

Tiger Tracks

Delano Intermediate School Newsletter



November 2019



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November

8-9.....Elf musical, details inside
11...Vets Day program, 9:30 a.m.
14-16...Elf musical, details inside
18.....DIS PIE, 6 p.m.
20.....Two-hour late start
27-29.....Thanksgiving break

December

3.....5-6 choir concert, 7 p.m.
12.....5-6 band concert, 7 p.m.



Many students, one voice

Delano students and staff members gathered in the north parking lot on Wednesday, Oct. 23, for a special Unity Day photo from the building rooftop. October is National Bullying Prevention Month, and Unity Day activities, which include wearing orange, aim to show solidarity against bullying and to promote kindness. For more on Unity Day activities, see Page 6.

Learning targets clarify goals

By Barry Voight
Principal

Greetings, DIS families.
As most of you are aware, Delano Public Schools has embarked upon a literacy initiative that involves a comprehensive training program for our teachers that will yield better opportunities and improved learning for our students.

The bulk of these trainings will occur during our late start days, but training will continue throughout the month as our teachers collaborate in staff meetings and weekly Q-Comp efforts.



Barry Voight

Historically, literacy has simply referred to reading and writing. However, our efforts

are using a broader definition that includes critical thinking. We are looking to improve students' abilities in gathering and interpreting information across all subject areas; the traditional interpretation of reading and writing is just one aspect of how we gather information and communicate our learning.

Learning targets

While this initiative will continue over the next several years, our current focus at DIS is the development and use of

See Voight
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From left, DHS Principal Dr. Steve Heil, DHS media center specialist Monica Kunkel, DES Title I teacher Karla Vieau, and Director of Teaching and Learning Joe Vieau represented Delano at the Leaders in Educational Excellence ceremony. Other teachers who were honored but are not pictured included sixth-grade teacher Sara Potter, along with DHS Spanish teacher and current Delano Teacher of the Year John Fitzer.

Leaders in learning honored

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. 23.

Those honored were DHS media center specialist Monica



John Fitzer



Sara Potter

Kunkel, DES Title 1 teacher Karla Vieau, sixth-grade teacher Sara Potter, and DHS Spanish teacher and current Delano Teacher of the Year John Fitzer. Additional information about Delano's honorees will be available in their respective building newsletters next month.

Speakers to address anxiety

Delano Elementary School will host a free speaking event featuring Rob Winker and Amy Lou Anderson of Playmore and Prosper from 6:30 to 7:15 p.m. on Tuesday, Nov. 5.

The speakers are sponsored by a grant from the United Way, and will deliver their message in the school cafeteria.

Parents, educators and community members who work with children and teens are encouraged to attend. Free childcare and CEUs will be available.

Defeating anxiety

It is very important to bring the body and mind together to heal anxiety.

Anxiety is prevalent among kids and teens, yet it is under identified, and under treated. It is vital to empower youth with strategies for coping with anxiety.

Play therapy and pediatric occupational therapy combine wonderfully to offer practical mind and body strategies for dealing with anxiety.

The presentation will offer several strategies parents, teachers and kids can immediately implement in their lives. The strategies will range from general regulation and calming practices



Rob Winker, along with Amy Lou Anderson, will offer coping strategies for dealing with anxiety on Nov. 5.

to specific mind-body strategies for overcoming and defeating anxiety.

Winker has his master's degree in counseling psychology and is credentialed as a registered play therapist.

Anderson, OTR/L, is a pediatric occupational therapist.

Raptor portal makes volunteer information available

By Peg Max and Shelley Hutchins
Volunteer Coordinators

Are you looking for ways to get involved and volunteer at school? Want to check how many hours you've volunteered? The Raptor Volunteer Portal makes it easy to do so.

Upon approval as a volunteer, Raptor sends you an email providing instructions to access the portal.

Click the link in the approval email, create a password, and log in using your email and password. Bookmark the Raptor Volunteer Portal website for future access.

If you no longer have access to your original approval email, you can access it via the volunteer page on the school website.

After setting up your account, you can view your hours by clicking on the hours tab.

Clicking "Details" will give you information about your logged hours.

Clicking "Add Hours" will allow you to report any additional hours you've worked.

Want to find out about upcoming events? Click on the "Events" tab and "Details" to get specific information. And if you want to help out, click "Sign Up."

The volunteer portal also has options to contact other volunteers, allows you to set up your preferences for communication, and has a profile tab where you can change your password.

Drive for vets ends Nov. 11

Delano Public Schools is conducting its annual clothing drive for veterans in need again this year.

The drive began on Monday, Oct. 21, and ends on Veterans Day, Monday, Nov. 11. All donated items must be newly purchased.

This year the Delano community is supporting veterans who are hospitalized at the St. Cloud Veterans Affairs Hospital. In addition, proceeds will also support the Eagle's Healing Nest, located in Sauk Rapids and Anoka.

