



Tiger Territory

Delano High School Newsletter May 2022

At a glance

Page 2

Spring musical

Page 3

Title IX event

HS ranking

Page 4

Pull Toy Parade

Page 5

Prom report

Courtyard project

Page 6

Summer school

Page 7

Robotics season

Page 8

Mock crash event

Page 9

Baughman honored

Page 10

Summer Job Fair

Mental health info

Page 11

Students of the Month

Habitat helpers

Page 12

Stowman signing

Dates to remember

May

4.....Walk/Bike to School Day

4...Senior Awards Night, 7:30 p.m.

5-6.....Spring musical, 7 p.m.

7.....Spring musical, 2 p.m.

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

9....9-12 choir concert, 7:30 p.m.

10.....7-8 choir concert, 7 p.m.

16..9-12 band concert, 7:30 p.m.

17.....7-8 band concert, 7 p.m.

18.....Two-hour late start

23.....Jazz band concert, 7 p.m.

June

3.....Last day of school

5.....Graduation



Musical arrives

Delano High School's high-energy spring musical, 'Godspell,' opens Friday night, April 29, in the Performing Arts Center. Above, students rehearse choreography during a recent practice. See Page 2 for more information about the show.

The responsibility to do right

By Barry Voight
Principal

Greetings, DHS families. The statement included below has recently been shared with DHS students during grade-level meetings as a result of the recent vandalism that has occurred throughout bathrooms since our return from spring break.

"Thanks for coming, students. We've gathered you here today because of an extremely important issue that has plagued our school all year long, but has become more pronounced since our return from spring break. I'm speaking specifically about the targeted acts of vandalism.



Barry Voight

These acts are targeted because over the course of the year, we've seen signs taken down in support of the GSA

club, we've seen the 'resources' poster being torn down, as well as the specific hotlines for LGBTQ ripped out.

Our vision and mission for Delano Public Schools speaks for EVERY student, in all capitals. Every single student who attends school at DHS deserves to feel safe and welcome. Every single student deserves to be included. We can't reserve feelings of safety or comfort or inclusion for only those students who fit a certain demographic.

I don't care what race, nationality, culture, religion, gender identity, sexuality, etc. you associate with; you belong

See Voight
Page 11



Cast members perform a dress rehearsal for 'Godspell' on Thursday, April 28. The show opens this weekend.

'Godspell' opens on April 29

Spring musical features about 55 students

By Paul Downer
Communications Coordinator

Impressive musical numbers, an emphasis on humor, and a broad set of relatable themes highlight Delano High School's energetic spring musical, "Godspell."

About 55 students are preparing the show, which opens at 7 p.m. on Friday and Saturday, April 29-30. Another set of performances occur at 7 p.m. on Thursday and Friday, May 5-6, and a 2 p.m. matinee is scheduled for Saturday, May 7.

"This show's music is intense," said senior John Lahlum, who plays the role of Jesus. "We've had some pretty great music in a lot of other shows, but there is a lot of ensemble music in this show with huge chords with really intricate melodies and harmonies."

While the plot is based on Biblical stories and themes, the religious aspect of the subject matter is secondary to an emphasis on community in the musical by Stephen Schwartz and book by John-Michael Tebelak. The play originally opened off Broadway in 1971, and returned



Clara Lawrence performs a song during a recent rehearsal.

to play on Broadway in 2011 and 2012. Delano students will perform the 2012 version.

The plot focuses on a group of disparate people with different ideas and opinions who begin to form a common bond by focusing on values like love, joy, gratitude and redemption.

"Jesus comes along and shows them new ideas and new ways to think, such as loving your neighbor as you love yourself," said Lahlum. "It's more about community building than

anything else. It's about coming together as one. The message is, 'We can be better.' That's one broad stroke that almost anyone can relate with."

Cast experience

Ensemble member Harrison Stenback, a seventh-grader, is taking part in his first high school musical. He has extensive experience in productions at younger levels, took part in the DHS fall play "Our Town," and said he appreciates the high



Jake Stoudt and Georgia Slavec practice another musical number from the show.

school rehearsal process.

"It's definitely a lot more stressful than the middle school plays, but I'm enjoying it a lot," he said. "The stuff we do is more difficult. The dancing is more sophisticated and there is more choreography."

One of the primary dancers, sophomore Katie Harder, said that the cast includes a broad mix of experience.

