

FISHER PUBLIC SCHOOL

April 2020 Newsletter

Distance Learning Plan from Evan Hanson, Superintendent

We understand the stressful and difficult time that has come upon us. Fisher School is committed to providing quality education and support services to your children in the most effective way. Fisher School will continue to bus meals to homes upon request. Starting Thursday, March 26 we will also start delivering education materials, as necessary. We will provide more information as it becomes available. Please refer to our website for the most current information. We will continue to follow our *Acceptable Use Policy*. Students will be responsible for what they post. Please review your child's plan for Distance Learning provided below.

PreK-3

- Parents will ClassDojo the students' teacher by 9am each day for attendance
 - If a parent has not contacted the teacher by 9am, phone contact will be made by Mr. Mailhot
- If there is new content for the day, teachers will have it posted by 10am that day
- Teachers will be available from 9:30 am- 3:30 pm, Monday - Friday.
 - Availability after 3:50 pm is at the teacher's discretion
- Content will be delivered via ClassDojo

Grades 4-6

- Students or parents will email homeroom teacher by 9am each day for attendance
 - If a parent/student has not contacted their teacher by 9am, phone contact will be made by Mr. Mailhot
- If there is new content for the day, teachers will have it posted by 10am that day
- Teachers will be available from 9:30 am- 3:30 pm, Monday - Friday.
 - Availability after 3:50 pm is at the teacher's discretion
- Content will be delivered via Google Classroom

Junior High / High School Classes:

Students will mainly be using their school gmail account, Google Classroom, and Google Hangout/Meet to receive and complete assignments. During the first week, teaching staff will provide instructions and videos of their class expectations for distance learning, as well as assist students to learn to navigate each platform.

Students will have a **daily** attendance check in with their 1st period teacher by noon (12:00 pm) each day. Students failing to complete the **daily** attendance check in will be marked as absent unexcused. Teachers will enter the attendance information received into JMC. Parents will receive the automated notification through JMC at 12:30pm if their student has been marked as absent unexcused. Additional follow-up will occur from Mrs. Steinmetz or office staff if no communication is received from parents.

Teachers will plan to have at least one synchronous (live) session with each class each week. Student attendance during the synchronous session is expected, but the students are not required to allow video of themselves. No student should have more than three synchronous sessions per day. Students will be notified of the expected schedule for these synchronous class sessions. Teachers may have additional office hour times for one to one meetings with students or parents. Teachers will be available from 9:30 am- 3:30 pm Monday through Friday; availability after 3:50 pm is at the teacher's discretion.

Mental Health Support

Mrs. Bruer (elementary) and Mrs. Lundstrom (high school) will be available by email for support during this time. We will be checking emails regularly, so feel free to contact us if you need anything. If you would like us to call you, please provide your number in your email. We hope to be available for all students as much as possible and will continue providing

social/emotional support through classroom lessons and individual check-ins as we have done previously. Parents, if you have concerns about your student please contact us via email bruerk@fisher.k12.mn.us and lundstroms@fisher.k12.mn.us, or the main office 218-891-4105.

If students are receiving services from our School-Based Mental Health Professional, Mandy Lundby, she is available by email mlundby@nwmhc.org, or by calling Northwestern Mental Health Center at 218-281-3940. Mandy will also be reaching out to her clients and parents via telephone to make arrangements for appointments.

The following Mental Health Services are available 24-hours a day, 7 days a week:

- Northwestern Crisis Response Team 1-800-282-5005 (Polk and Norman County)
- Crisis Text Line- Text MN to 741741
- National Suicide Prevention Lifeline 1-800-273-8255

Special Education

A Free Appropriate Public Education (FAPE) will be provided by our special education service providers and related services (direct and indirect) for all students (pre-k thru 12th grade) on Individualized Educational Programs (IEPs). Our special education personnel (including related services) will be actively engaged in planning to provide an equitable education, individualized services and equal access to the curriculum and instruction used during long distance learning. Our service providers will seek input from parents and include them in the decision making of how we will structure long distance learning. For our learners with sensory, i.e. blind/visually impaired, deaf/blind, or deaf/hard-of-hearing, physical or print disabilities access to the curriculum like videos and print material will be provided at the same time the rest of their peers have access to the curriculum. Other specialized instruction will be used to modify the curriculum to provide access to our learners with special needs according to their IEP.

