



# Tiger Territory

Delano High School Newsletter November 2018



DHS fall play highlights Shakespeare's work.

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## Dates to remember

### November

- 2.....End of Quarter 1
- 6.....Election Day
- 9-11.....PAC/DHS grand opening
- 12..Vets Day program, 9:30 a.m.
- 12.....DHS PIE, 6 p.m.
- 15-17.....Fall play, 7 p.m.
- 18.....Fall play, 2 p.m.
- 19.....Financial aid night 7 p.m.
- 21-23.....Thanksgiving break



## Snakes alive! Zoo visits DHS

The Minnesota Zoo recently visited several biology classes to share information on skull science. Students also viewed a live bull snake, armadillo, chinchilla and opossum. See Page 3 for more photos and the story.

## Ongoing vaping concerns

By Dr. Steven Heil  
Principal

Last spring school administrators received a letter from the Minnesota Department of Education and Minnesota Department of Health indicating an increase of tobacco-related product use -- something we already knew about here in Delano.

We are experiencing this increase and wanted you, as parents, to have access to resources to talk with your child about vaping.

### From the state:

This letter is to alert you to emerging youth tobacco use trends and products that are



Dr. Steven Heil

likely already in your schools, and provide you with resources to help you address this concerning public health problem.

In 2017, Minnesota high-school tobacco use spiked to 26 percent. This was the first increase in 17 years. Much of this increase was due to e-cigarettes, with high-school e-cigarette use increasing by 50 percent in the last three years. Currently, 19 percent of high school students report use.

A specific product called JUUL, which looks like a USB or flash drive, now dominates roughly half of the e-cigarette market. These products are easily hidden, emit limited odor, and the aerosol dissipates quickly. The JUUL pods, which are often flavored like candy or

See Heil  
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# 'Shakespeare' playing Nov. 15-18

By Paul Downer  
Communications Coordinator

Cramming every Shakespeare play into a single comedic mash-up requires ruthless editing, a huge cast and a whole lot of creativity.

That's exactly what audiences will find when more than 50 Delano High School students present "The Complete Works of William Shakespeare [Abridged]" at 7 p.m. Thursday through Saturday, Nov. 15-17, and 2 p.m. on Sunday, Nov. 18.

"It's unlike any show Delano has ever seen before," said DHS senior Kelli Carroll, who along with seven other "puppet masters" aims to herd the unruly bunch of characters and disparate stories into a somewhat cohesive whole.

"You see us trying to fit all of Shakespeare into 90 minutes," said Mary Ludwig, also a senior puppet master. "We do very interesting and abstract interpretations."

That's a tidy way of saying that audiences of all ages can expect anything and everything in the Performing Arts Center's first theatrical production.



Shows run from Nov. 15-18 in the new PAC.



An adjusted rehearsal schedule has allowed students in other activities to participate in the fall play this year, and more than 50 students are involved in the production.



Students rehearse a scene from 'The Complete Works of William Shakespeare [Abridged].'

"Othello" is a rapper, and "King Lear" becomes a football game. A confused chorus group stumbles into "Hamlet," where no chorus exists, and a portion of that play is performed backwards.

"There is a lot of improvisation that happens, kids making up their own parts. It's just really fun," said DHS Language Arts teacher Joe Lawrence, who is directing his first fall play at DHS but has a lifetime of professional acting and theater work behind him in New York

and other locations. "The show is really funny and fast moving. I reworked the script quite a bit to fit a high school and wider community audience, so it works on different levels. It can appeal to audiences young and old."

Lawrence said the production benefits students by exposing them to Shakespeare's work – however truncated and humorously modified – and by giving them an opportunity to portray and interact with a wide variety of characters.

"I chose this show because it

is educational and informative, in addition to being hilarious," said Lawrence.

Between modifications, actors do employ excerpts of the original language, and they have absorbed some of the themes by necessity.

"As an actor you have to know what their underlying meaning is. So we're learning about the plays that way," said Ludwig.

The new Performing Arts Center adds another level of anticipation for this year's play.

"I'm terrified and excited at the same time," said Carroll. "The new auditorium is huge."

Ludwig agreed.