"This year we have a lot of

See Godspell
Page 6

Title IX trailblazer has Delano ties

All invited to hear her story on Monday, May 2

By Paul Downer
Communications Coordinator

It has been 50 years since Title IX opened the door for girls to compete regularly in sports, and Delano area residents have a prime opportunity to hear from a trailblazer in that effort on Monday, May 2, in the Delano High School Performing Arts Center.

Peggy and Sheri Brenden will speak about Peggy's groundbreaking 1972 lawsuit that allowed her to play on the St. Cloud Tech tennis team as a senior, and paved the way for the federal Title IX mandates that followed.

The free event begins at 7:30 p.m., and all community members, parents and students are welcome to attend.

"This is 50th anniversary year of Title IX, so the high school league has been promoting that and I was just thinking through what we could do locally in Delano," said DHS Activities Administrator Ryan Tool. "The two speakers are actually my aunts, so I reached out to them and asked if this was something they would want to talk about. Peggy is the one who went through the process to be able to play high school tennis, and

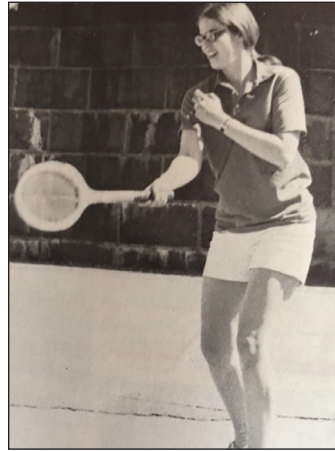


Sheri Brenden wrote a book about her sister's efforts to play tennis.

now Sheri has written a book about her experience."

The book, "Break Point: Two Minnesota Athletes and the Road to Title IX," will be published in December. It tells about Peggy's efforts, along with those of a second student, Toni St. Pierre, to gain access to high school sports, which were largely open only to boys at the time.

"I was very aware, by the time I got to high school, that my sports experience was really different than what my sister had seen," said Sheri, who was in seventh-grade at the time of Peggy's court case. "But at the time I didn't really know the



Peggy Brenden won a pivotal case for girls in sports in 1972.

whole story about what had happened and how her case was so significant in making that change."

'I was very aware ... that my sports experience was really different than what my sister had seen.'

Sheri Brenden

Writing the book allowed her to understand the full magnitude of Peggy's effort from a

mature perspective.

"It's been a fun and very engaging process to be able to see the larger significance, and then understand it from a personal experience," Sheri said.

She added that former Delano Superintendent Jim Tool and his wife Sandy were instrumental in helping Peggy to become a skilled tennis player.

"They were also very important in supporting her and helping her get the idea that she could challenge this rule, and she could play on the boys' team," said Sheri.

The outcome of the case set a legal precedent for schools nationwide even before Title IX took effect, and aided the creation of new opportunities for girls in sports.

"We're excited to celebrate how far women's athletics have come in 50 years, from not having any opportunities to now where we're seeing how competitive and skilled they are," said Ryan Tool. "I'm hoping a lot of our athletes and coaches can come, and it's also open to everyone in the community."

• See a short Fox 9 news video about Peggy and Sheri Brenden at www.sheribrenden.com/news.

DHS ranked 25th in new school review

By Paul Downer
Communications Coordinator

Delano High School ranks No. 25 among traditional public high schools in Minnesota, according to the 2022 list of Best High Schools compiled by U.S. News and World Report.

The organization ranked a total of 414 Minnesota high schools, and Delano ranked 30th overall when magnet and charter schools were included on the list.



DHS also ranked within the top 12% of all high schools

nationally, including magnet and charter schools.

Schools were ranked based on six categories: college readiness (30% of total score), college curriculum breadth (10%), state assessment proficiency (20%), state assessment performance (20%), underserved student performance (10%) and graduation rate (10%).

In terms of test scores, Delano students significantly outpaced their peers around the state. According to U.S. News

and World Report, 69% of Delano students were proficient in math in recent Minnesota Comprehensive Assessments compared to 40% statewide.

In reading, Delano students had 80% proficiency on the MCAs against 60% statewide. And in science, 70% of Delano students were proficient compared to 50% statewide.

For more information, see www.usnews.com/education/best-high-schools.

PLTW: Motion and mechanisms

By Paul Downer
Communications Coordinator

Eighth-graders in the Project Lead The Way Automation and Robotics class recently gained experience in constructing pull toy mechanisms.

