



Tiger Territory

Delano High School Newsletter March 2020

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Dates to remember

March

- 5.....Delano Jazz Festival
- 9-13.....Spring break, no school
- 16.....School board listening session, 7 p.m.
- 18.....Two-hour late start
- 31.....Take Note Concert, 6 p.m.

April

- 3.....End of HS Quarter 3



State season

Delano Elementary students cheered on the state-bound boys hockey team before the Tigers began tournament play this week.

Final steps for registration

By Dr. Steven Heil
Principal

The registration process for students has now ended. March begins the process of aligning course sections and making sure all students have signed up for the correct amount of courses.

We also clean up the data on the Advanced Placement (AP), College in the Schools (CIS), and other specialized classes. Once this is complete, we can start to create a master schedule, which is based on the identified student needs.

Students are then scheduled into classes, and the finalized schedules are checked over by



Dr. Steven Heil

the counseling department. Most of the time, we try to have them done prior to stu-

dents leaving for the summer. That way, we can talk directly with students when alternate classes need to be scheduled. This helps make the overall release of schedules in August more successful.

CIS highlight

One new CIS course this year for students is Mobile CSP (Mobile Computer Science Principles).

We are in the final stages of college acceptance of the course at SMSU. Mobile CSP is a course designed to introduce students to computer science

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Sixth jazz festival arrives March 5

By Mike Dailey
Band director

Delano will be the jazz epicenter of the region on Thursday, March 5, when Delano High School hosts its sixth annual Jazz Festival.

The day begins with a five-school lineup of jazz bands from 11:20 a.m. and 4:40 p.m., continues with a master class for students from 4:40 to 5:20 p.m., and concludes with a 7 p.m. concert by feature ensemble "Jack Brass Band."

The festival is open to the public, and all events before the Jack Brass show are free. Tickets to see the Jack Brass Band are \$5 for students/seniors and \$10 for adults. Tickets will be available at the door.

The lineup

- 11:20 a.m. Rockford Middle School
- Noon. Buffalo 7-8 jazz



The Jack Brass Band brings its New Orleans sound to Delano as the featured ensemble on Thursday, March 5.

- 12:40 p.m. Delano Jazz I
 - 1:20 p.m. Lunch
 - 2 p.m. Delano Jazz III
 - 2:40 p.m. Howard Lake-Waverly-Winsted High School
 - 3:20 p.m. Holy Family Jazz
 - 4 p.m. Delano Jazz II
 - 4:40 p.m. Master class
- Clinicians will provide feedback after each performance, and students will have an

additional learning opportunity during the evening master class.

Jack Brass Band

The Jack Brass Band was formed in 1999 in the Twin Cities. Based on the traditions of New Orleans brass bands, its members are the ambassadors to the Crescent City's rich musical history. The band plays "feel good music" for audiences of any age, for any occasion.

The band has the ability and repertoire to play everything from old New Orleans jazz of the Louis Armstrong era to modern Mardi Gras street anthems.

Band members have mastered hat instrumentation, feel, and energy through countless gigs, parades, festival appearances, and trips to New Orleans to listen, learn and play alongside the masters.

