



Winter &
Spring
2021

Ortonville Community Education

Community Education Coordinator: Sara Wollschlager

District #2903 Board of Education

Brett Kaye

Holly Wellendorf

Ashton Conroy

Pete Vangsness

Andrew Treinen

Krista Hartman

Community Ed Advisory Coun- cil:

- Krista Hartman
- Kari Dorry
- Ashton Conroy
- Linda Hoffman
- Maureen Stores
- Kerry Klepel
- John Olson
- Joel Stattelman
- Kristyanna Brandriet

Meet Hannah Mathes!

My name is Hannah Mathes and I am in my second year of teaching first grade at James Knoll Elementary. I was born and raised in Ortonville. I have many fond memories of participating in musicals, band, choir and volleyball during my high school years. Following graduation in 2015, I attended Concordia College in Moorhead, MN, where I studied Elementary Education and Psychology. I also continued to be very involved in choir during those years.

I am so lucky to have the unique opportunity to teach at the school and be a part of the community that I grew up in. I am passionate about giving students the transformative and impactful experiences that I've had in my education. In my free time, I enjoy being outside, traveling, spending time with friends, and volunteering at our local animal rescue. I feel very fortunate to have wonderful co-workers and of course, students, at James Knoll.



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

Virtual Class- Instant Pot Cook-Along: CHILI & CORN BREAD!

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



PFCT
PRAIRIE FIRE CHILDREN'S THEATRE

Prairie Fire Theater unfortunately is cancelling their productions for this coming spring. We have been able to reschedule for May 2022. Sorry for this inconvenience!

Have some fun participating in this virtual Instant Pot® COOK-ALONG class! Two types of chili will be made during this class. Choose one for your cook-along, and watch a demonstration of the other or if you have a second Instant Pot® on hand, make both! The recipe options for this class are Classic Chili, and Chicken and White Bean Chili! We will also be making a wonderful, mildly sweet Corn Bread (baked in the oven). Both delicious recipes that will become family favorites guaranteed! Make lasting memories in your kitchen if you decide to have your children, your spouse or your partner join you! Experience how the flavors are enhanced and infused by making these recipes in your Instant Pot®! Have your questions answered by the instructor, interact with other participants as you cook along, and increase your confidence in using your electric pressure cooker. While cooking-along is loads of fun, it is optional.

Participants will receive a list of ingredients at least a week in advance of the class to allow time for shopping. If the instructor's personal recipes are used for this class, they will be shared as a PDF. If recipes used are on-line, links to these recipes will be shared. This class will take place on Zoom; a free on-line software. Participants will receive instructions on how to access the class prior to it starting. As an added bonus, the instructor has created a private group on Facebook exclusively for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. The group will provide an opportunity for members to ask questions, share their own creations, interact with other participants and support each other on their Instant Pot® journey. Come join the fun! Tess Georgakopoulos, Dish it up Good.

Saturday, January 23rd, 2021
3:30–5:30 PM
\$25 / registrant (fee can include numerous people from SAME HOUSEHOLD ONLY)
On-line class through Zoom
Call 320-269-5026 to pay with a credit card.

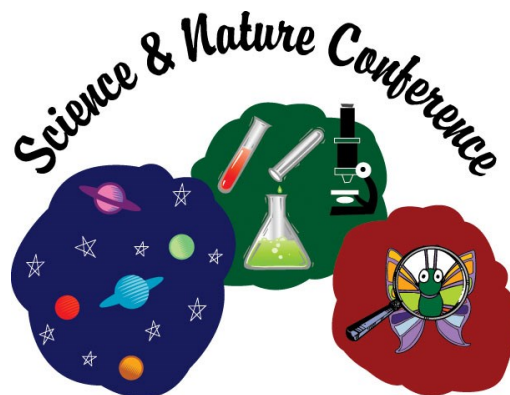


Do you have children who are intrigued by technology, love to invent, build things, are adventurous, fascinated by how things were created or are just curious about science and nature? Then you will not want them to miss the Science & Nature Conference. This is one of the largest and most popular science conferences for kids in the country! A one-day event filled with fun, excitement and learning. Kids will want to come back for more! This year, this conference will be held on May 11th, 2021.

Registration deadline is April 1. This is open to K-8th graders. If you are interested, please come see me or email me and I can get you more information so you can pick the sessions you want to attend. (Session descriptions come out in January.)