Pull toys transfer input energy from rolling wheels to power output movement in other parts.

"In this class they learn about and build 12 different mechanisms," said instructor Tory Spanier. "We talk about types of motion: rotary, reciprocating, oscillating and more, so it's kind of physics-related that way. Then they have to apply it."

The challenge for the pull toy project was to piece together a mechanism that would appeal to elementary-age students, then put it to work in a Pull Toy Parade across the shop floor. Students had about a week to design and build before the parade on Monday, April 11.

"They build it from scratch. They have to configure all the different parts and put it all together to make it work," said Spanier.

By the time they get to the project, students have already learned about gear trains and how to adjust speed and torque.

"If you're riding a bicycle going uphill, how do you increase speed? How do you increase torque to make it easier to pedal up the hill? If you're geared for speed it's hard to pedal, so



Students in the Automation and Robotics class recently completed construction of pull toys that transfer motion from turning wheels to other parts of their mechanism.



you change gears. Just getting them to understand that is the first part," said Spanier.

Students also learn about bevel gears that can change the direction of motion.

Mylie Pinoniemi and Kaia Georges made one of the more

impressive pull toy designs, with a rotating Christmas tree built on the standard four-wheel chassis. Although the students put the design together from a sketch Georges created, and most of the construction was fairly straightforward, the rotation of the tree took some fine tuning.

"Mr. Spanier said that the bevel gear was going to be tricky, to make (the motion) go a different way. It was hard," said Pinoniemi. "The gears were rubbing against each other so it wouldn't turn, so we had to space them apart."

Thomas Myhervold, Hunter Hansen and Daniel Halonen built a unique toy that moved on treads like a bulldozer or tank rather than wheels.

"We had some extra time and we wanted to be more unique than some of the other ones, so we decided to do tracks," said Myhervold. "We saw them and just thought it would be a cool idea."

While the students had already learned about individual mechanisms, they enjoyed combining them into a functioning machine.

"This was just putting them together and learning how they all work together," said Myhervold.

"It was pretty fun," said Hansen. "It was interesting looking at other people's creations as well."

While there was a definite objective, students appreciated the opportunity to use their own imaginations on the final product.

"I enjoyed the freedom to design whatever we wanted," said Kaelyn Wittwer.

Spanier said that flexibility was important to the overall project experience.

"You give them the resources and they figure it out," he said.

• To watch a video of the Pull Toy Parade, see bit.ly/PullToyParade.





Prom report

DHS held its annual prom on Friday, April 9. Members of the prom committee worked hard to transform the Tiger Activity Center for the Grand March prior to the festivities. During the March, judges from outside the school district chose Dillon Mrnak and Isabelle Nelson to be the Prom King and Queen based on their poise, personality and presence.



Students take on courtyard remodel

By Barry Voight
DHS Principal

Delano High School is excited to announce a new project that will be starting this spring! Students of all abilities will be working together to remodel the east side outdoor courtyard in the high school.

Funds for this project come from the Elementary and Secondary School Emergency Relief Fund (ESSER) that districts were eligible to apply for. The portion of the grant that will be used for this project was granted by the state to provide increased vocational and life skills programming for students receiving special education services.

The first phase of the project aims to create a safe outdoor environment for our students receiving special education services to take sensory breaks and calming breaks, and to



This rendering, which is not the final design, gives an idea of some of the possibilities for the high school courtyard on the east side of the building.

complete functional tasks. All phases of the project will include our Delano students.

To date, students in the special education program have assisted by measuring the courtyard and creating scaled drawings, designing the courtyard via CAD, and pricing out

the products to ensure they stay within the parameters established from the grant.

In May, the students in our Work Seminar classes will install drain pipe and landscape timbers to prepare for turf installation in June.

On Saturday, June 11, the

special education department will partner with various school and extracurricular clubs and activities for an all-day, inclusive work party to get the turf installed in the first section of the courtyard.

We welcome all students and staff at the high school, as well as members of the community who are interested in helping, to attend a volunteer work party on June 11. This project will be a great opportunity for our community members to work side by side in support of our students with special needs. Please contact Principal Barry Voight if you are interested in helping out.

Thank you to Special Education Coordinator Angie Lauderbaugh, teachers Josh Tierney and Lora Voight, and the DHS custodial crew for their leadership and partnership on this project!

Godspell

from Page 2

new cast members, new talent coming in, which is really cool and can add to the show in different ways," she said.

