

When putting together the idea of a One Act Play a director has to take into consideration the time element, the mandatory genre requirements, and then the cast. For Director Sharon Mitchell, casting the players for “The Devil in Sherman Marsh” by Don Zolidis was almost set for her before the play began.

This play is set in a high school and deals with the common ev-

ery day problems and situations that occur daily for students; with a twist, of course! The main character, Sherman Marsh (played by Alec Riswold) makes a deal with Lucifer (played by Tad Lacey) when finding his card amongst his collection of Yugioh cards. This deal will teach Sherman (Riswold) to be carefull what you wish for when selling your soul to the devil!

Sherman wants to change his ‘position’ in high school so that being smart is cool, then having the girl of his dreams fall in love with him, Amber (played by Darrian Grassi), to winning the ultimate competition in a Yugioh Tournament against his real true love Nora (played by Jessica Tisher). In all of this Sherman learns a life lesson and Lucifer is challenged by his old time friend Angelic Love Mother (played by Kendra Drew).

After hours of rehearsals and changes, these performers headed to Brandon Valley on Thursday, Jan. 24, 2013, to demonstrate their hard work to a set of judges at Regions; and it all paid off when they placed Second behind West Central and advanced to the State Meet.

Two “Outstanding Actor Awards” were presented to Alec Riswold and Tad Lacey who were both very deserving of the awards.

The play cast performed for the middle school students in preparation of the state event on Feb. 2, 2013 in Brandon Valley at 2:45 p.m. Congratulations on a job well done.

Breakfast MENUS

DELL RAPIDS ELEMENTARY SCHOOL



BREAKFAST MENU - FEBRUARY 2013

Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- Milk choices



Fruit Available Every Day

Antioxidants fight disease!

Fruits and fruit juices are an excellent source of the antioxidant vitamins A, C and E. These antioxidants help prevent damage to your cells caused by free radical molecules. Free radicals cause oxidation in your body - like metal rusting. Antioxidants are like rust-proofers, protecting you from diseases, stress and aging.



Breakfast Meal Prices & Extras

Elementary School Breakfast	\$1.30
Adult Breakfast	\$1.65
Extra Milk	\$.45

Breakfast is served every day from 8:10 to 8:25 am

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
Applications for Free and Reduced price meal are available in all building offices throughout the school year.				1 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
4 Breakfast Pizza Fruit Milk Choices	5 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	6 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	7 Pancakes with Syrup Fruit Milk Choices	8 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
11 Waffle with Syrup Fruit Milk Choices	12 Cheese Omelet Fruit Milk Choices	13 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	14 Breakfast Pizza Fruit Milk Choices	15 No School
18 No School	19 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	20 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	21 Pancake Sausage Stick Fruit Milk Choices	22 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
25 French Toast Sticks with Syrup Fruit Milk Choices	26 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	27 Homestyle Breakfast Quesadilla 😊 Fruit Milk Choices	28 Breakfast Pizza Fruit Milk Choices	<i>If there is a late start due to weather conditions, breakfast will not be served</i> Entrée Note: Homestyle/Scratch 😊

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Questions or comments - Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com
 LSI Solutions, Inc.

DELL RAPIDS MIDDLE/HIGH SCHOOL



BREAKFAST MENU - FEBRUARY 2013

Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée listed on menu or Choice of cereals with toast or
- Mon.** Biscuit with Sausage Gravy
- Tues.** Breakfast Pizza
- Wed.** Breakfast Sandwich
- Thurs.** Biscuit with Sausage Gravy
- Fruit
- Milk choices



Fruit or Juice Available Every Day

Start your day off right

Antioxidants fight disease!

Fruits and fruit juices are an excellent source of the antioxidant vitamins A, C and E. These antioxidants help prevent damage to your cells caused by free radical molecules. Free radicals cause oxidation in your body - like metal rusting. Antioxidants are like rust-proofers, protecting you from diseases, stress and aging.



Breakfast Meal Prices & Extras

MS/HS Student Breakfast	\$1.30
Adult Breakfast	\$1.65
Extra Milk	\$.45

Breakfast is served every day from 7:50 to 8:25 am

Menus are subject to change without notice.

