



INDEPENDENT SCHOOL DISTRICT 2142

ST. LOUIS COUNTY SCHOOLS

“Preparing them for the future”

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JANUARY 2023

"Small Schools With Big Opportunities -- Where Everybody is Somebody!"

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Superintendent's Update



Supt. Reggie Engebretson, Ed.D.

In my article this past September, I talked about our Project Aware grant that we received from MDE (MN Department of Education) for five years. The purpose of the grant is to create a mental health system that is sustainable when the grant has ended. Under this grant, our Project Aware Coordinator, Alicia Dick, is teaching staff about the basic functions of the brain. By understanding how the brain works, all staff can learn strategies to help them work with students – whether it's in the classroom, the lunchroom, the playground, or the school bus.

Much of the work that Alicia is sharing with staff comes from Dr. Bruce Perry, who is a pioneer in the field of neuroscience research. He has written several books and articles. His most recent book (2021) was written with Oprah Winfrey and is titled “What Happened to You?”

Understanding brain science can help teachers in the classroom. Dr. Perry talks about the Neurosequential Model in Education which is based on the structure and sequential nature of the brain. This model can be used with all children, which is why it is important to share this information with all teachers and staff. The model teaches us how the brain processes information, what circumstances are the best for learning, and what are effective ways to shape behavior.

We are learning about the Sequence of Engagement which is Regulate, Relate, and then Reason. Whether we are parents, or coaches, or teachers we have probably tried to reason with a child who is not regulated or calm. This rarely works. Think about when you are frustrated. If someone comes up to you and says, “Calm down” – does that work? Or does it frustrate you more? The same goes for children. If they are frustrated, or dysregulated, that is not a good time for their brain to be open to learning. We first need to make sure that our kids or our students are regulated before they can learn.

In order to be at our best for learning, information has to work its way from the bottom part of our brain up to the top part, called the cortex. The cortex is where learning takes place and where we can reason with each other. In order for the cortex to be “open for learning” we must be regulated or calm, which is the bottom part of the brain. Next, we need to relate to the person we are learning from, whether it is listening to their words or watching their body language. This ability to connect with someone is from the middle part of the brain. Once we are calm and feel a connection to someone, our brain is open to learning and we can reason. Regulate- Relate-Reason. This is important for educators to understand, as well as parents, and coaches, and anyone else who is helping a child learn.

Understanding brain science can not only help us be better educators and staff members when working with children, but it can also help us to understand ourselves and how we show up at school to do our work. We, as the adults, need to be calm and regulated before working with children. Our body language needs to say that we want to be here and we want to work with you and that we care about you as students or fellow colleagues. One way to help regulate our-

(Continued on page 2)

Student Leadership Teams guiding positive campus changes

By Lee Bloomquist

New student leaders are being shaped through a growing program at district campuses.

Student Leadership Teams at Cherry Campus, Northeast Range, North Woods, and South Ridge are developing positive school cultures, positive interaction with peers, and positive campus activities, according to principals at the campuses.

“It’s just about more chances for kids to be leaders,” said Kelly Engman, Northeast Range principal. “It’s about student ideas on how to improve our school and make it better. Our leadership team is doing some really good

