



# Tiger Territory

Delano High School Newsletter February 2019

## At a glance

### Page 2

Teacher of the Year

### Page 3

Students of the Month

Wellness update

### Page 4

Triple A winners

### Page 5

One Act

Survey notice

Pennies for Patients

### Page 6

Honor band, choir

### Page 7

Safe routes to school

### Page 8

Guthrie trip

Spring musical

### Page 9

Jingle Run photos

### Page 10

Signs of SAD

### Page 11

Announcements

## Dates to remember

### February

4.....Registration conferences,  
4 to 8 p.m.

9.....Sadies dance, 8-11 p.m.

11.....Pennies for Patients kickoff

11-14.....Winterfest week

11.....HS PIE, 6 p.m.

13.....DHS blood drive

13.....Gr. 7-8 Winter Activity Day

15.....Workshop day, no school

18.....President's Day, school is  
in session (make-up day)

21.....Band concert, 7 p.m.

25.....Conferences, 4-7 p.m.

For more details, see the district  
calendar online at [www.delano.k12.mn.us](http://www.delano.k12.mn.us).



## Eyes on the prize

The Jingle Run and a wide variety of goofy activities sent students off to Winter Break on a high note in December. See more photos on Page 9.

## 'CEO' a head start in business

By Dr. Steven Heil  
Principal

Registration conferences took place on Monday, Feb. 4. We always look forward to supporting our students' academic needs through our registration process.

One interesting class available for juniors and seniors is often overlooked by students and parents, and not scheduled into the academic plan for our younger students. This class is for all students looking to get into business as a career.



Dr. Steven Heil

Known as "CEO," (Creating Entrepreneurial Opportunities), the class is a unique opportunity for both students and businesses. Here is how it works.

### For students

CEO is run through the Wright Technical Center in Buffalo. It is a class for students who wish to one day own their own business. The class meets in Buffalo some days and at

See Heil  
Page 6



# Fitzer is Teacher of the Year

By Paul Downer  
Communications Coordinator

For a second time, John Fitzer has been recognized as the Delano Teacher Association's Teacher of the Year.

The Spanish instructor is in his 30th year of teaching in Delano, but time has not eroded his enthusiasm for his subject or his students.

"I'm very passionate about what I do. I love what I do. I can't imagine doing anything else," said Fitzer. "I don't consider this a job. It's not work to me. I just love being with the kids and seeing their eyes open to new things."

His fellow teachers also named Fitzer the district's Teacher of the Year in 1996, but he said the honor is no less meaningful a second time around. Though representatives from each district are also evaluated at the state level as candidates to represent Minnesota, Fitzer said the local recognition was more than enough.

"I believe, and I think most people do around here, that we have a wonderful school," he said. "And to represent the district with all these other wonderful teachers, to me it could stop here and I would be thrilled."

## *Life's calling*

Fitzer grew up in Crystal, aside from a three-year stint in California, and was a member of the last class to graduate from Fridley Grace High School before it became Totino Grace. From the beginning, a career in education beckoned.

"I've known I wanted to be a teacher since I was 12 years old," said Fitzer. "It just always felt really good when people succeeded at something and I was able to help with that."

Fitzer originally intended to become a math teacher but switched to Spanish after spending a semester in Spain during his sophomore year of college at St. John's University. After graduating in 1984, he



**John Fitzer has taught Spanish for 30 years in Delano. Here, he stands in front of the Mexican and Spanish flags wearing a tie made for him by his students.**

worked at St. Anne's Grade School in Minneapolis for a year before heading north to Herman-Norcross Public Schools.

"I was shared with several smaller districts up there," said Fitzer. "None of them had a Spanish teacher, so I was on interactive TV, which was a really unique experience."

Fitzer came to Delano in 1989 to be closer to family in the cities, and found his professional home. Though he had completed his math degree the previous year from the University of Minnesota, he never doubted that Spanish was the right subject for him.

"I've never looked back," he said. "Culture, traveling with students and doing my summer hosting program -- it would be much more challenging to focus on those things as a math teacher."

"But as a world language teacher it's very easy to incorporate culture, get kids culturally sensitive and show them that the world around them isn't just the bad they might see on the news. It's actually a wonderful place."

## *Experiential learning*

Over the years, about 175 Delano students have enjoyed transformative learning experiences on 10 trips Fitzer has organized abroad to locations in Mexico, Costa Rica and Spain.

For the past 27 years Fitzer has also organized an annual summer program in which 12-15 Spanish students come to live with an American family for five weeks.

