FEBRUARY 2020

Key Dates

1/31 - Last day to order 2020 Yearbook
2/03 - Band Concert 7 pm
2/03 - First Semester Report Cards on Parent Portal
2/10 - 2/14 - Snow Week
2/14 - Pepfest (bell schedule)
2/14 - MORP Dance
2/17 - No School

Upcoming:
3/02 - 3/16 - Local Scholarship Drive Open for Seniors
3/02-3/27 NHS Food Drive
3/05 - Conferences 4-7pm
3/06 - Swing Dance 2020
3/24 - All Juniors - ACT Test
3/27 - No School

Spring Sports Registrations are OPEN!

Spring sports are just around the corner!
Make sure you attend informational meetings!

- Boys Tennis Organizational meeting is Saturday, Feb. 1st, at 9:00 am in the Community Room 105 at ERHS.

- Mandatory Softball kick-off meeting is Sunday, Feb. 16th 5:30-7:00 pm in the Zabee Theater. Our tryouts are open to 7th-12th graders.

- Girls Lacrosse, preseason meeting is on March 2nd at 7:00 pm ERHS Media Center.

- Baseball 9-12 Preseason Player/Parent meeting will be Tuesday, March 3rd at 6:30 pm in the Zabee theater.

- Spring Trap Registration is Tuesday, February 4th in Zabee Theater @ 6:30pm. This meeting is mandatory for all parents and participants registering for the 2020 spring season.

And MORE! Click here to register your student for spring sports or for more information... Please reach out to the head coach or visit https://www.isd728.org/Page/2307.

It’s good to be an Elk!

Follow us on Twitter: @Elk_River_Elks

District Attendance Reporting Line:
763-241-3555

To leave a voicemail for attendance (all-day illness, student coming in late, leaving early, upcoming appts. or vacations, etc.) please use this number. Press 1 for Elk River and press 1 again for ERHS!
**Snow Week**

**February 10th - February 14th**

Get ready for SNOW WEEK! We will celebrate with dress up days, a fundraiser lunch brought to you by winter club and activity royalty members, and finishing the week with pep fest and MORP!! We are already excited!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jersey Day</td>
<td>Meme Day</td>
<td>Blast from the Past</td>
<td>Disney/Squad Day</td>
<td>Spirit Day</td>
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<tr>
<td>Any jersey - football, basketball, hockey, lacrosse, tennis, soccer...represent your favorite sport!</td>
<td>Have a favorite meme? Today is the day to represent! Come to school showing your meme-spirit.</td>
<td>Dress in clothing from your favorite era 50’s 60’s 70’s 80’s</td>
<td>Dress up to represent your favorite Disney characters. OR get your squad together and dress the same!</td>
<td>Elk GEAR!!! Freshmen - Grey Sophomores - White Juniors - Red Seniors - Black</td>
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<tr>
<td>*Pillar Decorating</td>
<td>*Royalty Sash Voting</td>
<td></td>
<td>*Fundraiser Lunch Bring $$</td>
<td>*Pepfest *MORP Dance</td>
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**Tuesday Feb 11th** - Flurries ’n Fun at Handke Pit - 5-8 pm Come for sledding, skating, a fire and maybe even some hot chocolate!! Bring your friends!

**Friday, February 14th** - we will run a [Pepfest bell schedule](#) for the day, then finish the week off with [MORP](#), our semi-formal dance here at Elk River High School.
College Reps visit Elk River High School

College admissions representatives visit Elk River High School each fall and spring to meet with interested students. These visits are a great way for students to talk with representatives and to learn more about a school and/or have specific questions answered. Students can see which colleges have signed up to visit by viewing the career center television or by visiting the ERHS Counseling website and clicking the college visits link. Students interested in a visit can sign up in the counseling office. The visitor list is updated as colleges schedule visits so please check back often. [https://www.isd728.org/domain/1368](https://www.isd728.org/domain/1368)

ATTENTION SENIORS!

