

GOOD NEWS

ABOUT A GREAT LAKE SUPERIOR EDUCATION



A little drop of color into our life!
Photo credit: Heidi Kana



Burlington Bay



Thank you school volunteers!

SEPTEMBER 2018

IN THIS ISSUE:

| | |
|----------------------------|-------|
| Welcome New Teachers | 2 |
| Councilor's Corner | 8-9 |
| Community Ed Classes | 12-23 |

*Next Issue –
January 2019!*

We're on 

Lake Superior School District Community Education

WELCOME NEW STAFF



L to R: Jackie Renwald, Alicia Nopola, Callie Eliason, Megan Bredeson and Helena Ripley (Not pictured – Rebecca Bottelberghe and Teisha Sather)

Rebecca Bottelberghe

Speech Language Pathologist at William Kelley School

Rebecca was born in Duluth and raised in Marshall, MN. She received her Undergraduate Degree of Bachelors of Applied Sciences and a Master of Arts Degree from the University of MN Duluth. Rebecca and her husband, Jake, have a puppy named Remington.

"I am very excited to start my career at William Kelley in the Lake Superior School District. I love the community already and can't wait to help make a difference."

Megan Bredeson

6th Grade teacher at William Kelley School

Megan was born and raised in Willmar, Minnesota. She received her B.S. in Elementary Education and Minors in Early Childhood and Reading Language Arts at the University of Wisconsin-Superior. Megan lives in Duluth with her big black lab, Ollie.

"I am excited to work for Lake Superior School District and to work at William Kelley Elementary School."

Callie Eliason

School Counselor at Two Harbors High School

Callie was born and raised in Duluth, MN. She received a B.A. in Psychology and a B.A. in Communication at the University of Minnesota Duluth; and her MSE in Guidance and Counseling at the University of Wisconsin Superior.

"I am very passionate about the field of school counseling and being a supportive advocate for my students in helping them find success in high school and beyond!"

Sara Girard

Business Manager at Lake Superior School District Office

Sara was born in Columbus, Georgia, but parents moved a lot until her elementary years; she graduated from high school in Cottage Grove, Minnesota. Sara completed her Bachelor's Degree with Western Governor's University. She and her husband, Duane, have three children, Destyne (10), Kayne (8) and Liam (7). They have a cat and two dogs and enjoy fishing, hiking, biking, camping, and pretty much anything else fun outside. Sara enjoys painting, art, reading and keeping calm with yoga during some of her down time.

"I am very excited to start working with Lake Superior Schools. This is a great opportunity and the staff I have had the chance to work with so far have been amazing."



Alicia Nopola

Physical Education teacher at William Kelley Elementary School

Alicia was born in Two Harbors and grew up in Silver Bay. She received a B.A. in Physical Education at Mayville State University, with Minors in Business Administration and Coaching. Alicia will be the head volleyball coach and the assistant basketball coach at William Kelley this year. She has pet children: a dog named Stella and a horse named Finn.

"I am excited to get to know all of my students and to work with teachers that taught me growing up."

Jackie Renwald

English Language Arts teacher at Two Harbors High School

Jackie was born in St. Louis, Missouri and raised in Mankato, Minnesota. She received a B.A. in English and a Teaching Certificate in Secondary Education at Gustavus Adolphus College. Jackie and her husband, Charles, have a 14 year old son, Henry.

"I'm very grateful for how helpful and welcoming the staff at THHS has been to assist me getting started this year."

Helena Ripley B.A.

English Language Arts teacher at Two Harbors High School

Helena was born and raised in Bozeman, Montana. She received a B.A. in Political Science/International Relations at St. John's University, Queens, NY; B.A. in Secondary Education -Communication Language Arts at the University of Wisconsin-Superior; and will be completing her M.A. in Education: Reading Specialist Certification this December at the College of St. Scholastica.

"I live outside Two Harbors with my dogs, ducks and horses!" "I am very excited to work for the Lake Superior School District."

Teisha Sather

Special Education teacher at Minnehaha Elementary School

Teisha was born in Duluth and raised in Proctor. She received a B.A. and M.A. in Education /SpEd from the University of Wisconsin-Superior. Teisha is married to Brock Sather.

"I am so excited to start this school year! I have met so many wonderful people so far."

INDEX

New Staff..... 2

Notes From the Nurses' Office..... 4

Bulletin Board 6

ECFE..... 7

Counselor's Corner..... 8-9

That's Community Ed 10

Infinite Campus Online Payments..... 11

Community Education Classes..... 12-23

Superintendent's Message

The 2018-2019 school year has begun and we are excited for an outstanding school year.

We welcome new staff to the Lake Superior School District. You will be introduced to the new Lake Superior School District teachers in this edition of the Good News (See Page 2).

The Lake Superior School District has offerings for our students and community members throughout the school year. We are happy to be able to continue our Reading Pals program at the Minnehaha Elementary. Please consider volunteering to read with a child in this outstanding intergenerational activity. We encourage you all to come to the schools for concerts, athletic events, volunteering in classrooms and see what great things are taking place in the Lake Superior School District. Each site offers programming to assist our students. We have the Alternative Delivery Student Instruction System (ADSIS) and Title One to work on skills, primarily in reading and math. Targeted Services programs are after school for students to have fun with math and reading and keep the students connected with school. Credit recovery is also available for students, our counselors have information for credit recovery. Community Education offers enrichment courses for all ages throughout the school year in a variety of areas.

This year we have a new Elementary Science curriculum. The Elementary Science team researched multiple curriculums and found what they needed to upgrade our current teaching and meet the needs of our students. The Science teachers have been working over the summer writing curriculum and getting the curriculum organized and ready for implementation for the school year.

Our facilities are looking great. Our summer staff did an outstanding job getting the buildings ready for the school year. We have done a lot of painting throughout our schools. Check out the flooring improvements at Minnehaha Elementary School.

We have a newly revitalized auditorium at William Kelley in Silver Bay. This project would not be possible without the great work from Katie Fritz and generous contributions from the community and WKS alumni along with many grants received. Please plan to attend an event at to see the renovations.

The district is looking for bus drivers. We need drivers for our extra-curricular events and substitutes for our daily bus routes. If you have an interest in becoming a school bus driver please contact the district office, 218-834-8201 x 8216.

If you have any questions, suggestions or concerns regarding the schools or the district please contact the Lake Superior School District office at 218-834-8201 or by email at brandall@isd381.org.



Contact pcarlson@isd381.org or 834-8221 ext. 8409 for info about Reading Pal opportunities.

facebook

We would Love for you to "LIKE" us.

For the latest happenings for Community Education, check out our facebook page!

We encourage you to post, comment, like and share our site.

<https://www.facebook.com/#!/LSSDCE>

Make us your resource for information!

It is the policy of the Lake Superior School District No. 381 not to discriminate on the basis of disability, sex, race, color or national origin in its educational programs, activities, or employment policies.