A focus on experiential learning has also been evident in Fitzer's involvement with Habitat for Humanity. His advanced students have volunteered with that organization while working through a curriculum unit on human rights. Last spring, Fitzer said the purpose transcends simple Spanish lessons.

"The big picture is educating kids and getting them ready for real life," he said. "We educate the whole child here. Part of educating the whole child is giving them life experiences that are going to make a difference in the future."

## *Philosophy of teaching*

Inside the classroom, Fitzer

aims to actively engage his students for a full 90-minute block, rarely giving homework in exchange for their attentiveness. He said that approach has made students more motivated and productive, and has allowed him to eschew traditional rules in order to reduce stress and create a relaxed but respectful atmosphere.

He also makes a point of connecting with each student individually in order to help them reach their full potential.

"As their teacher I am aware of each student's strengths and weaknesses, and their expectations are personalized so that they can find success," he said.

## *Making a difference*

In May of 2018 Fitzer suffered a near-fatal heart attack at home. He was back in the classroom a week later to finish out the school year. Why?

"There is just something about being here with the kids that is so uplifting," he said.

The experience has also caused him to reflect on what makes for a fulfilling life and career, however, and confirmed to him the value of his vocation.

"If I had died, I feel like I would have done what I wanted to do in my life, at least with my job," he said. "I feel like I would have completed what I was here to do."

Fitzer explained that the Teacher of the Year recognition was deeply humbling, but the most important thing to him is knowing that he has had an impact in the lives and learning of his students.

"I think if you ask any really good teacher what the best reward is for their work, they'll say it's those little things that happen: You get a note from a student saying you made their year, or that you made them smile and laugh."

"In the end you want to be able to look back and say, 'I was here, and I made a difference.'"





## Students of the Month

Delano High School recently named its January Students of the Month in various disciplines. Those honored included: Zach Sleyphen (language arts), Samson Streachek (College in the Schools), Michael Krueger (math), Logan Shaffner (choir), Trinity Reither (band), Justin May (business), Sam Slater (FACS), Presley Stoddard (science), Michael Weber (industrial tech), Gideon Anderson (social studies), Maya Carson (world languages), Keagen Smith (physical education), Chloe Stolf (health), Emma Wolf (visual arts), Vivan Mayers (language arts), JoJo Witt and Jack Eliason (art), Ella Beeler (math), Logan Felknor (science), Kourtne Bryan (social studies), Carson Stone (music) and Sydney Kazin (Project Lead The Way).

## Wellness a focus, COMPASS expands

**By Steven Schauburger**  
Assistant Principal

Greetings, from Delano High School!

We have passed the mid-point of the school year and I must say that I am very proud of our high school students and staff. I would like to update our students, families and staff on a few of our programs.

Our student wellness program is slowly gaining a foothold with some ideas. Our initial goals are to recognize healthy student choices in physical activity, nutrition and mental health.

For example, we are providing random positive rewards to our students for bringing healthy items in their bag lunch, working out in the Tiger



**Steven Schauburger**

Activity Center or helping plan school-wide programs aimed at improving mental health. We are also improving our lunch-time food composting and recycling program that started last year.

We need donations from businesses and individuals for the reward program and volunteers to help monitor the composting program. Please call Mr. Schauburger if you are interested in helping out!

### ***COMPASS expands***

Our 9-12 COMPASS program is expanding to serve seventh- and eighth-grade students in a pilot program for second semester. COMPASS programming focuses on prevention and intervention to optimize student success in learning.

The goal of the class is to assist students who have struggled while in school due to various issues (academic, social, family, or personal). The students in our program are

oftentimes coping with trauma, and it is our belief that the emotional and/or social needs of our students are affecting classroom efforts and expectations.

Our mission is to address the needs of the students through their stories, to hear and respect those stories, to create an environment where students feel safe and there is a culture of belonging, and to promote personal growth. This opens the door for academic success.

Our staff looks forward to a great second half of the school year! Thank you for being a partner in your student's total school experience. *Together* we are better!



# Ramstad, Sjomeling earn Triple A honors

By Paul Downer  
Communications Coordinator

Two outstanding seniors were recently named Delano High School's Triple "A" Award winners for 2018-19.

The Minnesota State High School League honor highlights students who excel in the arts, academics and athletics, and Lydia Ramstad and Reier Sjomeling certainly fit that description. Both will now represent Delano at the regional level as candidates to advance to state.

