

EDUCATION

STRAIGHT A'S

The Journal welcomes ideas for stories about students from and in our community. Call the Journal at 285-7411

I Falls Partners in Education busy with ongoing, new projects

BY JENN WINDELS
I Falls Partners in Education

The 2013-14 school year is off to a successful start. I Falls Partners in Education, formerly known as the Parent Involvement Committee, has been busy this fall and are excited to share our efforts with the Falls community.

Over the summer, we began the process of applying for non-profit status which we hope to complete this school year in order to create more opportunities for PIE to support the district.

During this process, we changed our name to I Falls Partners in Education or I Falls PIE to better reflect the partnerships between families, school staff and the community we represent. We also created an executive board serving PIE this school year.

Executive board members include: Jennifer Windels, president; Toni Korpi, vice president; Randi Wherley, treasurer; and Karen Salo, secretary.

This year's efforts have included ongoing and new projects and activities. Last year's Alphabet Soup cookbooks created by staff and students are almost sold out thanks to the hard work of members and the generosity of the Coffee Landing Cafe, All Seasons Equipment, Northern Exposure, Rainy Lake Chiropractic Clinic, and Espresso Lane who helped us with sales.

Cookbook sales exceeded \$3,500 and will be used to support school classrooms and programs. Our next fundraising endeavor will be selling school spirit apparel for students, families and the community with the Bronco Pride logo you see posted throughout the school. It's our way of promoting the successful Positive Behaviors program and is an avenue for building a sense of community and school spirit.

Other fundraising programs we support at the schools include consumer based donations and the Wishing Willow program.

BoxTops for Education and Campbell's Labels for Education programs generate hundreds of dollars for the local elementary schools yearly to use towards supplies, special activities or guest speakers. PIE encourages families and community members to clip and save BoxTops and Labels from purchased foods and drop them at the school offices at your convenience.

Target Corporation also donates to our local schools. If you shop at Target online or in stores using a Target Visa Red card you receive 5 percent back on your purchases and Target donates 1 percent of purchases back to a local school of your choice. It's easy to participate and just this week, the Falls School Board approved Target Red Card donations to the district of over \$1,200. It all adds up.

PIE is excited to continue the Wishing Willow program at the elementary schools this year providing classroom supplies for every day and special projects.

Teachers and staff were very appreciative of the generosity of the community last year who donated supplies and a total of \$535 for the program. The Wishing Willow lists are posted monthly at Wishing Willow Trees at the elementary schools or at the PIE page of the school's website.

PIE is sponsoring a "Bronco Book Challenge" this fall at the elementary schools with a goal of collecting 1,000 new or used books. Classrooms always need more books for students to choose "best fit" books during reading time and they are great rewards for students who work hard. Please consider donating new or used books - from infant books to young adult - to the elementary schools before Christmas and we'll help distribute them to classrooms. It's a great way for our community to share a love of reading with our youth.

We are continuing to build a volunteer network at school, partnering interest-

ed volunteers with teachers or staff who need their help. PIE programs and school success are dependent on the generous support of volunteers and PIE's volunteer motto is "Come when you can, Do what you can."

Whether you can help out occasionally or weekly, any contribution makes a difference and, as a community, we show students we value and support the school. There are many ways to help big or small, from home or at school, during or after school hours. Interested volunteers can complete a 2013-14 volunteer form found in the elementary offices or at the school's website.

As you can see, there are so many ways a community can support students in the local schools. If you'd like to donate supplies or funds, help out at home or in the schools or help us spread the word about our programs, let us know. Some say, it takes a village to raise a child and we're so thankful for the support of our "village"!

We welcome the community to learn more about PIE by attending an Open House from 5 to 7 p.m. Monday at Falls Elementary School library. We're joining up with the Tier reading and math teachers and representatives from other school programs such as Project Read, PBIS, Birthday Bookshelf and the Reading Well by 3rd Grade committee to share valuable information with parents and the community.

