

TIGER TRACKS

Delano Intermediate School Newsletter



November 2018



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November

6.....Election Day
9-11.....PAC/DHS grand opening
12..Vets Day program, 9:30 a.m.
15-17.....DHS fall play, 7 p.m.
18.....DHS fall play, 2 p.m.
19.....DIS PIE, 6 p.m.
21-23.....Thanksgiving break



Landscape Structures has donated a unique playspace for Delano Intermediate School. The "ninja warrior" style obstacle course opened at the end of October.

Up and running Play area offers physical challenges

By Paul Downer
Communications Coordinator

Climbing ropes, cargo nets and never-before-seen features are highlighting a unique new play and fitness space donated by Landscape Structures this fall, and Delano Intermediate students are enjoying it all.

Students began using the new equipment during the last week of October, and what they found is unlike any other playground around.

"Obstacle courses and ninja courses are super popular right now based on TV shows, so we developed this line called Fit-



Climbing features are emphasized at the new space.

Core Extreme that is designed to be challenging for kids," said Jill Dunning-Harris of Landscape Structures. "Kids are going to have to work and come

back to it multiple times and try to conquer all the different challenges."

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Veteran's 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.

DIS event

Prior to the public Veterans Day event at the high school, the intermediate school will host the Delano Legion for a special flag folding ceremony and explanation at 9 a.m. on Friday, Nov. 9. This event is for students and staff only.



Leaders in learning

Four staff members from Delano Public Schools received Leaders in Educational Excellence Awards during a ceremony at the River's Edge Convention Center in St. Cloud on Wednesday, Oct. 24. Among those honored were, from left, DHS social worker and current Delano Teacher of the Year Marie Techam, DIS speech clinician Mary Somers, DHS School Within a School instructor Shallyn Tordeur, and DES second-grade teacher Nate Uselding. Also pictured, second from right, is DHS Principal Steve Heil, representing the Delano administration. Additional information about Delano's honorees will be available in their respective building newsletters next month.

Consequences a valuable learning tool

By Barry Voight
Principal

Greetings, DIS families. Every choice we make results in consequences. If we make poor choices, we usually experience negative consequences. If we make good choices, those consequences tend to be positive.

Unfortunately, the word consequence has been stigmatized to imply discipline or something bad. This connotation is limiting to the power of consequences as an instructional tool and opportunity. I believe it is critical to harness the learning opportunities provided by natural consequences as much as possible. This is especially true for students in their formative years.

Natural consequences are outcomes that result from



Barry Voight

choices that are unplanned and uncontrolled and are logically tied to the nature of the choice. These outcomes are great teachers for students and are often preferable to supplemental discipline. Discipline that is not logically tied to the choices made is simply punishment

'It is natural for adolescents to make mistakes; it is a normal part of a child's development.'

Barry Voight

and not helpful in most cases.

An example of a natural consequence that often occurs with intermediate level students is forgotten homework. A student who forgets their homework at school isn't able to complete it at home and be ready for school the next day.

This unfortunate event will likely lead to discomfort for the student when confronted by the teacher the next day in class. It is this moment that

will help to teach the student that it is best to remember their homework, and complete it, as instructed.

If, as parents, we discover that our student has forgotten their homework at school and rush them to school to retrieve it, we are depriving our students of this valuable learning opportunity. Rather than teaching our students that they need to plan appropriately, stay organized, use their time wisely, etc., we are teaching them that we, as parents, will rescue them from the consequences of their decisions.

As principal, I'm noticing this to be a common trend among parents. Parents are quick to rescue their children from forgotten homework,

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forgotten lunches, band instruments, etc. (Disclaimer: this is not unique to Delano Intermediate School, Delano Schools, Minnesota and so on. Also, I've been guilty of this myself.)

It is understandable that parents want to protect their children from negative experiences. We should continue to do so when the consequences may be severe, but we should also recognize that people often learn best from their mistakes.

It is natural for adolescents to make mistakes; it is normal part of a child's development. When these mistakes are made, our immediate response should not be to always fix them on their behalf. Rescuing our children from minor transgressions is most often a significant inconvenience to us as adults. More importantly, it deprives them of a valuable learning opportunity.

If your student is unable to participate in a band lesson because they forgot their instrument, all is not lost. While he/she may lose some "participation points," they have learned something: "To forget my band instrument is uncomfortable and I need to prevent it from happening again."

Similarly, having to eat school lunch because their bag lunch remains on the kitchen counter is certainly a bearable consequence. While we don't want that food to "go to waste," a natural consequence would be for your child to complete some chores around the house to pay for the wasted food.