## Lydia Ramstad

Ramstad, the daughter of David and Marcelle Ramstad of Delano, has already achieved what is only a pipe dream for most high school graduates.

"I applied to Harvard and I got accepted, which is crazy," she said. "Nothing can prepare you for that."

After most enjoying psychology and biology in high school, Ramstad plans to major in neuroscience. Before heading east, however, she will wrap up a remarkable Delano career that includes a weighted GPA of 4.21, a perfect ACT score of 36 and high performance in numerous Advanced Placement or College in the Schools courses that have resulted in the designations of "AP Scholar with Distinction" and national "Commended Scholar."

"Lydia is one of the most intrinsically motivated and focused students that I have taught," said DHS science teacher Jessica Bahe in a letter of recommendation for the Triple "A" Award.

Bahe added that Ramstad's drive for perfection was contagious to those around her, and that she embraced academic challenges.

"Lydia is a very perceptive and intellectual individual," said Bahe. "She was capable of making connections between complex topics and would often engage others in deep conversation relating to the content."



**Reier Sjomeling, left, and Lydia Ramstad are Delano High School's representatives for the Arts, Academics and Athletics award.**

In the athletic realm, Ramstad was a standout in the track and field hurdles event through 10th grade. She also completed her senior year of tennis as a team captain, No. 1 doubles player, all-conference performer and all-state academic award winner.

"Athletics have taught me the importance of persistence and grit," Ramstad wrote in her Triple "A" application.

As for the arts, Ramstad has enjoyed playing the flute since fifth grade and now participates in the concert band and wind ensemble. Highlights of her musical career have included helping to lead the marching band in the Memorial Day and Fourth of July parades. She has also taken up theater in her senior year, performing in the fall play and securing the lead female role for the one act play.

"The arts have allowed me to develop the freedom of an open mind," she said, adding that various genres of music have helped her develop "a mental flexibility that allows me to think outside the box."

In other activities, Ramstad has been a steady member

of the math team, and along with a partner she took first place at state in the Science Olympiad event "Write It, Do It." She is also the historian for the school's National Honor Society chapter, and serves as a student representative to the school board, a liaison to the city council, and participates on the Delano Diversity Task Force.

"The arts, athletics and academics have been vital for me to develop the skills necessary to become a forward-thinking leader," she wrote.

While her own high school career is drawing to a close, Ramstad encouraged younger peers to work hard and aim high.

"Anything is possible if you really want to do it," she said. "You can conquer any class if you put in the time. You can be great at any extra-curricular. Don't sell yourself short, and do as much as possible in these four years, because you only get it once."

## Reier Sjomeling

Sjomeling is the son of Mike and Darcy Sjomeling of Mon-

trose. His weighted GPA of 4.09 has been earned through participation in numerous AP and CIS classes, and in March of 2018 he was one of just 28 wrestlers in the state named to the Minnesota Wrestling Coaches Association 2018 All-State Academic Wrestling Team.

Though he isn't sure which college he would like to attend yet, Sjomeling plans to continue playing tennis or wrestling while pursuing a degree in elementary education. His cross country coach and DES teacher Jackson Lindquist said Sjomeling has what it takes to excel wherever he ends up.

"Whether it be in class or on the court, Reier's peers look to him for leadership and motivation," said Lindquist in his letter of recommendation for the Triple "A" award. "His effort in everything he does is inspirational to his classmates and the adults around him. ... Reier's desire for success is one of the strongest I have ever seen."

**See Triple A  
Page 11**





## 'Lilies in the Valley'

Nearly 20 Delano High School students performed 'Lilies in the Valley' at the one act subsection competition in Monticello on Saturday, Jan. 26. Though the cast and crew had limited time to prepare this year, they still managed to place fourth out of six total schools, the other five of which were much larger in terms of enrollment. Delano missed third place by just a few points. The play by Gavin Lawrence tells the tale of two teenagers on trial in a small town for fraternizing outside their own cultural groups.



## MN Student Survey coming on March 6

Delano Public Schools is asking students in grades five, eight, nine and 11 to participate in the 2019 Minnesota Student Survey (MSS).

Federal law requires us to notify parents of this school activity. The survey is conducted in schools across our state every three years.

Questions on the survey are about many topics relating to young people's lives. The survey asks about how well school is going, future plans, out-of-school activities, physical and mental health, relationships, substance use and more.

This useful information about their thoughts and behaviors helps communities and schools develop effective programs and provide better services.

The Minnesota Student Survey will be administered on

Wednesday, March 6, at Delano Intermediate School. If you have questions about the survey, or would like to review a copy of the survey, contact the school office at 763.972.7601.