**Senior
LinkAge Line®**
1-800-333-2433

A One Stop Shop for Minnesota Seniors



Intro to Twitter-Virtual Class

Have you been curious as to what Twitter is exactly? In this class, we'll go over all the basics you need to know about one of the largest social media platforms in the world. You'll learn how to create a profile, read what others are saying, how to send a Tweet, and more. Whether you are just curious as an observer or you would like to become a user your-self, this is the class you need to stay up to date in today's digital world.



Monday, Feb. 15
6-7 PM
\$20
Call 320-269-5026 to pay with a credit card

Intro to Facebook-Virtual Class

Learn how to use the world's most popular social media site to safely connect with family and friends. Attendees will learn how to log in, create their page, post photos and learn the top tips for utilizing the site. We'll also review the recommended privacy settings and you'll leave this training with the knowledge on how to navigate Facebook confidently.

Tuesday, Feb. 2
6-7 PM
\$20
Call 320-269-5026 to pay with a credit card



Instant Pot 101- Live Demystify the electric pressure cooker/multi-cooker called the Instant Pot during a LIVE VIRTUAL class! Learn the foundations of cooking and care, and how to make a few amazingly satisfying dishes in the Instant Pot. Breakfast, lunch/Dinner, and Dessert menu items will be demonstrated. In addition to an Instant Pot yogurt tutorial, menu items will include creamy steel-cut oatmeal or egg bites, either creamy-cheesy Tuscan chicken with pasta or creamy-cheesy broccoli chicken with pasta, and a luscious lava cakes or dreamy banana bread. Menu items on the day of the class will depend on ingredients that are on hand. There will be time for a Q & A session as well. A PDF of the instructors' Original recipes will be provided, and will include other tips and terminology that will help build an Instant Pot confidence and creativity. This class will take place on Zoom, a free on-line software. Participants will receive instructions on how to access the class prior to it starting. As an added bonus, the instructor has created a private group on Facebook exclusively for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. The group will provide an opportunity for members to ask questions, share their own creations, interact with other participants and support each other on their Instant Pot journey! Come join the fun! Note: One registration fee for this on-line virtual class can include participants from the same household only. Instructor: Tess Georgakopoulus, Dish it up Good

Saturday, January 16
3:30-5:00 PM

On-line class through zoom, Demonstration style class

\$25- Call 320-269-5026 to pay with a credit card

Max of 10 participants, there will be others joining from different communities



Virtual Class- Instant Pot® Make Ahead Freezer Meals!

Have dinner ready in no time on a busy day. Have some fun participating in this virtual Instant Pot® Demonstration Style class! Learn the foundations of preparing homemade nourishing make-ahead freezer meals for your Instant Pot®! Meals can go straight from your freezer to your Instant Pot®. Four or five make-ahead meals will be prepared for the freezer during this class. Meals will include a variety of protein, vegetable, and starch ingredients. Two examples include Sweet and Zesty Meatballs (to be served over rice or noodles), and Greek Lemon Garlic and Herbed Chicken. Many recipes can be made with ingredients that are probably already on hand. Experience how these culinary creations can make it seem as though you have been cooking for hours, when all you have done is opened up a bag and pushed a button! Have your questions answered by the instructor, interact with other participants as you cook-along, and increase your confidence in using your electric pressure cooker. Participants will receive a detailed professionally made handout of the instructor's personal recipes. The handout will also include labels that can be printed out with instructions for cooking. Tess Georgakopoulus, Dish it up Good

Saturday, February 6
3:30-5:00 PM

\$25 / registrant (fee can include numerous people from SAME HOUSEHOLD ONLY)

On-line class through Zoom

Call 320-269-5026 to pay with a credit card



Beginner Guitar with Lee Kanten

If you've never played or it's been decades since you did, this class might help. You won't need to read music or know any jargon; we'll start with a one finger chord and build up to playing simple songs. We'll learn how to make chords and how to strum. This is not a picker's class, because I'm no picker! But, I can play hundreds of songs. You can, too. The songs you like. All you gotta do is conquer a few basics and you're on your way.

If your hands can reach around the fretboard, you're the right age. Often it's best to start little ones on ukulele, because the smaller instrument fits smaller hands, but interest, not age, is the key with guitar. If your 5-year old is motivated, I'll work with her.

The class will meet via Zoom for six Mondays Feb. 8-Mar. 15 at 7:00 pm for a 30 minute class, followed by a 10 minute jam session.

You'll need your guitar-acoustic or electric-it doesn't matter. I play acoustic. I highly recommend a tuner! These are available at Sarlettes in Morris and at both music stores in Marshall. Often called Snarks, they cost less than \$20 and will be a godsend for a beginner.

