

CommunicAT

WINTER 2020



LIFE SKILLS TAUGHT IN HIGH SCHOOL

Before entering adulthood, Waconia students are better prepared for life through lessons taught in a trimester-long course called Senior Seminar. The course is divided into four subjects: finance, health resources, communications, and auto maintenance. Students spend approximately 14 days on each subject, rotating from one to the next throughout the first trimester. These high school seniors are taught important life skills prior to college, career, and/or leaving home.

1. FINANCE

Finance covers personal money management skills: budgeting, student loans, credit and debt, credit scores, and retirement investing options.

The overall goal with the Senior Seminar Finance curriculum is to give students a more realistic view of their future finances.

Many students are not aware of how loans are amortized, how large monthly payments can be, and how long it takes to pay back \$40,000 in student loans. Students get a visual of how much interest is paid on a loan and how a poor credit score can affect the rate on a loan.

In the end, I hope that students will take time to sit down with the numbers to see what a realistic budget will look like in their chosen career when they want to buy a car, buy a house, start a family, or retire."

MARY MITCHELL
Waconia High School Business Teacher

2. HEALTH RESOURCES

During the health portion of Senior Seminar, students learn about community medical emergency resources and also have the opportunity to become CPR/First Aid/AED certified.

Students cover basic first aid and environmental emergencies with asthma, seizures, nose bleeds, and bee stings. They also research options of where to seek medical attention with clinics and pharmacies at their prospective postsecondary residence or campus. Additionally, Waconia Fire Chief Chris Nelson comes in to provide real-life stories and leads student conversations on safety and medical tragedies. Also,

Stephanie Smith of Southern Valley Alliance for Battered Women visits to educate students on real-world applications and domestic violence.



JJ Langer - CPR training. Mannequins donated by Waconia Lions.

There are three days of first aid taught through the American Heart Association, where students practice skills and training: EpiPen, tourniquet, splinting an arm, and the Heimlich maneuver. Training is given in adult CPR/AED, child and infant CPR/AED, and infant choking. Following the course, all students are eligible for CPR/

First Aid/AED Certification cards. The Waconia Lions Club recently donated testing mannequins for students to practice skills. "With this donation, students are able to get hands-on CPR training. The topics covered are beneficial and things they need and want to talk about; we can at least cover the main points," commented health teacher Becky Riesgraf. WHS senior JJ Langer commented, "It's all useful knowledge and good to know that if something happened, I'd know how to handle it."

3. COMMUNICATIONS

No matter what type of field you go in, you need to communicate."

STEPHANIE KAPPEL
Waconia High School English/Language Arts Teacher

Cover letters, resumes, professional emails, and successful interview techniques are all skills gained in the Communications portion of Senior Seminar. Students are asked to create formal emails to prospective employers. They also practice common interview questions and prepare well-thought-out written responses. "We have them practice and polish their skills with a partner," Kappel explained. "We want them to be genuine and authentic in their responses." Finally, Kappel encourages students to "be aware of what your social media footprint looks like and make sure you have a positive presence."

4. AUTO MAINTENANCE

During the Auto Maintenance portion of the course, students learn about basic auto systems maintenance, safety concerns and general car care, and purchasing insurance. To understand the whole process of buying, insuring, and caring for a vehicle, students visit local businesses and have guest instructors come in to the class. They visit HEI Collision Center, Napa Auto Parts, and the Ford Service Center. They also meet with local business leaders from Snap On Tools and American Family Insurance.

The students don't need to go on to be future mechanics; the biggest thing to stress is how to maintain and extend the life of a vehicle. We are fortunate to have great people and businesses all right here in Waconia that are always willing to help the students."

DAVE AELING
Waconia High School Industrial Arts Teacher



Field trip to Napa Auto Parts.

WHS senior Basil Baumann commented, "We learned how to fix the easy stuff without a mechanic: electrical, mechanical, how to change a tire, and windshield wipers. Some of the stuff I already knew, and I was able to help out others in the class." Another student, Kai Westby, added, "It's good to know the simple things if my car breaks down and what to do if there's a problem on the dashboard. I feel like I'll know the basics of what to do with it."



Field trip to HEI Collision Center.

LAKETOWN STUDENTS RALLY AROUND CLASSMATE

School culture at Laketown Elementary is built around PRIDE: Peaceful, Respectful, Inclusive, Determined, Engaged.

"I definitely see that with how they treat Annika," Christy Feist, Annika's mother, said.

On Nov. 12, Laketown students rallied around second grader Annika Feist by wearing orange to school.