This survey is anonymous. To prevent individuals or families from being identified, students do not provide their names, student identification numbers or other personal information.

This survey is voluntary. You may choose to have your child not take the survey by completing and returning an opt out form available from the school office. Students may also decline to take any part of the survey or the whole survey. They are informed of that option by staff.

An email with more information was sent to parents on Feb. 1.

## Pennies for Patients drive starts Feb. 11

The next Pennies for Patients campaign is set to begin next week, and Delano has an impressive record to build on.

The drive to support The Leukemia & Lymphoma Society was a tradition for the Delano Middle School Student Council in past years, and this year the drive is continuing as a full 7-12 effort.

Fundraising begins Monday, Feb. 11, and continues until Friday, March 8.

Last year over 800 schools in Minnesota and the Dakotas participated in the fund drive, and Delano ranked fourth in Minnesota fundraising. The school contributed \$9,062.04 to the Leukemia & Lymphoma Society in the best single year of Pennies for Patients fundraising in DMS history.

"It's a really big deal," said LLS campaign manager Alli Rekow at the time. "Most schools will raise around \$1,000 or \$1,500."

With more grades participating this year, that total could very well increase again.

"Delano has a very impressive legacy. They've done an incredible job over the years," said Rekow. "One of my favorite things about coming to Delano is that the Student Council is so hands-on, and they take such ownership of this effort."

The Leukemia & Lymphoma Society's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.





## Masters in music

Several DHS students participated in the Wright County Conference Honor Band and Choir Festival Saturday, Jan. 5, at Annandale High School. Delano musicians in the front row included, from left, Madeline Meland, Mary Ludwig, Juniper Anderson, Chloe Holman and Stephanie McClelland. In the back row, from left, are Blake Koehler, Ben Bersie, Carter Nelson, Reier Sjomeling, Brock Wuerger, Niklas Bjorklund, AJ Ragan and Dylan Grengs.



From left, Hannah Wadholm, Noah Kalthof, Victoria Vanderheiden and Julia Gibson were participants of the CMBDA 6-8 Honor Band Saturday, Jan. 12, at Elk River High School.



From left, Maddie Meland, Gretchen Ness, Amanda Stafford and Ainsley Nyutten were participants of the CMBDA 9-10 Honor Band Saturday, Jan. 12 at Elk River High School.

## Heil

from Page 1

local businesses throughout Wright County other days.

Within the course, students:

- Develop and practice people skills in a variety of business settings (the soft skills of speaking, eye contact, dress, handshakes, etc.).
- Collaborate with local business owners on how to start, run, and be successful in entrepreneurship.
- Participate in twice-a-week tours of local businesses.
- Write a business plan and

start their own business with the help of a local business mentor.

The Delano students who have completed this currently run their own successful business!

### For businesses

CEO has several ways businesses can participate and share their expertise with students.

- As an investor. Businesses donate money and expertise to provide funding, as well as a core network of resources.
- As a sponsor. Financial contributions help support the

program.

- As a mentor. Each student is paired up with an individual business mentor who provides advice and insight into the business world.

- As a host. Hosting a CEO class involves opening up your business to 20 students from 7:30 to 9 a.m. The class meets at your business for the lesson of the day.

- As a class tour location/guest speaker. The class learns about your specific business, its history, and takes a tour. Students ask a lot of questions. The object is for them to learn about many different types of

businesses, as well as make connections with local business leaders. Tours are held from 7:30 to 9 a.m.

### Learn more

If you have questions or would like to know more, please contact me directly. CEO is always looking for more students and businesses to participate.

This is one of the unique opportunities that have made dramatic impact in the lives of participating students.



# Use proper crossing areas for safety

Student safety is Delano Public Schools' greatest priority. In addition to emergency preparedness and response, providing safe routes to schools for students via the bus, parent drop off/pickup, walking and biking is critical to ensuring the safety of our students.