So long as students are developing their executive functioning skills, they will make mistakes. It is our job as parents, and as a school, to respond appropriately to the mistakes adolescents make and to help them develop these skills. For these reasons, DIS staff are being more intentional with the application of natural consequences as a teaching tool, rather than discipline as a punishment.



Kindness in Chalk

All Delano students turned out on a chilly Monday, Oct. 1, to participate in Kindness in Chalk day. The event helped to kick off October as National Bullying Prevention Month. Students shared messages of encouragement and hope on sidewalks throughout the school campus and around town as well.



Chinese friends visit Delano

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."

In fact, a highlight of the visit for the Chinese students was time playing games with their younger Delano counterparts at DES and DIS.

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

• The full story is available at www.delano.k12.mn.us.



A guest student hands out Chinese candy at DIS.



Distinguished visitor

Every student in the district had the opportunity to see and touch the National Hockey League's historic Stanley Cup on Monday, Oct. 22. A.J. Toews, the parent of Delano students and a scout with the 2018 Stanley Cup champion Washington Capitals, was enjoying his turn with the trophy. Classes took turns visiting the cup at DES and DIS, and the trophy was wheeled through the high school while students lined the halls. For more photos of the visit, including video of the high school procession, find Delano Public Schools on Facebook.

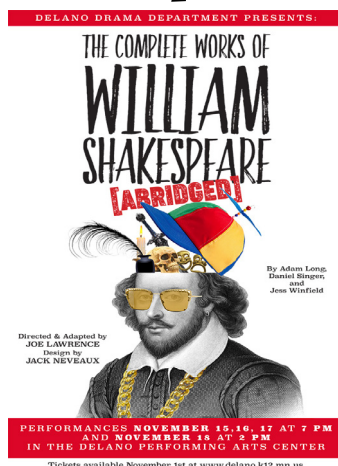
Announcements

Fall play features Shakespeare

Thirty-seven Shakespeare plays in 90 minutes? Yep, that's right. Over 60 Delano High School students are preparing their fall play, "The Complete Works of Shakespeare [Abridged]," the first theatrical production to take place in the new Performing Arts Center.

Shows begin at 7 p.m. Thursday through Saturday, Nov. 15-17, and at 2 p.m. Sunday, Nov. 18.

This physical, fast-paced, hilarious comedy parodies all of the Shakespeare plays, mainly focusing on "Romeo and Juliet," "Othello," "Hamlet" and the comedies. The show operates on many levels and aims to educate and entertain audiences of all ages. Tickets will be available Nov. 1 at www.delano.k12.mn.us.



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 approxi-

mately \$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.

Volunteer at Delano schools

Whether you have just a few hours a year or several a month, there is no shortage of opportunities to share your skills and interests at Delano Public Schools. Volunteers are invaluable contributors to the success of our students and make a positive impact on the school and community. Last year volunteers contributed more than 8,000 hours in a variety of roles, such as classroom helpers, site base committee members and chaperones. Not sure what role interests you? Find additional information and descriptions on the Delano Schools website. For more information, visit www.delano.k12.mn.us/district/school-services/volun.



Together on Unity Day

Delano students and staff observed Unity Day on Wednesday, Oct. 24, with a video and class discussion about 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. More photos are on the district’s Facebook page.



<div> LUNCH </div> <div> NOVEMBER 2018 Delano Intermediate School </div> <div> Delano Intermediate \$2.90 </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
5 Hot Dog A)BBQ Rib Sandwich Sun Chips / Carrots Baked Beans Rosy Applesauce	6 Chicken Gravy A)Polish Sausage Mashed Potatoes / Peas Lettuce / Roll Baked Apple Slices	7 Chicken Nuggets Tritater Green Beans Veggies Fruit Cocktail	1 Chicken Alfredo Penne Pasta Roll / Lettuce Salad California Blend Vegetables Orange Wedges	2 Quesadilla Refried Beans Lettuce / Salsa Fresh Fruit
12 Chicken Drumstick Brown Rice Stir Fry Vegetables Lettuce / Toppings Pineapple	13 Corn Dog Potato Smiles Baked Beans Veggies Rosy Applesauce	14 Italian Dunkers A)Fish Sandwich Corn Lettuce Salad Fresh Fruit	8 Pizza Cheese / Pepperoni Lettuce Salad Corn Pears	9 Tacos – Beef Lettuce / Cheese Salsa Frosted Graham Cracker OJ Cup / Fresh Fruit
19 Nachos – Beef / Cheese Lettuce / Onions / Salsa Refried Beans Fresh Fruit OJ Cup	20 Cinnamon Roll Cheese Omelet Tritater / Steamed Broccoli Apple Juice Cup Orange Wedges	No School		23 No School
26 Pizza -Dominos Green Beans Lettuce Salad / toppings Pears	27 Chicken Patty Mashed Potatoes Country Gravy Carrots / Lettuce Orange Wedges	28 Chili Cheesy Breadstick Tortilla Chips / Carrots Lettuce Salad Fruit Cocktail	15 Chicken Patty – Bun A)PBJ Sandwich Chicken Noodle Soup Crackers Lettuce / Veggies Peaches	16 Hamburger A)Sloppy Joes Waffle Fries Lettuce/Tomatoes/Pickles Orange Wedges
			22 Thanksgiving	
				30 Walking Taco Lettuce / Cheese / Salsa Refried Beans OJ Cup / Fresh Fruit Teddy Grahams