"Annika has a rare condition called FOXG1," Feist explained. "The right and left sides of her brain are not connected. There are only 514 FOXG1 cases known worldwide, and Annika was one of the first 40 people diagnosed. We knew when she was about 6 months old."



Nik, Sofia, Annika, and Christy Feist.



Annika Feist meeting Vikings tight end Adam Thielen.

Ever since then, her family has been committed to providing her with as normal of a life as possible. Her mother says being at Laketown "is awesome." November was FOXG1 Awareness month and, since foxes are orange, that was the color for students and staff to wear.

"We just wanted her to be included, and that's exactly what happens at Laketown. A couple of her classmates in Mrs. Courtney LaTour's second-grade class have told me that Annika is the most popular kid in class. I guess that's why I cry almost every time I walk into that building. It is just a great school," Feist said.

Ind. School District No. 110
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REFLECTING ON 2019 AND LOOKING FORWARD TO 2020

By Pat Devine, Superintendent



In 2019, the WEareONE10 spirit helped us celebrate our accomplishments and successes, and it also helped carry us through some challenging times.

The results of our parent, student, and staff surveys confirmed that we continue to move in the right direction. We wanted feedback on what we call our Daily Desired Experiences – a guiding document created with student, staff, and community input. Virtually every question we asked received approval ratings in the 80 and 90 percent range. We are very proud that we are delivering at such a great approval rating. We appreciate all of the input we received and look to build on that momentum in 2020.

Also in 2019, administration adopted a three-year operational plan. It's a living document based on continual improvement, and we are very pleased with the results. The operational plan is on the website at: isd110.org > About Us > ISD 110 Strategic Roadmap. It is used for school improvement at ONE10 to guide our great school district to become even better.

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 We are proud of all the amazing accomplishments, large and small, from our students in 2019 and, this year, we celebrated a first. Waconia High School had six students receive honors in the National Merit Scholar program as National Merit Semifinalists and Commended Scholars.

Congratulations to all six of our recognized students and their parents!



Outdoor sports complex ribbon cutting.

It's been a long journey, and ONE10 is proud of being able to deliver on the voter expectations of the approved 2014 bond referendum. The final project was completed in 2019. We are excited to see our campus complete and the outdoor sports complex up and running. Tennis courts, basketball courts, pickleball courts, and an outdoor hockey rink are all now available for our school programs and the community. We would like to thank everyone for their support in making this a reality for everyone.

The year 2019 also brought some challenges that tested our ONE10 spirit but, together, we are making it through. We were so thankful to voters for passing the operating levy in 2018 that should have balanced our budget for years. We were devastated and extremely frustrated to receive less funding than expected from the state due to a new special education funding formula. We have been very transparent about how this has happened and what it means for ONE10. You can read the full story on the main page of our website: isd110.org. The article

provides details of our unexpected path to statutory operating debt and how we are dealing with it. We will continue to remain very active at the state level in our efforts to create changes in state funding to be more equitable among all districts across the state. We have made the financial adjustments needed to maintain a balanced budget moving forward and are proud that we are able to continue our great educational programming at ONE10!

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 As we reflect back on 2019, the one thing that stays consistent at Waconia Public Schools is that we have awesome kids, wonderful parents, an excellent staff, and a fantastic community.

DELIVERING ON OUR MISSION DESIRED DAILY EXPERIENCES



I am not sure the grass can get any greener than at ISD 110. We are so proud for all our work together in providing the best learning environment for kids. Thank you! The partnership philosophy is thriving strong . . . as WE Are ONE10!

GO WILDCATS!



2019 National Merit Semifinalists (from left): Jack Van Nurden, Natalie Meath, Gabriel Willis, Joshua Hebeisen. Commended Scholars: Brady Compaan, Abraham Stroschein.

LIFETIME RECREATIONAL SPORTS ESTABLISH PHYSICAL, SOCIAL, AND EDUCATIONAL VALUES

While organized team sports may cease after graduation, recreational sports can continue for a lifetime. At Waconia High School, students can enroll in Recreation Activities—a physical education course that enables students to understand the rules of recreational activities to participate in throughout their lives. The course allows students to enjoy physical activity sports in an outdoor setting. Instructor Audra Lehrke stated, “After high school, many students stop playing their team sport, but this class shows students they can still be active without being in an organized team sport.”



Kayaking and paddle boarding with SPOKES Bike and Paddle.

Some of the off-campus activities include hitting golf balls at Island View Golf Club's driving range, playing disc golf at Crown College, kayaking and paddle boarding with SPOKES Bike and Paddle, bowling at Lazy Loon Lanes, and climbing at Vertical Endeavors.