The St. Cloud VA Hospital supports hospitalized veterans, many of whom are homeless at admission. The veterans typically are hospitalized for 60 to 80 days. When they are well enough for discharge, the hospital staff works to ensure that their basic needs are met.

The mission of the Eagle's Healing Nest is to provide assistance with healing the invisible wounds of war. The Nest provides support for veterans struggling with Post Traumatic Stress Disorder. Staff members work to address their immediate needs and then assist veterans with their transition back into the civilian world and their families.

Please consider donating the following items.

For men: Socks, boxers, undershirts, pajama pants, T-shirts, sweatpants or sweatshirts, jeans (waist 30-36, length 30-34), winter boots (size 9-14), slippers and winter coats, hats and gloves.

For women: Socks, underwear, pajamas, shirts, sweatpants, jeans of any size, winter boots, hats and gloves, and slippers with rubber bottoms.

If you would like to make a monetary donation, collected funds will be used to purchase winter boots.

Make your check payable to Delano Public Schools, and note "veterans clothing drive" in the memo.



Tigers of the Month

September Tigers of the Month at DIS were chosen for exhibiting positive attitudes. Students who received honors included fourth-graders Ruby Gunia, Caitlin Champeau, Isaac Schoen-Behnke and Blake Pietila; fifth-graders Pieper Mann, Neve Chappuis, Joey Taylor and Josh Hausladen; and sixth-graders Eva Huotari, Anya Scandrett, Zane Kestner and Isaiah Depa.

Prior steps in as district nurse

By Paul Downer
Communications Coordinator

Tina Prior has stepped into the district nurse role in place of Samantha Tribble, who departed after the last school year.

Prior has been a nurse for eight years. Before coming to Delano Public Schools she served as a private duty nurse serving mental health patients at Unity Hospital in Fridley, and also worked in the telemetry unit serving heart patients at Methodist Hospital in St. Louis Park.

"As soon as I became a nurse I always had it in the back of mind how great it would be to work at the school," said Prior. "There was an opening at the middle school three years ago and everyone's favorite school nurse, Crista Wadholm (who works at Delano Elementary), called me. It felt like the right time to make the change from floor nursing to school nursing."



Tina Prior

Prior originally joined the district as the nurse at Delano Middle School in 2017, replacing Natalie Langford. The following year she moved to the high school, and this year she has taken the district-wide position while Belinda Krysan has taken over at the high school level.

Prior said what she enjoys most about the job in the school is the students and the variety of tasks she must

address on a regular basis.

"Every day is something different," she said. "I feel it is important that the students feel that they have a safe place to go, especially when they are not feeling well."

Because she serves the entire school district rather than one specific building, Prior also works with local parochial schools Mt. Olive and St. Maximilian Kolbe.

'I feel it is important that the students feel that they have a safe place to go, especially when they are not feeling well.'

Tina Prior

"At this time of year we are busy with vision screenings, hearing screenings and making sure all of our students are up-to-date on immunizations," Prior said.

Voight

from Page 1

learning targets. Using effective learning targets will help us to build relevancy, alignment, and appropriate assessment throughout our learning experiences.

Learning targets provide students with the goal of their learning activities. An effective learning target allows students to explicitly understand what is to be learned and how they will demonstrate their learning.

Relevancy, understanding what we are doing and why, is critical for learners to appropriately motivate their efforts. Many students will ask, "Why are we doing this?" Learning targets help to provide that answer and allow students to understand how the activities they are engaged with on a particular day lead to broader

learning down the road.

As teachers work together to develop these learning targets, we will also become more aligned within the grade level and across grade levels. Alignment within the grade level is critical so we can ensure that students are provided access and opportunities to the essential elements of the curriculum, no matter which teacher they are assigned to.

Further, alignment across the grade levels is essential so that we can ensure that the work we are doing with fourth-graders meets the rigorous expectations of the grade level and sets those students up for eventual work in fifth grade and beyond. Similarly, we have to ensure that fifth-grade coursework is adequately preparing our students for sixth grade and from sixth to seventh.

Finally, effective learning

'Relevancy, understanding what we are doing and why, is critical for learners to appropriately motivate their efforts.'

Barry Voight

targets provide an opportunity for teachers and students to assess the quality of their work and make necessary changes.

Self-assessment, the ability of an individual to rate their performance relative to specific criteria, is a critically important skill. Learning targets provide the criteria that students will use, which will help them be



more knowledgeable about their progress and will identify any gaps in their learning.

Similarly, teachers can use the learning target as a guide to determine if their instructional strategies need to be revisited or refined to better improve student outcomes.

Improving our practice

The relevancy, alignment, and assessment opportunities that learning targets provide are current examples of how the district's literacy initiative is helping to improve our practice.