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.

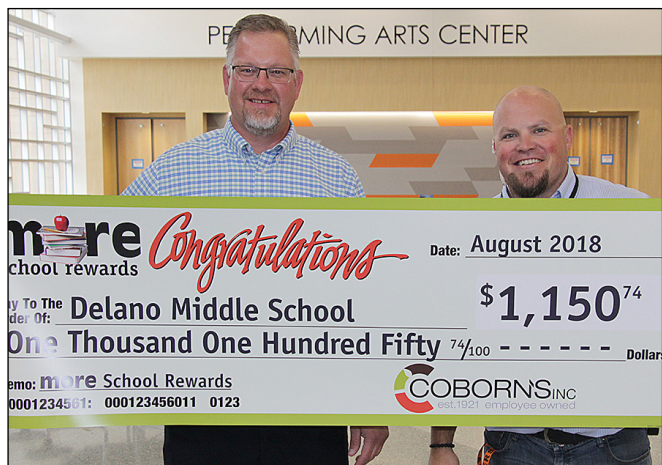
• Explore the three myths of self-esteem and strategies for nurturing the "real deal."

• 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 Middle School recently received \$1,150 through the MORE School Rewards program put on by Coborn's, Inc. during 2017-18. Coborn's Store Director Joe Tipka, left, presented the check to Principal Barry Voight Thursday, Sept. 27.

In addition, Delano High School received \$1,327 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

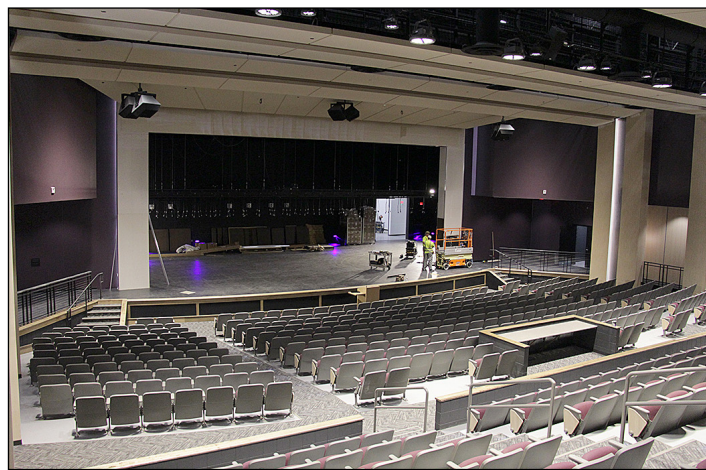
The grand opening of Delano High School's Performing Arts Center and renovated spaces is approaching, and a full weekend of entertainment has been planned.

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.

Students of the Month

Delano Intermediate School recently named its Students of the Month for September. Fourth-graders who received the honor were Jill Linna and Mason Honga. Fifth-graders were Isabela Quast and Marshall Thorstad. Sixth-graders were Reese Black and Kyle Narlock.



Executive Functioning Skills Impulse control a key ability to develop

Impulse control is the capacity to think before you act. It is the ability to resist the urge to say or do something and allows us the time to evaluate a situation and how our behavior might impact it.

In young children, waiting for a short period without being disruptive is an example of impulse control. Another example would be an adolescent who disagrees with a referee's call in the game but doesn't argue that call.

In the classroom

How can we develop it in the classroom?

Like other executive functioning skills, impulse control can be challenging for students in grades four through six. To facilitate the development of impulse control, DIS staff and service providers offer coaching to students that helps with strategies for impulse control.