Mon	Tue	Wed	Thu	Fri
Applications for Free and Reduced price meal are available in all building offices throughout the school year.				1 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
4 Breakfast Pizza Fruit Milk Choices	5 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	6 Scrambled Eggs Tri-Tator Hash brown Fruit Milk Choices	7 Pancakes with Syrup Fruit Milk Choices	8 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
11 Waffle with Syrup Fruit Milk Choices	12 Cheese Omelet Fruit Milk Choices	13 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	14 Breakfast Pizza Fruit Milk Choices	15 No School
18 No School	19 Fresh Baked Fruit Muffin Square 😊 Fruit Milk Choices	20 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	21 Pancake Sausage Stick Fruit Milk Choices	22 Fresh Baked Cinnamon Roll 😊 100% Fruit Juice Milk Choices
25 French Toast Sticks with Syrup Fruit Milk Choices	26 Homestyle Sausage Gravy over Fresh Baked Biscuit 😊 Fruit Milk Choices	27 Homestyle Breakfast Quesadilla 😊 Fruit Milk Choices	28 Breakfast Pizza Fruit Milk Choices	<i>If there is a late start due to weather conditions, breakfast will not be served</i> Entrée Note: Homestyle/Scratch 😊

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Questions or comments - Contact Deb Emmert, Food Service Director at (605) 521-8277



DELL RAPIDS ELEMENTARY SCHOOL



LUNCH MENU - FEBRUARY 2013

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



February Selections: Radishes & Carrots

Discover the nutritional benefits of Radishes and Carrots on the posters in the dining area or at: <http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Nutritional Building Blocks ANTIOXIDANTS

Antioxidants help protect your body from damage caused by free radical molecules. Some free radicals help you digest food, and turn food into energy, but having too many causes damage to healthy cells, creating health problems including disease and aging. Excess free radicals can come from sun exposure, pollution, stress, and high-fat foods. You need enough antioxidants to stabilize all the extra free radicals in your body. Antioxidants come from vitamins and minerals found in fruits and vegetables.

Lunch Meal Prices & Extras

ES Lunch	\$2.30	Extra Milk	\$0.45
Adult Lunch	\$2.90		

Lunchtime Solutions, Inc.

Mon	Tue	Wed	Thu	Fri
Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice.				A. BBQ Rib Sandwich ✓ B. Pizza ✓ C. Ham & Cheese Sandwich ✓ Steamed Carrots ✓ Caramel Mousse Dessert
4 A. Cheeseburger B. Italian Dunkers with Marinara Sauce ✓ C. Sub Sandwich ✓ Green Beans ✓	5 A. Homestyle Meatloaf ✓ B. Baked Chicken Nuggets C. Sub Sandwich ✓ Mashed Potatoes & Gravy	6 A. Soft Shell Tacos B. Baked Crispy Chicken Sandwich C. Oriental Salad Whole Grain Roll ✓ Black Beans ✓ Smores Pudding Dessert	7 A. Homestyle Beef Chili ✓ B. Cinnamon Roll ✓ C. Baked Corn Dog C. Chef Salad Whole Grain Roll ✓ Peas ✓	8 A. Pizza ✓ B. Macaroni & Cheese Breadstick ✓ C. Turkey & Cheese Sandwich ✓ Steamed Broccoli ✓ Fruit Fluff Dessert
11 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe ✓ C. Sub Sandwich ✓	12 A. Homestyle Beef & Cheese Enchilada B. Baked Chicken Nuggets C. Taco Salad Golden Corn ✓	13 A. Spaghetti with Meat Sauce ✓ B. Egg Salad Sandwich C. Sub Sandwich ✓ Green Beans ✓ Vanilla Pudding ✓	14 A. Hot Dog B. Teriyaki Chicken Sandwich C. Crispy Chicken Salad Breadstick ✓ Baked Beans ✓	15 No School
18 No School	19 A. Tater Hotdish ✓ B. Grilled Chicken Sandwich C. Sub Sandwich ✓ Green Beans ✓	20 A. Hot Mexican Sub B. Baked Mini Corn Dogs C. Chef Salad Whole Grain Roll ✓ Refried Beans ✓	21 A. Turkey & Gravy (over Mashed Potatoes) ✓ B. Baked Chicken Nuggets Whole Grain Roll ✓ C. Oriental Salad Whole Grain Roll ✓ Mashed Potatoes & Gravy Stained Glass Dessert	22 A. Pizza ✓ B. Hot Ham & Cheese Sandwich C. Egg Salad Sandwich ✓ Golden Corn ✓ Radishes on F&V Bar ✓ FARMERS MARKET SELECTIONS
25 A. Homestyle Chicken & Noodles (over mashed potatoes) ✓ B. Baked Breaded Beef Fingers Breadstick ✓ C. Sub Sandwich ✓ Mashed Potatoes & Gravy	26 A. Super Nachos B. BBQ Rib Sandwich C. Taco Salad Honey Glazed Carrots ✓ Lemon Fluff Dessert	27 A. Homestyle Cavatini ✓ B. Baked Crispy Chicken Sandwich C. Sub Sandwich ✓ Green Beans ✓	28 A. Hot Dog B. Hot Pepperoni Sub ✓ C. Crispy Chicken Salad Breadstick ✓ BBQ Beans ✓ Caramel Apple Dessert	Menu Notes: Homestyle/Scratch ✓ Vegetarian ✓ Whole Grain Rich ✓ Other Good Fiber ✓