As for unique features, Harder said the set and the off-stage components of the show are particularly enjoyable.

"The set is really cool in this one, and we can interact with the audience more than usual," she said. "We get out in the aisles a lot, and in my song I get to go out and have fun with people. That's something I haven't done before. I'm usually stuck on stage or just doing a quick run through the aisles, so that will be really fun."

When asked what they have enjoyed about this production in particular, most students quickly mentioned the humor.

"I wasn't expecting it to be this goofy," said senior Logan Johnson with a laugh.

"It's very funny and fast moving," agreed Harder. "We fit a lot of jokes in, and you probably won't even catch them all if you only come one time."

Along with humor, the music is the hallmark of the produc-



John Lahlum plays a central role in 'Godspell,' and said preparing for his final show has been 'nostalgic.'

tion. Stenback said the overall tone of the play is not what he expected from the title.

"I had never heard of this play," he said. "When I tell people about it they say they've heard of it and it's an old hippie play, but it's a lot better than I expected it to be. It's more energetic. When

I heard 'Godspell' I expected slower, church hymn type songs, but that's not what we're doing at all."

"There is a lot of music. It's very song-heavy," said Harder. "This is a really unique show. I haven't really done a show like this, so it's super fun."

Thrill of the stage

Johnson did not take part in theater before his sophomore year in high school, but quickly caught the bug and has since appeared in more than a half-dozen shows beginning with "Elf." What keeps him coming back?

"Interacting with the cast is great. And once you get over the hump of the stage fright, it's so much fun," he said. "It's a rush."

For seniors Johnson and Lahlum, that thrill of performing on the high school stage is one they will have to cherish while they can.

"Preparing for this show has been a lot of fun. It's been nostalgic, too," said Lahlum. "Because it is my last show, every once in a while I have that realization, 'Oh man, this is the last one here at DHS.' I'll probably still continue doing some of this in the future, but there's a different feel to that than sticking with one group for so many years."

• Tickets for "Godspell" are available at <https://bit.ly/GodspellDHS22>. "It's going to be an awesome show. We've worked really hard," said Lahlum. "It's coming together very nicely. Come on out and see it."

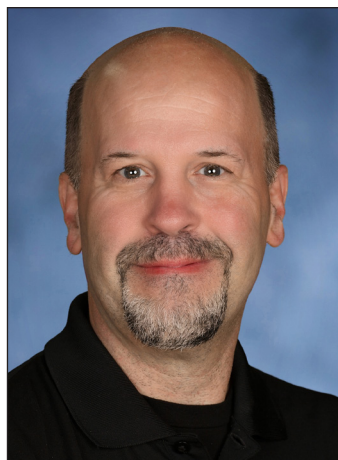
Summer school offers opportunities

By Steve Schaubberger
Assistant Principal

Greetings from Delano High School! Summer school is right around the corner!

This year's dates and times for summer school are Monday-Thursday, July 11-14, July 18-21, July 25-28, and Aug. 1-4. Each session is from 8:30 a.m. to noon.

Summer school invitation letters will be mailed out to students currently in grades 7-11. There is no cost to the program and all the student needs to bring is a pencil or pen, a snack and their water bottle. A school-issued chromebook will be provided, but it must remain at school. Transportation is not provided.



Steve Schaubberger

The in-person learning program for current seventh- and eighth-graders will take four weeks to reinforce both math and reading skills. Students will be recommended based

on standardized reading and math test (aFAST, MCAs) benchmark scores, and teacher recommendation. The program will help students retain the important knowledge and specific skills that they have learned this year to prepare them for next year's academic work.

The in-person learning program for students currently in grades 9-11 provides four weeks of credit recovery for those students that failed a graduation-required course in language arts, math and PE/health from this past school year. The program will help students retain the important knowledge and specific skills that they have learned this year to prepare them for next year's

academic work.

If invited, we strongly encourage your student to take advantage of this academic opportunity or credit recovery intervention. Whether you accept or decline the invitation, please return the bottom portion of the invitation letter to the high school no later than Wednesday, June 1, 2022.

Please note: In the event that adequate staffing and/or student participation is not available, the high school may not be able to offer summer school programming.

Thank you for allowing us to serve your students. It is an exciting time to be a Delano student, educator, parent and community member!

Strong season for young robotics team

By Paul Downer
Communications Coordinator

When the world of FIRST robotics powered down to wait out the COVID pandemic in 2021, Delano's Orange Crush team used the respite to rebuild.