Heil

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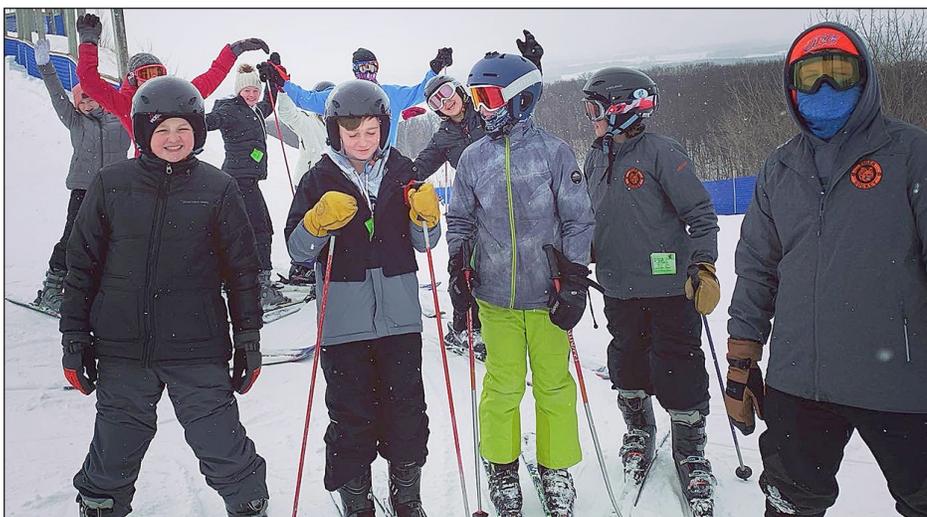
by building socially useful mobile apps using MIT App Inventor.

For juniors or seniors looking to add a CIS course to their schedule, this may be an interesting course to take. It is worth four college credits.

Talk with Ms. Monica Kunkel if you have additional questions about the course,

or students can stop by and sign up for the course with their counselor.

Have a great start to the spring.



Winter Activity Day

Seventh- and eighth-graders enjoyed a break from the classroom on Winter Activity Day, Thursday, Feb. 12, with excursions to the Mall of America and Powder Ridge. Here is a look at some of the day's activities.



Meland earns rare all-state honor

By Paul Downer
Communications Coordinator

Maddie Meland is no stranger to bright lights and concert halls, but the DHS junior took another step in distinguishing herself as one of the best student musicians in Minnesota when she performed as a member of the All-State Orchestra on Saturday, Feb. 15.

Only four clarinet players were chosen for the orchestra after statewide auditions, while the all-state concert and symphonic ensembles, which also performed on Feb. 15, had larger clarinet sections. Students were able to list the ensemble they preferred to play with when they auditioned, but were assigned to the groups based on their performance.

“There were only four clarinet players chosen for the orchestra, so it was a very difficult and unusual position for Maddie to get,” said DHS band director Jason Koets. “She also had a solo in one of the songs, which is a pretty big deal. Of the three ensembles that performed, orchestra had the most challenging music and really nailed it.”

Though the odds of making the All-State Orchestra were slim, Koets said he was not surprised by Meland’s success.

“She is a once-in-a-lifetime student,” he said. “If there is any kid I would say could go and be a professional performer, it’s her.”

Meland came to Delano



The All-State Orchestra performed Saturday, Feb. 15, at Orchestra Hall in Minneapolis.

from Texas during her freshman year, and in addition to playing with the DHS Concert Band also plays weekly with the Greater Twin Cities Youth Symphonies and takes les-

‘She is a once-in-a-lifetime student.’

Jason Koets
DHS band director

sons from Marlene Pauley, a longtime clarinetist with the St. Paul Chamber Orchestra and other groups.

“Her teacher is really good, and she’s just the type of student who eats all that up, is a perfectionist and wants to be the best, but at the same time is really humble about what she does,” said Koets.

What does Meland enjoy so

much about music?

“It’s like a whole different language,” she said. “You can play with people from another country who don’t speak your same language and they understand the same things. Everybody sees the same notes and the same words. It’s just really cool.”

As for her choice of instrument, Meland said her connection to the clarinet began coincidentally. When the time came for her to choose an instrument the family already had a clarinet, so she began to use it rather than renting or buying a different one. Has she ever tried other instruments?

“Yes, but I just do so much with the clarinet that it’s hard to keep up with that while trying to learn other instruments,” Meland said, adding that in addition to band at school, lessons and the Greater Twin Cities Youth Symphonies, she



Junior Maddie Meland plans to be a performance major.

generally practices about an hour each day.

While she enjoys all of those activities now, the time spent in music is also an investment in her future.

“I want to be a performance major and hopefully play in a full-time orchestra,” Meland said.