Notes From the Nurses' Office

Minnehaha Elementary- Sherri Hobbs LPN (218)834-8221 x8434
Two Harbors High School- Sara Preston BSN LSN (218)834-8201 x8212
William Kelley Schools- Molly Gadsby BSN LSN (218)226-4437 x8108

The 2018/19 school year is underway! We hope you've all adjusted to the daily routine and are well on your way to a great school year. Remember, if you have questions related to physical or mental health needs, don't hesitate to call your school nurse. We're here to help everyone be as healthy as possible.

ABSENCE DUE TO ILLNESS

When notifying the school office that your child will be absent due to illness, please let us know your child's symptoms. If your child has been diagnosed with a contagious illness or rash, please let us know that, too. Your School Nurses work hard to track the illnesses going around so that we can let parents know what to watch for and help prevent widespread disease.

LICE- OH NO!

The most common seasons for lice infestations and outbreaks in schools are Fall and Spring as well as after a break. This is due to coming back to school after spending more time in close contact such as at sleepovers.

Lice are not picky and they DO NOT jump. They need humans to survive and will crawl or be 'carried' from one person to another. Lice do prefer squeaky clean hair because it's easier to 'glue' their eggs to clean hair.

We encourage students with longer hair to wear it up and we ask students to avoid sharing hair accessories, brushes, and sweatshirts. Please check your child's head every couple of weeks and let your school nurse know if you've found lice on your child. If you're unsure, let us know and we'll also check your child's head.

IMMUNIZATIONS

If your child is new to the district or newly enrolled in any program (pre-K - grade 12), including KIDS and Co., you must provide proof of immunization, medical exemption signed by a medical provider or notarized conscientious objection form. We are required by state law to have documentation of immunization status on file within 30 days of new enrollment. Lack of documentation may lead to exclusion from school until documentation is received.

FLU SHOT CLINICS ARE COMING SOON!

Influenza vaccination will be offered to students in grades K-12 and staff on Monday, October 1st at Two Harbors High School and on Wednesday, October 3rd at Minnehaha and William Kelley Schools. Information and consent forms will be sent home the third week in

September.

DISTRICT WIDE WELLNESS|

Did you know that Lake Superior School District has a district wide Wellness Committee? The goal of this committee is to work collaboratively with families, other agencies and staff to continue to improve the overall health of the school communities by revising policies, educating and helping to implement wellness activities. You're Invited! If you are interested in being part of the District Wellness Committee or have ideas for us, we want to hear from you. Call Sara, Licensed School Nurse, at (218)834-8201 x 8212 for more information.

SCHOOL CELEBRATIONS/ "SMART SNACKS"

This year, we are fully implementing the district Wellness Policy. You, as parents, have a part in helping us do this. Celebrations that involve special sweet treats during the school day are limited to no more than one party per class per month. Of course, healthy snacks are always welcome!

This link (<https://www.fns.usda.gov/school-meals/tools-schools-focusing-smart-snacks>) will take you to the USDA "Smart Snack" webpage where you can find options for healthy snacks.

A "Smart Snack" has:

Calories: 200 or less Added Sugar: Less than 35% of item weight

Trans Fat: 0 g

Saturated Fat: Less than 10% of calories

Total Fat: Less than 35% of calories

Sodium: 200 mg or less per serving

Teachers work hard to find fun and creative ways to celebrate special days at school that don't involve sweet treats. We encourage you to do the same for your child's special day and at home as well. While it is how most of us celebrate, parties don't always have to involve sweet treats.

FUNDRAISERS

Any foods marketed and sold to students during the school day must meet the USDA guidelines for healthy foods. This includes the hours of midnight to ½ hour after school has ended for the day and includes fundraisers marketed to students.

WATER WATER EVERYWHERE!

Thanks to the Northeast Service Cooperative we will have a water bottle filling station on the drinking fountain in the cafeteria at THHS as well as outside of the main office at William Kelley. There is also one at Minnehaha outside of the main office. We want all students and staff to drink more water every day AND we hope to cut down on the number of plastic bottles that end up in landfills. We encourage everyone to bring a refillable water bottle and use those bottle filling stations! Stay hydrated and be good to our planet!

UPCOMING EVENTS LAKE SUPERIOR SCHOOL DISTRICT

OCTOBER

- 1 Flu Shot Clinic for students at THHS
- 1-5 THHS Homecoming Week
- 1-5 KHS Homecoming Week
- 3 Flu Shot Clinic for students at WKS
- 10 National Walk to School Day
- 18 Schools Closed, MEA
- 24 WKHS Auditorium Celebration
6:00PM

NOVEMBER

- 1 Quarter Ends
- 2 No School, Teacher Workshop
- 2 THHS Choir Variety Show
- 6 Election Day
- 7 Conferences, 5-8 PM
- 7 WKS Veteran's Day Concert
& Program 2:30PM
- 8 No School, Conferences
all day and 5-8 PM
- 12 THHS Band Concert,
Grades 9-12
- 22 Schools Closed, Thanksgiving

DECEMBER

- 5 KES Elementary Music Program
- 10 THHS Middle School Band/Choir
Concert, Grades 6-8
- 17 THHS High School Band/Choir
Concert
- 17 KHS Holiday Music
Celebration (Band & Choir)
- 24-31 Schools Closed,
Christmas Break

JANUARY

- 1 Schools Closed,
Christmas Break
- 2 School Resumes
- 4 School is in Session this
Friday
- 17 End of Semester
- 18 No School, Teacher
Workshop
- 21 No School, Teacher
Workshop

Complete events calendar available online at www.lakesuperiorsd.org

IMPORTANT!

Late Starts Due to Weather Parents:

Please be aware that we will be utilizing a calling system to notify you of school closings and other important information.

If the early morning weather is questionable we may announce a two (2) hour late start. Please plan accordingly with your day care providers and family caretakers. Notification will take place between 5:00 and 5:45 AM. We also report to local media.

In addition, it is important to know that as a parent, if at any time you feel the weather situation would put your child at risk, you can keep them home without an absence deduct.

If you have any questions, feel free to call to discuss them with your child's building principal.



Bulletin Board



HOME-SCHOOL STUDENTS

Home-school students must register with the Lake Superior School District and have their immunizations on file. To receive the paperwork necessary to register your children, please call the District Office at 834-8201, ext. 8216.

SCHOOL BOARD MEETINGS

School board meetings are regularly scheduled for the second Tuesday of each month at 6:00 PM. Any individual or group wishing to address the School Board, must contact the District Office at (218) 834-8201, ext. 8216 no later than 3:00 PM, four business days prior to the meeting you wish to attend.

PARENT-TEACHER CONFERENCES, NOVEMBER 7 & 8

Parent-teacher conferences will be held Wednesday, November 7, 5-8 PM; and Thursday, November 8, all day.

LOOKING FOR THE DISTRICT PHONE DIRECTORY??

The most current update of the Lake Superior School District phone directory is always available at www.isd381.org. Click on CONTACTS.

RECYCLING UPDATE

The Two Harbors High School Enviro Club will be recycling ink cartridges and cell phone again. This program allows us to raise money while helping to protect the environment. Please bring your used ink cartridges or cell phones to the principal's office or room 1214. Call advisor Penny Juenemann at 834-8201 ext. 8287 if you have questions.