The fruits of that behind-the-scenes training were evident this spring, as the team resumed competition with a March regional in Iowa before finishing as one of the top teams in Minneapolis earlier this month.

"Many teams suffered from last year because students did not return," said Sue Duberstein, who coaches the Orange Crush Robotics team along with Brad Felknor. "There were a few teams - it actually shocked us - that are not around anymore. For them it was very bad, but for us it was very beneficial to have last year just to get everybody up to speed."

The extra prep time was needed because six seniors departed from the team after the 2020 season was truncated due to COVID's arrival, leaving a collection of mostly eighth-graders with little to no experience.

"So we took last year as a time to train on how to build a robot," said Duberstein. "We divided the younger part of the team into two groups and had them each build a robot for the 2020 competition so they could learn what it is to build a FIRST robot."

Last week, basking in the glow of a successful 2022 campaign that culminated with their robot ranked as the top climber in Minneapolis, a handful of now-ninth-graders saw the benefits of a quiet 2021.

"It was a good year to play catch up because we lost six seniors, and they were pretty much all the brains of the operation in 2020," said Tatum Workman.

"It was pretty helpful. We were able to learn some things more in depth to improve our



Members of the Orange Crush Robotics drive team pose with their robot after a semi-final finish at the Minneapolis 10,000 Lakes Regional



Team members and fans cheer from the stands during one of the regional competitions.

skills," agreed Michael Simons.

"I had a chance to hone my programming. That's the reason our robot was draining shots from any distance," said Russell Hynes to a chorus of laughter from his teammates.

Iowa regional

After beginning to organize in October and starting the official building season in January, the 18-member Orange Crush team finally returned to the playing field in Cedar Falls, Iowa, on March 25-26. Long on preparation but short

on experience, the group went 5-6 in this year's "Rapid React" competition, ranking 22nd out of 45 teams.

"Even though we were ranked 22nd, overall we had an excellent climber and we were chosen to be on one of the final alliances," said Duberstein. "We played in the quarterfinals and lost so we didn't go any further, but it's always a feather in your cap when you're chosen to be a final alliance member."

Each competition challenges teams to work together in a three-on-three format. For

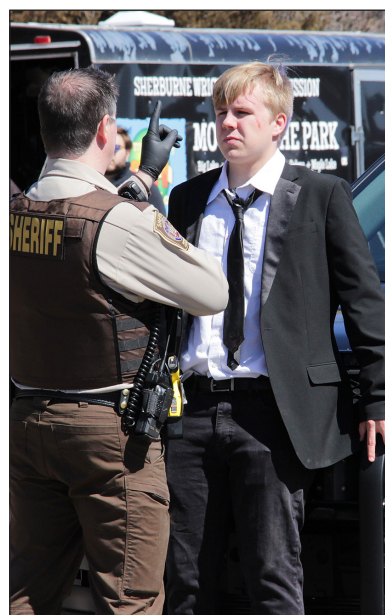
the first 15 seconds the robots have to be programmed to run autonomously, after which a drive team takes over. The objective is generally to place objects, shoot them into a target, and finally climb. After a set of preliminary rounds, the top eight teams each choose a pair of alliance partners for the playoffs. The Orange Crush machine was an attractive pick because its ability to climb was among the best of the robots present.

Immediately after returning from Iowa, the team began to apply the lessons learned in the heat of competition. In preparation for the next regional in Minneapolis, the already good climbing mechanism was improved even more.

"It's surprising how what you thought was a good idea can change so drastically after you actually go to one of those regionals," said Hynes. "A lot of things improved between the Iowa regional and the Minneapolis regional."

"We knew what we had to do," said Workman.

See Robotics
Page 9



Mock crash

DHS students received a sobering reminder about making good choices while behind the wheel on Friday, April 8, just before prom. Numerous agencies, including the Delano Fire Department, Ridgeview Medical Center ambulances, the Wright County Sheriff's Department and North Memorial Air Care contributed to a realistic response to a crash scene. Students and staff members acted out the incident, and a follow-up video in the PAC showed the legal consequences of impaired and distracted driving. Other assisting agencies included Safe Communities of Wright County, the Sherburne Wright Cable Commission and Unboxed Productions.



It's a good time to become a substitute

Have you ever thought about serving as a substitute teacher? Delano Public Schools is seeking substitutes to help cover gaps in staffing.