- During his 15 years in Delano, Koets said only two other DHS band students have qualified for one of the all-state ensembles. Stephanie Almquist, a trumpet player who graduated in 2017, qualified two years in a row, and Makenzie Krause, a 2012 grad, also made it once on the clarinet.

As far as is known, Meland is the first DHS student to play with the All-State Orchestra.



Four earn places on ACDA honor choir

From left, Isabella Molitor, Issac Dahle, Autumn Langdon and Grace Elsen participated in the American Choral Directors Association 9-10 Honor Choir on Thursday, Feb. 13.

Rehearsals during the day took place at Westminster Presbyterian Church, and the

concert was held at Central Lutheran Church in downtown Minneapolis.

“We are very excited and honored to have four students from DHS representing our school,” said Delano choir director Eric Conway prior to the event.



Students of the month

Delano High School recently named Students of the Month for February. Students honored included Neela Hamm and Benjamin Nellis (language arts), Maria Manuel and Jacob Roskowiak (math), Kaiya Merritt and Levi Blomquist (social studies), Sarah Vickerman and Abby Gierke (science), Anna Leukuma and Audrey McClurg (health), Nova Haase and Veronica Shafer (art), Jaid Necas and Anneka Zaun (physical education), Autumn Langdon (choir), Gavin Voight (band), Max Otto (business), Tyson Kroells (FACS), Spencer Poll (industrial tech), William Larson (world languages), and Courtney Loecken (Project Lead The Way). Tiger Way Awards went to Elsie Day, Cade Pothen and Julia Fake. The Best Buddies Buddy Pair of the Month was Allie Semeizer and Breckin Bremmels.

MCAs provide valuable data for schools

By Shane Baughman
Assistant Principal

Starting in April, our high school students will take the Minnesota Comprehensive Assessments (MCAs).

School districts are required to assess students in the areas of science, reading and math. The MCAs offer students, parents and staff the opportunity to utilize data to make well-rounded and informed curriculum and instruction decisions.

While we recognize that the MCAs offer one measurement on a particular day or week, we firmly believe they can and do provide critical information in order to meet the needs of our students and positively impact student achievement. At Delano High School, our team utilizes MCA data in various ways, including but not limited



Shane Baughman

to: class placement, remedial programming, interventions and summer school identification.

The assessments also provide valuable information about the college and career readiness of each individual student with subject or grade

level assessments, helping us glean more information about our students. This allows our team to reflect, modify and strengthen our curriculum and instructional practices.

In the fall of 2018, legislation went into effect stating the Minnesota State Colleges and Universities System can use MCA scores to determine initial course placement at their schools. This means there is now a direct connection to MCA scores and college coursework.

Consequently, MCA data and scores could potentially be a cost-saving measure for students and families. If a student scores high enough (meets or exceeds), demonstrating career and college readiness, he or she will not be put in a non-credit development course, as the student will have already demonstrated the necessary content

and skills to place them in the college level course.

This will be financially beneficial for families by alleviating payment for a non-credit course designed to prepare a student to take a general education course. Secondly, it increases the chances of a student graduating in a timely manner, thus saving time and money.

For more information, including a table identifying scores, coursework and placement, visit <http://education.state.mn.us/MDE/About/mde070432>. The Minnesota statute can be found at <https://www.revisor.mn.gov/statutes/cite/120B.30>.

As always, thank you for being an integral part of what makes Delano High School a truly special place!

Math Team completes season

By Paul Downer
Communications Coordinator

The DHS math team completed its season on Monday, Feb. 10, with a final conference meet at Lakeville South High School.

While the Tigers did not advance to state, they did take third place in their eight-team conference, and Dylan Tieg (sixth place as an individual) and Jaxon Duberstein (10th place individually) earned all-conference honors for being among the top 10 individual scorers.

Participation, benefits

Senior Helena Schafer was persuaded to come out for the math team by Shouts and her friend, fellow senior Jennifer Almquist. Though she was only part of the team for one season, Schafer said she was able to tell that it made a difference for her in her math classes.