"I'm so excited for the new dressing rooms and everything else," she said.

Lawrence said the preparation has been enjoyable.

"[The play is] very improvisational in nature, so it looks like they're making it up as they go. And to an extent, these kids are," he said. "They're learning on the fly about all these characters and all these plays. So it's been fun."



# Field study moves indoors

By Paul Downer  
Communications Coordinator

Recoiling from a six-foot bull snake, watching an opossum devour a tabletop snack, and crowding around to see and feel an armadillo and chinchilla, students in Carley Spiese's high school biology classes enjoyed a unique experience when the Minnesota Zoo visited on Tuesday, Oct. 9.

The purpose of the visit was to learn more about skull science as part of the field biology class's study of mammals.

**'It fit perfectly with our curriculum. I also thought it would be a fun change of pace from our everyday classroom structure.'**

**Carley Spiese**

"We are learning all of the bones in a mammal skull. I found this program that the Minnesota Zoo offers and it fit perfectly with our curriculum," said Spiese, who is in her second year of teaching at Delano. "I also thought it would be a fun change of pace from our everyday classroom structure."

Before the animals made their appearances, the zoo presenter passed around or displayed skulls belonging to various animals, from a bird



**An opossum enjoyed a snack while the class looked on.**



**A zoo representative allowed students to pet a chinchilla during her Oct. 9 visit.**



**The class gathered around to see an armadillo.**

to a tiger, and explained what features like eye placement, jaw shapes and noses can tell about an animal. Students also broke into small groups to examine skulls, then briefly presented their findings to the rest of the class.

"The previous day students learned the structure and anatomy of a carnivorous mammal skull. This lesson from the zoo allowed us to explore the topic of skulls further by examining skulls that belonged to other mammals, as well as bird and reptile skulls," said Spiese.

"The presentation took this content a step further by allowing students to examine the live organisms that belonged to some of the skulls."

Spiese said she has not brought a traveling zoo program into her classes in the past, and this was the first time she was aware of such a visit at Delano High School.

"It was so much fun for my students have the live zoo animals in class, and actually get to watch them eat and touch them," said Spiese. "I am definitely going to make this presentation a part of my fall field bio class [in the future]



**Students presented their findings on various skulls during the zoo presentation on skull science.**

because it was so fun and enriching."

Spiese said she hoped her students took away a better understanding of why skulls are shaped the way they are, and how much diversity there is in the animal kingdom. She also thanked the Minnesota Zoo for the opportunity.

"It is a really cool experience for students to see animals and learn about how they live," said Spiese. "While they may not have the opportunity to go and visit the zoo themselves, they can get a little bit of that experience through a program like this."





## Students of the Month

Delano High School recently named its September Students of the Month in various disciplines. Those honored included, front row from left: Blake Koehler (band), Reno Bredahl (phy. ed.), Chad Kestner (CIS), Luke Frank (Tiger Way Award), Gabriela Paskach (business) and Jarred Renville (art). In the back, from left, are Ashlynn Kley (phy. ed.), Emma Kern (science), Maya Rodriguez (choir), Gracie Larson (health), Katelyn Ring (language arts), Abby Solsback (language arts), Hailey Ness (social studies), Lily Hanson (engineering), Larissa Pietila (math), Sam Slater (SWAS), Logan Felknor (music), Lucius LaFromboise (social studies) and Naomi Eskola (FACS). Not pictured are Garrett Durst (industrial tech.), Ava Gilbert (world language), Isaiah Johnson (art) and Tyler Selstad (math).



The first Tiger Way Award, given to a 7-12 student who has gone out of their way to show Teamwork, Inclusion, Grit, Excellence and Respect, was awarded to Luke Frank by teacher Joe Lawrence. Frank was recognized for helping a teacher in need.



Triple A Award winners for September included, from left, Kelli Carroll in arts, Samson Streachek in academics, and Brynn Heinonen in athletics.





## Together on Unity Day

Delano students and staff observed Unity Day on Wednesday, Oct. 24, with activities and class discussion focused on promoting kindness and preventing bullying. October is National Bullying Prevention Month. Local students also recorded "I will" statements about how they could promote kindness, and linked those statements together in large paper chains. At the high school, students ringed the stadium track with the statements. Check out more photos on the district's Facebook page.

