

Winter/Spring
2020

Ortonville Community Education

Community Education Coordinator: Sara Wollschlager

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Meet Deb Rausch!

Deb joined James Knoll Elementary this past August and is teaching 2nd-6th classroom music and 5th-6th choir. Mrs. Rausch has been teaching band and vocal music for 34 years. She holds a Master of Music degree from USD, Vermillion and has taught in Canton, SD, Sioux Falls, SD, Omaha, NE, and Milbank, SD.

She has also been running a private music studio since 1984. Mrs. Rausch has had extensive Suzuki training in piano and flute. Deb has been a guest vocal soloist with the South Dakota Symphony several times, was a soprano with Opera Omaha and sung the Verdi Requiem at Carnegie Hall, NY. One of her accomplishments includes being 1st chair flutist in the 147th Army Band and lead tenor sax in their dance band for 7 years.

On top of all her musical talents, Deb also teaches flute at Rushmore Music Camp each summer and private band lessons for 6-12th graders at the Milbank Schools. Welcome to the Ortonville School District Mrs. Rausch!



*President's Day
Break is February
14 & 17*

WANT TO TEACH A COMMUNITY EDUCATION CLASS OR HAVE A NEW PROGRAM IDEA?

New program ideas & instructors are always welcome in Ortonville Community Education. Please email sara.wollschlager@ortonville.k12.mn.us your special skill, talent, hobbies, career experiences, or expertise you are willing to share with the community. Classes are flexible because they are built around the needs of the people involved. We strive to provide a quality educational experience for our participants. People make the difference & we WELCOME your ideas!

www.ortonville.k12.mn.us

Search for "Ortonville Community Education" on Facebook and "Like" us for class reminders & updates. From your computer, hover over the Liked button. Then select "Get Notifications" in the drop box so you see all our updates in your newsfeed.

Like us on
facebook 

TROJANS



Yoga



Location: OHS Media Center (use door #7)

Cost: \$8/session or \$16/week

Days: Mondays & Wednesdays starting February 3rd

Time: 4-5pm

Instructor: Carolina Frame

Whats Cooking???

Sushi Making Class

Interested in learning how to roll your own sushi?

Classes are taught by Hisa Kilde who cooked Japanese dishes at The Bird-feeder in Twin Brooks, SD. You will make 2 rolls of sushi & enjoy miso soup.

Location: FACS Kitchen, OHS (use door #7)

Cost: \$33 (includes supply cost and bamboo rolling mat to take home)

Date: April 16th

Time: 5:30pm



Pickleball

Pickleball? Yes, pickleball! And yes, it's a real sport! It's a little tennis, a bit of ping pong, a splash of badminton and fun to say! It's fun, it's easy, anyone can play! Described as one of the fastest growing sports in the nation and among the fastest growing senior sports in the country! New to Pickleball? See how America's fastest growing sport is played by going to: <https://m.youtube.com/watch?v=WLWj2LXecHU>

This sport is great exercise and fun for all ages!

Location: OHS Elementary Gym or pickleball courts (weather permitting)

Days: Tuesday's & Thursday's ongoing (check OHS website activity schedule)

Time: 6:30pm-8:30pm

Cost: FREE

-NEW! The Ortonville Pickle Group is now on Facebook!

-The gym will be open on Tuesday's through January for Beginner Lessons and Games. Equipment is available!

-Thursday's are open to all player levels. In February, all player levels will resume on Tuesdays and continue Thursdays.

-Pickup games can be arranged on Sunday afternoons during "Open Gym".

Friendship bracelets

Tuesday, February 25th

Time: 3:30-5:00

Location Art Room

Grades: 2nd Grade and up

Cost \$11.00

Students will learn the fundamentals of creating a friendship bracelet with yarn. Advanced techniques will also be shown to more advanced students. Students will be able to choose from a variety of string along with beads to adorn their bracelets.



Shrinky Dinks

When: March 10th,
Tuesday

Time: 3:30- 5:00

Location: Art Room

Cost: \$11.00

Grades: 2nd Grade
and Up



Back by popular demand, students will be able to create their own keychains through the Shrinky Dink process. Students can apply whatever designs they would like to the shrinky dink paper. These designs could be critters, names or whatever the imagination brings!

Slime :

Thursday March 26th

Grades: 2nd grade and Up

Location: Art Room

3:30-5:00

Cost: \$11.00

Students will create slime in the class. Students will be able to generate many different colors! Who doesn't like slime!!



Gel Printing:

April 2nd

Grades 2nd and up

Location: Art Room

3:00-5:00

Cost: \$11.00

Also back by popular demand students in this course will be experimenting with the use of gel printing plates. Students can use a variety of stencils, textures and materials to make prints from. This is a very fun experimental project!



**For all art classes, go to CE
webpage for colored pictures
or see back page of newsletter.**

Silhouette Painting

Thursday, April 23rd

Cost: \$11.00

Location: Art room

3:30-5:00

Grades: 2nd and Above

Students will receive an 8x10 canvas panel. Students will create their own background and silhouette of their choice. Students will be using acrylic paints to create their master pieces. Artwork can be modified for beginners and more advanced students!