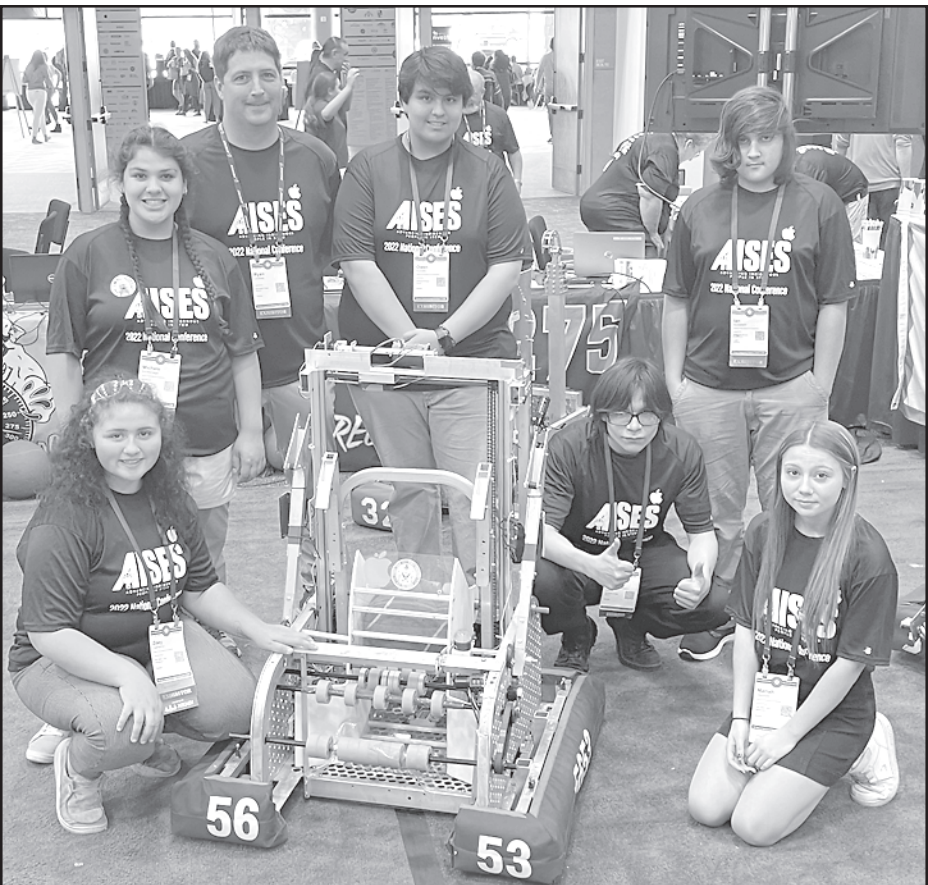
reflecting on school culture and they’re pulling some really good things out of that.”

A Spirit Day including young students and a Wellness Day in the spring focusing on mental health and drug education are among Northeast Range activities planned under the leadership program.

“The Spirit Day would include elementary students who don’t normally participate in Homecoming,” Engman said. “The Wellness Day that we’re talking about would be about how to give students some tools on things like drug use and vaping.”

(Continued on page 2)

NER Robot at National Conference



Students from the Iron Mosquitos Robotics team and Northeast Range showcased robotics at the 2022 National American Indian Science and Engineering Society (AISES) Conference in Palm Springs, Calif., in October. Apple, a team corporate sponsor, helped fund the trip and had the students promote robotics at the college and career hall in a 20' by 40' booth space! Along with presenting to over 2,000 students, professionals and elders, students attended sessions ranging from financing to networking to talking circles. Miigwech and special thanks to the Vermilion local Indian Education Parent Committee, the Bois Forte Reservation Tribal Government, Pam Hughes and her Prevention Program, along with ISD 2142 for making the trip financially possible.



***Wishing Everyone a
Safe, Healthy and
Happy 2023***

from all of us at ISD 2142

STUDENT LEADERSHIP TEAMS

(Continued from front page)

Beyond special events, the leadership program is aimed at creating a tighter-knit campus and promoting engagement among students, Engman said.

“It’s about pulling kids together and empowering them to stand up for what’s right,” Engman said. “It’s a lot about school engagement. Even though we’re a small school, the students don’t all know each other well and part of the program is how to spark conversation. It’s just cool to see our high school kids interacting with our elementary kids.”

The leadership program is based from “The Promise Is You,” an education, leadership and character building program headed by Keith Turner and Carl Crawford, two area educators and coaches. Turner and Crawford regularly meet with leadership teams at each district campus.

“We all know that the young people of today are our future leaders,” St. Louis County Schools Independent School District 2142 Superintendent Reggie Engebritson said. “By creating these teams in each of our high schools we can strategically guide them and give them opportunities to experience leadership positions which will help them build the skills that are needed to be effective leaders in whatever path they choose after high school. I’m grateful to Keith and Carl for the work they do when they meet with our student teams to help broaden perspectives and develop critical thinking skills. It’s also a great opportunity for our students to meet other high school students in our 2142 schools and form new friendships.”

The Student Leadership Team at each district campus is composed of students in grades 9-12. Some campuses have two students from each grade on the team. Other campuses have more than two from each grade.

At South Ridge, the team created a “Give a Compliment, Take a Compliment,” activity.