As with future topics, the implementation of learning targets is not new to our staff. However, the revisitation of learning targets as an instructional tool, and enhanced training, allows our teachers the opportunity to improve our practices to better meet the needs of our students.

<div>  LUNCH </div> <div> NOVEMBER 2019 Delano Intermediate School </div> <div> Delano Intermediate \$2.95 </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
 <div> Hot Dog 4 A)BBQ Rib Sandwich Sun Chips Baby Carrots Baked Beans Rosy Applesauce </div>	<div> Chicken Gravy 5 A)Polish Sausage Mashed Potatoes / Peas Lettuce / Roll Baked Apple Slices </div>	<div> Chicken Nuggets 6 Tritater Green Beans Veggies / Bread Fruit Cocktail </div>	<div> Pizza 7 Cheese / Pepperoni Corn Lettuce Salad- toppings Pears </div>	<div> Quesadilla 1 A)Burrito Corn Fiesta Beans Lettuce / Salsa Fresh Fruit </div>
<div> Breaded Chicken Drumstick 11 Brown Rice Carrots Lettuce Salad Roll Pineapple </div>	<div> Corn Dog 12 Potato Smiles Baked Beans Veggies Rosy Applesauce </div>	<div> Italian Dunkers 13 A)Fish Sandwich Corn Lettuce Salad - Toppings Fresh Fruit </div>	<div> Chicken Patty – Bun 14 A)PBJ Sandwich Chicken Noodle Soup Lettuce / Crackers Veggies Peaches </div>	<div> Walking Taco 15 Lettuce / Cheese / Salsa Refried Beans Fresh Fruit Teddy Grahams </div>
<div> Nachos – Beef / Cheese 18 Lettuce – Toppings Cheese / Salsa Refried Beans Fresh Fruit </div>	<div> Cinnamon Roll 19 Cheese Omelet Steamed Broccoli Tritater Orange Wedges Apple Juice Cup </div>	<div> Hamburger 20 A)Chuckwagon Sun Chips / Baked Beans Lettuce / Tomatoes / Pickles Carrots Fresh Fruit </div>	<div> Teriyaki Chicken 21 Brown Rice Stir Fry Vegetables Lettuce / Bread Pineapple / Fortune Cookie Ice Cream Cup </div>	<div> Tomato Soup 22 Grilled Cheese Sandwich Goldfish Lettuce Veggies Orange Wedges </div>
<div> Domino's Pizza 25 Cheese / Pepperoni Green Beans Lettuce Salad Pears </div>	<div> Chicken Patty 26 Mashed Potatoes Country Gravy / Carrots Lettuce / Roll Orange Wedges Chocolate Chip Cookie </div>	<div> Holiday 27 No School </div>	<div> Holiday 28 No School </div>	<div> Holiday 29 No School </div>



Native studies

Fifth-graders recently spent a few days traveling around to all of their grade-level classrooms to learn more about Native American culture. Each classroom represented a different region of North America, provided key information, and had the students create a different piece of art to symbolize that region. Students made buffalo hides, totem poles, soap carvings and more. Recently retired teacher Gwen Briesemeister capped off the unit with a presentation on pow-wows and regalia.



Executive Functioning Skills Strategies for building sustained attention

Sustaining attention is the capacity to maintain attention to a situation or task in spite of distractions, fatigue or boredom.

This is a skill that is particularly difficult for adolescents to develop. It is even more of a struggle for those students who have one of a variety of attention deficit problems.

The true measure of a student's ability to sustain attention is the degree to which they can focus during an undesired activity. It is not uncommon for a student to be able to sit for hours playing video games while hardly blinking. Nevertheless, the same student may struggle to remain undistracted in math class for longer than a few minutes.

Generally, a young child should be able to complete a five-minute chore with only oc-

casional supervision. The average high school student should be able to complete homework, with short breaks, for one or two hours. Intermediate-age students will fall somewhere along that continuum. It is our job as educators and parents to continue developing their capacity to remain focused.

Development

How can we develop sustained attention in the classroom and at home?

First and foremost, we have to understand that it is completely reasonable, and true for all of us, that it is more difficult to sustain attention for undesirable tasks than for desirable ones.