“The team has really helped me solve problems in different ways and approach things with a more critical eye,” she said. “I’m not really great at math, but it has helped me see that I can do more than I know I can.”

“She’s better at math than she thinks she is,” said longtime Math Team coach Jerry Shouts.

Senior Ethan Williams decided to try out Math Team four years ago, and has stuck with it ever since.

“I had been around the block of sports for a long time and decided it wasn’t my thing, so I started moving more toward the academic side of competition,” he said. “I found out about the Math Team so I tried it out and I had a blast.”

Williams also said that aside from a fun and fairly casual activity to enjoy with friends, the academic benefits are noticeable.

“It makes you more broadly versed because you have to practice so many different things,” he said. “It helps you



Members of the Delano Math Team prepare for their final meet of the season on Monday, Feb. 10. The team finished third in the eight-school conference.



The full roster for this year’s team consisted of about 30 students.

think outside the box a little bit more because you have a wider umbrella of math things in your working memory.”

How it works

While there are no pre-requisites to join the team, Shouts said that a majority of members are in advanced math classes.

At meets, each school designates eight “starters” to

compete for points in four individual and one team event, while all other members of the team are able to compete as individuals, earn their own scores and try to work their way into the starter group.

There are five conference meets each season, which stretches from November to the state meet in March, with about three weeks for practice sessions between competitions.

The Delano team practices once a week as a group on Monday evenings, and Shouts also provides individual study packets to interested students who may want to put in extra work on their own.

Each meet has a broad topic, and practice sessions allow Shouts to share applicable formulas and strategies.

“They give you a general idea of what the topics are, but it covers a very broad spectrum of materials,” said Shouts.

Longtime coach

Shouts has coached the Delano Math Team since its inception 31 years ago. The team has almost always been competitive, and once reeled off a 10-year run of first-place conference finishes leading to state appearances. In 2010 the team took third place at state, and at its height it had about 85 students involved, requiring two buses to travel to meets.

“Our first few years we were kind of average. Then we were really strong for a while,” said Shouts. “Not only did we take first place 10 years in a row, but during that time we won 20

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meets in a row, and then we had a second place, and then we won another 20 meets in a row. So we won 40 out of 41 meets.”

This year the team has about 30 members, and managed to finish third in the conference despite entering the season with just one returning “starter” from last year’s team.

“We have plenty of young kids, so looking at next year I feel like our team should be much stronger,” Shouts said, adding that he may step down from coaching next year in order to be available to help whoever takes over the program.

Shouts said he originally switched from coaching basketball and softball to Math Team because it was an intriguing opportunity and because it didn’t require the same amount of time away from home. There were far fewer teams in the state then, but now there are around 250.

Although some might think Math Team simply sounds like more school work, Shouts said it usually hasn’t been overly difficult to recruit team members, particularly because of his position as an advanced math teacher, and because of the program’s strong history.

“More than half of my job is getting the right kids on the team,” he said. “There are plenty of smart kids in each school, but if they don’t go out for the team (that doesn’t help you in competition).”

While students enjoy the camaraderie and the pizza after meets, the subject and the challenge alone seems to be a draw for students.

“There is a core group of kids who just legitimately enjoy math or competition,” said Shouts. “It can be hard to describe to people who aren’t into math, but it’s fun.”



Wellness winners

The DHS Wellness Committee has begun recognizing students for making positive choices in the areas of physical activity, nutrition and mental health (including acts of kindness for oneself or others). Students nominated for prizes in February included Roger Wolf, Zach Krueger, Tucker Mengelkoch, Riley Olson, Michael Sword, Grace Elsen, Grady Wood, Wynn Russek, Adelyn Fiecke, Hailey Champeau, Ellie Tulkki and Alex Lang.

Pennies for Patients ends March 20

After a record-setting 2019 in which Delano High School raised \$10,000 for the Leukemia and Lymphoma Society, the 7-12 Student Council is once again running its Pennies for Patients drive.