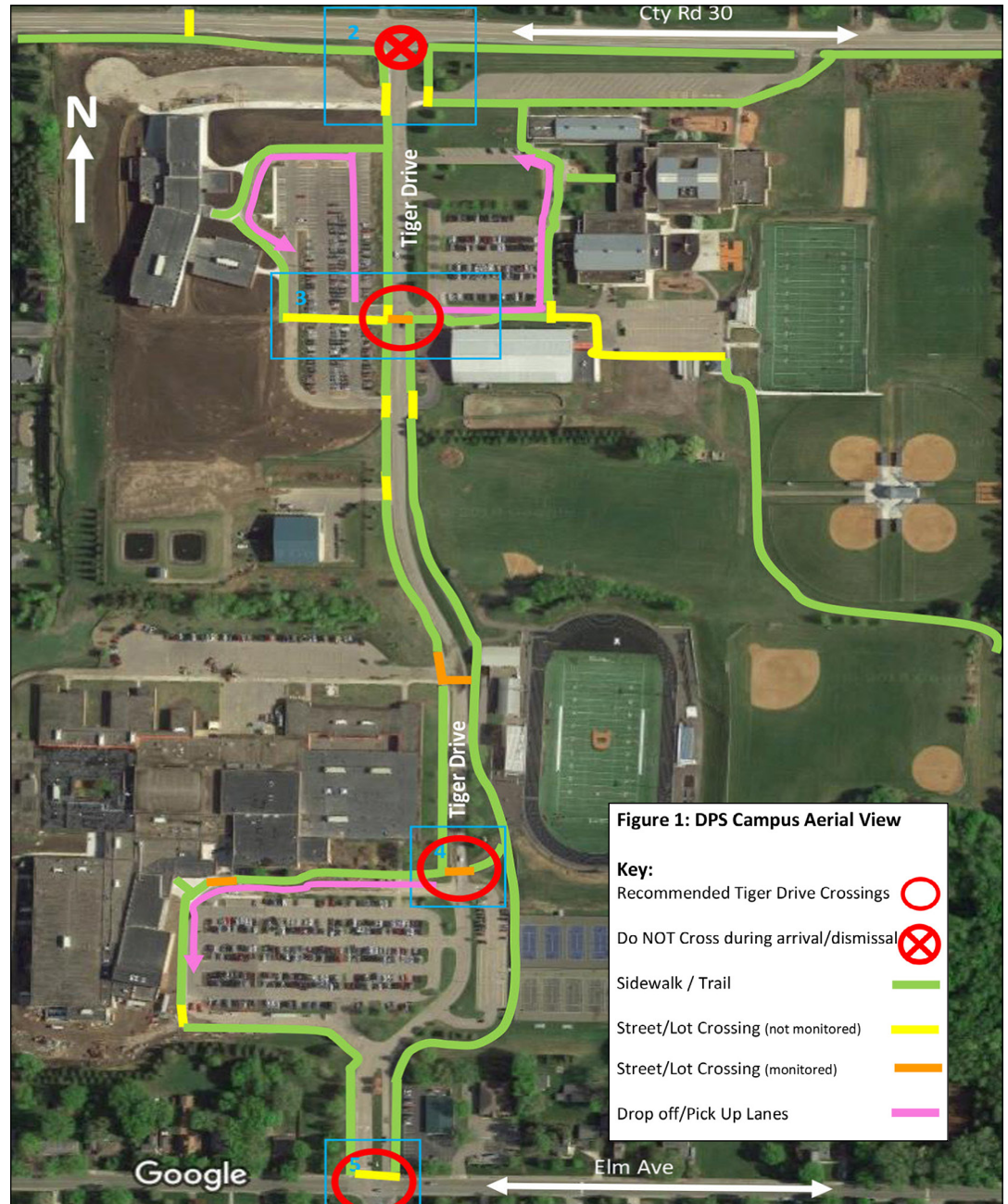
Delano Public Schools is working with officials from the City of Delano and Wright County to monitor these routes and develop improvements as demographics and traffic patterns change in the vicinity of the school campus.

The purpose of this article is to provide direction to all parents, students, and staff for the proper paths that should be used to safely access our schools during the critical times of arrival and dismissal (7:30 to 8 a.m. and 2:40 to 3:15 p.m.). **Please note that the crosswalk at Tiger Drive and County Road 30 should not be used by pedestrians during these times.**

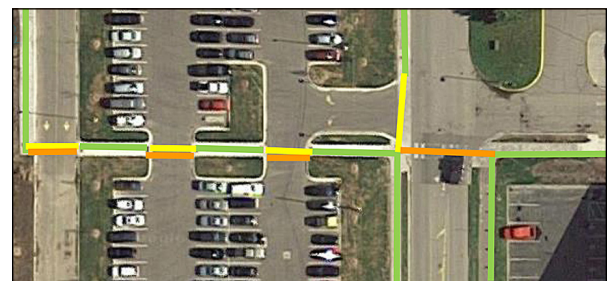
To effectively implement these routes, parents, staff, visitors, and students must work together to perform their respective roles.