“Students on the leadership team wrote compliments on Post-it notes and put the notes on every locker in the school,” said Andrew Bernard, South Ridge principal. “It was very good. Kids were feeling better about themselves.”

As the program evolves, social media behavior and learning about having empathy for others, are topics of focus at South Ridge, Bernard said.

“It’s an ongoing thing,” Bernard said of the program. “We’re kind of like an airplane being built in flight.”

While the program may look slightly different at each district campus, goals are the same, said Michael Johnson, Cherry Campus principal.

Demonstrating leadership in the classroom and developing opportunities to create positive events are key parts of the program, Johnson said.

“As a whole, it’s about helping kids learn how to lead within their own

school,” Johnson said. “As an educator, a principal and an education leader, one of the things we want to focus on is how to help kids become good leaders, what it looks like to be a student leader, and what they feel it is to have a good culture in school.”

At North Woods Campus, a Teacher Appreciation Day and a Bus Driver Appreciation Day are among activities created by the Student Leadership Team, John Vukmanich, North Woods Campus principal, said.

Students delivered snacks and drinks to teachers, wrote positive messages on Post-it notes and are promoting a Grizzlies motto of, “We are responsible, respectful, and ready to learn,” Vukmanich said.

Building positive peer influence, improving communication among students and with staff, are among top goals, Vukmanich said.

“It’s about creating the best school culture we can,” Vukmanich said of the program. “What I enjoy about it is that we meet at least once a month to get student feedback so the kids can be the leaders and it’s not just coming from adults. I see a benefit through empowering our kids to lead change in our school.”

Classes are offered at all of our schools for children infants to kindergarten entrance and their parents. If you have questions about ECFE, please contact the ECFE staff at your school!

Classes include a time for parents and children to do activities together and a time apart when parents meet with other parents, and children remain with the teacher and play. This program builds independence, language skills, and group interaction skills. It is a great way to meet families with young children in your community! Immunizations must be current to attend classes.

Special events are provided for families in their local school communities for parents with young children. We would love to see you there! Information will be mailed out to all families on our Early Childhood mailing list.

Dr. Reggie Engebritson ... (Continued from front page)

selves (lower part of the brain) is to do some form of a pattern, repetitive, rhythmic activity that makes us feel regulated or calm. We all do this. It could be walking, running, swimming, music, needlepoint, art, rocking in a chair, or any other repetitive, rhythmic movement that helps calm us. What is your activity? Understanding what helps to calm you so your cortex (top part of the brain) is open to learning can be helpful for those times of stress that we all have.

As I write this, the holidays are a few days away. This can certainly be a stressful time of the year for all of us. Knowing what we need to do to calm ourselves when feeling stressed can help us be a better educator, parent, coach, friend, human being. It’s about taking care of ourselves so we can be our best around others. Isn’t it more enjoyable to be around someone who is in a good mood and taking care of themselves? Their mood can be contagious and make us feel good.

The brain is a fascinating organ and understanding brain basics can help us be better educators for our students and better parents for our kids. Dr. Perry’s work is extremely interesting and I’m grateful that we have this Project Aware grant and our Coordinator, Alicia Dick, to help us grow and learn more about how our mental health affects us on a daily basis.

Parents — We are here for you!

Check out the Parenting Resources section on our website at <https://www.isd2142.net/page/3003>

Four newsletters that are changed monthly along with a parent involvement library full of short brochures on a variety of topics parents are interested in

ECFE – Early Childhood Family Education



| School | Staff | email |
|-----------------|---------------------------------------|--|
| Cherry | Lori Udovich, Parent Educator | ludovich@isd2142.k12.mn.us |
| | Amber Asbach, Child Educator | aasbach@isd2142.k12.mn.us |
| North Woods | Lori Udovich, Parent Educator | ludovich@isd2142.k12.mn.us |
| | Alyssa Hughes, Child Educator | ahughes@isd2142.k12.mn.us |
| Northeast Range | Sarah Hansen, Parent Educator | shansen@isd2142.k12.mn.us |
| | Amanda Murfin, Child Educator | amurfin@isd2142.k12.mn.us |
| South Ridge | Christina Nelson, Child Educator | chrisnelson@isd2142.k12.mn.us |
| | Sara Lorbiecki-Brown, Parent Educator | slorbieckibrown@isd2142.k12.mn.us |
| Tower-Soudan | Sarah Hansen, Parent Educator | shansen@isd2142.k12.mn.us |
| | Alyssa Hughes, Child Educator | ahughes@isd2142.k12.mn.us |

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North Woods sixth-graders visit STEM showcase in Hibbing



Zoey Wilcox and Elias Shaffer enjoying Liquid Nitrogen Ice Cream!