## Announcements

### ***Veterans Day program Nov. 12***

All area residents are invited to the annual Veterans Day program at 9:30 a.m. Monday, Nov. 12, in the Tiger Activity Center. The program will include music, a guest speaker, recognition of the Patriot's Pen youth essay contest winners and the high school scholarship essay winners, and more.

To facilitate parking at the high school, a shuttle bus will depart from the Delano Legion to the high school at 8:55 a.m.

### ***Financial aid night Nov. 19***

Seniors and their parents are invited to a Financial Aid Presentation at 7 p.m. in the old DHS auditorium on Monday, Nov. 19. The college financial aid process can be a challenge. A financial aid officer will provide information on completing the required Free Application for Federal Student Aid. Any student who hopes to receive federal/state aid or student loans must complete the FAFSA.

For more information, contact counselor Susan Farbo at [susan.farbo@delanoschools.org](mailto:susan.farbo@delanoschools.org) or 763.972.3365, ext. 1717.

### ***Clothing drive for veterans***

Delano Public Schools is conducting its third annual clothing drive for veterans in need. The drive begins Monday, Oct. 22, and ends Thursday, Nov. 15. All clothing must be newly purchased,

with the exception of gently used coats. Donations will be accepted in all district buildings.

"Our district has been very generous and supportive in the past," said Ginny Schuelke, who organizes the effort with Karla Otterness. "Over the past two years, we have donated approximately \$10,000 worth of clothing."

The donated items will be given to the St. Cloud Veterans Affairs Hospital to assist with veterans' needs. These veterans, many of whom are homeless at admission, typically are hospitalized for 60 to 90 days. When they are well enough for discharge, the hospital staff works to ensure that their basic needs are met.

This year's drive will also support the Community Resource and Referral Center of Minneapolis, which serves homeless veterans who live on the streets of Minneapolis.

Please consider donating some of the following items:

**Clothing:** Socks, boxers, T-shirts, sweatshirts, jeans (waist 32-38, length 32-34), hats and gloves, winter coats, shower shoes (size L to XXL) and tennis shoes.

**Personal hygiene items:** One-gallon plastic zip lock bags, toothpaste and toothbrushes, deodorant, soap, shampoo, small packages of personal cleaning wipes, Q-tips, razors and shaving cream, and hand lotion.

Monetary donations may be made by writing a check to Delano Public Schools and writing "VA Clothing Drive" in the memo line. Donated funds will be used to purchase winter coats.



# Walsh presents 'Say Yes to No'

## Nov. 5 workshop aims to help parents set healthy limits

All area parents and guardians are invited to a special workshop focused on setting healthy limits for children at 6:30 p.m. on Monday, Nov. 5, in the Delano Elementary cafeteria.

Thanks to a United Way grant, the event is free.

Erin Walsh, M.A., is a dynamic, knowledgeable speaker on topics related to brain development and digital media. In Delano, Walsh will present "Say Yes to No: Parenting Kids for Success in the 21st Century."



**Erin Walsh**

### About the presentation

It isn't always easy to determine limits for children.

This workshop will explore why limits are critical to their healthy development and

identify practical strategies for setting boundaries in ways that help kids manage big feelings, build self control, and understand their impact upon others. Using stories, warmth and humor, Walsh will facilitate a session where parents can add to their toolkit. Participants will:

- Be able to explain the basic pillars of a child's brain development.
- Recognize that trends in society and culture have a critical impact on children's development.
- Understand why self-discipline is so important for children's success and happiness.