Coming soon - ERHS Local Scholarship Drive

ERHS LOCAL SCHOLARSHIP DRIVE will be open from MARCH 2-16. Thanks to the generous support of our donors, we were able to give 168 scholarships totaling $131,300 in our 18-19 scholarship drive. We encourage all seniors to apply as our program has scholarships for trade schools, 2 year and 4 year degree programs. Students that are awarded scholarships will be presented with their award at our Awards and Scholarship Evening on May 6, 2020 at 7:00 pm in the Zabee Theater. Local scholarship link will be live March 2, 2020.


College courses on your schedule for 2020-2021 School Year?

Pine Technical College (PTCC) will be at ERHS during conferences on March 5th at 6:00 pm. They will be explaining the registration process for concurrent enrollment of an ISD728 student and PTCC course expectations for the upcoming 2020/2021 school year. If your student registered for any of the following courses for next year, you will need to attend: College algebra, College pre-calculus, College Spanish I & II, College Sociology, College Macroeconomics, or College physics.

We ask both parents/guardians and students to attend. Students MUST bring their charged Chromebook, as they will have an opportunity to submit their applications to PTCC at this event.

In spring of 2020, students will take the Accuplacer test required by PTCC at a date and time to be determined. Please refer to the school calendar for more information. **Note**: Important testing information will also be communicated via email to parents & students so please pay close attention to those correspondences.

Any questions, please contact the counseling office at 763-241-3424.
Elk River High Junior Advance to State in VFW Essay Contest

Commander Theresa Shumway and Auxiliary President Kathy Hanson of the Coon Rapids Veterans of Foreign Wars Post #9625 proudly announce that Lucy Leither has earned First Place in the Veterans of Foreign Wars- 7th District Voice of Democracy Essay Competition on December 2nd.

In this nationally recognized Audio Essay competition, Leither, a junior at Elk River Senior School, will now move onto the State level of this VFW program. Her teacher is Mrs. Denise Green. The essay topic this year was “What Makes America Great”.

Lucy’s Essay has been forwarded to the Department (State) competition where winners will be announced on Saturday, January 18th, 2020, at the Veterans of Foreign Wars 117th State Midwinter Conference in Minneapolis. State level prizes start at $100, with First Place receiving $2,000 and an trip to Washington D.C. for the National Competition. The State winner also receives free tuition and travel to the 2020 Spirit of America Youth Leadership Program at Valley Forge in June.

The Voice of Democracy Program is a premiere High School level Audio essay Competition that started in 1947. This program receives entries from over 51,000 students nationwide from 9-12th grade with the top National prize bring a $30,000 scholarship. It is also recognized by the National Association of Secondary School Principals as an approved Student Contest and Activity.

In addition, to the Voice of Democracy Program, the Veterans of Foreign Wars and its Auxiliary also host several other Youth Americanism programs including the Fall Patriot’s Pen Essay Competition for 6-8 grade students (also a National Essay Contest) where the top National Award is a $5,000 scholarship. Spring competitions include the national Young American Patriotic Art Competition for High School students, the NEW Illustrating America Art Contest for K-8th Grades and Scout of the Year Honors. All contests are announced through the schools and local newspapers.

Anyone interested in more information on any of the VFW Youth Programs is encouraged to contact the Coon Rapids VFW Post #9625, Youth Activities Auxiliary Chairman, Melady Shryock, at 763-712-1873 or by email at mkshryock@gmail.com. You can also request to be placed on a contact list for future contests.

OUTSTANDING OPPORTUNITY FOR JUNIOR GIRLS!!!

The MN Department of the American Legion is hosting the 73rd annual Girls State event from June 14-20, 2020 at Bethel University in St. Paul. The Elk River American Legion Auxiliary Unit 112 is providing funding and seeking applications from ladies completing their junior year of high school this summer.

The purpose of this unique program is to:
- Develop leadership and pride as American citizens;
- Educate citizens about our system of government;
- Instill a greater understanding of Americanism;
- Stimulate a desire to maintain our democratic government processes.