Questions or Comments: Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com

DELL RAPIDS MIDDLE SCHOOL



LUNCH MENU - FEBRUARY 2013

Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is now required to have 1/2 cup of fruits or vegetables on their tray.



February Selections: Radishes & Carrots

Discover the nutritional benefits of Radishes and Carrots on the posters in the dining area or at:

Other Entrée Choices Available Daily:

D. Deli Wrap Entrées	E. Vegetarian Entrées
M Combo Deli Wrap T Fajita Chicken Wrap W Turkey Deli Wrap Th Ham Deli Wrap F Grilled Chicken Wrap	M-W Vegetarian Salad T-Th Fruit, Yogurt & F&F Cheese Plate
(All E. include roll or breadsticks)	

Lunch Meal Prices & Extras

MS Lunch	\$2.40	Extra Entrée	\$1.55
Adult Lunch	\$2.90	Extra Specialty	\$1.75
Extra Milk	\$0.45	Pizza	

Additional a la carte items are available for purchase.

Nutritional Building Blocks ANTIOXIDANTS

Antioxidants help protect your body from damage caused by free radical molecules. Some free radicals help you digest food, and turn food into energy, but having too many causes damage to healthy cells, creating health problems including disease and aging. Excess free radicals can come from sun exposure, pollution, stress, and high-fat foods. You need enough antioxidants to stabilize all the extra free radicals in your body. Antioxidants come from vitamins and minerals found in fruits and vegetables.