The cost for the six-week class is \$55 per student (\$25 from same household)

Your instructor, Lee Kanten, is in the MidAmerican Music Hall of Fame as a bass player in Clutch and the Shifters. He has played since childhood and still performs professionally. He just finished a Southwest Minnesota Arts Council grant that allowed him to study with two established singer/songwriters.

Unfortunately there will be no OPEN GYM and/or Walking Club this Winter/Spring at the Ortonville school.

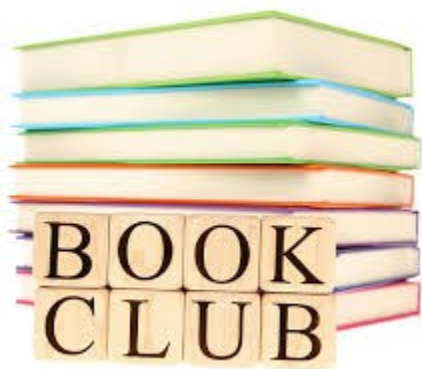
Photo Organization– Digital and Print

A photograph captures a moment that is gone forever! Are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive or all of the above? Are they securely backed up? Understand why photo organization/scrapbooking is more difficult today versus years ago. The number one goal is to SAVE-ORGANIZE-SHARE your photos. Discover alternatives to get every printed/digital photo, video and memorabilia in one location.. From scanning to storage to organization. You'll leave with options to access every photo you own...and be able to share them with family and friends. Instructor Susan DeJute has been scrapbooking pictures for many years to preserve wonderful relationships, memories, and stories. Not only does she want to capture her own past, but wants to help others in their quest for preserving their memories for generations to come! Min. of 5, max 20

**Tuesday, Jan. 26 Reg. deadline: Jan. 18
7-8:30 PM**

\$15

Call 320-269-5026 to pay with a credit card



Ortonville Public Library NEWS FLASH!

We are doing our Adult Winter Reading Program from January 1 - April 2nd. All you need to do is tell us how many books you think you can read during the 13 weeks. Then read books! When you return them, we mark them off. Once you reach your goal, you will receive this year's coffee mug! We will also be having weekly drawings. Sign up each time you return a book for the weekly drawing. The theme this year is "Read, Kindness, Love 2021".

Para Professional Subs Needed

This individual works with special education children on an as needed basis during the school year. Hours are based on your flexibility - \$13.17/Hour - High School Diploma or G.E.D.

Applications are available in the K-12 and District Office or On-line at www.ortonville.k12.mn.us

Send completed applications to:

Jill Dale

Ortonville School

200 Trojan Drive

Ortonville, MN 56278

We are an equal opportunity employer.

Substitute Teachers Needed

The Ortonville School is always in need of licensed substitute teachers. We are looking for individuals who are flexible about scheduling and have a desire to work with students. Since we are in a rural area where there is a shortage of substitute teachers that hold a Minnesota teaching license the Minnesota Department of Education allows individuals with ANY bachelor degree to obtain a short-call substitute license. The Ortonville School currently pays \$20/hour for substitute teachers. If you are interested in obtaining a short-call license go the MN Dept of Education website at <https://education.state.mn.us> - Educator Excellence - Licensing - On-line Licensing System. There is a form at the end of the application that requires the superintendent to verify that we have a shortage of teachers in our area. Bring that form to the District Office for the Superintendent's signature. Once you get your license send it along with a completed employment application to Jill Dale, Ortonville Public School, 200 Trojan Drive, Ortonville, MN 56278.



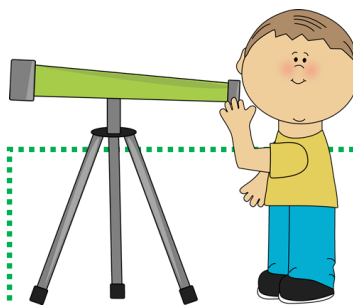
2021 Summer Rec Coaches Needed

If interested, contact Jill Dale at ortonvillesummerrec@gmail.com

**President's
Day Break:
February 12 &
15**

The **ACT**

**OHS ACT
Test is
March
30th!!!**



The Ortonville Community Education has 8 small telescopes and one very large telescope available to check-out for any and all community members. Contact the CE coordinator for more details.