## Expectations

- District staff will communicate the expectations for safe travel to/from school and monitor/control the designated crosswalks.
- Parents will communicate the expectations set forth with their students and help students learn the proper routes to school. Parents will only use the drop off/pick up zones when getting students to/from school during arrival and dismissal times.
- Students should not enter the parking lot to meet parents during these high traffic times. Students will follow the expected paths to school, follow the directions of crossing guards, and be attentive to their surroundings.
- All visitors will drive slowly and attentively through campus roads and parking lots.



Crossing Tiger Drive at the crosswalk along County Road 30 is not recommended during drop off and dismissal times. Students should continue south on the sidewalks and cross Tiger Drive at the ice arena, which is monitored.



The crosswalk at the ice arena is the required Tiger Drive crossing for all students accessing DIS or DES. This crossing is guarded on school days during drop off and dismissal times. In addition, the internal parking lot crosswalks at DIS are guarded during dismissal on school days.



# Guthrie trip a December highlight

By Paul Downer

Communications Coordinator

Seventh-graders learned about artistic interpretation, the inner workings of a professional theater, and even took the stage themselves during a trip to the Guthrie Theater prior to the holidays.

"It was amazing. The actors were all great, and that theater is so big," said Helen Ford, who along with her classmates enjoyed the full-day field trip to see "A Christmas Carol" on Dec. 12.

The entire grade arrived early and enjoyed meeting with a choreographer, who shared his career story and provided a general introduction to theater.

"It was very engaging," said language arts teacher Rachel Holmes. "They were sitting on a bus for 45 minutes and knew they would be sitting through a play, but he got them up and stretched and clapping and stomping. They didn't just sit and talk about choreography."

Kyra Machakaire was among the students who appreciated that beginning.

"Before the actual play we had a lot of fun," she said. "They asked for volunteers to do different things on the stage in a separate theater. It was a lot of fun being involved in it and seeing the different things they do, how they actually put together the play."

In addition to those interactions, students also had the opportunity to learn about the infrastructure that makes productions come to life.

"In the pre-show they were talking about the different stages they have and how the props



**Delano students took to the stage during a pre-show session with one of the Guthrie's choreographers during the seventh-grade field trip in December.**

moved through a computer -- all of the technical stuff," said Presley Pawelk.

"There were hidden floors and an elevator, so it was cool to see what was in the stage and all the stuff hanging from the roof that they bring down," said Caden Connor.

Several students said their favorite aspects of the performance itself were the special effects surrounding the appearances of the ghosts. After the show, students had a chance to take part in a Q and A session with the actors, including some of the children.

## ***A comprehensive look***

Language arts teacher Melody Soderberg said theater field trips were taken in the past, but there had been extended lull before a Guthrie trip was planned again in 2017-18.

Prior to this year's trip, students examined other versions

of "A Christmas Carol," as well as theatrical elements like stage directions, in class.

"I think it's cool for kids to see how those stage directions come to life," said Soderberg. "When you're reading they tell you how you should be reacting character to character, or the mood that's on the stage. But when you actually see it in a production, the whole idea of stage directions makes more sense."

Holmes said another focus was on interpretation of the text, and how it varies by director and actor. One interpretive liberty taken by the Guthrie this year, for example, was casting a female actor to play Scrooge.

"It was really interesting," said Machakaire. "Afterward we asked the woman who played Scrooge what she thought of it. She said it was like any acting. It wasn't about gender, just how

you portray the character."

Students also had the opportunity to explore the unique building, including photo walls of past performances, a glass room and "The Endless Bridge" balcony overlooking the Stone Arch Bridge.

Both teachers hope the trips can become a regular annual event again.

"This helped them to think about all the professions involved in theater," said Soderberg. "It's not just acting, but it's set design, sound, direction, choreography. There are lots of pieces to the puzzle."

"I think it's really nice to get out of the classroom sometimes," said Holmes. "For some this might have been the first look they had at a professional theater. The whole experience, to see that what we're doing in class is something that's outside of school too, was good."

# Audition dates set for spring musical

We may still be mired in the depths of winter, but preparations have already begun for Delano High School's spring musical.

Auditions for "High School

Musical" will be held after school and in the evenings on Tuesday and Thursday, Feb. 12-13. Callbacks will follow as needed. All students in grades seven through 12 are invited

to try out for parts. See the district website to sign up.

Performance dates are Friday and Saturday, April 26-27, and Thursday through Saturday, May 2-4.