NATIONAL WALK TO SCHOOL DAY, OCTOBER 10

The goal of Walk to School Day is to raise awareness and support for the health, community and environmental benefits of regularly walking or biking to school. Get out for a walk to school or any time of day on October 10th.





ECFE

Early Childhood Family Education

Play ♦ Learn ♦ Grow

ECFE – Early Childhood Family Education

Registration is open for ECFE Mixed Age Sessions! Parents and children, newborn to pre-kindergarten age, participate in activities and experiences that build children's social, emotional, cognitive, physical and language development. Parent education is an important part of our program. Register soon at www.isd381.org. Look under the Community Ed tab for classes and registration. Sessions begin the week of September 24. *We've Moved. New Two Harbors rooms are located at Minnehaha Elementary School 421 7th Street, Two Harbors, MN*

Two Harbors - ECFE Play and Learn

Fun, appropriate and educational activities are offered each week. No parent time, simply time to be with your child, learn and make new friends. The fee is \$1 per family per week. Parents, grandparents, and caregivers are welcome and expected to stay in the classroom to play with and supervise their children.

Minnehaha ECFE room #116

Tuesdays, 9:30-11:30 AM

September 18 - December 4

ECFE Gym Night

Join us to play in the gym! Run, jump, throw, pedal and exercise. Everyone with children ages one to prekindergarten five is welcome. You do not need to be registered for ECFE to attend Gym Night. The fee is \$1 per child and collected at the door.

Two Harbors - Minnehaha Gym

Wednesdays, 6-7 PM

January 9, 16, 23 & 30

February 6, 13, 20 & 27

March 13, 20 & 27

April 3, 10, 17 & 24

Silver Bay – WKS Elementary Gym

Wednesdays, 6:30-7:30 PM

January 9, 16, 23 & 30

February 6, 13, 20 & 27

March 13 & 20

Contact ECFE in Silver Bay

William Kelley School #104

218-226-4437 ext. 8158

Contact ECFE in Two Harbors

Minnehaha room 116

218-834-8201 ext. 8362

Check out Lake Superior School District ECFE on Facebook for updates.



Contacts:

Minnehaha Elementary K-5: Rachel Howard, 218-834-8201, ext 8421, rhoward@isd381.org

Two Harbors High School 6-9: Dan Hebl, 218-834-8201, ext 8310, dhebl@isd381.org

Two Harbors High School 10-12: Callie Eliason, 218-834-8201, ext 8206, celiason@isd381.org

William Kelley High School K-12: Tami Duke, 218-226-4437, ext 8134 or tduke@isd381.org

10 WAYS TO HELP YOUR CHILD SUCCEED IN SCHOOL

(excerpts from Kidshealth, for complete article, <https://kidshealth.org/en/parents/school>)

Support from parents is key to helping kids do well academically. Here are 10 ways parents can put their kids on track to be successful students.

1. Attend Back-to-School Night and Parent-Teacher Conferences

2. Visit the School and Its Website

3. Support Homework Expectations

Homework in grade school reinforces and extends classroom learning and helps kids practice important study skills. It also helps them develop a sense of responsibility and a work ethic that will benefit them beyond the classroom. In addition to making sure your child knows that you see homework as a priority, you can help by creating an effective study environment. Any well-lit, comfortable, and quiet workspace with the necessary supplies will do. Avoiding distractions (like a TV in the background) and setting up a start and end time can also help.

A good rule of thumb for an effective homework and/or study period is roughly 10 minutes per elementary grade level. Fourth-graders, for example, should expect to have about 40 minutes of homework or studying each school night. If you find that it's often taking significantly longer than this guideline, talk with your child's teacher.

While your child does homework, be available to interpret assignment instructions, offer guidance, answer questions, and review the completed work. But resist the urge to provide the correct answers or complete the assignments yourself. Learning from mistakes is part of the process and you don't want to take this away from your child.

4. Send Your Child to School Ready to Learn

A nutritious breakfast and the right amount of sleep to be alert and ready to learn all day. Most school-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports, after-school activities, TVs, computers, and video games, as well as hectic family schedules, can contribute to kids not getting enough sleep. Lack of sleep can cause irritable or hyper types of behavior and might make it difficult for kids to pay attention in class. It's important to have a consistent bedtime routine, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out and limit stimulating diversions like TV, video games, and Internet access.

5. Teach Organizational Skills: When kids are organized, they can stay focused instead of spending time hunting things down and getting sidetracked. What does it mean to be organized at the elementary level? For schoolwork, it means having an assignment book and homework folder (many schools supply these) to keep track of homework and projects. Check your child's assignment book and homework folder every school night so you're familiar with assignments and your child doesn't fall behind. Set up a bin for papers that you need to check or sign. Also, keep a special box or bin for completed and graded projects and toss papers

6. Teach Study Skills: Teach your child how to break down overall tasks into smaller, manageable chunks so preparing for a test isn't overwhelming. You also can introduce your child to tricks like mnemonic devices to help with recalling information. Remember that taking a break after a 45-minute study period is an important way to help kids process and remember information.

7. Know the Disciplinary Policies: It's important for your child to know what's expected at school and that you'll support the school's consequences when expectations aren't met. It's easiest for students when school expectations match the ones at home, so kids see both environments as safe and caring places that work together as a team.

8. Get Involved

9. Take Attendance Seriously: Sick kids should stay home from school if they have a fever, are nauseated, vomiting, or have diarrhea. Kids who lose their appetite, are clingy or lethargic, complain of pain, or who just don't seem to be acting "themselves" should also take a sick day. Otherwise, it's important that kids arrive at school on time every day, because having to catch up with classwork and homework can be stressful and interfere with learning. Sometimes students want to stay home from school because of problems with classmates, assignments or grades, or even teachers. This can result in real symptoms, like headaches or stomach aches. If you think there's a problem at school, talk with your child — and then perhaps with the teacher — to find out more about what's causing the anxiety. The school counselor might be able to help. Also try to avoid late bedtimes, which can result in tardy and tired students. A consistent sleep schedule can help.

10. Make Time to Talk About School

LSSD #381 COMPREHENSIVE TESTING 2018-2019

Students in the Lake Superior School District are required by the state of Minnesota to take the Minnesota Comprehensive Assessments. These assessments are commonly known as the MCA, MTAS, or ACCESS exams. In addition to the state required tests, LSSD also administers the STAR assessments. These assessments are used to show student progress and growth over the course of the year.

Minnesota state statutes also requires school districts to offer during the school day an assessment to determine if students are college or career ready. In the 2018-2019 school year, we will again offer all juniors, or seniors who did not take it as a junior, the opportunity to take the ACT. Students will be charged a fee that is set by ACT to take the test unless they qualify for Free and Reduced Lunch.

View the full testing schedule for 2018-2019 on the district website: www.isd381.org

William Kelley:

Career and College Readiness presentation geared for parents/students of 11/12th graders on Wednesday, September 26 at 6 pm. in the school library. **Senior students/parents: Get hands on help for completing** the FAFSA from a college representative on Wednesday, October 10, at 6 p.m. If you plan on attending either of these events, an e-mail would be appreciated for planning purposes.