The school has set a goal of \$11,000 to aid in the research of blood cancers and to support families as they go through their blood cancer journey. This will be Delano’s 17th year of participation.

Student Council is planning activities from Feb. 10 through March 20, and has set aside March 17-18 for the Flash 48 competition. All students will compete to see whose class can earn at least \$250 in online donations.

To donate, go online to bit.ly/DHSpennies20.



Student Council members count coins during this year’s Pennies for Patients drive. The goal is to raise \$11,000 by March 20.

Heart Week blood drive nets 68 units

By Paul Downer
Communications Coordinator

A student-led blood drive at Delano High School yielded 68 units of blood from 89 students who volunteered to donate as part of the school's Heart Week events, Feb. 10-13.

National Honor Society Students organized the event along with the American Red Cross, and said the day was a success.

"It's important because blood banks are low right now, so we need to get people to donate," said junior Gretchen Barta. "At a school it's easy to get a lot of people."

Junior Weston Russek said students met with the American Red Cross more than a month prior to the event, and that the event went seamlessly.

"We're very happy with how it went," he said. "It was very



A total of 89 students signed up to donate blood in the annual drive on Feb. 12.

smooth, very easy. (The Red Cross) set the date and did the set up and take down. It was fun. We had movies going

for the people donating, and they got their snacks and their donuts and ice cream."

Students took care of signing

volunteer donors up, handing out passes and handling check-ins.

"It was a fun day," said Barta.



Triple A banquet

Delano High School Triple A winners Maria Molitor and Jon Kraus represented their school at the Section 2A Minnesota State High School League Triple A banquet at Gustavus Adolphus College in St. Peter in mid-February. They are shown here with Jon McBroom, secretary for Section 2A. The students were honored for excelling in arts, academics and athletics. More information is in the February newsletter.

Tigers active in state competition

It has been a successful winter sports season for the Tigers. The boys hockey tournament starts this week, but Delano athletes have already made their mark in state competition. Here is a partial recap of state action up to this point.

Gymnastics

On Saturday, Feb. 22, Gabby Stoudt and Leah Pinoniemi competed at the state gymnastics meet.

Pinoniemi placed 26th on the uneven bars and 29th on the floor, and Stoudt placed 35th on the vault.

Wrestling

Carson Tschudi (145) and Edward Hajas (220) took fourth place and fifth place, respectively, at the state wrestling tournament on Saturday, Feb. 29.

Other Tigers who qualified for the state meet included

Matt Backer (285) and Tyson Kroells (120).

Boys swim and dive

The boys swimming team earned a number of medals and took eighth in the Class A state meet on Saturday, Jan. 29.

Individually, Nick Black took fourth place in the 100-yard backstroke, Colby Kern took fifth in the 200 freestyle and seventh in the 100 freestyle.

As for the relays, the team of Black, Joe Coyle, Kaden Georges and Nuytten took eighth in the 200 medley relay.

The relay of Georges, Black, Kern and Per Anderson took eighth in the 400 relay.

In the 200 freestyle relay, Kern, Anderson, Georges and Will Martin took 10th.

Luke Hanson also qualified for state as a diver.

Hajas makes academic all-state team

By Paul Downer
Communications Coordinator

Thanks to diligent work in the classroom to master his studies, and a lifetime of effort on the wrestling mat, DHS senior Edward Hajas has distinguished himself well above most of his peers.

Hajas is one of just 28 wrestlers in the state named to the 2020 Minnesota Wrestling Coaches Association Academic All-State Team. He is also just the fifth wrestler in Delano history to be so honored.

“Edward is an outstanding leader and teammate in our program,” said DHS wrestling coach Jeff Olson. “He is a near-perfect representation of what a student-athlete should be – someone who pursues and commits themselves to excellence in the academic classroom as well as their athletics



Edward Hajas

and activities.”