“I want students to see the social and emotional benefits, as well as the physical benefits,” stated Lehrke. “When students internalize all these benefits they are more likely to continue to participate in activities that make them feel good about themselves while having fun with friends—therefore, we are promoting lifelong learning.” In a survey filled out at the end of the course, one student commented,

“Not only did I learn different games, but I made new friends. I would never have talked to some of these people if I didn't have this class with them.”

SURVEYED STUDENT

Justin Ratzloff, owner of SPOKES Bike and Paddle, commented, “When your school system values the outdoors, you know you're in a great community.”

- › Archery
- › Badminton
- › Bean bags
- › Biking/inline skating
- › Bocce ball
- › Bowling
- › Disc golf
- › Golf - driving range
- › NitroBall
- › Paddle boarding/kayaking/canoeing
- › Pickleball
- › Rock climbing
- › Slacklining
- › volleyball
- › Spikeball
- › Softball
- › Swimming



Left: Climbing at Vertical Endeavors.
 Bottom: Bowling at Lazy Loon Lanes.



CREATING A CULTURE THAT CELEBRATES KINDNESS

No act of kindness, no matter how small, is ever wasted.

Kindness Week at Waconia Middle School (WMS), held November 11-15, was filled with daily quotes, activities, discussions, positive messages, and dress-up days. Kindness is just one of the school's four core values taught throughout the school year.

Students are encouraged to lift each other up by showing kindness, compassion, and empathy.



From left: Mrs. Long, Ms. Rosburg, and Mrs. Siemienas.



Student Council committee members Katy Battis, Mariah Port, Audrey Boberg, and Morgan Vieths.

The planning for an emphasized week of celebrating kindness began early this fall by the school's Climate and Culture Committee, a subgroup comprised of Student Council students and teachers.

Climate and Culture Committee

"The students and staff want to positively impact the culture and climate of the school. I love being part of a committee that you can see the effects," shared WMS language arts teacher Melissa Long. Students are encouraged to have a voice and come up with ideas around creating a positive culture in the school. After first presenting their ideas, the group implemented quotes and dress-up days to promote participation and awareness. Math teacher Nancy Siemienas commented, "This is a new committee from last year, and we're focusing on ways to improve the school. Kindness is one of our biggest topics to cover, and it is fun to focus on the positives."

One of the new ideas brought forward was to have an orange shirt created to symbolize unity and kindness. The Waconia High School store helped to design the shirt; the order was processed and delivered in time for students to wear them on Unity Day on October 23. Students were also invited to wear their orange kindness/unity shirt on World Kindness Day on November 13 to represent kindness, acceptance, and inclusion.



Dress-Up Day	Theme	Kindness Quote of the Day
Hats	"Hats Off to Kindness"	No act of kindness, no matter how small, is ever wasted.
Bright Colors	"Words and Actions to Brighten Someone's Day"	Together we can change the world, just one random act of kindness at a time.
Kindness/Unity Orange	Kindness/Unity for World Kindness Day	Kindness is seeing the best in others even when they cannot see it in themselves.
Crazy Socks	"Crazy for Kindness"	Choosing kindness is just as easy as smiling.
Hawaiian	"Ride the Kindness Wave"	

Random Acts of Kindness	
Random Act of Kindness Challenge	Students nominate classmates for Random Acts of Kindness
Character Counts	Teachers nominate students for positive actions
Locker Tags	Uplifting and encouraging tags that are left up all year. Designed by students. Impactful for students.
Writing a Thank-You Letter	Handwritten letters sent to teachers, family, and/or military personnel
Kindness Wall	Designed message in Cafeteria

Kindness Message

Committee member and science teacher Anna Rosburg helped to explain how WMS student survey results were used to drive the focus of the content and curriculum for Kindness Week. Discussion topics and curriculum were designed to include core values, encouragement of ideas, how to resolve disagreements, behavioral actions, willingness to stand up for others, and being a good student. The week was designed to embed kindness, empathy, and compassion as part of the culture. Information was also shared with students on where to go if they're not feeling comfortable and need to assess a situation with the help of an adult in the building.

Empowerment and Acts of Kindness

The teachers, staff, and administration continuously work to positively impact the culture and enjoy seeking ways to empower students. "We're asking the students how they stand up for someone, and we also work to identify the difference between reporting and tattling," noted assistant middle school principal Keith Baune. He continued by stating, "We're working with students to educate on the differences, and to recognize kindness."



We want students to be equipped to handle situations and feel comfortable at school. If students are not feeling comfortable and safe, they're not going to be learning."