For the latest information in regard to COVID-19, please refer to the Minnesota Department of Health, Minnesota Department of Education, and School Website

- Minnesota Department of Health Coronavirus (COVID-19) Website <https://www.health.state.mn.us/diseases/coronavirus/index.html>
- CDC Coronavirus (COVID-19) Website <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- www.fisher.k12.mn.us

Notes and News from Catherine Steinmetz, High School Principal

March has been a wild ride this year, to say the least. The weather hasn't been so crazy, but with health issues constantly in the news it has been more than a bit hectic for everyone and definitely unusual. Through all the craziness of March our Fisher students have been doing great things, even with an abbreviated number of school days. Following is a spotlight on some of the events of the past month and the people involved.

- The season for both boys and girls basketball came to an end with their respective pig-tail games. Each group was able to have their season recognition nights in the early part of the month.
- The Climax-Fisher Girls Basketball team received recognition as an Academic All-State Team. Individual award winners from Fisher are as follows:
 - Riley Magsam was selected for Academic All-State.
 - Lindsey Kurz was named Pine to Prairie All Conference, while Riley Magsam was an Honorable Mention.
 - Ella Reitmeier was named the Defensive Player of the Year.
 - Riley Magsam was named the Offensive Player of the Year.
 - Jenna Vasek received the Hustle Award.
 - Lindsey Kurz, who finished the season with 1,154 career points, received the Most Valuable Player Award.
- Boys Basketball award winners from Fisher are as follows:
 - Hayden Reitmeier was a Pine to Prairie All Conference Honorable Mention.
 - Myles Smith and Hayden Reitmeier received Captain Awards.
 - Hayden Reitmeier received awards for Most Assists, Most Steals, Most Blocks, Best Teammate, Hustle Award and the Defensive MVP.
 - Jory Vasek was selected for Rookie of the Year and the Most Improved.

- Congratulations to Kristen Schwarz and Mikayla Hensrud for earning the distinction of Trident Certified Educators for the second year in a row.
- Thanks to everyone who came out to support our Knights Robotics teams during their fundraiser dinner on March 13. The national meet for robotics was cancelled this year.
- The 5th - 12th grade band students had a great concert planned for the public that had to be cancelled.
- Dana Conley and Jason Beiswenger had a beautiful duet set to perform for the Vocal Ensemble contest that was cancelled.

As we move into the month of April and the last quarter of the school year, we are also moving into a very new way of doing school for our students and our teachers. By order of Governor Tim Walz and the MN Commissioner of Education, public schools across MN will be using distance learning, at least until May 4th. Not quite *"Bravely going where no man has gone before!"* (Star Trek quote and shout out to Mr. Berg), but it kind of feels that way! This is uncharted territory for our teachers, our staff, our students, our parents, and our community.

I can't say enough good things about the teachers and staff of the Fisher school and the work they put into preparations for distance learning, with the primary goal being the success and wellbeing of our students. It was also great to see students taking advantage of days at home to get an early start on schoolwork for when school officially gets started again on March 30.

There are still many unanswered questions pertaining to the remainder of this school year. I know graduation is a huge concern for our seniors. The best promise I can make at this time is graduation will **not** just be cancelled. Beyond that I simply don't know yet.

Please know that my door is always open, and I welcome the opportunity to hear from you. You can connect with me via email at steinmetzc@fisher.k12.mn.us, by phone 218-891-4105 or simply by stopping at the school for a visit.

Counselor's Corner from Sonya Lundstrom, 7th – 12th Guidance Counselor

During this unprecedented public health situation and school closure, the mental health and academic supports your children usually have will change. I want to assure you that I will still be available for students on a limited basis via the Zoom online platform.

If your child wants to request a one-to-one online meeting with me, please email that request to lundstroms@fisher.k12.mn.us, and I will provide a link to a Zoom meeting connection.

I must require the following for your child to participate in online school counseling:

- Informed Consent Form **completed and signed by parent/guardian** and sent to me. You may print the form, take a photo and email it to me, or you can complete it on your computer and attach to an email to me.
- Computer or tablet with webcam and audio capability, connected to the internet
- An email address for the student and parent (that the student and/or parent regularly check).
- A quiet and private space for your child where they will not be disturbed during their counseling session
- An adult or older sibling available, if needed, to assist your student to request, or log in to their session

I will be available for sessions approximately 20-25 minutes in length with students. I will re-evaluate and adjust available scheduling as needed, and as the community health situation changes. TeleCounseling sessions can be scheduled for basic-check-ins, college and career guidance based on their grade level, or personal/social goals depending on what their individual need is.

If you have any questions, please reach out to me. I will be available to you by email.