We also can't be afraid to admit that not every student finds the same joy in completing spelling words or sweeping the

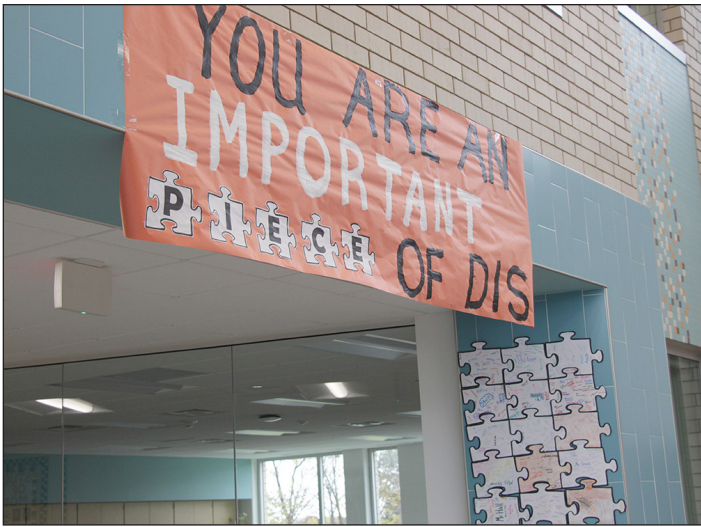
floor that some of us do. With that in mind, we need to build students' capacity to sustain attention while we also try to make the task or chore more engaging.

Fidgets that don't distract oneself or others ...tend to activate and calm other parts of the brain.

Limiting the distractions is a good first step as we try to incrementally change the demands of time. We need to try to build stamina for sustaining attention, just as we do for the development of all executive functioning skills.

Other things that may work include offering choices -- providing students with options for how something can be accomplished. In the classroom, we may offer choices in student seating such as wobble stools, standing, etc. Fidgets that don't distract oneself or others are a possibility as they tend to activate and calm other parts of the brain, allowing attention to be sustained longer.

Rewards may also be helpful motivators, as students will have something to look forward to at the end of the undesired task. Let's face it, all of us endure the undesired stuff because we know it leads to the desired stuff. Kids are the same. As long as the desirable items and/or activities are discussed in advance and used to reinforce positive behaviors, it is a reward and not a bribe.



Unity Day at DIS

On Unity Day, Oct. 23, intermediate school students congregated in the bus parking lot to spell out a massive “unity” sign, and also took part in a variety of classroom activities and discussions to promote unity. Earlier in the week classes also discussed what it means to be an “upstander” rather than a bystander, and prepared classroom puzzle pieces to hang in the commons as a visual reminder that all are an important piece of DIS.



Sheridan Story helps cover food gaps

The Sheridan Story, a weekend food program, is once again available to DIS families this year. The non-profit’s mission is to fight child hunger through community and school partnerships.

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 families. 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 DIS Social Worker Nicole Gohman at nicole.gohman@delanoschools.org or 763.972.7602 ext. 1515. A signup form is available at <http://bit.ly/SheridanDIS>.

DELANO DRAMA PRESENTS:



The Musical

Book by: Bob Martin Music by: Matthew Sklar Lyrics by: Chad Beguelin
Based on the New Line Cinema Film by David Berenbaum
Directed by: Kerri Olson

at the

**DELANO PERFORMING
ARTS CENTER**

Students

\$5

Adults

\$7

NOV	NOV	NOV	NOV	NOV
8	9	14	15	16
7PM	3PM	7PM	7PM	7PM

Tickets available online at: <https://www.delano.k12.mn.us>



Students pause to show off their 'Be Kind' message before creating more artwork during Kindness in Chalk on Tuesday, Oct. 1.

Spreading kindness in chalk

Delano Intermediate School students joined their peers of all ages for the third annual Kindness in Chalk event on Tuesday, Oct. 1.

Students spread out through the Delano Public Schools campus on the chilly afternoon and wrote positive messages or created unique art on the sidewalks.

October is National Bullying Awareness Month, and the activity demonstrated how students can have a positive impact on others through words and actions.

The objective is to bring smiles to the faces of students, staff members and visitors, and create a visible representation



The sidewalks all around the school were covered by the students during the brief outing.

of the atmosphere that teachers and administrators strive to

create within the school walls every day.

Excess candy for the troops

Delano Intermediate has partnered with Blue Star Mothers of Wright County to collect extra Halloween candy this year. Don't get stuck with an oversupply of leftover Halloween treats!

During the holidays, the Blue Star Mothers organization will send the donated candy, along with hand-decorated cards, letters and pictures, to service members stationed overseas.

Boxes are located in the school office for candy collection. Donations are accepted through Monday, Nov. 4.

Control notices, info in Skyward

Delano families have the opportunity to tailor the notifications they receive from the school, as well as the information posted in the online school directory, through Skyward Family Access.

To do so, log in to Family Access and click "My Account." In this section changes can be made regarding notifications for food service, attendance, and other items. School directory information can also be edited to display or hide individual family members and details.

Parents can also click to receive email notifications in regard to grades, progress reports, or grades received on an assignment that are below a customizable threshold.

Click the "Skylert" tab to customize how notifications are received, including by phone call, email or text.



This e-newsletter is published by District Communications Coordinator Paul Downer. Contact Paul at 763.972.3365, x1911, or paul.downer@delanoschools.org.



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