If you want to stay updated on PIE happenings and school news, join the I Falls Partners in Education Facebook group or join our email list by emailing PIE at ifallspie@gmail.com. The community can learn more about PIE programs, our meeting schedule, agendas, and minutes, or view volunteer and other forms at the PIE page of the school's website (www.isd361.k12.mn.us) as well.

Check our column next month to see what else we have been up to at the schools.

New fitness program in physical education at Indus School

BY ALEXANDRA KNOFF
Indus School junior

In September 2012, the new school-based Presidential Youth Fitness Program was launched. This program has replaced the President's Council Youth Fitness Test, which was started almost 50 years ago. The transition

from the old program to the new one was completed by the start of the 2013-14 school year, and is now being implemented at Indus School.

The previous fitness program was designed to measure children's athletic performance and abilities particularly in case they were called into military ser-

vice. The Presidential Youth Fitness Program focuses on the obesity epidemic in our country, so the emphasis is on health, not athletic performance.

The assessment part of the program is the FITNESS-GRAM test which is from the Cooper Institute. Using this assessment, students will be

evaluated in the following areas:

- 1. Aerobic Capacity
- 2. Body Composition
- 3. Muscular Strength
- 4. Muscular Endurance
- 5. Flexibility

The results from these five areas will provide information to the students on which of the following Fitness Zones

they fall into:

- 1. Very Lean
- 2. Healthy Fitness Zone
- 3. Needs Improvement-Some Risk
- 4. Needs Improvement-High Risk

Research shows that students who practice good health have better attendance, are better able to second grade, every fall and spring of the school year. From this program, Nelson

learn, exhibit higher self-esteem, and have a lower risk of developing chronic diseases, according to Melody Nelson-Swenson, Indus physical education/health instructor.

Starting this year and every year after, Nelson will test all students in physical education, with the exception of kindergarten through is hoping that students will learn the value of lifelong health and fitness.

AGENDA

City Council
Monday, November 4, 2013
4:30 P.M.
Council Chamber

CALL TO ORDER
PLEDGE OF ALLEGIANCE TO THE FLAG
ROLL CALL
MINUTES

• Approve minutes of the October 21, 2013 regular City Council meeting

SPECIAL ACTION CLAIMS

TRANSFERS	From:
To:	
City of Int'l Falls- Fund #101	City of Int'l Falls - Fund #812 \$1302.60 Lodging tax

REGULAR CLAIMS

• Regular Claims

AUDIENCE

BIDS AND/OR QUOTES

UNFINISHED BUSINESS

CONSENT AGENDA

1. Year 2014 license renewals:

- Carlson's Auto Repair, gasoline pumps
- City Cab & Van Service, Inc., taxi
- Citizens for Backus/AB, restaurant
- Hardee's of International Falls, restaurant
- Rainy Lake Waves Massage, LLC, massage individual
- KNV Restaurants, Inc., dba Subway, restaurant
- KRM Foods, LLC, dba McDonald's Int'l Falls, restaurant
- Sandy's Place, LLC, restaurant
- Up North Builders, Inc., snowplow