With all executive functioning skills, we try to incorporate them into our Tiger PRIDE values (Positive, Respectful, Independent, Dependable, and Empathetic).

As PRIDE relates to impulse control, we constantly refer to

Impulse Control The capacity to think before you act; the ability to resist the urge to say or do something that allows us the time to evaluate a situation and how our behavior might impact it.	Working Memory The ability to hold information in memory while performing complex tasks. It incorporates the ability to draw on past learning or experience to apply to the the situation at hand or to project into the future.	Emotional Control The ability to manage emotions in order to achieve goals, complete tasks, or control and direct behavior.
Flexibility The ability to revise plans in the face of obstacles, setbacks, new information or mistakes. It relates to an adaptability to changing conditions.	Sustained Attention The capacity to maintain attention to a situation or task in spite of distractibility, fatigue, or boredom.	Task Initiation The ability to begin projects without undue procrastination in an efficient or timely fashion.
Planning/Prioritization The ability to create a roadmap to reach a goal or to complete a task. It also involves being able to make decisions about what's important to focus on and what's not important.	Organization The ability to create and maintain systems to keep track of information or materials.	Time Management The capacity to estimate how much time one has, how to allocate it, and how to stay within time limits and deadlines. It also involves a sense that time is important.
Goal-Directed Persistence The capacity to have a goal, follow through to the completion of the goal and not be put off or distracted by competing interests.	Self-Monitoring (Metacognition) The ability to take a step back and take a bird's eye view of oneself in a situation - to observe how you problem solve. It includes self monitoring and self-evaluation.	

respect and empathy. We also utilize a variety of strategies for students like: wait/stop, delayed gratification, discouragement of multi-tasking and prompting the child.

At home

How can impulse control

skills be developed at home?

Impulse control is a universal skill that students will deploy in all life situations. Strategies used for developing this skill at home are no different than strategies at school (see above).

If you have questions about

your student's impulse control, please speak with their teacher. Doing so will allow you to utilize similar strategies and vocabulary, which is helpful when learning skills in different settings.

Native life a focus for fifth-graders

By Paul Downer
Communications Coordinator

From buffalo hides to totem poles, soap carving to basket weaving, fifth-graders at Delano Intermediate School have enjoyed exploring the lives and activities of North America's natives this fall.

The unit has become a tradition in fifth grade, stretching back well before Jacob Olson's 15 years in Delano.

"It's gone on forever," said Olson. "It's a nice change of pace and it adds variety."

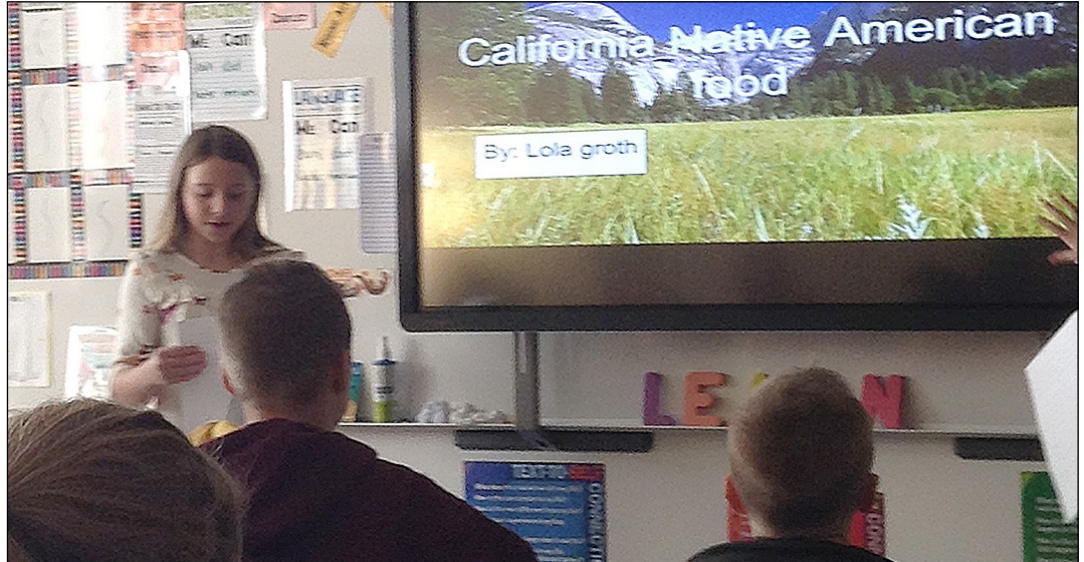
Fifth-graders have been working on the unit during their social studies time since nearly the beginning of the school year. They divide into eight regions ranging from the Arctic to the Plains and every other corner of the continent, and study the tribes that lived in their region. Areas of focus include shelters, food, religion, the habitat, and more.