## Jingle all the way

High school students sprinted into Winter Break with the Jingle Run on Friday, Dec. 22. In addition to the run, the assembly included performances by the jazz band, Sound Revolution and Guitar Club, ugly sweater contests, a staff performance of 'The 12 Days of Christmas,' and more.





# Recognize the symptoms of SAD

For some children, wintertime can bring thoughts of sadness or hopelessness, otherwise known as the winter blues.

"The winter blues is a term used to describe the general feeling of sadness, fatigue or 'blah' that many people experience during the cold, winter months," said pediatrician Leah Helton, MD.

Typical winter blues can bring about mild feelings of gloom and may make your child feel more tired than usual.

In some cases, though, more serious symptoms can indicate seasonal affective disorder (SAD), a form of major depressive disorder that comes and goes with the seasons.

As the cooler season approaches, it's important to learn to recognize the signs of mental health problems and to make sure your teen is receiving any treatment they might need.

## Symptoms

If you're concerned that your child may be in a funk, it's important to be on the lookout for certain signs that may help you determine how serious your child's condition is. Symptoms of SAD are the same as those of major depression, and you should take your child to the doctor if they persist for two weeks or more.

Some of the first signs to watch out for in children include social isolation, avoiding peer or family interaction and excessive mood swings or irritability. Other more general signs of depression include:

- Feelings of hopelessness or worthlessness
- Decreased energy levels
- Difficulty sleeping or sleeping too much
- Losing interest in activities one used to enjoy
- Unexpected weight gain or loss, or changes in appetite
- Trouble concentrating on school work
- Thoughts of suicide
- Carbohydrate cravings

## Causes

While the exact cause of SAD is unknown, some people are more at risk than others. Younger adults and women are more likely to experience SAD. Those who live farther from the equator, those with a family history of SAD or any type of depression and those who have depression or bipolar disorder also have an increased risk.

Experts have a couple of theories about SAD triggers. They include:

- A disruption to circadian rhythm. It's



**The winter blues are not necessarily uncommon, but some struggle a more serious depression known as Seasonal Affective Disorder.**

no surprise that longer, darker days may make us all feel a bit gloomy. But for those with extreme winter blues, or SAD, the effects are more pronounced.

The body's natural clock, also known as its circadian rhythm, controls your sleep and wake cycle and is greatly affected by light and darkness. The shorter days and longer nights of winter may cause your child to sleep more than they do during sunnier parts of the year.

The longer spans of darkness in winter-time can also increase the body's production of melatonin, which can cause your child to feel sleepy and sluggish. All told, changes to the sleep-wake schedule can contribute to feelings of depression.

- Increased serotonin levels. Less sunlight can also cause levels of serotonin, a chemical produced in the brain that controls mood, to drop, which in turn may cause symptoms of depression.

- Lower levels of vitamin D. Less exposure to sunlight in the winter months can cause vitamin D levels to dip.

## How to help your child

If you notice your child is having symptoms of low mood or SAD, talking with your family physician is extremely important. They can suggest the best treatment options for your child, which may include antidepressants, light therapy or psychotherapy.

The American Academy of Pediatrics recommends that parents learn more about SAD and participate in any plan prescribed to treat it. It's also important to let your child know you're there for them.

Here are some of the other ways you can support a child who is struggling with

seasonal depression:

- Plan to spend more time together. Although your child may not have a lot of energy, it's important to set aside time to be with them. Try low-key activities like family board games, walks and cooking together.
- Encourage them to get some exercise. Though they may have low energy levels, encouraging your child to exercise can improve symptoms and actually boost their energy. Walking outside is a great low-impact activity that can also expose them to sunlight and fresh air.
- Help them stick to a regular sleep-wake schedule. Although they may feel sleepier than usual, establishing a consistent sleep schedule can help your child get back on track. Teens need about 8 to 10 hours of sleep per day (unless your doctor recommends something different) and can benefit from going to bed and waking up at the same time each day.
- Spend some extra time on their schoolwork. A child struggling with SAD or even the winter blues may find it difficult to concentrate on their homework. Try to set aside more time each night to work together on their assignments.
- Be patient and reassuring. One of the most beneficial things you can do for your child is to be patient. They may be irritable and sluggish, but consistently supporting them and letting them know their symptoms can get better may lift their spirits.