Mon	Tue	Wed	Thu	Fri
Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice.	Back on the Menu this Month! • Tater Hotdish • Hot Mexican Sub • Hot Pepperoni Sub • Branded Pizza			A. BBQ Rib Sandwich ✓ B. Pizza ✓ C. Ham & Cheese Sandwich ✓ Steamed Carrots ✓ Caramel Mousse Dessert
4 A. Cheeseburger B. Italian Dunkers with Marinara Sauce ✓ C. Sub Sandwich ✓ Green Beans ✓	5 A. Homestyle Meatloaf ✓ B. Baked Chicken Nuggets C. Sub Sandwich ✓ Mashed Potatoes & Gravy	6 A. Soft Shell Tacos B. Baked Crispy or Spicy Chicken Sandwich C. Oriental Salad Whole Grain Roll ✓ Black Beans ✓ Smores Pudding Dessert	7 A. Homestyle Beef Chili ✓ B. Cinnamon Roll ✓ C. Baked Corn Dog C. Chef Salad Whole Grain Roll ✓ Peas ✓	8 A. Pizza ✓ B. Golden Macaroni & Cheese Breadstick ✓ C. Turkey & Cheese Sandwich ✓ Steamed Broccoli ✓ Fruit Fluff Dessert
11 Breakfast for Lunch A. Pancakes and Sausage B. Sloppy Joe ✓ C. Sub Sandwich ✓	12 A. Homestyle Beef & Cheese Enchilada B. Buffalo or BBQ Chicken Wrap C. Taco Salad Golden Corn ✓	13 A. Spaghetti with Meat Sauce ✓ B. Egg Salad Sub C. Sub Sandwich ✓ Green Beans ✓ Vanilla Pudding ✓	14 A. Hot Dog B. Teriyaki Chicken Sandwich C. Crispy Chicken Salad Breadstick ✓ Baked Beans ✓	15 No School
18 No School	19 A. Tater Hotdish ✓ B. Grilled Chicken Sandwich C. Sub Sandwich ✓ Green Beans ✓	20 A. Hot Mexican Sub B. Baked Mini Corn Dogs C. Chef Salad Whole Grain Roll ✓ Refried Beans ✓	21 A. Turkey & Gravy (over Mashed Potatoes) ✓ B. Baked Chicken Nuggets Whole Grain Roll ✓ C. Oriental Salad Whole Grain Roll ✓ Mashed Potatoes & Gravy Stained Glass Dessert	22 A. Pizza ✓ B. Hot Ham & Cheese Sandwich C. Egg Salad Sub ✓ Golden Corn ✓ Radishes on F&V Bar ✓ FARMERS MARKET SELECTIONS
25 A. Homestyle Chicken & Noodles (over mashed potatoes) ✓ B. Baked Breaded Beef Fingers Breadstick ✓ C. Sub Sandwich ✓ Mashed Potatoes & Gravy	26 A. Super Nachos B. BBQ Rib Sandwich C. Taco Salad Honey Glazed Carrots ✓ Lemon Fluff Dessert	27 A. Homestyle Cavatini ✓ B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich ✓ Green Beans ✓	28 A. Hot Dog B. Hot Pepperoni Sub ✓ C. Crispy Chicken Salad Breadstick ✓ BBQ Beans ✓ Caramel Apple Dessert	Menu Notes: Homestyle/Scratch ✓ Vegetarian ✓ Whole Grain Rich ✓ Other Good Fiber ✓

Questions or Comments: Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com

Lunchtime Solutions, Inc.



LUNCH MENUS

DELL RAPIDS HIGH SCHOOL



LUNCH MENU - FEBRUARY 2013



Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. *Each student is now required to have 1 cup of fruits or vegetables on their tray.*



Farmer Selections: Radishes & Carrots

Discover the nutritional benefits of Radishes and Carrots on the posters in the dining area or at:

Other Entrée Choices Available Daily:

D. Deli Wrap Entrées

- M Combo Deli Wrap
- T Fajita Chicken Wrap
- W Turkey Deli Wrap
- Th Ham Deli Wrap
- F Grilled Chicken Wrap

E. Vegetarian Entrées

- M-W Vegetarian Salad
- T-Th Fruit, Yogurt & Cheese Plate
- F Cheese Plate

(All E. choices include roll or breadsticks)

Lunch Meal Prices & Extras

HS Lunch	\$2.40	Extra Entrée	\$1.55
Adult Lunch	\$2.90	Extra Specialty	\$1.75
Chef Prepared Meal	\$4.00	Pizza	\$0.40
		Extra Milk	\$0.40

Menus Subject to change without notice.



Bow Tie Shrimp Alfredo

Chef Keith sautés tender shrimp with celery and onions, then tosses it with creamy alfredo sauce and bow tie pasta. The entrée is available for \$4.00 and includes the Fruit and Veggie bar and milk choice. You must have money in your account to choose this entrée.