"The STEM Showcase offered by the Range Engineering Council was a fun and unique experience," according to North Woods School sixth-grade students Laurin Glass and Michaela Brunner. "There were so many booths that we could go to and so many interesting things to learn. There was ice cream you could get that was made with liquid nitrogen. It tasted amazing! We went to a nature booth and learned about plants. There was a booth with Newton's

cradle. The physics behind it was very interesting. We saw an explosion outside and that was really cool and loud. The people conducting the explosion told us how it worked using liquid nitrogen. Pressure builds and it causes things to explode. A Hibbing police officer had the K9 unit there and they showed us how the dog could sniff out well-hidden things. Overall, it was a very cool and awesome experience!"



Laurin Glass, Michaela Brunner, Zoey Wilcox, and Elias Sheffer checking out fossils from Hill Annex Paleontology Project.

Help us build our Early Childhood Mailing List!

Do you have a child under the age of 5? If so, we would like to add you to our Early Childhood mailing list. Please call and leave a message for DaNeil at 218-749-8130 ex 1116 or email her at dsirjord@isd2142.k12.mn.us

Or you can contact your school Early Childhood team and ask them to add you to the Early Childhood list. We need: Parent and child's name (legal names), child's birthday, address, phone number and if you have an email we would like that too!

Layne Kaufenberg accepted to American Academy of Dramatic Arts

Northeast Range High School senior Layne Kaufenberg has been accepted to the American Academy of Dramatic Arts (AADA), Los Angeles campus. After attending the two-week program as one of 15 students in August, Kaufenberg was invited to audition for the full-time program. In October, he received his acceptance letter stating, in part, *"The Academy has received thousands of applications and conducted auditions around the globe in search of our next class. You have been chosen as one of the elite few who have shown the academic, personal, and professional promise that we seek in our students."*

Kaufenberg was born into a theatre family, and since 2010 he has been acting on the stage. During his high school career, he has been part of the MSHSL One Act Theatre competition and has competed in MSHSL State Speech twice, which he notes to have been his favorite activities to participate in during high school. "Some of the best memories come from making new friends, traveling, and competing," said Kaufenberg.

Kaufenberg is nervous, but looking forward to a new life adventure. Kaufenberg's ultimate goal is to act in film and television, and he knows attending the academy is the first



step. AADA alums include Jessica Chastain, Paul Rudd, Adam Scott, Anne Hathaway, Robert Redford, Danny Devito, Nicholas Cage, Grace Kelly, and Kirk Douglas, to name a few. As Kaufenberg prepares for the real world, he always wants to remember where he came from and those who helped him get to where he is today. "I want to give back to the community and my hometown someday; it's the least I can do." To learn more about Kaufenberg and his accomplishments, look him up on IMBD or follow him on Instagram @layne_actor.

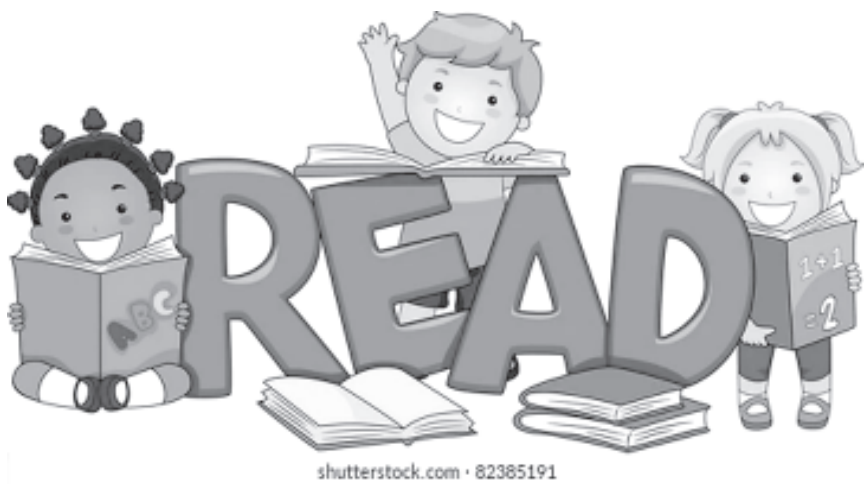


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A DAY ON LAKE VERMILION



Elementary students from Tower-Soudan and North-east Range schools enjoyed a day together in the Fall learning the basics of canoeing and water safety and also learning about some fun animal facts. By working together, they were able to get the large canoes moving for a fun little ride on the water!!