Teachers on Call is the agency that provides substitute

teachers in Delano. You can apply with Teachers on Call by visiting www.teachersoncall.com, or calling 952-346-1656.

Substitute teachers can:

- Choose their own schedule.

- Choose to work close to home or experience many different schools and districts.

- Find jobs through easy online job scheduling.

- Work short- or long-term positions.

- Explore a variety of classroom settings, from primary to secondary levels.

The hiring process is relatively simple, and free training is provided to new substitute teachers.

Robotics

from Page 7

Minneapolis regional

In Minneapolis the improved Orange Crush machine was a force to be reckoned with. It was ranked the top climber out of 55 robots, with unparalleled ability to climb a set of horizontal bars.

"We had a set of stationary hooks and another set of hooks that would tip back and extend, so it would lift itself up," explained Workman. "We'd tip the whole robot, lift it up slightly more to get the stationary hooks on, and then unhook with the extendable ones, tilt them, extend, rinse and repeat."

In preliminary competition, Orange Crush posted a record of 7-2-1 to rank ninth. As the top eight seeds chose their alliance partners, including partners from the top eight, Delano moved up in the rankings to become the captain of the No. 6 alliance.

"That's not something, since I've been a coach, that we've done – been our own alliance captain in the finals," said Duberstein. "We chose Elk River and Eden Prairie to go with us because we had been scouting for all the matches. What they could do fit best with what we could do."

The alliance led by Orange Crush went on to defeat the No. 3 seed alliance in the quarterfinals before losing to the No. 2 seed alliance in the semifinals. The team's overall playoff record was 2-2.

Skill-building activity

Rookie Orange Crush team member Bryson Roepke, a ninth-grader, said he will definitely return for another year of robotics.

"I just liked seeing a bin of old parts being turned into a robot that can shoot and climb," he said.

Simons, also a freshman, said the experience is fulfilling from beginning to end.

"There's just a good sense of

satisfaction that you put so many hours into this robot, and then you see it go onto the field and win the match," he said. "It's just a good sense of accomplishment, and you really learn a lot."

Duberstein said students gain skills that they can take with them into their professional lives after high school.

"Everyone can go pro," she said. "We had six seniors graduate a couple of years ago, and five of them went into engineering."

Because robotics is hands-on by nature, students learn trouble-shooting, design skills and how to use various professional computer design programs.

"It's good for learning problem-solving skills," said ninth-grader Justin Noor. "There's a lot of trial and error that has to be done."

Students also hone their presentation skills as they approach area organizations and companies for fundraising purposes.

Duberstein said there are jobs for students of all interests, and not all are focused on the robot itself.

"We are in great need of team members who want to run social media, run marketing, run a business," she said. "We have to raise \$25,000 a year all on our own. We need team members who maybe don't want to do anything with the robot but who do want to run a business or do community outreach."

With confidence generated by a strong season behind them, young Orange Crush members are looking forward to what will hopefully be uninterrupted competition ahead.

"I could not have any more pride over these kids than I do. I think every one of them is spectacular and they blow me away with what they are able to accomplish," said Duberstein.

"It's a good time," said Workman. "It's fun getting out there with buddies and just doing something you all like."



AP of the Year

A regional group of principals has recognized Delano's Shane Baughman as a standout among them. The Central Minnesota Association for Secondary School Principals, which covers 18 counties, selected Baughman as the Assistant Principal of the Year on Thursday, April 28. Baughman was nominated for the honor by DHS Principal Barry Voight (right), who noted Baughman's student-first approach, effective working relationships with staff, and unflagging desire to improve as defining characteristics. 'Shane is constantly focused on a better future for our students,' Voight wrote in the nomination.



Wed. May 4, 2022

Delano Public Schools
is participating in Walk to School Day on
Wednesday, May 4, 2022

Join children and adults around the world to celebrate
the benefits of walking and bicycling.

About our event:

Step 1: Look on your school's website for the DPS Safe Routes to School Walk and Bike Map.

Step 2: Plan a safe route (per the map) to walk to school on May 4, 2022.

Step 3: Practice your route ahead of time to see how long it takes. Tell your family what route that you're taking.

Step 4: Walk to school on May 4, 2022. Leave earlier and dress up/adjust for the weather!

Learn more at

walkbiketoschool.org

Walk to School Day is coordinated in the U.S.A. by
the National Center for Safe Routes to School.