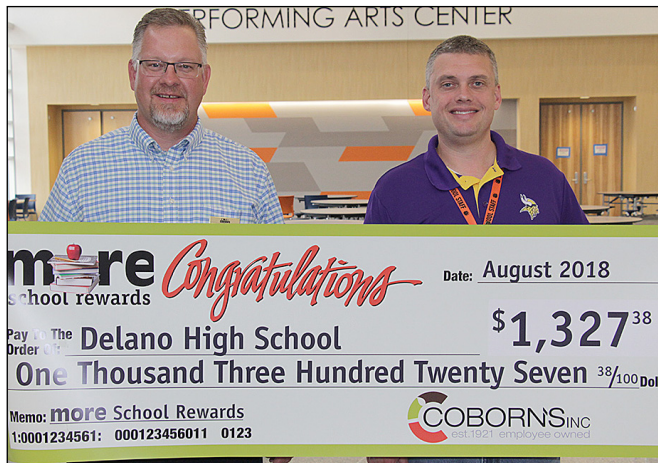
• Explore the three myths of self-esteem and strategies for nurturing the "real deal."

• Contrast effective praise with ineffective praise.

• Explain parenting strategies that foster self-discipline and respect in children.

We hope you can join us for this educational and informative night.

*Walsh was instrumental to the development of the MediaWise movement and enjoyed working with her father for 10 years at the National Institute on Media and the Family before creating Mind Positive Parenting in 2010.*



## Rewards pay off

Delano High School received \$1,327 through the MORE School Rewards program put on by Coborn's, Inc. Coborn's Store Director Joe Tipka, left, presented the check to Principal Steve Heil on Thursday, Sept. 27.

In addition, Delano Middle School received \$1,150 and Delano Elementary received \$1,397, giving Delano Public Schools a total reward of \$3,874. To participate in the program in 2018-19 there are three simple steps:

1. Designate your preferred school (DHS, DIS or DES) by logging into moreRewards.com or the MORE Rewards mobile app. Click the Rewards tab at the top of the page, then the School Rewards tab.
2. Shop Coborn's for the store brands (Food Club, Full Circle, Top Care, Paws, Tippy Toes and more) to earn points.
3. The points your school earns will increase its share of a total available pot of \$150,000 that is distributed among participating schools. The more points a school earns, the larger its piece of the pie will be.

## DHS grand opening

The grand opening of Delano High School's Performing Arts Center and renovated spaces is approaching, and a full weekend of entertainment has been planned.

On Friday, Nov. 9, the Delano Legion will conduct a flag raising at 6 p.m., and a brief ribbon-cutting program for the entire renovated high school will be held at 6:15 p.m. Faculty Follies begins at 7 p.m., and visitors can take self-guided building tours until 9 p.m.

One of Central Minnesota's most popular bands, The

Fabulous Armadillos, will present "Stadium Rock: AC/DC to Zeppelin and everything in between," at 7:30 p.m. on Saturday, Nov. 10. Due to the band's large regional following, Delano Public Schools urges area residents to seek tickets early through the school district's website.

On Sunday afternoon, Nov. 11, the facility will host a school and community arts showcase and open house. High school ensembles will perform, along with the Delano Community Band.



**The 650-seat Performing Arts Center is nearly complete.**





## A visit from the Cup

Delano high school hockey players shown here, and every other student in the district, had the opportunity to see the Stanley Cup on Monday, Oct. 22. A.J. Toews, the parent of Delano students and a scout with the National Hockey League's Washington Capitals, was enjoying his turn with the championship trophy. Classes took turns visiting the cup at DES and DIS, and the historic icon was wheeled through the high school while students lined the halls.

## ACT scores lower, but still strong

Although the average ACT score for Delano students dropped by nearly a full point this year, according to results released in October, Delano still remains comfortably ahead of the state and national averages in the nation-wide test.

Delano students graduating in 2018 posted an overall composite score of 22.6. The state average was 21.3, and the national average was 20.8. Both the state and national averages declined by 0.2 points in 2018.

While local results were below the five-year Delano average of 23.4, area students continued to outpace their peers around the state. That difference is significant, because Minnesota once again led the nation in ACT scores among the 19 states where 90 percent or more students took the college entrance exam.

The ACT encompasses four subjects: English, mathematics, reading and science. Delano students scored highest in math, with an average score of 23.2 compared to 21.4 for the state.

In science Delano had a collective 22.8 score compared to 21.4 for the state. The district's reading and English scores of 22.6 and 21.1, respectively, also exceeded the state's scores of 21.7 and 20.2.