KEITH BAUNE
Assistant Middle School Principal

During the week, students spent time in their morning Connect class having discussions around kindness, and then acting on it. "It doesn't have to be a big thing," shared eighth-grader Katy. "It can be as simple as holding the door open, saying thank-you, helping another student with an assignment, or doing something without being asked." Committee member student Audrey shared that, "we invited someone into our lunch table and now they are one of our closest friends."

Long stated that she ended the week with her students with a "Kindness Confessional" and asked students follow-up questions: How did the week go? What did you complete? What can you do to continue to be kind? Baune concluded by stating, "We want all students to have a sense of belonging. There are 960 students in the building and everyone can find somebody, but sometimes it takes a random act of kindness to find your person or someone you're comfortable with."

An online link is available for students to anonymously report an incident to WMS principals and can be found at isd110.org > Our Schools > Waconia Middle School > WMS Complaint of Alleged Bullying or Harassment.

CALLING ALL FUTURE WILDCATS!

PRESCHOOL OPEN HOUSE

Tuesday, January 21, 2020

5:30-7:00pm

520 Industrial Blvd., Waconia

- › Meet staff, enjoy classroom activities, and explore the gym.
- › Child must be 3 years old by September 1, 2020
- › Morning and afternoon class options - 2, 3, 4, or 5 days per week
- › Kids' Company child care available for seamless transition

isd110.org > Community Ed > Programs

(952) 442-0613

ENROLL ONLINE

isd110.org > Student Enrollment

Questions: (952) 442-0600

KINDERGARTEN PREVIEW WEEK

BAYVIEW - Monday, Feb. 10

Session 1: 4-5:15 p.m.

Session 2: 6-7:15 p.m.

LAKETOWN - Tuesday, Feb. 11

4:30-6:30 p.m.

SOUTHVIEW - Thursday, Feb. 13

Session 1: 4-5:15 p.m.

Session 2: 6:15-7:30 p.m.



We can't wait for the new Wildcats to join our ONE10 team!

-Paws

HOME FOR THE HOLIDAYS

Soulful singer/songwriter Jenn Bostic was invited back home from Nashville, Tennessee, to perform three mini concerts at each of the elementary schools in early December. Students had learned the chorus from a few of her songs in their music classes and were excited to sing along with Bostic. Her music is a mix of blues, soul, country, pop, and gospel. As a memento, Bostic left each student with an autographed photo to take home.



Jenn Bostic and Southview music teacher Emma Shukle.

COMMUNICATING WITH PEERS THROUGH SIGN LANGUAGE

During the Laketown Elementary Veterans Day program, Anna Bell's fourth-grade students led the school by signing the Pledge of Allegiance.

Sign language is something that the class has been working on through lessons taught by the deaf and hard of hearing (D/HH) teacher, Sara Hallermann. Students receive 20 minutes of instruction once a week in order to better communicate with fellow classmates. Hallermann challenges her students to learn and bridge the gap in communication. "How do we show our peers that we care and want to communicate?" Hallermann asks her students.

Inclusive is one of the five focused PRIDE behaviors at Laketown. "We talk about how important it is to learn how to communicate with everyone," emphasizes Bell. Her class has also learned the Laketown PRIDE pledge, the alphabet, numbers, colors, and other



Sign language supports inclusion, and I'm seeking to build awareness."

SARA HALLERMANN
Deaf and Hard of Hearing (D/HH) Teacher

relevant words for kids to be able to communicate with their classmate. "We have posters in our room for students to refer to, and we incorporate sign language into our daily conversations."

Hallermann shared that she also teaches sign language in Mr. Jevne's class at Southview Elementary. "Students are building an awareness that not everyone communicates the same. They do a really good job of making their classmate feel [they are] a part of the group," shared Jevne. After the New Year, Jevne's class will be using the opportunity to share sign language with other peers in the school through short videos during the morning announcements. Hallermann encouraged the students by saying, "You've learned a lot already, and now there's a lot that you can teach other students."



Mr. Jevne's third-grade class learning new sign language lessons.

IN SEARCH OF THE NEXT WILD IDEA



Staff at Waconia Public Schools is being challenged to come up with some wild ideas that would positively impact the overall experience for students, staff, and families. Explore Wild Ideas is entering its second year.



This is an opportunity for any employee in the district to speak up and offer ways to improve what we do on a daily basis."

KATHY OLIPHANT
Director of Teaching and Learning and Explore Wild Ideas Coordinator

The ideas are then voted on by employees through a crowd sourcing model that is offered free of charge from UnitedHealthcare. Among the ideas from last year that made it to the top: Senior Walk-a new graduation tradition; First Monday Gratitude and Reserved Parking for ECFE families. In all, 57 ideas were submitted and more than 22,000 votes were cast.