National ACT test date at WKS on Saturday, October 27th. Deadline for registration is Friday, October 21.



**IS YOUR CHILD 3?
EARLY CHILDHOOD SCREENING REQUIRED**

The free screening includes:

- Vision and hearing screening
- Height and weight measurement
- Review of immunizations
- Standardized developmental screening



Please note: Minnesota law requires a developmental and health screening for all children before enrolling in kindergarten; however, earlier screening allows children to access district programs prior to kindergarten if needed.

Screenings are held once each month. Please call to schedule an appointment. Two Harbors: 218-834-8201, ext. 8230, Silver Bay: 218-226-4437, ext. 8158.

CENSUS UPDATE

- Are you new to the district with an infant or preschooler?
- Do you have an addition to your family?
- Have you moved?
- Has your phone number changed?

To update your family account and to verify that your family is included in the current school district census statistics, call 834-8201, ext. 8230 or 226-4437, ext. 8158. It is important that you don't miss out on special communications mailed to families with preschoolers.

PRESCHOOL

If you need information about preschool in Two Harbors and Silver Bay, please call 218-834-8201, ext. 8230 or 218-226-4437, ext. 8137.

YOU CAN REGISTER ONLINE FOR COMMUNITY EDUCATION CLASSES!

Signing up for Community Education classes is EASY! Go to our Web site at www.isd381.org and click on Community Education. Then click on the Classes & Registration button on the navigation bar. There you can view the current class schedule, choose a class and pay for it using your debit or credit card. It's that easy and convenient. Sign up today!

NEED TO USE A SCHOOL FACILITY FOR A MEETING OR EVENT?

Facility Scheduling is now paperless! Requests should be made online.

To become a requester: <http://fsisd381.rschooltoday.com/authentication/credential/requesterlogin>

School activities take precedence over other events. For example: THHS gyms and auditorium are reserved for school use, 3:30 – 6:00 p.m., for sports practices, rehearsals, etc. If you need to reserve during

that time, contact Sandi Olson to discuss, 218-834-8201, ext. 8230.

New change in facility policy

For clients that are not exempted there is a minimal reservation charge. Call for the Community Education office for details: 218-834-8201, ext. 8230 or 218-226-4437, ext. 8137.

COMMUNITY EDUCATION ADVISORY COUNCIL

The Community Education Advisory Board meets four times a year. We welcome your ideas, suggestions, concerns and questions. Our meetings are open to the public. Please call Sandi at 834-8201, ext. 8230 or Jaime at 226-4437, ext. 8137 if you would like to attend a meeting.

CURRENT COUNCIL MEMBERS:

- | | |
|------------------------|---------------------------|
| Debbie Alm | Karen Tucker |
| Mary Aijala | Michelle Backes-Fogelberg |
| Paul Borg | Tom Burns |
| Tom Clifford | Greg Hanson |
| Barbara Houle-Schwanke | Deade Johnson |
| Maggie King | Dick Sigel |
| Karen Updegraff | Shelby Wrege |

The Advisory Council provides input and advice to the Community Education Department. Community Education offerings include: after school programs, adult education, school age care, driver's education, youth activities, community use of school facilities, early childhood family education, preschool and more. If you would like more information, please contact Chris Olafson Langenbrunner, Community Education Director, 218-834-8201, ext. 8227, clangenbrunner@isd381.org.



IS YOUR CHILD ON TRACK?

While all young children grow and change at their own rate, some children experience delays in their development. Special health conditions may affect children's development too. Minnesota's early intervention system has two programs for eligible children. The first program is for children age birth to 3 years old and the second program is for children age 3 to 5 years old. Minnesota children who are eligible for early intervention services can receive services in their home, child care setting or school. Services are free to eligible families regardless of income. Visit www.helpmefrowmn.org for more information on how children develop and for ideas to help your child learn and grow. If you have questions about your child's development or if you think your child might need extra help to learn visit the Help Me Grow website or call your health care provider or 1-866-693-GROW (4769) or the local Child Find Help Me Grow contact person at 218-879-1283. Accessing early intervention services as early as possible will ensure the best developmental outcomes for children.

Infinite Campus

ONLINE PAYMENTS

Infinite Campus Online Payments is the place to make payments for the Food Service Program and Activity Fees. Community Education continues to have a separate link to make payments for their programs.

Campus Online Payments is a reliable and secure payment processing solution that allows you to pay school-related fees 24/7 via the Campus Portal.

Payments can be made in real-time using a credit/debit card, checking or savings account. Methods of payments can be saved so you only need to enter information once. Rest assured this information is highly secure. After a payment is made you will be given the option to email or print a receipt for your records.

Visit www.isd381.org to begin viewing your child's account under the "Quick Links" at the right side of the home page.

If you have any questions regarding Online Payments or the Portal, please contact your school office.

HELP YOUR SCHOOL RAISE MONEY!



Two Harbors and Silver Bay students are collecting Kwik Trip Milk Caps and Box Tops for Education to earn cash for our schools. The box tops are on hundreds of products found in the grocery store such as: General Mills, Betty Crocker, Pillsbury, and Ziploc.

In addition, Two Harbors students are collecting Tyson A+ Labels, Coke caps, and Loaves for Learning.

In Two Harbors, items can be brought to teachers at the Minnehaha or the library at THHS.

Silver Bay PTSO is also collecting Our Family Brand (barcodes ONLY).

In Silver Bay bring the items to the drop off location outside the Community Education office in the William Kelley School and Zups Grocery Store.

TWO HARBORS COMMUNITY RADIO KTWH HARVEST MOON GALA

OCTOBER 6, 2018 7PM
MOOSE LODGE, TWO HARBORS
COME AND ENJOY AN EVENING
OF DANCING, GOOD FOOD
& SILENT AUCTION
\$20 PER PERSON



ENTERTAINMENT BY
THE NORTHWOODS BAND
AND BILL RABOLD AS DJ!
DANCE DEMOS
COME DRESSED IN THE
DANCE ERA YOU LIKED
THE BEST!

AFTER SCHOOL ACTIVITIES

Classes listed below will be offered after school. Please note individual class dates. Students will sign in after school in the cafeteria and have a snack that is provided. They will then go to their respective class from 3:30-5:00, and may not leave until 5:00 unless picked up by a parent/guardian. Transportation, snacks, and supplies are provided by a grant from the Silver Bay Area Charitable Fund (Duluth Superior Community Foundation). Students must sign up by 2:00pm each day if they need transportation home or they may be asked to call their parents for a ride. Sign up will be outside the Community Education Office. Classes are listed at the reduced price due to a donation from the Silver Bay PTSO.