WELCOME SIGNS Virtual Class

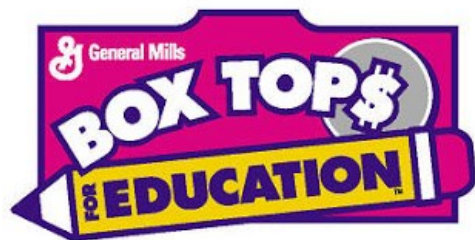
JOIN in this FUN & CREATIVE class to create your own one of a kind welcome sign. The choices are endless when you get to picking out how you want your sign exactly. You can choose from round or rectangle. Painted or vinyl. Sayings from a list or your own personalization. Bows and greenery if desired. The supplies for this class will all be supplied for you after you make your choices from the above options at registration time. See pics on the back page of this newsletter for ideas and sayings that you can use. This class will meet virtually in Zoom two times and you will want to be present for both times.

*Deadline to register/payment: Thursday, January 28th
Supplies must be picked up at Door #3 at Ortonville School on February 1st and/or 2nd.*

*Class Dates: Tuesday, February 2nd & Tuesday, February 9th
Time: 7pm*

Instructor: Kelsie Thomas

Cost: \$30 which includes supplies and instruction. (The only supplies you will need to provide is a hot glue gun and if you want other paint colors beside the black and white paint provided.)



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. Clip the box tops from the package and send them with an elementary student to school or drop them off in the school office.

Trojan Tech

For: 2nd-6th graders (PRE-REGISTRATION REQUIRED)
Days: Tuesdays & Thursdays
Time: 3:15pm-4:30pm
Location: OHS Media Center
Cost: FREE





Grab-n-Go Breakfast Ideas

Virtual Class-Make-Ahead, Grab-and-Go Breakfasts!

Ensure you and your family have access to quick and healthy breakfasts ready in no time to start your busy days! Save money too by making your own make-ahead breakfasts instead of purchasing them! Learn the foundations of how to make and store homemade breakfast sandwiches, wraps, waffles, cinnamon French toast sticks and more for the freezer. Experience the carefree feeling of knowing your family members can choose their own breakfast, reheat it within a couple of minutes, and be ready to go! Have your questions answered by the instructor and interact with other participants during this life altering class. Participants will receive a detailed professionally made handout of the instructor's personal recipes and instructions for the breakfasts made during the class. Tess Georgakopoulos, Dish it up Good

Saturday, February 20

3:30—5:00 PM

\$25 / registrant (fee can include numerous people from SAME HOUSEHOLD ONLY)

On-line class through Zoom

Call 320-269-5026 to pay with a credit card



Virtual Class- Parent/Child Cookie Magic! Bake- Along Class!

Have some fun participating in this LIVE virtual BAKE-ALONG class! Support your children in creating a variety of 3 cookie masterpieces! Masterpieces will include drop cookies, stuffed cookies, and a cookie pizza! We will be using the same cookie dough recipe to create all three! Choose which ones you would like to make and watch a demonstration of the others, or create all three if you like! Your children become the bakers as you support them in creating this cookie magic for the family! Have your questions answered by the instructor, and interact with other participants as you bake-along. While baking-along is loads of fun, it is optional. Participants will a list of ingredients at least a week in advance of the class to allow time for shopping and preparation. In addition, included in this fee is a copy of the instructor's personal recipes professionally created in PDF format. This class will take place on Zoom, a free on-line software. Participants will receive instructions on how to access the class prior to it starting. Tess Georgakopoulos, Dish it up Good.

Thursday, February 25th, 2021

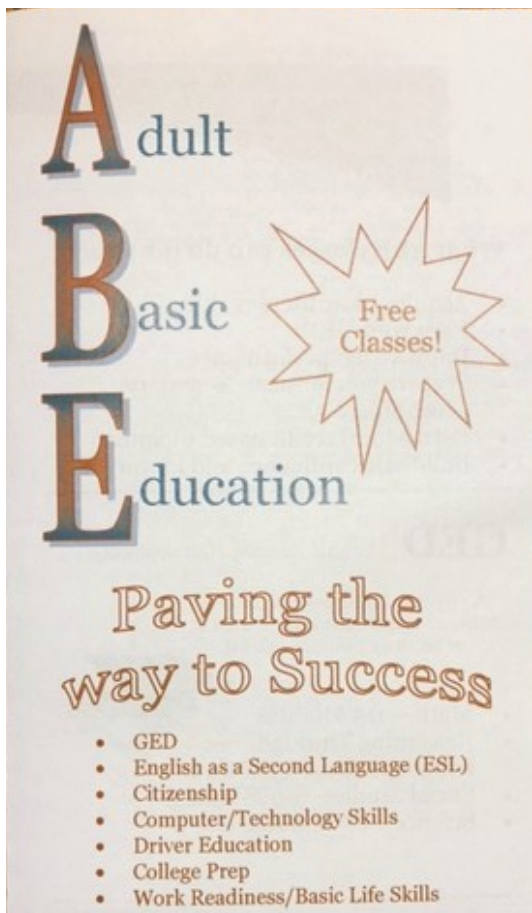
5:00—6:30 PM

\$25 / registrant (fee can include numerous people from SAME HOUSEHOLD ONLY)