Summer job fair

Delano High School hosted a Summer Job Fair for students on Wednesday, April 20. About 15 businesses shared about the seasonal and part-time positions they have available, and students had a chance to explore local opportunities.



Mental health a focus during May

Since the start of the pandemic, more and more people are talking about mental health. An increasing number of folks are starting to see it for what it is: one important component of your overall health and well-being, just like your physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

Are there common warning signs for mental health conditions or crises? Specific factors that can lead to mental health conditions or even crises? What resources are out there – and how do I know if they're right for me?

Many people are learning about mental health topics for the first time. Having a widespread understanding of the topic can help you be more informed if you or someone you know is experiencing a mental health condition or crisis.

Risk factors

Around half of people in the U.S. will meet the criteria for a diagnosable mental health condition at some point in their life, so everyone should know what to look out for. Everyone should have the support needed to thrive.

There's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can influence how likely a person is to experience a mental health condition or can influence how serious the symptoms may be.

Some risk factors for mental health conditions include: trauma, which can be a one-time event or ongoing; your environment and how it impacts your health

Wellness tips

- Use positive self-talk. Challenge negative thoughts and reframe unhelpful ones. Ask yourself if there are other - more positive - ways in which you could look at your situation.
- Practice Gratitude. Ask yourself, "What made me smile or laugh today?" or "Who has made a positive impact in my life recently?"
- Focus your energy on what you can control or influence. You can control what you say, what you do, and what you focus on.
- Talk it out. Share your thoughts and feelings with a trustworthy, caring person who will really listen to you.

and quality of life (also known as social determinants of health like financial stability and health care access); genetics; brain chemistry; and your habits and lifestyle, such as a lack of sleep.

Those who have experienced mistreatment may also be more likely to experience mental health issues.

Self-assessment

Of course, understanding the risk factors for a mental health condition can be more difficult when it's your own mental

health. Take time to ask yourself about your thoughts, feelings and behaviors to see if there is a pattern that may be caused by a mental health condition. Here are some questions to get you started:

- Have things that used to feel easy started feeling difficult?
- Does the idea of doing daily tasks like making your bed now feel really, really hard?
- Have you lost interest in activities and hobbies you used to enjoy?
- Do you feel irritated, possibly to the point of lashing out at people you care about?

Help is available

Our society focuses much more on physical health than mental health, but both are equally important. If you are concerned about your mental health, there are several options available. You are not alone – help is out there, and recovery is possible. It may be hard to talk about your concerns, but simply acknowledging to yourself that you're struggling is a big step.

Taking a screen at mhascreening.org can help you to better understand what you are experiencing and get helpful resources. After that, consider talking to someone you trust about your results, and seek out a professional to find the support you need.

While you may not need this information today, knowing the basics about mental health will mean you're prepared if you ever need it. See mhanational.org/may to learn more.

Students of the month

Delano High School recently announced its Students of the Month for March. They were recognized for outstanding attitude, effort, energy and dedication. Those honored included, front from left, Kayla Heinonen (Tiger Way), Kaylee Fude (social studies) and Randy Segler, (Tiger Way). In the back row, from left, are Iain Lee (world languages), Tommy Huotari (business) and Grant Forliti (math). Not pictured are Emery Klaphake, Livia Loecken, Sergio Navarrete and Hailey Pearson.



Voight

from Page 1

here because you are a Delano Tiger.

The respect and courtesy we show our classmates should extend to all people, inside and outside our Delano community because people are people and deserve our respect and courtesy. Everyone deserves safety and comfort.

We are all well aware that these recent acts are not being committed by a majority of our students. I also trust that a majority of us do not condone these behaviors. The acts of a few are tarnishing the reputa-

tion of many.

More importantly, the acts of a few are creating a toxic and hostile environment for our students in the LGBT community who are struggling the most. We will not tolerate these acts of hate. The silent majority of us who believe in our hearts that these acts are wrong need to stand up. We need to stand alongside our classmates in support of them, because they are people who deserve respect, deserve safety, deserve inclusion.

Teachers, administrators, school staff, we can't stop these behaviors alone. We need your help, we need your tips, we need information. We've got an

anonymous tip line, we've got a \$300 reward for information that leads to prosecution. Let me be clear, we will prosecute anyone vandalizing these signs, or doing anything else that is targeted and hate filled - to the fullest extent of school and criminal consequences possible.