Each season the academic all-state honor is granted to two wrestlers in each weight class. Members are determined by a mathematical formula that takes into account their cumulative grade point average, overall win-loss record, win

percentage, state tournament participation and state tournament placement.

Last season Hajas finished third at the state tournament in the 220-pound bracket. This season he has qualified for state again and will compete there this weekend.

He also competes as an offensive and defensive tackle on the football team in the fall, and as a discus and shot put thrower on the track and field team in the spring. This year he is serving as a captain on all three teams.

How does he manage to succeed across multiple disciplines?

“When you’re in sports, just give 100 percent at the sport. And in school, give 100 percent in school,” he said. “I just try to focus on doing one thing at a time instead of trying to do everything at once.”

While it can be difficult to balance the time demanded by both athletics and activities, Hajas said he manages through simple determination.

“I just put my head down and do it,” he said.

In the classroom, Hajas said he most enjoys science and math, particularly physics and the Advanced Math Topics course.

Next year he plans to wrestle at the Division I level for Augustana University in South Dakota while majoring in data science.

• The four Delano wrestlers who were previously named to the academic all-state team included Cody Socher (2008), Kevin Kneisl (2016), Tucker Sjomeling (2016 and 2017), and Reier Sjomeling (2018).

Pappas, Otto, Glasrud sign letters of intent

By Paul Downer
Communications Coordinator

Grace Glasrud, Max Otto and Tate Pappas have had memorable athletic careers at Delano High School, but their stories won’t end at graduation this spring.

All three signed national letters of intent in front of family, friends and coaches on Wednesday, Feb. 5, to play at the college level next fall. Glasrud will play Division I hockey for Post University in Connecticut, Pappas will run Division I cross country and track at the University of Illinois Chicago, and Otto will play Division II football and baseball at Northern State University in South Dakota.

“This is a big moment for these students and their families. A lot has gone into this,” said DHS Activities Administrator Ryan Tool, adding that less than 7 percent of high



Tate Pappas

school athletes keep playing in college, and less than 2 percent make it to the Division I level. “We’re very proud to call them Tigers.”

Glasrud is making history as the first player from the Delano-Rockford program to advance to the Division I level. That accomplishment crowns other recent achievements, including her 2,000th career save



Max Otto

and earning all-state honors. She is the daughter of Robert and Hilary Glasrud.

Pappas is a soccer player who began running competitively late in his high school career and has excelled. He plans to study business in Chicago. He is the son of Brad Pappas and Carolyn Milano.

Otto has distinguished himself as a three-sport athlete



Grace Glasrud

in Delano, also playing on the basketball team, but will focus on football and baseball in college. He plans to study agricultural science at Northern State. He is the son of John and Andrea Otto.

• This is an abridged version of an article that is available at www.delano.k12.mn.us.

History Day puts research on display

By Paul Downer
Communications Coordinator

After deep research and extensive work to prepare a presentation on their findings, Delano students in grades six and eight presented their projects to judges and other audience members on History Day, Tuesday, Feb. 4.

This year's theme was "Breaking Barriers in History," and students in the Advanced Language Arts program presented documentaries, websites, exhibits and even a performance on topics of their choice.

'These projects let us look into history without just going through a text book.'

Nathan Schneider
Grade 8

"It gives us an opportunity to look into things we want to learn about," said eighth-grader Owen Stowman, who along with classmate Nathan Schneider built a website about nuclear weapons and how they have changed warfare.

"All these projects let us look into history without just going through a text book," said Schneider. "It lets you explore on your own and find what you want to narrow it down to and learn about."

Out of 25 local projects, 13 were chosen to advance to the regional competition in March. From there, students will compete to advance to state.

Sixth-graders Braylon Beier and Samuel Kodesh presented an exhibit on Prince, and said that they enjoyed their first opportunity to participate in History Day.

"At the start it was kind of hard to get a grasp of what we were trying to do and how to



From left, Moriah Tonsberg, Erica Kazin and Kiersten Koets present their documentary, 'Lobotomy: The Imperfect Cure.'