School Social Worker Spotlight from Kristi Bruer, Elementary School Social Worker

I will be available by email for support during this time of distance learning. I will be checking my emails regularly, so feel free to contact me if you need anything. If you would like a return call, please provide your number in an email. I hope to be available for our students as much as possible and will continue to provide social/emotional support through weekly classroom social skills, posted on Class Dojo, and individual check-ins during school hours as I have done in the past. Parents, if you have concerns regarding your child, please contact me via email bruerk@fisher.k12.mn.us.

RESOURCES

Mental Health Services

*Available 24/7

*NWMHC Crisis Response Team 1-800-282-5005

*Crisis Text Line – Text MN to 741741

*National Suicide Prevention Lifeline 1-800-273-8255

*NWMHC 281-3940 (call for hrs.)

Tri-Valley Community Assistance Programs

1-800-820-7263

Helping with energy assistance, rental concerns, childcare, health insurance and SNAP (Supplemental Nutrition Assistance Program).

MNSURE

MNSURE ANNOUNCES SPECIAL ENROLLMENT PERIOD FOR UNINSURED MINNESOTANS

A 30-day special enrollment for qualified individuals who are currently without insurance in response to the potential growth of COVID-19 cases. This began on March 23rd and ends on April 12th. This will allow uninsured individuals 30 days to enroll in health insurance coverage through Mnsure.org

You must select a plan by April 21st for coverage to start April 1st.

Please contact Nancy Ramon (Tri-Valley) for more information at 1-800-820-7263.



3rd Semester "A" Honor Roll

12th Grade: Lindsey K., Ethan L., Hannah L., Hayden R.

11th Grade: Zach H., Brenna R., Ella R., Ellie S., Shaina S., Jenna V.

10th Grade: Dana C., Aaron E., Michaela R., Laura S.

9th Grade: Molly L., Jaiden L.

8th Grade: Austin B.

7th Grade: Trent S.

3rd Semester "B" Honor Roll

12th Grade: Josh W.

10th Grade: Ethan K., Aliana S., Kiana S., Chynna S., Dawson W.

December Student of the Month

Kindergarten: Carly A.

1st Grade: David K.

2nd Grade: Kalden S.

3rd Grade: Dustin K.

4th Grade: Makenzie Q.

5th Grade: Madison W.

6th Grade: Claire M.

January Student of the Month

Kindergarten: Chandler K.

1st Grade: Bella M.

2nd Grade: Paci A.

3rd Grade: Alyssa N.

4th Grade: Danica S.

5th Grade: Aria C.

6th Grade: Veronica R.

Congratulations to our Knowledge Bowl Team and coach on a successful season!



2020 VOCAL ENSEMBLE CONTEST

Fisher Public School Senior High Choir members Jason Beiswenger and Dana Conley were eagerly looking forward to competing in the 2020 Minnesota State High School League (MSHSL) Subsection 31 Vocal Ensemble Contest. As usual, Jason and Dana were thoroughly prepared to successfully sing for their judge. The competition was scheduled to take place on Wednesday, March 18 in East Grand Forks. The vocal duet Jason and Dana had selected to perform at the contest was entitled "Moses, Now Your People Are Free!", composed by Cynthia Gray. Several days before the event was to occur, the MSHSL had to cancel the activity due to Coronavirus health concerns.

Although they were not able to participate in the 2020 Vocal Ensemble Contest, we applaud Jason and Dana for their outstanding contest preparations, and we thank them for their dedication to our Fisher School Vocal Music Department. Congratulations, Jason and Dana!!!



Congratulations to our VEX IQ Robotics Team who finished 12th at State!



Congratulations to our Arctic Knights and Antarctic Knights Robotics Teams on qualifying for Nationals!



Greenhouse

Fisher Public School is looking to build a classroom sized greenhouse to be used by our Ag classes, FFA students and other classes within the school as well as being available for use by community education classes.

<https://www.gofundme.com/f/fisher-school-classroom-sized-greenhouse>

Prom 2020

Due to the recent state mandate that puts us in distance learning until May 4th, prom scheduled for April 25th will be postponed. The health and safety of

our students and community members are our primary concern.

Our students have worked very hard preparing for this event and I have every intention to reschedule prom once we are told it is safe to do so. In the meantime, please enjoy the time with your family and know that the staff at Fisher looks forward to seeing you all again.

Additionally, the mini prom schedule for April 26th is cancelled this year and we will plan on hosting it again during the 2020-2021 academic school year. If you have any questions or concerns, please feel free to email me at hydec@fisher.k12.mn.us.

Area Food Shelves

East Grand Forks Food Shelf
1715 Third Ave. NW

East Grand Forks, Mn.
218-773-8083

Hours: Mondays & Wednesdays 10:00 a.m. – 5:00 p.m., Fridays 10:00 a.m. – 2:00 p.m.