Mon	Tue	Wed	Thu	Fri
Applications for Free and Reduced Price meals are available in the school office. Menus Subject to change without notice.	Back on the Menu this Month!! • Tator Hotdish • Hot Mexican Sub • Hot Pepperoni Sub • Branded Pizza			1 A. BBQ Rib Sandwich B. Pizza C. Ham & Cheese Sandwich Steamed Carrots Caramel Mousse Dessert
4 A. Cheeseburger B. Italian Dunkers with Marinara Sauce C. Sub Sandwich Green Beans	5 A. Homestyle Meatloaf B. Baked Chicken Nuggets C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy	6 Chef Day A. Soft Shell Tacos B. Baked Crispy/Spicy Chicken Sandwich C. Sub Sandwich Black Beans S'mores Pudding Dessert	7 A. Homestyle Beef Chili B. Cinnamon Roll C. Chef Salad Whole Grain Roll Peas	8 A. Pizza B. Golden Macaroni & Cheese C. Turkey & Cheese Sandwich Steamed Broccoli Fruit Fluff Dessert
11 <u>Breakfast for Lunch</u> A. Pancakes and Sausage B. Sloppy Joe C. Sub Sandwich Tri-Tator Hashbrown	12 A. Homestyle Beef & Cheese Enchilada B. Mexican Rice C. Buffalo Chicken Wrap or BBQ Chicken Wrap C. Taco Salad Golden Corn	13 A. Spaghetti with Meat Sauce B. Egg Salad Sub C. Sub Sandwich Green Beans Vanilla Pudding Dessert	14 A. Hot Dog B. Pasta Salad C. Teriyaki Chicken Sandwich C. Crispy Chicken Salad Breadstick Baked Beans	15 No School
18 No School	19 A. Tator Hotdish B. Grilled Chicken Sandwich C. Chef Salad Whole Grain Roll Green Beans	20 A. Hot Mexican Sub B. Baked Mini Corn Dogs C. Sub Sandwich Refried Beans	21 A. Hot Turkey Sandwich B. Baked Chicken Nuggets C. Oriental Salad Whole Grain Roll Mashed Potatoes & Gravy Stained Glass Dessert	22 A. Pizza B. Hot Ham & Cheese Sandwich C. Egg Salad Sub Golden Corn F&V Bar
25 A. Homestyle Chicken & Noodles (over mashed potatoes) B. Baked Breaded Beef Fingers C. Sub Sandwich Mashed Potatoes & Gravy	26 A. Super Nachos B. BBQ Rib Sandwich C. Taco Salad Honey Glazed Carrots Lemon Fluff Dessert	27 A. Homestyle Cavatini B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Green Beans	28 A. Hot Dog B. Pasta Salad C. Hot Pepperoni Sub C. Crispy Chicken Salad Breadstick BBQ Beans Caramel Apple Dessert	Menu Notes: Homestyle Scratch Vegetarian Whole Grain Rich Other Good Fiber

Questions or Comments: Contact Deb Emmert, Food Service Director at (605) 521-8277 or deborah@lunchtimesolutions.com



Please Help Dell Rapids Middle School Collect!