*Anyone with questions or concerns is welcome to call or email DHS Social Worker Marie Techam at 763.972.3365 ext. 1719 or [marie.techam@delanoschools.org](mailto:marie.techam@delanoschools.org).*



# Triple A

from Page 4

Sjomeling, a math enthusiast in the classroom, is a three-sport captain who has earned numerous awards in each season. He has earned six letters in cross country, three letters in wrestling (he took fifth in the state at 113 pounds last season) and five letters in tennis, where he most recently filled the No. 1 singles slot.

In regard to arts, Sjomeling has been an honor choir member and currently sings with both the concert choir and the

select group Sound Revolution. In addition to the hard work of musical preparation, Sjomeling said he has also learned the art of effective time management to succeed in his academic pursuits and other activities, including his duties as year-book editor.

"My involvement in the arts, athletics and academics have defined who I am and have molded a path for my future dreams and aspirations," Sjomeling said, adding that he has enjoyed the transition to serving role model for younger students and teammates toward the end of high school. "I have

learned to work well and inspire others through choir, be a leader and work hard through my sports, and pass on all my knowledge I have acquired through my academic career."

Teaching is Sjomeling's dream career, and Lindquist said that based on Sjomeling's work in Lindquist's classroom, he is well-suited to the profession.

"The greatest compliment I can give Reier has to do with his work as my student aid," Lindquist wrote. "I trust him to work with the students in my third-grade classroom and they look up to Reier as a role mod-

el. He works with individuals and small groups throughout his time in my classroom. He shows up every day ready to go above and beyond the expectations for a high school student aide."

As for advice to younger students, Sjomeling urged hard work and focus, while keeping an open mind about activity options.

"Stay on task and don't get distracted by less important things," he said. "Spend your time wisely in Delano. Try to get involved with everything you can."

## Announcements

### *Weather make-up days*

After extreme cold resulted in the cancellation of school Tuesday through Thursday, Jan. 29-31, make-up days will be in effect.

Make-up days set before the beginning of the school year include Monday, Feb. 18, which is President's Day, and Monday, April 22. In addition, one day has been added to the end of the school year, so class will be in session on Wednesday, June 5.

### *Free clothing, books available*

Free clothing is available to all families with children ages 0-18 from 10 a.m. to 6 p.m. on Thursday, Feb. 14, at Zion Lutheran Church in Buffalo, located at 1200 Hwy. 25 S.

The Blessing Closet will offer many new and slightly used clothing items for kids and their parents with no restrictions, qualifications or requirements. In addition, all children will receive a new book and a pair of new, colorful crew socks. Everyone is welcome.

### *School closing information*

School may be closed for the day, started late or dismissed early due to weather conditions, emergencies, utility outages or other conditions that threaten the health and/or safety of our students and staff.

Families will be notified by the school district's instant parent contact system for emergency school closings.

The following news media outlets will also be notified: WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV.

Families are encouraged to have a plan in place for their students when emergency closings, late starts or early dismissals occur. Watch for calendar changes and possible make-up days due to school closings communicated via school publications, Skylert parent emails, phone calls, the district website and social media.

If you would like to receive a text message, you must set this

option up in your family access account. Log into your account and on the left, click on Skylert. You can list your phone number under "Text Message Numbers" and check the categories for which you want this option applied. Then click "Save."

### *Trap team plans parent meeting*

Mark your calendars for the Delano Tiger Trap Team parent information meeting at 7 p.m. on Tuesday, Feb. 19, in the high school media center. The league is open to students in grades 6-12, and registration runs from Feb. 19-March 6.

### *Become a substitute teacher*

Have you ever wanted to try your hand at teaching?

A two-day workshop is planned for people with a non-education four-year bachelor's degree from an accredited college who would like to become a limited, short-call substitute teacher.

Participants will receive training in:

- The process for applying for the two-year license through the Minnesota Professional Educator Licensing and Standards Board
- The substitute teacher's role in the classroom and district
- The basics of classroom management, instruction, and child development
- Communication skills
- Awareness of legal issues relating to students and a teacher's obligations.

The workshop takes place from 9 a.m. to 3 p.m. on Tuesday, Feb. 19, and from 8:30 a.m. to 2:30 p.m. on Wednesday, Feb. 20, at Resource Training & Solutions (137 23rd Street S, Sartell).

**The registration deadline for this course is Tuesday, Feb. 5.**

There is a fee to attend. To register, go to [www.resourcetraining.com](http://www.resourcetraining.com), enter the course code in the "Search for Events" box located to the right on the homepage, then follow the prompts. The course code is 8683. For more info, visit [www.resourcetraining.com](http://www.resourcetraining.com).



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