Call 320-269-5026 to pay with a credit card

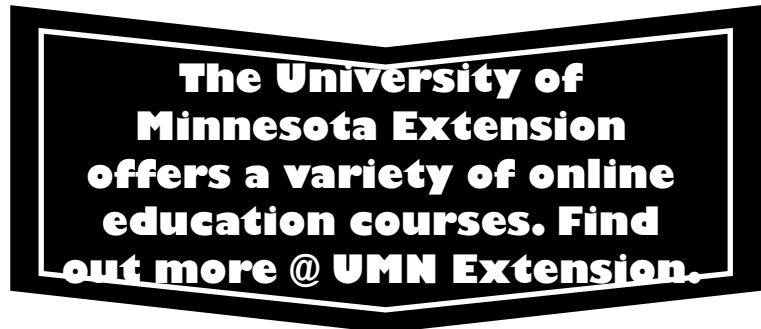


We LOVE Virtual classes!



Adult Basic Education & Basic Computer Classes

Ortonville Public Library
Fridays
Noon-3:00pm



Youth basketball: Boys & girls in grades 3rd-6th

If your child is interested in playing, please contact the respected coach listed below

WE ARE IN NEED OF VOLUNTEER COACHES FOR 3rd GRADE BOYS AND GIRLS AND 4th GRADE BOYS.

If interested in coaching, please contact Ashton Conroy at Ashton.conroy@ortonville.k12.mn.us

3rd Grade Boys or Girls (Coach Needed) - Ashton.conroy@ortonville.k12.mn.us

4th Grade Boys (Coach Needed) - Ashton.conroy@ortonville.k12.mn.us

4th Grade Girls (Coach: Ashton and Scott Conroy) - Ashton.conroy@ortonville.k12.mn.us

5th and 6th Grade Boys (Coach: Bill Wietman) - bill.wietman@ortonville.k12.mn.us

5th Grade Girls (Coach: Clint Dale) - cjdale37@gmail.com

6th Grade Girls (Coach: Alan Arndt) - Call 320-815-1592





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.



www.ortonville.k12.mn.us

Virtual Class- Parent/Child Pizza Palooza!

Homemade Pizza Cook-Along!

Have some fun participating in this LIVE virtual Pizza COOK-ALONG class! Learn how to make your own homemade pizza with homemade dough a variety of ways! Pizza Menu choice dishes for this class will include Party Pan Pizza, Stuffed Crust Pizza and Pizza Pinwheels OR stuffed Pizza Rolls! Choose which ones you would like to make and watch a demonstration of the others. Make lasting memories with your children as you create a wonderfully satisfying dinner together that will definitely become a family favorite. Your children become the chefs, as you support them in creating

Pizza for the family! Have your children's questions answered by the instructor, and interact with other participants as you both cook- along. While cooking-along is loads of fun, it is optional. Participants will receive the instructors personal recipe for the dough ahead of time and a list of ingredients at least a week in advance of the class to allow time for shopping and preparation. This class will take place on Zoom, a free on-line software. Participants will receive instructions on how to access the class prior to it starting. Tess Georgakopoulos, Dish it up Good

Friday, February 12th, 2021
5:00—6:30 PM

\$25/ registrant (fee can include numerous people from SAME HOUSEHOLD ONLY)

Call 320-269-5026 to pay with a credit card



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/2536>

- 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!

Schools Can Emerge Stronger; Post COVID-19

by Cory Larson, Ortonville Superintendent

When the pandemic is over, there will be COVID-19-related practices our teachers will appreciate seeing going away including social distancing and wearing masks. But there are some new activities that were forced on us due to COVID-19 that will stick around because they have the potential to improve student learning and school operations.