FALL BACK INTO CERAMICS, GRADES K-6

Join a friend or make new ones. We will be welcoming the fall season with a fun harvest piece to paint and take home. Special treats and lots of fun. They will have 2 classes to complete their project. By the end of the second class they will be able to bring their completed pottery piece home. All materials are included in the class fee. Class is offered by Studio 29:11. 2 Class dates. Instructor: Barbara Hyde and Beth Peltó
10/8/18 and 10/15/18
Mondays, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$10.00

JR CHEER, GRADES 1-2

Put a little pep in you step by learning your favorite cheers and chants. Gym shoes and clothes required. Performance date and time to be determined. Instructor: Stacy Breden
10/22/18 - 12/3/18
Mondays, 3:30 -5:00PM
WKS - Auditorium Lobby
\$10.00

HOLIDAY TRADITIONS, GRADES K-6

Painting ceramic pieces for decoration or gift. We will be painting a winter themed piece and enjoying seasonal treats. They will have 2 classes to complete their project. By the end of the second class they will be able to bring their completed pottery piece home. All materials are included in the class fee. Class is offered by Studio 29:11. 2 Class dates. Instructor: Barbara Hyde and Beth Peltó
12/3/18 and 12/10/18
Mondays, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$10.00

STRUMMIN' AND HUMMIN' FOR KIDS, GRADE 1-6

Students will learn the parts of the guitar, names of the strings, and simple chords. At the end of the first session, students will have learned how to play one simple song, and two simple chords. Students can bring their own guitar or they will be supplied through the school for in class use.

NO CLASS DATES: Oct. 9 and 23, Nov. 6 and 20, Dec. 4

Instructor: Martha Chateleine
10/2/18 - 12/11/18
Tuesdays, 3:30 -5:00PM
WKS - ECFE Parent Room
103-A
\$22.00



CHEER SQUAD, GRADES 3-6

Put a little pep in you step and expand your cheerleading skills. Basic stunting (no flips). 2 performances, date and time to be determined. Stunting shoes required, order will be made through Instructor: \$35.00 and shoe size due first day of class. Black shorts or yoga type pants (No slip material) and t-shirt. Must be committed to all class dates. Class is held on Tuesdays and 3 Thursday dates: Nov 15, 29 and Dec 6
Instructor: Stacy Breden
10/23/18 - 12/6/18
Tuesdays & Thursdays, 3:30 - 5:00PM
WKS - Auditorium Lobby
\$15.00

TUESDAY ART CLASSES:

Let the creative juices flow every Tuesday after school with a variety of arts and crafts workshops that will excite and stimulate your elementary school boy or girl. Register for each week individually. These projects are structured for Kindergarten through 6th Grade and bunches of fun!
Instructor: Bonnie Warner

GLOW IN THE DARK NOTEBOOKS, GRADE K-6

10/2/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

CLIPBOARD ART, GRADE K-6

10/9/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

DOMINO ART JEWELRY, GRADE K-6

10/16/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

PUMPKIN DECORATING, GRADE K-6

10/23/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

HOLIDAY MASK DECORATING, GRADE K-6

10/30/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

MAGNETIC MEMO BOARDS, GRADE K-6

11/6/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

CHARMING SHRINK ART, GRADE K-6

11/13/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

CERAMIC COASTERS, GRADE K-6

11/20/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

2019 CALENDAR CREATIONS, GRADE K-6

11/27/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

WIND CHIMES, GRADE K-6

12/4/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

BOHO BRACELETS, GRADE K-6

12/11/18
Tuesday, 3:30 -5:00PM
WKS - Multi-Purpose Room 04
\$5.00

AFTERSCHOOL SWIM WEDNESDAYS, GRADES K-6

Splash and have fun with your friends. Bring your suit and towel. Must wear a swim cap.
PLEASE NOTE NO CLASS ON: Oct. 10 & 31, Nov. 7 & 21, Dec. 5
Instructor: Jamie Gnerer
10/3/18 and 12/12/18
Wednesdays, 3:30 - 5:00PM
WKS - Pool
\$15.00

JOLLY JOURNEYS' AFRICAN SAFARI, GRADES 3-4

In these two classes students will travel by story to exotic East Africa where they will meet roaring lions, zany zebras, and gentle gorillas, as well as many other wild animals and the natives that live among them! Various reading comprehension strategies will be highlighted as the African stories are read. After the students listen to the stories, the "travelers" will create African based art projects to remind them of that day's African adventures. An optional follow-up writing prompt to do at home will be included. Class size is limited to 10.

Instructor: Mary Jo Taintor
11/7/18 and 11/14/18
Wednesdays, 3:30 - 5:00PM
WKS - Multi-Purpose Room 04
\$10.00

OUT THERE, GRADE 1-5

Playing with nature. Game and art activities that may open your eyes to new dimensions of the forests you live in. Some outdoor exploration, weather permitting.

Instructor: Karen Updegraff, DNR
10/4/18 and 10/11/18
Thursdays, 3:30 - 5:00PM WKS - Multi-Purpose Room 04
NO FEE



PAINT YOUR OWN POTTERY MUG WITH THE POTTERY BURN STUDIO!, GRADE K-6

Create your very own hot cocoa mug for any occasion. We will have sample ideas for many seasons or you can create your own design. A variety of colors & tools will be provided to help you create your masterpiece. All mugs will be painted by you, brought back to the studio & kiln fired. They will be returned to the school in about a week for you to pick up. All materials provided.

Instructor: Amanda Korhonen
10/25/18
Thursdays, 3:30 - 5:00PM
WKS - Art Room 205
\$15.00

VISA AND MASTERCARD ACCEPTED FOR PAYMENT

ARTS, CRAFTS AND HOBBIES

FABULOUS WIRE WRAPPED RINGS

Come see how fun it is to wrap your own custom ring designs using artist wire and beads, stones and baubles. We will experiment with 1/2 round and square wire, incorporate a bead or stone in the piece and finish the ring with some decorative twists and turns. Students bringing their own beads must make sure that bead holes are drilled through so they can be secured in each design. All supplies furnished.

Instructor: Bonnie Warner 10/17/18
Wednesday, 6:00 - 8:00PM
WKS - Multi-Purpose Room 04



SOCK SNOWMAN & GNOME

In this class you will make a snowman and gnome. This is a fun and easy class for all ages. All supplies are included.

Instructor: Gina Thompson
10/24/18
Wednesday, 6:00 - 8:00PM
WKS - Art Room 205
\$25.00

WOOD DOUBLE-SIDED SNOWMAN/SCARECROW

Looking for a fun craft project to display for Fall and Winter? Come join us and make a double-sided wooden Snowman & Scarecrow. One side is a snowman and the other a scarecrow. All supplies included. Plan on 3 hours.

Instructor: Gina Thompson 11/7/18
Wednesday, 5:30 - 8:30PM
WKS - Art Room 205
\$25.00



BARNWOOD DECOR

Altered barn wood is all the rage these days so what better way to enjoy the art then to create a barn wood holiday card holder or photo decor piece of your very own. Students will learn to stain, paint and distress barn wood, then build a wall decor piece embellished with fiber and clothespins large enough to display photos or holiday cards. All supplies furnished.

Instructor: Bonnie Warner
11/14/18
Wednesday, 6:00 - 8:00PM
WKS - Multi-Purpose Room 04
\$15.00

FABRIC SNOWFLAKE

Take home a beautiful 10" snowflake to proudly display in your window. All supplies are included. Great for a unique Christmas gift!