HOUR OF CODE

As part of the 2019 #HourofCode mini grant from @ALALibrary, middle school students were invited to participate in the "Code Your Hero" workshop. The entire school then participated in Google's "Hour of Code."

Waconia Middle School was one of more than 130,000 schools across the globe to host "Hour of Code" events.



CAFÉ #110 DRAWS ATTENTION FROM AROUND THE STATE

During National Farm to School Month in October, Café #110 hosted more than 50 school nutrition directors from across Minnesota to share knowledge and experiences in food service. Barb Schank, Nutrition Services director at Waconia Public Schools, and her team showcased "Martha," the district's pasta maker from Italy that can produce 500 pounds of pasta per hour.



Chris Braunwarth making ravioli.

Then, in November, Café #110 hosted the Midwest Dairy Division Board. The board had recently awarded Lone Oak Farm \$3,000 in grant funding to support the bulk milk program in school cafeterias. Lone Oak Farm presented the funds to Café #110.



Lone Oak Farm presenting a check. From left: Issac Hanson, Emily Hanson, Tracy Braun, Barb Schank, Todd Swanson.

LOCAL STUDENTS ATTEND CAMP ENTERPRISE

Two Waconia High School seniors were sponsored by the Rotary Club of Waconia-West Carver to attend Camp Enterprise in Loretto, Minnesota.

At Camp Enterprise, students experience team building, teamwork, and business/entrepreneurship. The camp is run by volunteer Rotarians and business mentors, with a goal of helping to develop the next generation of young entrepreneurs.

“Waconia Rotary Club has been sponsoring students for the past five years. We like to introduce students to the free enterprise system while building young leaders and entrepreneurs, and promoting business ethics,” commented Greg Scheff, a local Rotarian.

WHS students PJ Hayes and Anthony Sazama, both interested in pursuing business studies after high school, attended the camp and experienced leadership, teamwork, negotiation, presentations, and communications. Alongside other juniors and seniors from around the state, the students created a mock business plan to pitch to venture capitalists. Both PJ and Anthony were placed into different groups and took on the role as CEO and CFO, respectively. “My group was assigned a case study on a medical dispensing device for dogs. It was my job to determine how many products to produce and how much we were going to sell,” commented Hayes.



Anthony Sazama and PJ Hayes presenting at Rotary Club breakfast meeting.



“It was great to meet and work with people that I didn’t know. It was fun to create something out of nothing; and working on the project as a team helped my leadership skills.”

PJ HAYES

Waconia High School Student

“It all had a purpose. You have to do a lot of research to know what you’re doing. Once I started working with all the numbers, it solidified that I want to continue to do something with business and finance,” Anthony added.

PJ and Anthony followed up and attended a Wednesday morning Rotary Club breakfast in early December to meet Rotarians and share about their Camp Enterprise experience. PJ concluded, “I was never bored and there was always something going on. There were cool inspirational speakers. I missed a banquet at school to attend the camp, but I’d do it all over again. This was life changing.”

Rotary is committed to service and wants to continue to connect young people in a meaningful way. Applications for next year’s Camp Enterprise will come out in late May. Students interested in attending the camp may reach out to a local Rotarian or visit the Rotary Club of Waconia-West Carver website.



BETSY JACOBS NAMED MINNESOTA MEDIA ASSISTANT OF THE YEAR

Betsy Jacobs, Laketown Elementary’s media assistant, was recently recognized by the Information and Technology Educators of Minnesota (ITEM) and was named Minnesota Media Specialist of the Year.

With library administration skills and years of classroom management experience, Jacobs works with students to make them feel at home in the media center.

“Mrs. Jacobs runs our weekly Ninja Research contest and guides students to become better researchers using instructional databases,” said Laura Gingras, Laketown Elementary’s media and digital learning coordinator. “She shares book recommendations with any student who asks, even students who are too afraid to ask. Mrs. Jacobs also

has wonderful relationships with fellow staff members who often visit, giving more exposure to what’s happening in our space.”



EXPLORING CAREERS THROUGH STUDENT AND PROFESSIONAL ENGAGEMENT

In early November, professionals from nearly 50 businesses from a wide variety of industries inspired over 1,000 students at the Career Exploration Fair held at Waconia High School (WHS).

Students were provided a list of registered businesses and were encouraged to approach the local professionals to start a conversation and ask questions. In a no-pressure atmosphere, students were able to learn about local careers, work environments, skill sets, earning potential, and training needed for future employment.