CHERRY SCHOOL READING WALL OF FAME

The following students became members of the “Reading Wall of Fame” during the months of October, November, and December: Greyson Thuney (K), Lila Jacobson (K), Aili Adkisson (K), Nolan Darr (K), Declan Clark (1), Lydia Alesch (1), Niko Asuma (1), Abigail Raich (1), Liam Waters (1), Kaden Adkisson (2), Jed Asuma (2), Charlie Peterson (2), Lily Flaschberger (2), Harper Kemp (2), Deegan Pittman (2), Walker Saver (2), Annelise Alesch (3), Louis Courteau (3), Hank Peterson (4), Eliza Johnson (4), Joleen Clifton (4), Eden Besemann (5), Kailee Pink (5), Vladimir Stokes (5), Frank Modich (5), Annie Courteau (5) Simon Johnson (5) Arwen Lever (5), Jaci Majerle (5), Hayden Lehman (6), Hailey Lewis (6), David Scherf (6), Hailey Lewis (6).

Students had to read books and take AR quizzes to earn 40 points. Kindergarten and 1st grade students had to read 900 minutes. Their pictures are posted in the main hall at the school. Cherry School is so proud of their Reading Tigers!!!

T-S Elementary Celebrates Halloween



Tower-Soudan elementary students enjoyed an afternoon of games and activities in the gym, while showing off their fun costumes.

Afterward, students returned to their own classrooms for snacks before several moved on to trick-or-treat on Main Street right after school. It was a "spook-tacular" day!!



EARLY CHILDHOOD SCREENING



Early Childhood Screening is provided by the school district free of charge and is required for entrance in kindergarten and is required for participation in preschool. Screening offers a snapshot of your child’s health and development and it is recommended that children be screened around age 3-1/2.

If you are not on our Early Childhood mailing list, please contact us so we can add you and your child to the list so that you receive all information related to screening. We will need the child’s legal name and birthday, parent name, address, phone number and an email. You can call 1-218-749-8130 ex 1116 to leave your information on the voice mail for DaNeil or you can email the information to dsirjord@isd2142.k12.mn.us or you can contact the ECCE or preschool teaching staff at your school.

As always, if you have concerns about your child’s behavior or development, please contact us! We are here to help!

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‘CAUGHT IN THE WEB’ PERFORMED BY NER COMMUNITY THEATRE

Northeast Range Community Theatre performed “Caught in the Web” in December.

Director Mr. Joe said, “The actors were amazing and everyone seemed to have a great time. I am so proud of these kids and I am extremely happy I have an outlet for them to express their talents as it is very important they have a voice.”



Cherry School Hosts Fall School Pride Night



At the end of October, Cherry School staff welcomed families and community members into the school to see firsthand many of the great things happening. There were games in the small gym, activities in classrooms, student work displayed throughout the school, 300 free meals served, autographs and photos with the football and volleyball teams, and a special appearance by local tribal bands who performed a mini pow-wow. Drummers and jingle dancers shared the meaning of the pow-wow.

PRESCHOOL 2023-2024

Preschool registration information will be mailed out in February to all families on our Early Childhood census. If you want to be added to the census, please call and leave DaNeil the following information: Child’s legal name, birthday, parent name, address, phone number and email. Children must be 4 years old on or before September 1, 2023, to register.



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CHERRY PRESCHOOLERS EXPLORE THE SCHOOL FOREST



Cherry preschoolers took advantage of the late Fall warm temperatures to spend time exploring the School Forest. They followed trails, climbed on tree stumps, and explored some shelters that older students made out of sticks, logs, and moss.