Instructor: Gina Thompson
12/5/18
Wednesday, 6:00 - 8:00PM
WKS - Art Room 205
\$25.00



THE POURING OF PAINT

Join the newest craze in the art world while taking this exceptionally exciting class. No abundant artist abilities that you're aware of? No worries! You may even discover your inner Picasso while being carefully guided under the proficient eye (only one eye though) of the teacher. While learning The Pouring of Paint you will be using specific techniques to achieve a stunning, one of a kind masterpiece. Your guests will wonder: Why is this not in an Upscale Art Gallery?" or "Could they possibly have borrowed it from the Louvre in Paris?" No!! YOU created this masterpiece in a Community Education class. You choose either one 16"x20" canvas or two 12"x12" canvases and you will also paint a 2"x2" mini. \$30 supply fee due to instructor at beginning of class (cash preferred); all supplies included. Register by 12/4.

Instructor: Cyndi Buchholz
12/11/18
Tuesday, 6:00 - 8:15 PM
WKS - Art Room 205
\$15.00



FABRIC ORNAMENTS

This is a wonderful origami-type project incorporating quilting scraps to create a 3-D pine cone perfect for holiday decoration. Fabric scraps, an egg-shaped base and lots of bitty pins make a stunning center piece for wreaths, trees or gift embellishments. A great project for art clubs and social get-togethers.

Instructor: Bonnie Warner

12/12/18

Wednesday, 6:00 - 8:00PM

WKS - Multi-Purpose Room 04

\$21.00

GENERAL INTEREST

DRIVER IMPROVEMENT 4-HOUR REFRESHER

This driver improvement refresher course is for anyone who has already taken the 8 hour, first time class.

Taught by a MN Hwy Safety Center trained Instructor: it will explore changes in traffic laws, the latest vehicle technology, traffic safety, and accident prevention.

Completion of this class qualifies for a 10% reduction on automobile insurance premiums in MN for those ages 55 and over. Please bring a pen or pencil. Feel free to bring a drink and snack to enjoy during the class.

Instructor: Dean Skalicky

10/2/18

Tuesday, 5:00 - 9:00PM

WKS - Library

\$22.00

DRIVER IMPROVEMENT - 8 HOUR

This driver improvement course is the 8 hour, first time class. Taught by a MN Hwy Safety Center trained Instructor: it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Please bring a pen or pencil. Feel free to bring a drink and snack to enjoy during the class.

Instructor: Dean Skalicky

10/9/18 and 10/10/18

Tuesday and Wednesday, 5:00 - 9:00PM

WKS - Library

\$26.00

SOCIAL SECURITY: TIMING IS EVERYTHING

Social Security is very complex. We will take you through the choices and help ensure the decisions you make are best for your situation.

Instructor: Gregory Hanson

10/11/18

Thursday, 6:30 - 8:00PM

WKS - Library

\$5.00

5 KEYS TO RETIRING FEARLESSLY

Learn how to manage risks all retirees face—outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs—to help you maximize income in your retirement.

Instructor: Gregory Hanson

10/23/18

Tuesday, 6:30 - 8:00PM

WKS - Library

\$5.00

WINTER DRIVING TIPS

Sgt. Neil Dickenson of the Minnesota State Patrol will provide winter driving safety tips that include what to do if involved in a crash, how to get out of a skid, and safety equipment that you should have in your vehicle.

Instructor: Neil Dickenson

10/25/18

Wednesday, 6:00 - 7:00 PM

WKS - Library

No fee

GARDEN HARVEST TIPS AND PROPER VEGETABLE STORAGE

The advantage of having your own garden is that you can pick and savor your vegetables when they are at their optimal flavor. But how can you tell when to harvest your vegetables? How should you store your squash if they all are ready for harvest at the same time? What are the best conditions to store your homegrown vegetables long term? Join us for some tips on harvest and storage of veggies so you can enjoy your fall harvest fully.

Instructors, Lake County Master Gardeners

11/7/18

Wednesday, 5:30 - 7:00 PM

WKS - Library

\$7.00

HEALTH/SAFETY/WELLNESS

AN INTRODUCTION TO THIEVES ESSENTIAL OIL

Participants will learn all about Thieves Essential Oil and the benefits it provides in their daily life.

Participants will make an immunity roll-on during class, along with Thieves soft scrub + a stain stick. This is a great opportunity to learn more about this amazing essential oil and bring it's power home with you.

Instructor: Jenny Goutermont

10/10/18

Wednesday, 6:00 - 7:00 PM

WKS - FACS Room 115

\$15.00

CPR/CPR REFRESHER/FIRST AID

For persons wishing to become certified in CPR, or for those whose certification has expired or is about to expire. Learn adult, infant and child CPR, along with AED (Automated External Defibrillator). The First Aid portion will cover bandaging, treating shock, burns, injury to bones, muscles, joints, etc. You are now required to purchase a book; the cost (\$17) is included in the class fee. Register by 10/25.

Instructor: Sharrie Houdek

11/13/18

Tuesday, 5:30 - 9:30PM

WKS - Library

\$65.00

MUSIC AND DANCE

STRING STRUMMIN'

Students will learn the parts of the guitar, names of the strings, and simple chords. At the end of the first session, students will have learned how to play one simple song, and two simple chords. Students must bring a guitar to class.

NO Class on Oct. 18, Nov. 8 and 22.

Instructor: Martha Chateleine

10/11/18 - 12/13/18

Thursdays, 7:00 - 8:00PM

WKS - ECFE Parent Room 103-A

\$45.00



POOL ACTIVITIES

EARLY MORNING LAP SWIM

Lap swim for ages 12-adult. Must bring a swim cap, suit and towel. CLASS IS 45 MINUTES LONG. 23 CLASS DATES. NO CLASS ON Nov. 21

9/24/18 - 12/12/18

Mondays and Wednesdays, 6:45 - 7:30AM

WKS - Pool

\$115.00

EVENING LAP SWIM

Lap swim for ages 12-adult. Must bring a swim cap and towel. CLASS IS 45 MINUTES LONG. 23 CLASS DATES. NO CLASS ON Nov. 21. **Please note class time change.**

9/24/18 - 12/12/18

Mondays and Wednesdays, 5:15 - 6:00PM

WKS - Pool

\$115.00

EARLY MORNING LAP SWIM THURSDAYS

Lap swim for ages 12-adult. Must bring a swim cap, suit and towel. CLASS IS 45 MINUTES LONG. 3 CLASS DATES. 9/27/18 - 10/11/18
Thursdays, 6:45 - 7:30AM
WKS - Pool \$15.00

WATER AEROBICS

Water Aerobics is an excellent cardio workout but also low impact and easy on the joints. This class will consist of both cardio and toning exercises that will work the whole body. There will be a combination of shallow and deep water exercises. 45 minute class, 19 class dates. NO class on Oct. 17 and 24 and Nov. 21. **Please note class time change.**

Instructor: Danelle Donner
10/1/18 - 12/12/18
Mondays and Wednesdays, 6:15 - 7:00PM
WKS - Pool
\$95.00

SPORTS AND EXERCISE

CO-ED VOLLEYBALL

Whether you are a student or an adult, if you know how to play or not, come spend your Wednesday evenings playing this fabulous lifetime sport! Must Pre-Register. A certain number of registrations are required for the class to be held, otherwise class will be cancelled.