The craft projects are a way to enliven the learning, and are well-received by the students.

"At this age the kids still have art class, but we have started to get away from arts and crafts in our classrooms," said Olson. "This gives us a chance to work that arts and crafts element in again, and it breaks up the traditional school day."

After completing their research, the classes rotate around their wing and students present their findings about the regions.

"Everyone gets to see every-



Students presented their findings about Native Americans from eight different regions to classmates during Native American Week.



Art projects included shields, above, and totem poles, right, which were placed outside classrooms.

one else's class, so we're able to meet some of the other kids we don't always see," said Olson. "This is pretty much their whole day during presentation time, so they enjoy that variety and getting to do some hands-on stuff."

After presentations, students are tested on their knowledge, and the week closes with presentations by Gwen Briese-meister, who has family ties to a tribe.

"She comes in and shares a lot about the regalia and the pow-wows, things like that," said Olson. "The kids really enjoy it, and we enjoy the unit as a staff."

Aside from covering a fifth-grade standard, Olson said there is great value in learning about the indigenous population.

"These were the first people on the continent. We cover the history of North America from here on all the way out, so we're able to start by learning how



people lived and appreciate that history," said Olson. "Another thing I like them to take from it is respect for our planet and other creatures. The Native American tribes were definitely great ambassadors for that aspect of life."



Soap carving was another project during the Native American unit.

Play

from Page 1

Delano Intermediate School Principal Barry Voight said the unique design met the wishes of students who were informally surveyed to find out what sort of playspace was most age-appropriate.

"It was obvious through those survey results that kids wanted open space, kids wanted free play, and that they were less reliant on play structures – the age-old playground equipment like swings and slides," said Voight. "Some of the things that came out very strongly in the survey as wishes were things like parkour, ninja courses and climbing apparatuses."

Check, check and check.

The FitCore Extreme portion of the playspace is set up so a user can run from one obstacle to the next in an "S" pattern until reaching the final challenge: climbing a rope straight up and ringing a bell.

"But kids can do any challenge they want. When you have a whole class of kids out there everybody just goes to whatever station happens to be available," said Dunning-Harris. "It can certainly accommodate lots of kids, so we thought it was great for a school environment. And hopefully the PE teachers will be able to incorporate some of that equipment into their curriculum for fitness training or exciting challenges."

Mutual benefits

Some of the equipment is so cutting edge that it cannot be described in detail until official rollout dates some months away. While Landscape Structures donated all of the equipment and installation at no cost to the school district, Dunning-Harris said there are benefits to the company as well.



The "jump hang" is one of the many unique fun and fitness items at the Delano Intermediate School's new playspace.

"We are part of this Delano community and want to support it as best we can," she said. "It's also a great opportunity for us to either set up new equipment or to test some prototypes close by so we can watch how kids use the equipment and learn from it for future project development."

Delano students were also photographed for the company's marketing materials that highlight the new equipment.

The intermediate playspace is far from the only time Land-

scape Structures has gifted the school district and community with unique equipment, but again Dunning-Harris said the benefit was mutual.

"We have a lot of customers who come here to visit our plant and take tours, and then we like to take them to the different locations in Delano to show off some of the playground equipment we've installed," she said. "It's such a spectacular site at the intermediate school with the new school in the background

and the playground sitting up on the hill. It was just the perfect environment to be able to showcase some of that new equipment."

The school district covered the cost of site preparation and the bouncy, rubbery surface that creates a relatively safe landing ground for falls or jumps. The final product, complete with colors that complement the DIS theme, is enough to make passers-by stop and look again.

'They're the world's best playground manufacturer, so we basically ... let them do their magic.'

Barry Voight

"Even the contractors that put it in are saying, 'Man, playgrounds have come a long way,' because it's pretty impressive stuff," said Voight. "We deferred a lot to Landscape Structures' expertise. They're the world's best playground manufacturer, so we basically outlined what the desires of students were, and then let them do their magic."

Voight said the company's positive impact is not limited to donations, either.

"They're fantastic people. They are a true asset to our community," he said. "They've not only been good to Delano schools and the community through their equipment donations, but they also work with our schools to help bring engineering into the classroom."

"We're just so happy to have great partners in the Delano school district and have it work well for both parties," said Dunning-Harris.



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