The connections between the kids and the community is invaluable. It’s important for students to be face-to-face with professionals to develop soft skills in communicating.”

JAMES BETTCHER

Waconia High School Counselor

Students and counselors often utilize the Career Pathways Wheel when registering for courses. “It provides students a simple tool to view the different courses offered within a specific pathway that interests them,” Bettcher added.



“It has and continues to be the perfect event to discuss careers in this field. The exploration fair gave Auburn Homes & Services the chance to talk with students about educational requirements, job shadowing opportunities, and current career paths within our organization. As a parent, I believe it is beneficial for students to get more information and hands-on experience about the careers they are interested in prior to choosing a college or career path,” said HR director Jennifer Wulf.



“It was such a fun experience hearing all the students’ questions and commentary. The earlier they are exposed to career opportunities the better. I appreciated the organizers’ hard work; it was a well-run event. The students were engaged and participated with smiles, which were wonderful to see,” commented Dr. Tara Kleinknight of Walgreens Pharmacy.

The next Career Exploration Fair will be held in November 2021. For information on partnership opportunities, please contact the WHS business relationship coordinator at fenner.christine@gmail.com.

ROOM REFRESH

Betty Covington-Nego works at Waconia Middle School as an educational support professional. She took it upon herself to make the staff lounge more inviting and comfortable for everyone. Yetzer’s Home Furnishings kindly donated the furniture. In her letter to Tom Wiest at Yetzer’s, Betty wrote, “Our WMS teachers are so amazing and selfless. As a gift of gratitude to staff, I am redecorating the staff lunchroom in my spare time.”

The lounge was a science room at one point in time. Betty and her son, Maxwell, transformed the space for staff.



Participating businesses were provided with a WHS Career Pathways Wheel that showed courses offered at the high school, within six different career clusters.

CYCLEHEALTH'S RESILINATOR BUILDS LIFE-READY KIDS

Students buddied up to complete feats of strength, mental mindbenders, and teamwork challenges in CycleHealth's Resilinator event at Hyland Park Reserve in Bloomington. The Resilinator is the fall event in the four-season adventure series offered by CycleHealth, a YMCA kid-powered wellness initiative.

The 2.5-mile course contains 20 kid-friendly challenges or obstacles, all meant to coax out a little frustration along with fun.

The one-of-a-kind event gets participants recognizing that when tough times come, one can wallow or one can figure out a way through, according to Tony Schiller, creative race designer, world-class triathlete, and one of CycleHealth's two cofounders.

“It's meant to help people realize how important it is to be resilient, but it's also a metaphor for life.”

TONY SCHILLER
Cofounder

Obstacles Reveal Ways to Grow Resilience

As buddy pairs tackle the course, race organizers get to see how each of us perceives challenges and problem-solves differently, Schiller shared. For instance, at the riddle station, buddy pairs were asked: How many months of the year have 28 days? “Many participants ran back to the Riddle Master and said ‘One!’ And she’d say ‘wrong,’ go back and solve a new one. In fact, all 12 months have 28 days, and we’d see kids get really frustrated when they couldn’t quickly get an answer. Managing easy frustration becomes an indicator for what they can work on.”

Other teams expressed indignation when they couldn't find the pair's corresponding race bib hidden on the course. “Some of the teams insisted, ‘Ours is not here!’ And they’d get really frustrated and finally find it, while another team would breeze through and find their matching bib in a minute. You’d hear, ‘That’s not fair! They found theirs easily and we can’t find ours.’ There are people who struggle with that psyche of, ‘I don’t like it when it’s easy for someone else, but it’s hard for me.’ Again, this becomes a good life lesson.”



A giant tire flip, although do-able for the smallest teams, was often perceived as impossible until the team rallied its focus and strength. The tether itself required working together to find a running rhythm. Along the way, teams discovered they really could do a lot, even when they wanted something easier, Schiller noted. Each year numerous volunteers provide feedback, and the course is modified with new surprises as CycleHealth grows its inventory of obstacles.

The Value of Whole-Person Fitness

CycleHealth, ISD110, and Ridgeview Medical Center have partnered for three years to encourage student participation in the adventure series. CycleHealth gives

elementary phy-ed teachers training plans prior to events, as well as reduced entry fees for families through support from Ridgeview Medical Center.

Jen Trelstad, PE teacher at Southview Elementary, said this helps students realize that any physical activity done outside is a great way to stay healthy. “My hope is that students choose to walk the dog with their family or go shoot some hoops in the neighbor’s driveway instead of watching YouTube videos.”