Instructor: Keri Johansen
9/26/18 - 12/19/18
Wednesdays, 7:00 - 8:30PM
WKS - HS Gym
\$15.00



WALKING FOR YOUR HEALTH

Walkers are welcome to use the William Kelley School halls for exercise Monday through Thursday 4:00 - 6:00 PM. The buildings will not be open on school holidays. Strollers are allowed, but for safety reasons, running or jogging behind strollers is not allowed. Use the front, main entrance doors when entering the buildings. Clean walking shoes and an ID badge are required. There is a \$3 fee covers the cost of the walker ID badge and lanyard (payable in the Community Education office). If you purchased a badge in the past, please bring it in to get a new free pass card.



YOUTH ACTIVITIES

3RD - 6TH GRADE VOLLEYBALL

In this program Coach Nopola along with high school volleyball players will teach the basic fundamental skills of volleyball to youth grades 3-6th. The skills of passing and setting will be introduced and practiced through various fun drills. We will also introduce hitting and blocking form as well as court dynamics. Look for flyer to be sent home with students.

Instructor: Alicia Nopola
Dates TBD
Times TBD



COMBO DANCE CLASS

8 week session of Pre-Ballet/Hip Hop classes for 4-6 year olds. Students will build flexibility and strength through basic ballet exercises, explore hip hop moves, view short dance performances, and have 10-15 minutes of free play at the end of class. This session will be followed by a winter session beginning later in January. The goal is to perform two routines in the spring - hopefully in the elementary talent show! 12 students maximum, with priority given to students who attended the summer session. Ballet slippers preferred, but barefoot is okay too. Pink ballet slippers required for the spring performance. Please talk with teacher if you've already purchased another color of slippers for your child.

No Class on Oct. 19, Nov. 2, and 23.

Instructor: Krista Anderson

9/28/18 - 12/7/18

Fridays, 10:00 - 11:00AM

WKS - Elementary Gym

\$15.00

NORSHORE KIDZ LIVE!

Free! Open to all Kids K-12! Join the fun as we sing and dance to some current pop favorites like.... 1,2,3,4, Count on Me, ROAR, Best Day of My Life. Beginning on Friday, September 14th 10:30am-12:30pm. At the Baptism River Community Church located in Finland. Free lunch is provided. Program will be in November. To register, and for questions or transportation needs please call or email Darlene at 218-226-4739 or nsnative51@hotmail.com.

Director: Mary Carroll

Choreographer: Sheena Rae Frericks

Two Harbors Community Education

ARTS, CRAFTS & HOBBIES

BARNWOOD DECOR

Altered barn wood is all the rage these days so what better way to enjoy the art then to create a barn wood holiday card holder or photo decor piece of your very own. Students will learn to stain, paint and distress barn wood, then build a wall decor piece embellished with fiber and clothespins large enough to display photos or holiday cards. All supplies furnished. Register by 10/25.

Instructor, Bonnie Warner
11/1/18

Thursday, 6:00 - 8:00 PM
THHS - FACS Cooking Room 2305
\$25.00



CHRISTMAS BARN QUILT

You will paint a 24" x 24" outdoor quality Christmas Barn Quilt to hang on your barn, garage, shed, fence, outhouse, garden gate or just prop it on your porch!! \$35 materials fee payable to instructor at the beginning of class, includes everything you will need to create this beautiful holiday quilt. Bring a hair dryer (small travel size if you have one) to class. Choose one of the five quilt patterns shown and the instructor will have that pattern drawn on your board and ready for you to paint. Register by 12/4

Instructor, Cyndi Buchholz
12/12/18

Wednesday, 5:30 - 9:30 PM
THHS - Art Room 1305
\$41.00

FABRIC ORNAMENTS

This is a wonderful origami-type project incorporating quilting scraps to create a 3-D pine cone perfect for holiday decoration. Fabric scraps, an egg-shaped base and lots of bitty pins make a stunning center piece for wreaths, trees or gift embellishments. A great project for art clubs and social get-togethers. All supplies furnished. Register by 11/29.

Instructor, Bonnie Warner
12/5/18
Wednesday, 6:00 - 8:00 PM
THHS - FACS Cooking Room 2305
\$25.00

FABULOUS WIRE WRAPPED RINGS

Come see how fun it is to wrap your own custom ring designs using artist wire and beads, stones and baubles. We will experiment with 1/2 round and square wire, incorporate a bead or stone in the piece and finish the ring with some decorative twists and turns. Students bringing their own beads must make sure that bead holes are drilled through so they can be secured in each design. All supplies furnished. Register by 10/4.

Instructor, Bonnie Warner
10/10/18
Wednesday, 6:00 - 8:00 PM
THHS - FACS Cooking Room 2305
\$25.00



SOCK SNOWMAN & GNOME

In this class you will make a snowman and gnome. This is a fun and easy class for all ages. All supplies are included. Register by 10/16.

Instructor, Gina Thompson
10/25/18
Thursday, 6:00 - 8:00 PM
THHS - FACS Cooking Room 2305
\$15.00

THE POURING OF PAINT

Join the newest craze in the art world while taking this exceptionally exciting class. No abundant artist abilities that you're aware of? No worries! You may even discover your inner Picasso while being carefully guided under the proficient eye of the teacher. While learning The Pouring of Paint you will be using specific techniques to achieve a stunning, one of a kind masterpiece. Your guests will wonder: Why is this not in an Upscale Art Gallery?" or "Could they possibly have borrowed it from the Louvre in Paris?" No! YOU created this masterpiece in a Community Education class. You choose either one 16"x20" canvas or two 12"x12" canvases and you will also paint a 2"x2" mini. \$30 supply fee due to instructor at beginning of class (cash preferred); all supplies included. Register by 10/10.

Instructor, Cyndi Buchholz
10/17/18

Wednesday, 6:00 - 8:15 PM
THHS - Art Room 1305
\$21.00



TWO HARBORS QUILTERS

Do you love quilting? Two Harbors Quilters is a new quilt group that will meet once a month to share ideas and techniques while having FUN! This group is not a quilt guild. There are no dues, no rules, and no quilt police. We will be under the umbrella of the Two Harbors Community Ed Program. A typical meeting will consist of a brief welcome and introduction, a game and prize drawing, demonstration, show and tell, question and answer session, idea sharing, and special activities and projects. Ideas for group activities and meetings content will be up to all members. New ideas welcome! Activities could include swap events, challenges, guest speakers, quilt alongs, charity work, trash to cash events, block lotto, trunk shows, quilt shows and more! This groups is open to everyone interested in quilting; all skill levels welcome. Dates for meetings will be the second Thursday of each month except for December 4. For the October meeting please bring a quilt you own, have made, or a pattern you would like to make for Show and Tell. Registration is

required.
Coordinator, Luanne Ellingsen
10/11/18 - 5/9/19
Thursdays, 6:30 - 8:30 PM
THHS - Community Room \$
15.00

WOOD DOUBLE-SIDED SNOWMAN/ SCARECROW

Looking for a fun craft project to display for Fall and Winter? Come join us and make a double-sided wooden Snowman & Scarecrow. One side is a snowman and the other a scarecrow. All supplies included.

