



# Milaca Tracks & Tales

500 Hwy 23 West, Milaca MN 56353

## Reminders

### Tuesday, September 17

Tie Dye Tuesday  
Wear Tie Dye to promote  
bullying awareness

### Friday, September 20

Absentee Ballot  
Voting Begins for the  
November Election

### Thursday, October 3

Milaca Elementary  
Family Fun Night  
5:00 - 6:30 p.m.

### October 7 - 11

National Hot Lunch Week

### Monday, October 14

Picture Retake Day

### Thursday, October 17

No School for  
Students and Staff

### Friday, October 18

No School for  
Students and Staff

## National Hot Lunch Week

October 7 - 11

*Please arrive early to  
pay for your lunch*

Adults: \$3.75 • Children: \$2.70

### Monday, October 7

#### Kindergarten

11:15 -  
11:40 a.m.

#### Menu:

Lasagna Roll Up  
Breadstick  
Green Beans  
Salad  
Peaches  
Juice Bar

### Tuesday, October 8

#### Grade 1

11:40 a.m. -  
12:00 p.m.

#### Menu:

Super Nachos  
Mexican Rice  
Corn  
Oranges  
Jonny Pop

### Wednesday, October 9

#### Grade 2

10:50 -  
11:10 a.m.

#### Menu:

Hamburger  
Sweet Potato  
Fries  
Texas Caviar  
Banana

### Thursday, October 10

#### Grade 3

12:00 -  
12:20 p.m.

#### Menu:

Deluxe Sub  
Baked Chips  
Peas, Carrots, &  
Tomatoes  
Apple Wedges

#### Grade 4

12:20 -  
12:40 p.m.

### Friday, October 11

#### Grade 5

12:40 -  
1:00 p.m.

#### Menu:

Pepperoni Pizza  
BLT Salad  
Green Beans  
Grapes

## WELCOME BACK!

### A Message from Mr. Voshell, Elementary Principal

“Small town proud” is a real thing. In fact, it doesn’t take long to find a t-shirt on Amazon or Etsy with a related message. There are articles and websites devoted to defining what it means and why small towns have “it.” I think it has something to do with knowing the people you serve and the people who serve you. We spend time in local stores, restaurants, parks, etc. and invariably run into someone we know. We are here for each other!

Small town proud includes the school. I’ve had the opportunity to work in five Minnesota school districts. We have so much to be proud of in Milaca. We are fortunate to work with a talented, caring staff. Our students work very hard to grow each year. Our families support our school and we couldn’t ask for better community support.

Pride is difficult to measure. Perhaps there is a rating system or survey that can quantify pride. To me, it is simply something that you know when you see it and hear it. It is felt rather than obtained.

This school year we are focusing on school pride. It is, after all, part of our school vision...Instilling pride and achieving excellence. We will continue to work to be our best for all who are part of our school community. Milaca pride is not new. It was planted years ago. Our job is to continue to cultivate it.

I am so proud to be a member of the Milaca Wolves! I hope you are too! Go Wolves!



### A Message from Mr. Patnode, High School Principal

**Together we are One!** - We started the 2019-2020 school year with an early Homecoming, and this year’s theme is “Together we are One!”

What a great week and mantra to kick off the school year! We have lots of things to be proud of at Milaca High School. From student achievement, fine arts, and athletics, we have seen tremendous success and growth in the past few years. All of this has been possible because of our students, staff, parents, and the community. As a district we have some challenges, but the past few years we have built a foundation to address these challenges. It is going to continue to take every single community member to help. “Together we are One” is not just a theme or mantra for this year, but it is the perfect way to start this year. School and community pride have always been an important part of Milaca. I’m proud to be from Milaca and a part of the Milaca community. We are going to keep working hard to provide the best possible education and community partner that we can! Go Wolves!

## Toothpaste Challenge

*Cassie Wredberg, Fifth Grade Teacher*

Fifth graders kicked off the school year with a lesson on kindness called the Toothpaste Challenge. This lesson is a great visual demonstration for students on the importance of using kind words.

Students were split into groups and tasked with the job of squeezing every last drop of toothpaste from their tube onto a paper plate. Once the tube was empty, the real challenge began...to get every drop of toothpaste back into the tube! Students learned quickly that this was an impossible task. Try as they might, the toothpaste would never go back in the tube and the tube would never look the same.

After the challenge, classes discussed how using words is similar. Just like the toothpaste, once words leave our mouths, we cannot put them back in. We cannot stop who has heard them or the hurt they might have caused. While we can always ask for and receive forgiveness, things can never go back to the way they were before.

This activity kicks off a year of social and emotional learning for the fifth grade class. They will discover ways to be kind to themselves and others, as well as how to regulate emotions, make good decisions, and maintain a growth mindset despite life challenges.



## Fall ECFE Classes

Fall is here and so are new Milaca ECFE classes! Early Childhood Family Education (ECFE) is a program for all families with children between the ages of birth to kindergarten entrance. The program is offered through the Milaca Public School. ECFE is based on the idea that the family provides a child’s first and most significant learning environment and parents/families are a child’s first and most important teachers. ECFE works to strengthen families. It is where families go to discover new things about each other by spending valuable time together. At ECFE you will find: support for your challenging role as a parent/guardian, friendship for you and your child, resources, books, DVD’s, and toys. Registration is now open! For details about classes or to register go online <http://milacacommunityed.registryinsight.com> or call Community Ed office: 320-982-7307.

<u>Monday Classes</u>	<u>Tuesday Classes</u>	<u>Wednesday Classes</u>	<u>Thursday Classes</u>
Young Explorers Birth-5 yrs. 8:30-10:00	Young Explorers Birth-5 yrs. 10:00-11:00	You & Me Baby Birth-12 mo. 8:30-9:30	Coffee, Caring & Sharing Birth-5 yrs. 8:30-9:30
Toddler Time 12-24 mo. 10:30-11:30	Cooking w/ Kids 2-5 yrs 1:30-2:30	Little Readers Club 1-5 yrs 10:00-11:30	Library Story Time Birth-5 yrs. 10:30-11:30
Preschool Together Day 1 of 2 3-5 yrs. 12:30-2:30	Family Matters - Mixed Ages Birth - 5 yrs. 6:00-7:30	Preschool Together Day 2 3-5 yrs. 12:30-2:30	Junior Scientist 2-5 yrs. 1:30-2:30

**Milaca Public Schools - Instilling Pride and Achieving Excellence**

**Milaca Schools District Office**  
Tim Truebenbach, *Superintendent*  
[tim.truebenbach@milaca.k12.mn.us](mailto:tim.truebenbach@milaca.k12.mn.us)  
320-982-7210

**Milaca High School**  
Damian Patnode, *Principal*  
[damian.patnode@milaca.k12.mn.us](mailto:damian.patnode@milaca.k12.mn.us)  
320-982-7206

**Milaca Elementary**  
Steve Voshell, *Principal*  
[steve.voshell@milaca.k12.mn.us](mailto:steve.voshell@milaca.k12.mn.us)  
320-982-7301