Labels For Education



Land O'Lakes Lids



Box Tops For Education



Pizza Ranch Wagons



February 2013



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:00 AM State One Act Festival 4:00 PM GBB & BBB @ Tri-Valley (C Boys & Girls @ 4:00, JV Boys & Girls @ approx 6:15 followed by Varsity Girls then Varsity Boys.) 5:00 PM Wrestling ~ Dells Triangular 5:30 PM Senior Parent's Night for Wrestling	2 8:00 AM Dells Youth Wrestling Tournament 8:00 AM State One Act Festival 9:00 AM 7th BBB- BSC Tournament @ Canton 8th BBB- BSC Tournament @ Beresford 10:00 AM Wrestling-JV @ Brookings
3	4 4:00 PM 4pm-8pm ES P/T Conferences 4:00 PM MS/HS Parent Teachers Conferences(4pm-8pm)	5 5:00 PM Wrestling - Tea Area Quad	6	7 4:00 PM 7/8 BBB @ McCook Central 5:00 PM GBB @ Mc.Central/Mon-trose (C @ 5:00, JV & Varsity to follow) (will air on 103.1 FM)	8 4:00 PM GBB & BBB Home vs. Dakota Valley (C Boys & Girls @ 4:00, JV Boys & Girls @ approx 6:15 followed by Varsity Girls then Varsity Boys.) 5:00 PM Wrestling ~ SF Roosevelt Quad	9 8:00 AM BBB @ Mitchell (DWU Classic) TBA 4:30 PM 7/8 BBB @ Pipestone
10	11 4:00 PM 4pm-8pm ES P/T Conferences 4:00 PM HS Quiz Bowl @ SFHSA 7:00 PM School Board Meeting 7:00 PM FFA Chapter Meeting 7:00 PM Music Boosters Meeting in band room	12 4:00 PM GBB & BBB @ Harrisburg (C Boys & Girls @ 4:00, JV Boys & Girls at approx 6:15 followed by Varsity Girls then Varsity Boys) 4:00 PM 7/8 BBB @ Home vs. Canton	13	14 4:00 PM 7/8 BBB @ Harrisburg 5:00 PM GBB- Home vs. Madison (C game @ 5:00, JV & Varsity to follow) (will air on 1390 AM) 5:00 PM Senior Parent's Night for GBB	15 8:00 AM No School~ President's Day Break 5:00 PM BBB Home vs Lennox (C game @ 5:00 with JV and Varsity to follow.	16 8:00 AM National FFA Week 10:00 AM Wrestling - Region Tournament
17 8:00 AM National FFA Week	18 8:00 AM National FFA Week 8:00 AM No School~ President's Day Break	19 8:00 AM National FFA Week 8:00 AM NAEP Testing (Grade 4) 7:00 PM GBB- District @ High Seed TBA	20 8:00 AM National FFA Week 8:00 AM NAEP Testing (Grade 8)	21 8:00 AM National FFA Week 8:00 AM NAEP Testing (Grade 12) 6:30 PM GBB- District 6A @ Tea	22 8:00 AM National FFA Week 8:00 AM Wrestling - State (Watertown) 6:00 PM BBB Home vs. Pipestone(JV @ 6:00 with Varsity to follow) 6:00 PM Senior Parent's Night for BBB	23 8:00 AM National FFA Week 8:00 AM Wrestling - State (Watertown)
24	25 3:00 PM 5th Grade Concert (3pm & 7pm) 7:00 PM 5th Grade Concert 7:00 PM School Board Meeting	26 7:00 PM BBB-District @ High Seed	27	28 8:00 PM GBB- Region 3A @ Tea		

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

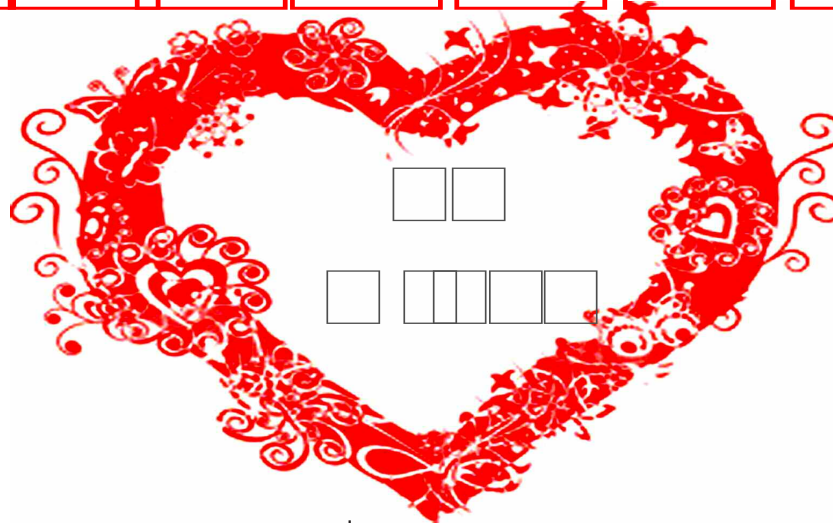
DR QUARRIERS
 We promote spirited thinking,
 responsible citizenship
 and lifelong learning.



DR School District

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

--	--	--	--	--	--	--	--



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

balfour



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 or money order. Order forms are available at: High school from Ms. Kirschenmann or smart-pay.com
- 3** Call 1-800-853-1337 to order with credit/debit card.

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