NEW BUSINESS

- 1. Ken & Jackie Krueger - Arrowhead Ultra Marathon requests
- 2. Gary Cerkvenik - Silicon Energy MN, LLC- Solar PV System presentation
- 3. Appointment of Police Sergeant
- 4. Approve/allow necessary expenses for Councilor Jaksa to meet with Jamshed Merchant regarding the pulling for peace effort
- 5. Border Oil Co., Inc., dba The Jug Liquors, cigarette, off sale liquor
- 6. Erickson Oil Products, Inc., dba Freedom Valu Center #61- 3.2 off sale, cigarette, fireworks, gasoline, restaurant
- 7. Erickson Oil Products, Inc., dba Freedom Valu Center #62- 3.2 off sale, cigarette, gasoline pumps, restaurant
- 8. Family Dollar Store #10058, cigarette
- 9. Holiday Stationstores #380- 3.2 off sale, cigarette, gasoline pumps, restaurant
- 10. I. H. Stewart, Inc., dba Super One- cigarette, restaurant
- 11. Miner's Inc., dba County Market- 3.2 off sale, cigarette, gasoline pumps
- 12. Randy's Tire & Auto Repair, LLC- cigarette, gasoline pumps, restaurant
- 13. Soundnorth - pawnbroker w/ established business
- 14. Super One Liquor, LLC dba County Market Liquor- cigarette, off sale liquor
- 15. TRM 2, Inc., dba Chocolate Moose Restaurant Company- restaurant, wine on sale
- 16. VFW Peter Graham Post #2948- pool table, club. Gambling, restaurant, Sunday liquor, juke box
- 17. Any other business

PUBLIC HEARING

REPORTS OF ADMINISTRATOR, ATTORNEY, AND DEPARTMENT HEADS

REPORTS OF MAYOR, COUNCIL COMMITTEES, BOARDS AND COMMISSIONS

AUDIENCE - 2nd CALL

CORRESPONDENCE

- Convention and Visitors Bureau meeting minutes - September 18, 2013
- Airport Commission meeting minutes - August 28, 2013, September 10, 2013, September 25, 2013 and October 8, 2013

REMINDERS

- Next regular Council meeting is Monday, November 18, 2013 at 4:30 PM

The City of International Falls complies with the ADA. Individuals with disabilities requiring special aids should contact the City Administrator, 600 Fourth Street, International Falls, MN, 56649, 218-283-9484, 48 hours prior to the scheduled meeting.

NOTICE OF COUNTY TIMBER AUCTION SALE

ON KOOCHICHING COUNTY TAX-FORFEITED LANDS

INTERMEDIATE AUCTION SALE
10:00 AM
Wednesday, November 20, 2013

REGULAR AUCTION SALE
Immediately following Intermediate Auction
Wednesday, November 20, 2013

NOTICE OF TIMBER OFFERED BY THE CITY OF INT'L FALLS
Tract IF-1 will be sold immediately following County Regular Auction Sale.

RAINY RIVER COMMUNITY COLLEGE THEATER
Int'l Falls, MN

Complete information may be obtained from the Land and Forestry Office located in the Courthouse in Int'l Falls, and from County Land and Forestry Offices in Littlefork, Big Falls and Northome (for All tracts being offered).

City Administration, Int'l Falls (for Tract IF-1 only)

Cross River Community HUNTER'S MEAL

Sunday, November 10th
Serving 12 noon-7pm
At Cross River Hall
6 Miles South of Littlefork on Highway 65

Turkey with all the Trimmings & Homemade Pies

Adults - \$8⁵⁰

Children Under 12 - \$4⁰⁰

PreSchoolers - FREE

Proceeds to Scholarships



BREAKFAST MENU:
PRICE: ELEM: \$1.50 SEC. \$1.60
ADULT: \$2.00

Daily offering is

- Milk
- Juice
- Fruit


And a choice of one of the following:

- Yogurt/Nutrigrain Bar
- Cereal/Nutrigrain/Toast
- Entree:

1st: Excellent Egg Taco w/Salsa, Yogurt Cup, Pineapple Chunks
4th: Aloha Muffin Square, Cereal & Grapes
5th: Star Spangled Pancakes, Sausage
6th: Bagel with Toppings, Fresh Orange
7th: Breakfast Pita w/Salsa, Hash Browns, Kiwi
8th: Waffles, Sausage, Fruit Cocktail
11th: Cereal Bar, String Cheese, Citrus Fruit Cup
12th: French Toast Strips, Bananas
13th: Western Omelet Quesadilla w/Salsa, Potato Rounds, Fresh Pear
18th: Scrumptious Coffeecake, Sunrise Smoothie, Graham Crackers
19th: Biscuit & Gravy, Apricots
20th: Oatmeal Breakfast Round, Banana, Milk
21st: Waffles w/Syrup, Sausage Links, Mandarin Oranges
22nd: Breakfast Sundae, Raisins, Graham Crackers
25th: Whole Grain Cheese Pizza, Fresh Mixed Fruit Cup
26th: Breakfast Bake w/Tomato Salsa, Toast, Grapes
27th: Pumpkin Chocolate Chip Muffin, Cereal, Orange