This is achieved by establishing city, county and state government using mock campaigns, caucusing, debates, voting and parliamentary procedures. Other activities include a day at the Capitol, well known speakers, patriotic ceremonies, and a judicial court system.

If you think this is something you would be interested in and are available to attend the week of June 14-20, 2020, please see Lisa Boutain in the main office to sign up to receive further information by Friday, March 20, 2020. This is an awesome opportunity and looks GREAT on a college application!
**OCTOBER 10, 2019 - WHAT TO EXPECT FROM YOUR TEENS AND HOW TO STAY CONNECTED**

We will discuss typical adolescent development, what is going on with them, and how to navigate the rapid and sometimes confusing emotional and behavioral changes that occur. We will explore healthy behaviors and what may be red flags for needing additional support. The conversation will focus on how to stay connected and communicate with your teen, reasonable expectations, and ways to not end up in a constant power struggle or battle.

**NOVEMBER 14, 2019 - MENTAL HEALTH, ATTENDANCE, AND SCHOOL REFUSAL**

We will explore the impact depression and anxiety may have on kids, specifically on their school experience. We will have practical ways to manage school refusal and help your kid stay on track and be successful.

**DECEMBER 12, 2019 - MANAGING OUR OWN EMOTIONS AND “STUFF” AS WE PARENT**

Teens have big emotions! The reality is parents do too, sometimes we are working hard to get through day-to-day life and we don’t always hold it together. This discussion will focus on practical strategies to manage our own stress more effectively, have more balance in our lives and support our kids in regulating their big emotions as we regulate ours.

**JANUARY 9, 2020 - PEER PRESSURE & HEALTHY FRIENDSHIPS**

In this conversation, we will explore the importance of peer relationships and how peers become so important to our children. We will discuss ways to help our kids make healthy decisions in friendships, navigate tricky peer pressure situations, and how to support our kids through this crucial stage.

**FEBRUARY 13, 2020 - SOCIAL MEDIA, TECHNOLOGY AND GAMING**

We will talk about how to help kids understand the impact of social media on their brain development and emotional health, ways to set boundaries with kids regarding social media use, and a brief overview for parents regarding the most popular apps.

**MARCH 12, 2020 - DRUGS AND ALCOHOL: HOW TO TALK TO YOUR KIDS, WHAT YOU NEED TO KNOW**

We will get the facts on legal and illegal drugs and discuss ways to help kids understand what’s true about how these substances impact them. We will explore myths that surround alcohol, marijuana and vaping and how it impacts a developing brain. This conversation will focus on going beyond the “Just Say No” and get into specifics about how to help our kids say no and explore local community resources regarding abstaining from use. We will get the facts about the drugs in our community and talk about what to do if drugs are an issue in your family.

**APRIL 2, 2020 - SUICIDE, DEPRESSION, SELF-HARM AND BUILDING RESILIENCY IN OUR KIDS**

Many kids and adults struggle with mental health issues. We will explore depression, suicide and self-harm and the differences between each of these things, as well as the warning signs for families. You will be connected to local resources and feel prepared to support your child. We will also highlight ways to build resiliency in our kids and equip them with the tools necessary to work through hard stuff and be okay.

Presenter: Jennifer Knapp, MS, LMFT of Rise Therapy
ISD 728 COMMUNITY EDUCATION

CAREER EXPLORATION FAIR
24 MONDAY FEBRUARY

FREE ADMISSION

4:30 to 6:30 p.m.
Handke Center
1170 Main Street, Elk River

EXPLORE CAREER OPTIONS!
TALK 1 ON 1 WITH REPRESENTATIVES FROM:
schools, community education, science,
engineering, parks & recreation, public services,
health care, large businesses, small businesses,
military, technology, marketing, communications,
finance, law, transportation and much more!

NOW LOOKING FOR CAREER VENDORS!
If you are interested in sharing your career path contact us at
763-241-3520 or
communityed@isd728.org

RSVP at www.isd728.org/Career-Fair-2020