There's little doubt these past nine months have been a real challenge for everyone. This year has brought a shift to remote and hybrid instruction. These models are not entirely new, but adopting them in such short order to address the necessity of social distancing has not been easy. The pandemic has forced our teachers to consider how they deliver curriculum and content to students while juggling in-person lesson delivery with those students out of the classroom needing distance learning. However, the pandemic has resulted in at least one positive thing: a greater appreciation for the importance of public schools and students seated in front of their teachers. As parents struggle to work with their children at home due to school closure or students placed in quarantine, public recognition of the essential role schools play has grown. As students struggle to learn from home, parents' gratitude for in-person learning with their teacher has risen. It is the number one reason our COVID Command Team has placed such a high priority for keeping students in school the first half of the school year while balancing staff and students safety. The amount of support we've received from the Ortonville School Community to keep this a priority has been overwhelming and appreciated. For these reasons it will be important to look beyond these immediate concerns to what may be possible for education on the other side of the COVID-19 pandemic.

Technology has taken center stage in how we can educate our students better and more effectively. Although in-person learning will always be considered "best practice" we know there are opportunities for keeping students learning consistently together and on the same page even if faced with medical challenges or anything that may take a child away from his or her teacher. Our teachers have demonstrated that they can effectively teach students with the technology tools available. The technology levy that was voted on and passed some four years ago put Ortonville in a very good position to deliver effective lessons from a distance. Gone are the days when educators needed to have all students learning at the same rate and level (one size fits all education) as technology has afforded teachers the ability to differentiate their lessons to meet the learner where they're at, more effectively. If a student misses an in-class lesson, no problem, the information is made available with a click of the button. And the amount of videos and graphics available for student consumption only strengthens student understanding of the subject matter.

The pandemic has forced education innovation at a greater rate than ever before. The crisis has revealed the enormous potential for innovation; it will be up to our local school administrators and teacher leaders to capitalize on the opportunities to re-think how we can educate students individually. Questions that ask if all high school students need to be in class learning every day will be challenged and those schools that adapt and better meet the demands of their constituents will emerge as the winners in the race for greater student enrollment in out-state Minnesota. The hybrid model of learning has been a good model for how to best deliver as it gives students more ownership in their learning and provides flexibility in their schedule that allows students to take classes they may otherwise not be able to take due to current constraints of a fixed high school schedule. In addition, beyond the pandemic our schools are poised to implement remote learning to bridge an emergency closure such as a weather day as well as ramped up communications and connections made between home, school, and our community. It has opened lines of communication between home and school to better navigate our learning platforms to best communicate with teachers and check on students' assignments.

Our educators' learning curve during the pandemic has been enormous. I'm proud of our teachers and students for how they've come together to work through the challenges in 2020. We've experienced shifts in delivering content that sustained us through COVID and will more than likely stay with us beyond the pandemic. Those schools embracing and sustaining these changes will be poised to offer a better K-12 learning experience and emerge stronger than ever.



Nurses' Notes.....



RaeAnn Lupkes RN & Sara Tollakson RN

Coping With Stress

- Unplug from negative news and social media
- Practice relaxation
- Eat healthy, well-balanced meals
- Exercise on a regular basis
- Get plenty of sleep
- Avoid excessive alcohol and drug use
- Make time for you and the activities that you enjoy
- Connect with others in your community

#Unplug

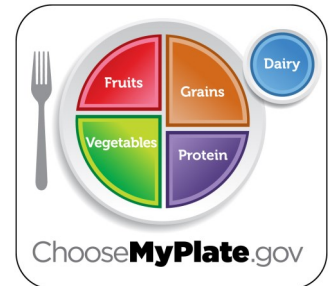
Relaxation



- Visualization
- Deep Breathing
- Massage
- Yoga
- Tai Chi
- Music and art therapy
- Stretching
- Aromatherapy

Healthy Eating

- Healthy fats—Avocado, nuts, seeds, fish, extra-virgin olive oil and sesame oil
- Less Salt—Avoid processed and prepackaged food, look for products that say “low sodium”, use no-salt spices or fresh herbs instead of salt
- Vegetables and fruit—Foods like dark, leafy greens, oranges, and tomatoes are high in vitamins and minerals
- Protein—Chicken, fish, nuts, eggs, yogurt, cottage cheese



Sleep



- Consistent sleep schedule
- Regular physical activity
- Avoid large meals, caffeine, and alcohol before bed
- Keep bedroom quiet, dark, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from bedroom



For additional information on health living, visit Ortonville Public School District website Nurse (Health) page at:
<https://www.ortonville.k12.mn.us/page/2533>

Ortonville Public School
200 Trojan Drive
Ortonville, MN 56278

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