Each CycleHealth event addresses an important wellness theme. The upcoming Feb. 22 Kid-a-Rod encourages kids to go outside and be creative in the winter. “We are hearing about kids dealing with more anxiety, loneliness, the ‘selfie-culture’ type of thing. And there is a growing trend where kids stay inside all winter,” Schiller said. “We want kids to put the phone down and live adventurously.”



“We think Waconia Schools is ahead of the curve compared to other communities because Waconia recognizes the whole person so well in their schools,” Schiller said. “They understand that to have a thriving community, you need all kids to recognize their abilities.”

WACONIA MIDDLE SCHOOL INTRAMURALS GAIN TRACTION

The relatively new intramural leagues at Waconia Middle School are gaining in popularity with students. In fact, coed weightlifting filled so quickly that a second session was added. Dodgeball and basketball also quickly filled. A total of 115 students were involved in the intramural program in the second quarter, and, with the third quarter fast approaching, students will be able to choose from co-ed pond hockey, broomball, outdoor running club, volleyball, and bowling.

The activities are open to all sixth through eighth graders. Mark Bullis, middle school math teacher and intramural coordinator, says they provide low-key, safe, and easy ways for students to try a new sport or improve physical fitness after school while socializing with friends. Since the intramurals are offered on site, students are not traveling to participate, opening more time for fine arts programs, after-school clubs, or competitive athletics.

“The idea is for intramurals to offer experiential learning opportunities for students to explore outside of the school day,” Shane Clausen, principal, Waconia Middle School, said. “We continue to gauge student interest and then add or change programming as we move forward.”

Each intramural session contains between 20 to 40 coed students and averages \$20 per student per quarter. Supervisors teach games, change up teams, and ensure safe and fair competition.

Quarter 3 Intramural Options

Coed Volleyball	Jan. 14-Feb. 25 Tues./Thurs.	Standings will be kept and used to make new teams each week.
Coed Bowling	Jan. 7-March 27 Mon./Wed.	Leaderboards will be kept.
Coed Pond Hockey	Jan. 21-Feb. 11 Tues./Thurs.	Helmets required and are provided if needed. Bring your own hockey stick or one will be provided. To donate a stick, bring it to the front office. Hockey skates encouraged but boots accepted.
Coed Broomball	Jan. 22-Feb. 10 Mon./Wed.	Helmets required and provided if needed. Students may wear boots/shoes. Broomball sticks provided.
Coed Outdoor Run Club	Feb. 4-March 27 Tues./Thurs.	Runners choose how hard to push themselves. Bronze, Silver, and Gold workouts available.

2019 SCHOOL SWIM & DIVE RECORDS

200 MEDLEY RELAY

1:51.27 J. Warrington, E. Swanson,
Ab. Voelker, K. Swanson

200 FREESTYLE

1:56.06 Jerica Warrington

50 FREE

23.57 Julia Bartell

100 BUTTERFLY

58.96 Abigail Voelker

100 FREESTYLE

51.83 Julia Bartell

200 FREE RELAY

1:38.90 J. Bartell, C. Canfield,
J. Warrington, K. Swanson

400 FREE RELAY

3:38.51 J. Bartell, C. Canfield,
J. Warrington, K. Swanson

200 MEDLEY RELAY

1:52.25 Warrington, E. Swanson,
Ab. Voelker, Bartell

100 FREESTYLE

53.65 Julia Bartell

All-Conference: Julia Bartell, Jerica Warrington, Claire Canfield, Abigail Voelker, & Kit Swanson.

All-Conference HM: Ella Swanson.

All-State Honorees: Kit Swanson, Julia Bartell, Jerica Warrington, & Claire Canfield.

2019-2020 SPORTS HIGHLIGHTS

GO WILDCATS!



BOYS CROSS COUNTRY: 4th place in Conference. 11th place in Sections.



GIRLS CROSS COUNTRY: TEAM ALL-CONFERENCE CHAMPS
3rd Place in sections. Addy Keading placed 94th in State out of 176 with a time of 19:38.



FOOTBALL: Overall record: 4-6. All-District: Tim Stapleton (12), Bennett Weber (12), Eric Groeneveld, Tyson Gothmann (12). Honorable Mention: Braxtyn Leen (12), Morgan Ryskoski (12), Max Kalenberg (12), Max McEnelly (9).



BOYS SOCCER: Overall record: 15-2-1
All-CONFERENCE: Mason Wellnitz, Nate White, Ryan DeLange.
All-Conference HM: Will Flakman, JJ Langer, Michael Bortz, Nate Dean.