Meredith Duis presents her project on 'Barter to Bits: The Evolution from Ancient Trading to Digital Transactions,' along with partners Megan Westberg and Logan Felknor.

do it, but once we got into it and figured out our work flow we just took the challenges as they came," said Beier.

"It was challenging," agreed Kodesh, adding that the process of presenting to the judges was nerve-racking, but that finalizing their research and their exhibit was gratifying.

"Actually seeing everything come together was my favorite part," said Kodesh.

"We felt very accomplished," added Beier.

Sydney Pink and Kaelyn Wittwer, also sixth-graders, built a website to support their project, "A League of Their Own: Creating a Path for

Women's Rights and Giving Women a New Opportunity." They said that working with a new History Day website builder was the primary hurdle to overcome.

"This was the first run of the new website. So there were some difficulties," said Wittwer. "Last year they had a different website builder. This year we were the first people to try it, so it was very challenging."

While working the bugs out of the system presented some adversity, both students said they enjoyed the process.

"I like that we got to choose our research topic, and we got to present it our own way," said Pink. "It was fun getting to research a topic for that long and getting to really know it."

The regional competition will take place at Minnesota State University, Mankato on Monday, March 23, and students have an opportunity to fine tune their presentations before then, using feedback received from judges at the local level. Those who advance through regionals will compete at the University of Minnesota on Saturday, May 2, in the state event.

Awareness Day brings positive message

By Paul Downer
Communications Coordinator

Five years after it began, Delano High School's Suicide Prevention and Awareness Day is accomplishing its mission of reducing the stigma surrounding mental health issues.

Fifteen students in the DHS COMPASS class (Character, Opportunity, Mentorship, Perseverance, Academics, Service and Success), along with advisors Marie Techam and Shallyn Tordeur, organized this year's event on Thursday, Feb. 27.

Techam, the school social worker, said that while the day's topics have sometimes led to jokes about mental health among students in past years, she did not see any evidence of that reaction this year.

"In the past I guess it's been more uncomfortable for kids to talk about mental health," Techam said. "Now it's becoming more comfortable, which is the point of the COMPASS program, to end the stigma of mental health. We're really trying to make depression and anxiety and things like that something that we can talk about, and let students know that it's OK to reach out for help."

Sophomore Anthony Olson agreed that as students have become more familiar with the day's events and messages, classmates are taking them in stride.



Students signed a 'banner of hope' with this year's slogan, 'Just Keep Swimming.'

"I think it was a lot less awkward for kids to be open about it this year," he said. "I think it was helpful to a lot of students. We had a station where people could ask for help with counselors, and I saw quite a few people go through that."

Positive approach

While the topics of the day are serious, organizers said the goal is to present important information in an uplifting manner. Speaker Joe Beckman emphasized that approach in his message, "Creating Chains of Human Connection."

The premise of Beckman's message, tailored separately to students in grades 7-8, 9-10

and 11-12, was that in spite of digital platforms, loneliness is at an all-time high and human connection is at an all-time low. Beckman said the solution was to create chains of human connection so that when people are struggling and feeling isolated, there is an opportunity to reach them in a meaningful way.

"He was very uplifting and had a lot of positive messages instead of just focusing on the negative side of it," said Olson.

Sophomore Mason Schow agreed.

"I felt like the speaker was very outgoing and positive," he

said. "There was just a general upbeat feeling (to the whole day)."

Themes of the day

Beckman shared three main themes: "love you," "push through," and "just look up." Olson explained that "love you" referred to taking care of oneself so that one can also help others.

"He used the mask analogy where on an airplane you put on your own oxygen mask before you put on children's masks, because you can't help others until you help yourself," Olson said.

Pushing through involved being resilient in the face of adversity.

"Life has gotten us all down at some time or another," said Techam. "Push through is about working through that and not letting that define you. It can certainly be a part of who you are, but it doesn't have to define who you are. You can move through it."