### College readiness

The ACT also measures college readiness, defining it as the number of students who score high enough to indicate a 50-percent likelihood of earning at least a B in a corresponding college course, or a 75-percent chance of earning a C. Overall, 41 percent of Delano students met the benchmark in all four ACT test areas, compared to 30 percent statewide and 27 percent nationally.

## Building school culture

By Shane Baughman  
Assistant Principal

It has been an amazing start to the school year. The first quarter of our newly aligned 7-12 high school is coming to an end.

First and foremost, I would like to thank students, staff, parents and our community for all of the support as we opened the school year with a variety of activities meant to enhance our school culture and foster positive relationships.

At DHS we truly believe activities such as Homecoming Week, Kindness in Chalk, hosting Chinese students and staff, Unity Day, and our advisory program promote the development of the whole learner.

We will continue to maintain and develop activities and programming that strive to build on our school culture. The importance of this con-



Shane Baughman

tinuous process is highlighted by our culture committee, student leadership groups, and site base team, amongst others. One of the pillars of our culture is our new Tiger Way. The Tiger Way encompasses values that we believe in as a building. It unites all stakeholders and stands for:

Teamwork: together everyone achieves more.

Inclusion: safe and supportive environment for everyone.

Grit: never give up or accept less than your best.

Excellence: in the individual and education.

Respect: be honest, kind, and polite to each other and our environment.

These five traits are emphasized all areas of our building in order to increase student achievement. Furthermore, the Tiger Way supports our commitment to our vision that DHS will provide a safe, supportive, collaborative learning environment that meets the needs of diverse learners in academics, arts, athletics and activities, which foster lifelong learners to make positive contributions to our ever-changing society.

We want Delano High School to be a great place for all of our kids. If there is ever a time I can be of assistance, please do not hesitate to contact me. Go TIGERS!



# Visitors enjoy 'warm hospitality'

By Paul Downer  
Communications Coordinator

Delano's friends from Tianjin, China, visited during the final week of September, stopping in during Homecoming festivities.

The guests, two teachers and five students, toured the new facilities, attended pep fests and other events, and made classroom visits.

"We see much new equipment, the swimming pool and diving area," said Cai Yihua, an English teacher at ZiYun (Purple Cloud) High School, which has had a sister-school relationship with DHS since 2005. "I think the school is well organized and the students are very happy every day, especially the younger students. They are so cute."

**'We learn from each other, and all of us develop better.'**

**Cai Yihua**

While music ensembles and other classes were familiar to the visitors, there were some extra features at Delano like shop class and art.

"Some classes we don't have, like (the art class) where they make the clay," said Yihua. "I think it's right for the students' careers, their future."

Other differences between the schools were immediately apparent to the guests.

"In our school the students dress in uniforms," said Yihua. "Here they dress in what they like."

The second teacher on the visit, Li Li, is the director of the physical education department at ZiYun, and took particular interest in the new athletic facilities, including the stadium.

"I think it's very cool," he said through translation by Yihua.

Favorite moments from the visit included time spent in



**Students answered questions during a classroom visit on Sept. 27.**



**Chinese visitors took part in a project with DIS students.**

the high school science rooms and interactions with Delano's younger students.

"I enjoyed in the chemistry class how the bubbles made a fire on the hand. I thought that was so cool," said Yihua. "In our school students do some more simple experiments."

She added that one of the highlights of the visit for the Chinese students was time playing games with their younger Delano counterparts.

"I think they are having a good time," said Yihua, "especially when they were playing games. They were very happy."

That experience was a favorite for the Chinese teachers too.

"Learning with our students in the classroom was our favorite part too," she said. "It let

us feel like we were students in school, feel younger."

Because of the longstanding relationship between Delano and Purple Cloud, the visitors said there were few surprises even though it was personally their first visit to Delano and the United States.

"Because we have been in touch for many years, and because your students have come to China and we know many Chinese staff that have come here, they teach us something about Delano High School. So we know about it," said Yihua. "But when we come to Delano in person, I feel like the teachers are very friendly. They have warm hospitality. We appreciate it very much."