Trojan Tech

For: 2nd-6th graders (PRE-REGISTRATION REQUIRED)

Days: Tuesdays & Thursdays thru the whole school year

Time: 3:15pm-4:30pm

Location: OHS Media Center



EARN CASH FOR ORTONVILLE SCHOOL

Look for the pink Box Tops on hundreds of participating products, such as Betty Crocker, General Mills, Green Giant, Ziploc, Pillsbury, Kleenex, Scott, Old El Paso, Hefty, Yoplait, and more. Each is worth .10 for the school.

Kool Kreative Kids 5th Grade Art Club

Art project time for 5th graders with the help of JKE 5th grade teacher, Linda Hoffman. Students will be able to create a "Grecian Urn".

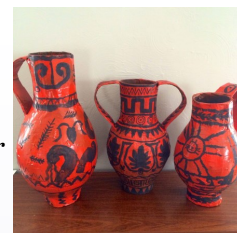
Days: starting in February, every Wednesday until the project is done

Time: 11:50am-12:20pm

Cost: FREE



****Class is limited to 10 5th grade students ONLY. First come, first serve. Register early!****



Andes Tower Hills

Downhill Skiing Outing

Date: Saturday, March 7th

Time: 8:30am (bus leaves)-5:30pm (bus returns)

Location: Andes Tower Hills in Kensington, MN

Ages: ALL ages welcome (All Children under 18 years of age, must be accompanied by an adult)

Cost: \$45/person (includes your transportation, lift ticket, and ski rental)

*****Pre-registration is a MUST!*****



PFCT

PRAIRIE FIRE CHILDREN'S THEATRE

Prairie Fire Theater presents "Cinderella" during the week of May 11-May 15, 2020.

More info will be sent home with students at a later date.

Walking/Jogging Club

We are opening our doors for you to get some exercise during the cold Minnesota months! Come in during the hours of **6:30am-7:30am and 4pm-7pm** **Monday, Wednesday, & Friday** to have hallways open to walk or jog at your own pace. The cost is FREE!!! Please use Door #7 to enter the school. Pre-registration is REQUIRED in which you need to pick up a Walking/Jogging Club lanyard identification. This identification lanyard MUST be worn at all times when walking/jogging in the school. Walking/Jogging club will run



from January 15-April 30.

Days: Monday, Wednesday, Friday

Times: 6:30am-7:30am AND 4pm-7pm

Date: February 3rd

Time: 6pm

Location:
OHS Media Center (use door #7)

Presenter:
Angie Haugen

FOSTER CARE & ADOPTION INFORMATION MEETING



Children's
Home Society
of Minnesota



Lutheran
Social Service
of Minnesota

Did you know that the next census will take place in 2020? Responding to the 2020 Census is our civic duty and affects the allocation of funding for our community's public resources, how we plan for the future, and our voice in government. To learn more, visit 2020census.gov.



Health Corner: Influenza Information

By: Laurie Maas, Licensed School Nurse

Influenza is a respiratory disease caused by a virus that attacks the nose, throat, and lungs. It is not the same as the "stomach flu". Flu symptoms include fever, dry cough, sore throat, headache, extreme tiredness, and body aches. These symptoms usually come on quickly and can be bad enough to keep you in bed for several days.

Colds are less serious than the flu. With a cold, you may have a runny or stuffy nose, while the flu causes body aches, fever, and extreme fatigue. A cold doesn't usually keep children from their normal activities, but children with the flu will often feel too sick to play. Unlike colds, flu can cause serious health problems like pneumonia, bacterial infections, and hospitalizations.

If you suspect the flu, stay home, rest, and drink a lot of fluids. Children may need to take fever reducing medications to keep their fever under control. You should follow your child's doctor's instructions. Antibiotics will not help a person recover from the flu because flu is caused by a virus, not bacteria. Your doctor may prescribe antiviral medicines which could help reduce symptoms of the flu. Contact your child's school if your child has influenza-like illnesses.

You should take your child to the doctor or emergency room if they start to breathe rapidly or with difficulty, have bluish skin color, do not drink enough and become dehydrated, do not wake up or interact with others, are so irritable that he or she doesn't want to be held, or gets better only to become sick again with fever or a severe cough.

To help prevent against getting the flu, you should avoid being around others who are sick. Make sure you cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands frequently with soap and water. Do not share drinking cups and straws. You should frequently clean commonly touched surfaces like door knobs, refrigerator handles, phones, and water faucets.



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Community Education

Ortonville Community Education exists to facilitate the learning and participation of adults so they can improve their lives and our community. We provide opportunities for local citizens, schools, agencies and institutions to become active partners in addressing education and community concerns. Community Education brings community members together to identify and link community needs and resources in a manner that helps people to help themselves and to raise the quality of life in our community.



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www.mndrugcard.com

For more information
please contact:
info@mndrugcard.com



How to Register, Payments, & Refunds Info:

E-Mail:

E-Mail (BEST WAY):
sara.wollschlager@
ortonville.k12.mn.us

Visit Us:

http://www.ortonville.
k12.mn.us/page/253
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- A full refund will be made if Community Education cancels a class. If you have registered for a class and you cancel at least three (3) business days prior to the start of the class, you will receive a full refund of the class fee. You are not eligible for any refund beyond the three day period.
- No-shows are not eligible for a refund.
- A refund may take up to three weeks to process.
- Payment for class fees must be paid directly to the community education coordinator by cash or check prior to the start of the class.
- Pre-registration is mandatory for all Community Education classes. Your pre-registration and payment reserves your space in class. Classes fill quickly. Register early!

www.ortonville.k12.mn.us

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