Schow said that theme was all about "moving forward and leaving things behind, continuing to fight."

One takeaway for Olson was that sometimes there can be a light in the midst of hard times.

"(Beckman) talked a lot about how when things get you

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A backpack display included facts and information in the digital commons.



Bracelets were handed out with information for getting help.

down it might open a secret door that you may not have had an opportunity to see until you got put in this situation," he said.

The final theme, to look up, referred to living actively rather than through digital screens.

"That was about not looking at your phone so much and seeing what's in front of you, just finding happiness in life and not being on your phone all the time," said junior Kailee Brown.

The day's overall theme was "Just Keep Swimming."

Elements and activities

Aside from the speaker presentation, COMPASS students also organized a variety of other activities in the Digital Commons.

They passed out Lifesaver candies with the message that lives are worth saving, and bracelets with the Suicide Prevention Crisis Line phone number were given to students and staff.

A backpack display shared statistics and facts about suicide in the state, nation and world, as well as information on how to seek help if someone is having thoughts of suicide.

A hands-on station allowed students to write down their worries and then shred the paper, and in other areas students were encouraged to sign a banner of hope with the "Just Keep Swimming" slogan, and to create a card of hope. Those cards, with handwritten messages for students who might be struggling, were collected and given to school counselors and social workers, who will give them out to students in need.

A new feature this year was the question box, where students were allowed to confidentially write down a question about mental health. Answers from school counselors or the social worker were provided to students by email, or they were able to schedule an appointment with a counselor.

Overall, Olson said the COMPASS mission had been accomplished.

"I'm sure it affected a lot of kids in a good way," he said.



Night for singing

The DHS choir concert was held Tuesday, Feb. 18, in the PAC. Both the Concert Choir and Varsity Choir scored a superior (the highest possible ranking) at a contest in Buffalo on Monday, Feb. 10.



Sheridan Story offers aid

The Sheridan Story, a weekend food program, is available again this year. The organization strives to make a difference by focusing on food gaps -- the times when children aren't at school to access

meal programs. The Sheridan Story offers food over the weekends, summers and extended school breaks.

The program is free for all families, and no qualifications are required for enrollment. No information is collected for enrollment, and privacy is protected for participating fami-

lies. Those interested can sign up at any time during the school year, and school staff will discreetly place food bags in students' backpacks on Fridays during the school year.

Families can choose from a variety of food bags that contain nutritious, non-perishable food, including fruits, vegetables, proteins, grains and soups or entrees. For more information, contact your school counselor or social worker. A sign-up form is available online at bit.ly/SheridanDPS.



Polar plunge

About a dozen DHS students and three staff members participated in the Minneapolis Cool School Polar Plunge on Friday, Feb. 28, on Bde Maka Ska (Lake Calhoun). Participation in the activity was a collaboration between the DHS Pennies for Patients, Best Buddies and Unified Basketball groups. Including other schools, more than 1,000 individuals braved the frigid waters, raising over \$140,000.

Announcements

School board listening session

Members of the Delano School Board will host a listening session at 7 p.m. on Monday, March 16, in the Delano High School media center.

All are invited for an informal discussion of topics that will be announced beforehand. Members of the public are welcome to come and share comments, questions and suggestions. A survey with potential topics has been emailed to district families. Two or three board members, along with appropriate school staff, will attend the one-hour session to share information and hear feedback.

The listening session is not an official meeting and no action will be taken, but feedback will be shared with the entire board to inform members as they make decisions going forward.

Learn how to substitute teach

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 Department of Education.
- 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 Wednesday, March 25, and from 8:30 a.m. to 2:30 p.m. on Thursday, March 26, at Resource Training & Solutions (137 23rd Street S, Sartell).

There is a fee to attend. To register, go to <http://www.resourcecoop-mn.gov/>, 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 8693.

For more information, visit http://www.resourcecoop-mn.gov or call Kate Reichert at 320.255.3236 ext. 324 or 844.335-3276.



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