Offer-vs-Serve is designed to decrease plate waste and reduce food cost while maintain nutritional integrity of the lunch. Students are offered five required food items: meat/meat alternate, milk, grains/breads, fruits, vegetables. Students are required to select three of the five items with one of the items being either the fruit or vegetable component.

ISD 361—November 2013 LUNCH MENU


Mon	Tue	Wed	Thu	Fri
Lunch Prices Elementary \$2.00 Secondary \$2.10 Reduced \$.40 Adult \$3.50				1 Chicken Pattie Mashed Potatoes & Gravy Green Beans Wheat Roll & Jelly (6-12) Orange Wedges Fruit Choice Milk
4 Beef & Cheese Burrito Romaine & Tomato Mexican Corn Salsa & Tortilla Chips Apple Wedges Fruit Choice Milk	5 Stromboli Garden Spinach Salad Fresh Carrots Fresh Strawberries Fruit Choice Milk	6 BBQ Beef on a Bun Sweet Potato Puffs Baked Beans Orange Smiles Oatmeal Cookie Fruit Choice Milk	7 Turkey & Cheese Hoagie Lettuce & Tomato Oven Fries Sliced Peaches Graham Snacks (9-12) Fruit Choice Milk	8 Country Style Beef Pattie Mashed Potatoes/Gravy Steamed Broccoli Wheat Roll & Jelly (6-12) Banana Fruit Choice Milk
11 Taco Soup Tortilla Chips Fresh Broccoli Seasoned Peas Apple Wedges Snickerdoodle Fruit Choice Milk	12 Corn Dog Garden Salad Seasoned Peas Apple Wedges Fruit Choice Milk	13 Chicken Quesadilla Salsa & Tortilla Chips Refried Beans Orange Wedges Fruit Choice Milk	14 NO SCHOOL	15 NO SCHOOL
18 Mandarin Orange Chicken Breadstick Tossed Salad w/Romaine Steamed Carrots Rice Fresh Strawberries Fruit Choice Milk	19 Pork Rib on a Bun w/ Lettuce & Tomato Tri-Tater Tots Green Beans Fresh Kiwi Cherry Crisp Fruit Choice Milk	20 Lasagna Garden Spinach Salad Breadstick Apple Wedges Tomato Wedges Fruit Choice Milk	21 Baked Chicken Drumstick Savory Rice Corn Fresh Broccoli Wheat Roll & Jelly Fruit Choice Milk	22 Sleppy Joe Whole Grain Chips Sweet Potato Puffs Baked Beans Fresh Grapes Fruit Choice Milk
25 Pig in a Blanket Potato Wedges Broccoli w/Cheese Fresh Apple Jello Fruit Choice Milk	26 Spaghetti w/Meat Sauce Garden Spinach Salad Seasoned Peas (9-12) French Garlic Bread (9-12) Fresh Grapes Fruit Choice Milk	27 Chicken & Noodles Mashed Potatoes Green Beans Wheat Roll & Jelly Orange Wedges Fruit Choice Milk	28 NO SCHOOL 	29 NO SCHOOL



Waschke
FAMILY DRIVEN

This menu is brought to you by ISD 361 and Waschke

2300 Highway 53 Int'l Falls, MN 56649 • **218-283-3471**
Showroom Hours: Mon.- Fri. 8-6 • Sat. 8-1
Parts & Service Hours: Mon.- Fri. 8-5
www.waschkegm.com



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