Care & Share
220 E. Third St.
Crookston, MN
218-281-2644

Hours: Monday and Wednesday 1:00 p.m. – 5:00 p.m.

Climax Parish Food Shelf
104 W. Broadway
Climax, Mn.
218-857-3391
Serving the communities of Shelly, Nielsville, Climax, Eldred, Fisher and rural Buxton.

Hours: 1st & 3rd Thursday of each month 3:00 p.m. – 5:00 p.m.



Losing Income?
Losing Childcare?
Losing Access to Healthy Food?

SNAP RESOURCES:

Bridge to Benefits: http://mn.bridgetobenefits.org/Food_Support2
Tri-Valley Website: <https://www.tvoc.org>



Contact your local county office by phone with questions or to apply for SNAP benefits.

Dr. Seuss Celebrate Reading Week February 24 – 28



Edible Cells

7th Grade Life Science

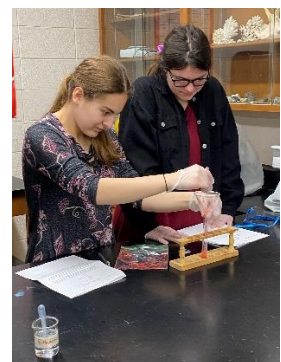
They learned about all of the cell parts and functions, then the students planned out what foods would work to represent the different organelles. Their test was to point out each organelle and explain its function.



DNA from Strawberries

10th Grade Biology

Interesting fact: If you stretched the DNA in one cell all the way out, it would be about 2m long and all the DNA in all your cells put together would be about twice the diameter of the Solar System.



ONLINE/DISTANCE LEARNING

8 TIPS TO GET YOUR CHILD READY

(www.understood.org)

1. Create a learning space for your child. It is important to set up a quiet, clutter-free area if your child is learning full-time from home. You can convert the kitchen table into a learning station. Turn off the TV and remove items from the table when your child is doing schoolwork. When it is time to eat, put away the school supplies and use it again as a kitchen table. Reducing clutter helps kids focus.

2. Make a schedule and stick to it. We are creatures of habit. With no school bell to make kids tardy, they might feel like sleeping in. With no set schedule, kids might never get around to schoolwork. Finding time for learning requires planning. Take a look at your family's schedule and figure out the best times for learning. Once you decide when your child will learn, identify that time as school and stick with it.

3. Reduce distractions. Video games, computer games, social media, TV, toys, pets – our homes have a lot of distractions. Make a list of the things that distract your child. Then, find ways to limit them during learning time. Are games or social media a big distraction? Try blocking them on your child's device during learning time.

4. Use a calendar and color-code it. It is important to set up systems to help your child stay on top of school deadlines. This will help your child stay organized. Post a calendar and mark it with due dates. You can also use color-coding for tasks. For example, use red pen for reading and a blue pen for math.

5. Get plenty of exercise. Exercise helps us think better. When we move and groove, our problem-solving, memory, and attention improve. Physical activity is a natural way to reduce stress and prevent anxiety. Look for family-friendly workouts you can do at home. Identify a time and place in your home for physical activity. The best time to exercise might be right before tackling schoolwork.

6. See which accessibility features help your child. Most phones, laptops, and other mobile devices have built-in assistive technology. For example, read aloud or text-to-text speech can help struggling readers, and speech-to-text can help struggling writers. On YouTube you can adjust the settings to slow down the playback speed if your child is having trouble understanding videos. You can also change the settings to show closed captions if it helps your child to read the text while listening to videos. See which features help your child access digital content and select the ones that fit your child's needs and preferences.

7. Reach out to your child's teacher. Learning at home requires family support. To support your child, set up a line of communication with your child's teachers. Use email, text, phone calls, or maybe even video conferencing to connect. Try not to worry that you are interrupting. If you're not sure how to do an assignment, don't just guess – reach out to confirm. You may even want to set up a day and time each week to connect with the teacher. You can use this time to talk about challenges your child is facing. Being proactive is essential if your child is struggling in school.

8. Look for a way to remove learning barriers. If your child has learning challenges, it's important for you to review the online and other learning materials the school sends to you. Keep in mind that it may not have been designed with your child's needs in mind.

Here are some questions to consider:

- What options are teachers offering to help struggling readers with written materials?
- What options does your child have to demonstrate understanding? For example, if your child has trouble writing, ask the teacher if your child can send a video response.
- Is the teacher including supports to help with things like getting organized, identifying the main idea, and taking notes?

Work with your child's teachers to identify and remove any barriers. Remember, if it's a challenge for your child, it's most likely a problem for other kids too.