Because their experience



**Li Li, left, and Cai Yihua led the Chinese delegation.**

had mostly been limited to Delano and the school at the time of the interview, the Chinese teachers were not able to share much about their general impressions of the Twin Cities region. They were, however, complimentary about their immediate surroundings.

"I think the city is very tidy and beautiful," said Yihua.

While the future of Delano's relationship with Purple Cloud is uncertain due to longtime Delano organizer Lanette Faul's impending retirement next spring, Yihua wished to maintain the connection.

"We want to keep our friendship and let our students know more about each other," she said. "We want our school to have better development. We learn from each other, and all of us develop better in the future."



# E-cigarettes remain a problem

By Paul Downer  
Communications Coordinator

Representatives from Wright County Public Health spoke to students in Delano High School health classes about e-cigarettes and “vaping” on Oct. 9.

Anna Bohanan said the statewide rate of high school students using tobacco products over the last 30 days is about 19 percent, and Delano is just a notch higher at 20 percent.

“Teen e-cigarette use is higher than it’s ever been, and teen tobacco use in general is at its highest in 18 years,” Bohanan said. “We haven’t seen use this high since 2000. So we’ve done all this work to lower it, and now it’s going back up again.”

E-cigarettes have become popular with young people because there is a perception that they are harmless. That’s far from the truth, however. Bohanan said there can be adverse effects to a user’s brain, heart and lungs.

“Starting with nicotine at a young age primes your brain for more addictive habits in the long run,” said Bohanan, adding that a progression to conventional smoking, marijuana and other drugs is not uncommon. “Getting addicted to nicotine can really set you on a bumpy road for the future.”

Aside from nicotine, Bohanan said there are a variety of



**mn DEPARTMENT OF HEALTH**

2017 Minnesota Youth Tobacco Survey • [www.health.mn.gov/tobacco](http://www.health.mn.gov/tobacco)

chemicals used in e-cigarettes that are harmful, including the same compounds found in antifreeze and paint lacquers. Metals for the heating element also tend to include lead.

“Lead can have a huge impact on your brain development – in your concentration, performance in school and at your job, and create other

developmental issues,” said Bohanan.

Other problems that can result include chronic bronchitis and asthma, as well as emphysema. Social pressure around e-cigarette usage can also cause anxiety and depression.

“There are physical effects to those things too, so it is kind of a vicious circle,” said Bohanan.

Jacob Anson of Wright County Public Health said tobacco companies are targeting young people, often through social media, in order to secure lifelong customers.

“They advertise toward teenagers. They know you’re more likely to be on your devices and they know what apps you use, so that’s their way of targeting you,” he told students. “If they can get you to start before 21, you’re more likely to use nicotine forever.”

After their presentation, health instructor Jamie Longstreet told his group of seventh-graders that it was important they know the facts early.

“If you guys waited to hear this information until ninth grade, I almost feel like that might be too late. This awareness is good,” he said. “You know where to go to help. You know who to talk to. Those are the important things. You guys all know the dangers. These are a gateway to a lot of other things. Now it’s your job to make the right choice.”

## Resources

Find additional resources, including talking points with adolescents, reports on health impacts, and a Surgeon General report on health risks at [www.health.state.mn.us/ecigarettes](http://www.health.state.mn.us/ecigarettes) and <https://e-cigarettes.surgeongeneral.gov/>.

## Heil

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fruit, contain the same amount of nicotine as a pack of cigarettes.

All tobacco use, including e-cigarette use and vaping, are prohibited by state law in public schools.

In addition, the Minnesota Department

of Health (MDH) issued a “health advisory on nicotine risks for children, teens, and pregnant women.” In particular, nicotine can negatively impact learning, memory and attention span. Nicotine exposure through e-cigarettes also increases the likelihood of future combustible cigarette use, and a lifetime of addiction to tobacco and other substances.

MDH has assembled a toolkit of in-

formation, resources, and free curricula, which is available at [www.health.mn.gov/ecigarettes](http://www.health.mn.gov/ecigarettes) and provides free tools to download.

*The excerpts of this letter from the state were jointly written by MDH Commissioner Jan Malcolm and MDE Commissioner Brenda Casselius.*

This e-newsletter is published by District Communications Coordinator Paul Downer.

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