We've intentionally placed these signs in the bathrooms because they provide a safe and private space for students to learn of these very resources that could save their life.

Students acting in a manner that targets another individual or group, directly or indirectly, will receive the most severe consequences possible. It is

time for us to rally together. It is time for the student body to join the staff and report those students who are creating hostility. We need to work harder, more intentionally, to ensure that EVERY student, each and every individual, feels safe and welcome here at school.

You don't have to agree with everyone, you don't have to believe in the same things, you don't have to be friends with everyone. You do have to be respectful, you do have to be courteous, you do have the responsibility to stand up for what is right.

"Thank you."



Habitat helpers

Students in the CIS Spanish class spent Monday, April 25, volunteering with Habitat for Humanity at locations in Minneapolis and Chaska. Projects included siding, wall demolition and construction, excavating and more. Watch the district website for an article about the experience in the near future.

Stowman signs with Wayne State

By Paul Downer

Communications Coordinator

Few who watched Delano High School senior Louisa Stowman etch her name in the Minnesota prep softball record books last spring would suspect that she was only a few years removed from a broken hip.

So when Stowman sat down on April 5 to sign a letter of intent to play for Division II Wayne State College in Nebraska, her recovery from that significant injury was a topic of conversation and even the focus of a short video Stowman had completed as a classroom assignment.

It was also the reason she moved with the aid of a crutch, and will miss her senior season at DHS due to a follow-up surgery to deal with some of the after-effects of the original injury.

But Wayne State coaches had seen enough during Stowman's junior season to extend a scholarship offer. Last spring she batted .564 and set the single-season state record for runs batted in with 58. She also finished fifth all-time for single-season hits with 53, and tied for seventh in the state record books for single-season home runs with 13.

"Yeah, Louisa is pretty special," said coach Jim VanCura. "From an athletic perspective, in my 30-plus years of coaching softball, I don't think I've ever seen a kid with as much power and as smooth a swing. For a kid her size, it's just unheard of. And with her hip injuries, it's amazing – I've talked about it being a miracle that she's out there. That's just a testament to somebody who is going to do her best."

Family, friends, coaches



With family and friends looking on, Louisa Stowman signs a letter of intent to play Division II softball for Wayne State College in Nebraska on April 5.

and school staff members gathered for the signing ceremony.

"Only about 2% of high school players actually get a scholarship to play sports in college, so it's a pretty elite achievement," said Activities Administrator Ryan Tool. "This is one of those exciting things for really everyone. It's great to see someone who has been a teammate and part of our school have a lot of success. She has put in a ton of work, a lot of sacrifice, to get to where she is. She's had a lot of support from teammates and coaches and family as well. It's great to celebrate that achievement."

Both VanCura and coach Megan Vargo said that while Stowman's athletic accomplishments were impressive, her character was even more noteworthy.

"Wayne State is getting an amazing athlete and player, but an even better person," said



Vargo, adding that Stowman is a leader and role model to all.

Choosing Wayne State

When not at the plate, Stowman typically patrols center field for the Tigers. She also plays basketball in the winter. Had she always intended to continue her playing career in college?

"Not until I started hitting so well in high school season last year," Stowman said. "Honestly, I didn't really think about it until last year after I really started to realize my full potential, what I could achieve. I think that really helped me get to the point I am, because I just added that extra deter-

mination to my game and my style of play."

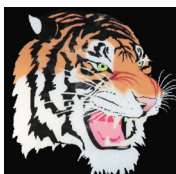
Stowman said she particularly enjoys softball because of all the small skills she can work at that translate to becoming a more complete and skilled player. She has also enjoyed the connection with her teammates and the opportunity to play outside.

Although she is unsure of her specific focus of study in college – she intends to explore business and psychology – Stowman said that choosing Wayne State as her destination was a fairly easy decision.

"I really like the atmosphere there. It's a smaller town, smaller community, which is what I'm used to," she said. "I wanted a change, but not a huge change, and I really fell in love with the coaches and the girls and thought it was the right fit."

While her recovery from the latest surgery will be a lengthy process, Stowman hopes to be ready for her freshman season next spring.

"That's the goal," she said.



This e-newsletter is published by District Communications Coordinator Paul Downer. Contact Paul at 763.972.3365, x1911, or paul.downer@delanoschools.org. For more information, see www.delano.k12.mn.us, or find Delano Public Schools on Facebook, Twitter, Instagram and YouTube.