GIRLS SOCCER: Overall record 13-3-4. Section 2A Champions.
All-Conference: Isabelle Shuster, Chloe Jaeger, Chanda Breeggemann, Sydney Stellick.
Honorable Mention: Ellie Gove, Maddie Charboneau, Melissa Honnold, Bryn Theis.



VOLLEYBALL: Overall record 17-13, Conference record 3-2.
All-Conference: Kali Wolf & Ellie Dammann.
Honorable Mention: Jayda Lenz & Claire Segner.

For All Academic and High School Activities Calendars, [visit isd110.org](http://isd110.org)



The swim team competed in 8 events at the State meet—the most ever for a Waconia team! We also set 3 school records at Sections in the Medley Relay, 200 Freestyle, and the 100 Butterfly. Coach Sodey was also named Section 3A Assistant Coach of the Year!

CommuniCAT



THE VERGE STUDENT HANGOUT: A GREAT PLACE TO BUILD MIDDLE-SCHOOL-COOL CONNECTIONS

For Waconia middle schoolers seeking a comfortable, and fun after-school place to hang out, the Verge is the solution. The Verge has a flexible format and plenty of student voice and choice in how to spend after-school hours.

.....
The Verge is for families with middle schoolers who have outgrown the elementary Kids' Company format but still desire a consistent option for capable care.
.....

According to Jenny Merritt, Kids' Company program supervisor, "The Verge is a great fit for families with middle schoolers not yet ready for complete independence and who also don't want a restrictive contract limiting opportunity to participate in extracurriculars or sports."



Left to right: Dakotah Arcoren, Jacob Rausch, Cora Sitz.

During the first hour at the Verge, students determine whether to start homework, meet with a teacher in the building, get a snack, chat with friends, visit the room's art center, or play the Wii, foosball, or air hockey. While the time is for unwinding, Hackbarth encourages students to grow their self-regulation and personal responsibility skills.

Hackbarth thrives on getting to know each of her middle schoolers, and she changes the space so it caters to the unique interests of her group.

"It's not about what I want to do with my day, but how they want to spend their hours with us," Hackbarth added.

During their second hour, students help develop a monthly calendar containing favorites, like Marshmallow Wars or Walkie Talkie hallway tag. Unexpected benefits come from transforming school places into fun spaces.

"Some days, middle school can be very challenging, and just being in the hallways can feel stressful," Merritt said. "But looking at the same spaces through the lens of the Verge helps kids associate school with relaxation and fun, so school maybe becomes a little less intimidating."

Hackbarth cherishes forming relationships with students and their families.

“ The kids here know there are people who care about them, and if they need something, they can come to us. It's a blessing to be able to do this for our kids.”

LAUREN HACKBARTH
Verge Site Supervisor

OUTDOOR HOCKEY RINK OPEN TO THE COMMUNITY

Thanks to volunteers and a partnership between Waconia Public Schools, the Waconia Hockey Association and the City of Waconia, the new outdoor rink is now open. Skaters of all ages started coming pretty much as soon as the ice set up. There are boards, lights and a warming house. At some point, hockey teams will reserve ice time for practice, but, for now, it is open to everyone at all times. Scheduling adjustments will be made as time goes on. A second sheet of ice, minus the boards, will also be created.



2019-2020 ACADEMIC CALENDAR

JANUARY

- 1 Winter Break (No School K-12)
- 8 High School Evening Conferences
- 13 High School Evening Conferences
- 15 End of Quarter 2 - Middle School
- 20 MLK Day/Teacher Personalized In-Service Day (No School K-12)

FEBRUARY

- 6 K-5 Evening Conferences
- 7 K-5 Conferences/High School In-Service/Middle School Flex Day (No School K-12)
- 14 2-Hour Early Release (K-12)
- 17 Presidents' Day/Teacher Flex Day (No School K-12)
- 20 Middle School Evening Conferences
- 24 Middle School Evening Conferences
- 27 End of Trimester 2
- 28 Teacher Work Day/Middle School Flex Day (No School K-12)

MARCH

- 2-6 Spring Break
- 24 E-Learning day for Grades 9, 10, 12 ACT testing for Grade 11
- 27 End of Quarter 3 - Middle School

APRIL

- 10 2-Hour Early Release (K-12)
- 13 No School K-12
- 27 High School Evening Conferences

MAY

- 24 Class of 2020 Graduation
- 25 Memorial Day (No School K-12)
- 28 Last Student Day
- 29 Last Teacher Day

For All Academic Calendars and High School Activities Calendars visit isd110.org

GO WILDCATS!