Cherry Preschoolers Make Applesauce



Preschoolers at the Cherry School had a busy day peeling and cutting up apples to make applesauce for a special snack. They enjoyed the aroma of the apples cooking. The activity tied in nicely with a special study students are doing on exercising and talking about healthy bodies and making their muscles strong. They learned that apples are a healthy snack and provide nutrients for their bodies. They also learned they need to have strong arm muscles in order to turn the handle to peel and de-core the apples.

NW Learning Readiness Preschool enjoys classical Christmas music performance



The North Woods Learning Readiness Preschool students had a fun opportunity to listen to some classical Christmas music performed by a member of the DSSO (Duluth Superior Symphony Orchestra). Children had a chance to play along to some of the songs with bells. In addition, they got to learn about a violin and a viola as well as having the opportunity to experiment with a violin just the right size for them! The students had a great time trying to hold the violin, pluck the strings and even use a bow!

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North Woods Elementary Holiday Concert held Dec. 16



North Woods first-graders sang “I Want to Be an Elf” at their Elementary Holiday Concert directed by Natalie Danielson. Ms. Danielson said everyone did very well considering having had two “snow days” with no rehearsals. The only rehearsal they had was the day of the program.



Kindergarteners sang “I’m a Little Snowflake.”



Second-graders sang “Jingle Jive.”

Kindergarten 2023-2024

Kindergarten registration information will be mailed out in February to all families on our Early Childhood census who are not attending preschool. If you want to be added to the census, please call and leave DaNeil the following information: Child’s legal name, birthday, parent name, address, phone number and email.



“Twelve Days of Christmas” was sung by North Woods fourth-graders.

BUILD A CHILD A LIBRARY BY AGE 5!

Donations to United Way of Northeastern Minnesota support our local Dolly Parton's Imagination Library program!

To sign up a child you know for this FREE program, contact 218-254-3329 or info@uwnemn.org



Third-graders sang “Blitzen’s Boogie.”

TOWER-SOUDAN READING BUDDIES



Elementary students at Tower-Soudan School have been partnering up to do a little non-fiction reading every Wednesday afternoon. During this time, they have been learning the differences between nonfiction and fiction books, and the features of nonfiction texts and have been working on retelling facts and details they have learned. Mr. P. has also started an incentive in the library for time spent reading nonfiction. *Keep up the good work, kids!!*

Help us build our Early Childhood Mailing List!

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Or you can contact your school Early Childhood team and ask them to add you to the Early Childhood list. We need: Parent and child's name (legal names), child's birthday, address, phone number and if you have an email we would like that too!



2023 Regular School Board Meetings

Meetings will begin at 5:00 p.m. unless otherwise noted

| Day | Date | Type | Location |
|-----|---------|-----------------------------|-----------------|
| Tue | Jan 10 | Organizational | District Office |
| Tue | Jan 10 | Working Session 5:15 p.m. | District Office |
| Tue | Jan 24 | Business Meeting | District Office |
| Tue | Feb 14 | Working Session | District Office |
| Tue | Feb 28 | Business Meeting | District Office |
| Tue | Mar 14 | Working Session* | District Office |
| Tue | Mar 28 | Business Meeting | District Office |
| Tue | Apr 11 | Working Session | District Office |
| Tue | Apr 25 | Business Meeting | Tower-Soudan |
| Tue | May 9 | Working Session | District Office |
| Tue | May 23 | Business Meeting | NE Range |
| Tue | June 13 | Working Session | District Office |
| Tue | June 27 | Business Meeting | District Office |
| Tue | July 25 | Business Meeting | District Office |
| Tue | Aug 8 | Working Session* | District Office |
| Tue | Aug 22 | Business Meeting | District Office |
| Tue | Sep 12 | Working Session | District Office |
| Tue | Sep 26 | Business Meeting** | South Ridge |
| Tue | Oct 10 | Working Session | District Office |
| Tue | Oct 24 | Business Meeting | North Woods |
| Tue | Nov 14 | Working Session | District Office |
| Tue | Nov 28 | Business Meeting | Cherry |
| Tue | Dec 12 | Business Meeting 5:30 p.m. | District Office |
| Tue | Dec 12 | Truth-In-Taxation 6:00 p.m. | District Office |

* Meeting must end by 6 p.m.

** Initial budget and levy *** Final budget and levy

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Call 211 for immediate assistance or visit 211.org for more info.

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Northeastern MN



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