Register by 11/7.
Instructor, Gina Thompson
11/15/18
Thursday, 5:30 - 8:30 PM
THHS - Art Room 1305
\$22.00



COMPUTER TRAINING

STUDENT TO SENIOR TECH NIGHT

AGE to age welcomes seniors to an opportunity to learn about technology in a customized 1:1 setting. Fun, food, and your very own student helper. Seniors can choose from a variety of topics. Bring your own device (phone, tablet or digital camera) or use a school iPad or computer. Choose your topic: digital photography, Facebook, e-mail, Internet searching and online safety, Skype, iPhones, iPads, or other portable devices. This will be a self-paced workshop where students and seniors work together to learn new technology skills in a fun and stress free environment. You'll need to let us know what you hope to learn and what type of device you are bringing in advance. To register, call Community Education at 218-834-8201, ext 8230 or you can also register online. Snacks and refreshments will be provided. Register by 10/17.
Instructor, Drew Christensen
10/24/18
Wednesday, 4:00 - 5:30 PM
THHS - Computer Lab 1109- Media Center
\$5.00

GENERAL INTEREST

CREEPY CREATURES

Enjoy a virtual field trip to the Lee Richardson Zoo's Distance Learning Studio using the school's Telepresence system. More than just bugs get a bad rap. Many creatures have unfairly been given a bad reputation. Often it is because people don't understand them. We will take a look at scary looking critters that are very beneficial and quite intriguing once you get over the 'ick' factor. These events are free and open to the public courtesy of a grant from the Blandin Foundation, but all participants (including children) must register ahead of time to ensure proper seating arrangements. The programs are targeted for people of all ages to enjoy, especially younger students with an interest in science, history and the arts.

Instructor, Kris Lee
10/9/18
Tuesday, 3:45 - 4:45 PM
THHS - Room 2203/Telepresence
No Fee

DRIVER IMPROVEMENT COURSE - 4 HOUR REFRESHER

The driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. If you provide your email address you will receive a notice when your certification is about to expire. Bring a pen to class. You must register by 10/10.

Instructor, Dean Skalicky
10/15/18
Monday, 5:00 - 9:00 PM
THHS - Community Room
\$22.00

DRIVER IMPROVEMENT COURSE - 8-HOUR

This driver improvement course is the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. If you provide your email address you will receive a notice when your certification is about to expire. Bring a pen to class. You must register by 10/16.

Instructor, Dean Skalicky
10/22/18 & 10/23/18
Monday & Tuesday, 5:00 - 9:00 PM
THHS - Community Room
\$26.00

GARDENING WITH NATIVES WITH SPECIAL FOCUS ON POLLINATOR AND WILDLIFE HABITAT

Instructor, Jadell Cavallin, is a Master Gardener, bee keeper, and owner of Little Waldo Farm. Are you interested in adding native plants to your landscape? Do you enjoy watching wildlife, bees, or birds, but have trouble with rabbits or deer munching on your precious ornamentals? This class will focus on those plants that will attract a variety of wildlife and beneficial insects to your landscape, but help to keep the deer and rabbits from destroying those plants you appreciate so much. Register by 9/27.

Instructor, Jaddell Cavallin
10/3/18
Wednesday, 5:30 - 7:00 PM
THHS - Community Room
\$10.00



INTRO TO HONEY BEEKEEPING I

Have you thought about becoming a beekeeper, or pondered about a hive on your property, and you just weren't sure where to start? This class is a two part series on honeybees and their care in the Northland. Honey beekeeping is a fascinating hobby, but there are some key concepts to caring for them throughout our changing seasons. If you are interested in learning the basics of beekeeping, the first session will focus on introductory beekeeping, and the second session (register separately) will focus on the more in-depth details of honey production, swarming, and over-wintering. Register by 11/6.

Instructor, Jaddell Cavallin
11/14/18
Wednesday, 5:30 - 7:00 PM
THHS - Community Room
\$25.00

INTRO TO HONEY BEEKEEPING, PART II

Intro to Honey Beekeeping II will focus on the more in-depth details of honey production, swarming, and over-wintering. Must have taken Intro to Honey Beekeeping I. Register by 11/21.

Instructor, Jaddell Cavallin
11/28/18

Wednesday, 5:30 - 7:00 PM
THHS - Community Room
\$10.00

NATIVE BEES AND THEIR IMPORTANCE IN YOUR LANDSCAPE

Are you interested in growing healthier happier plants in your landscape? Did you know that there are over 400 species of native bees in Minnesota, and they are essential in the health of many of our native plants, shrubs and trees? They also fill a large role in pollinating many of our vegetables, ornamental flowers, and herbs. Even better still, many of our native bees are stingless, meaning they are safe to encourage living on your property. If you are interested in better understanding native bees, how to support them within your own property, and what they can do for you, join us for a session all about bees. Register by 10/11.

Instructor, Jaddell Cavallin
10/17/18

Wednesday, 5:30 - 7:00 PM
THHS - Community Room
\$10.00

LONG-TERM CARE PLANNING AND MEDICAL ASSISTANCE ELIGIBILITY

Here's the good news...we're living longer!

But, as we age, we need to prepare for potential long-term care needs. This seminar will cover strategies to pay for long-term care, how Medicare, Medicaid and Veterans Benefits factor into long-term care planning, and other important financial and estate planning considerations. Planning ahead may help you retain more of your hard-earned money, and will give you peace of mind. Register by 10/25. This seminar is presented by Ruthanne Hedstrom Vos, attorney with Mathison & Vos, PLLC in Grand Marais, Minnesota.

11/1/18
Thursday, 6:30 - 8:00 PM
THHS - Computer Lab 1109- Media Center
\$7/person or \$10/couple

WINTER DRIVING TIPS

Sgt. Neil Dickenson of the Minnesota State Patrol will provide winter driving safety tips that include what to do if involved in a crash, how to get out of a skid, and safety equipment that you should have in your vehicle. Register by 10/9.

Instructor, Neil Dickenson
10/16/18

Tuesday, 4:30 - 5:30 PM
THHS - Community Room

No Fee

HEALTH/SAFETY/WELLNESS

CPR/CPR REFRESHER/FIRST AID

For persons wishing to become certified in CPR, or for those whose certification has expired or is about to expire. Learn adult, infant and child CPR, along with AED (Automated External Defibrillator). The First Aid portion will cover bandaging, treating shock, burns, injury to bones, muscles, joints, etc. You are now required to purchase a book; the cost of the book and certification card is included in the class fee. Register by 10/3.

Instructor, Sharrie Houdek
10/9/18

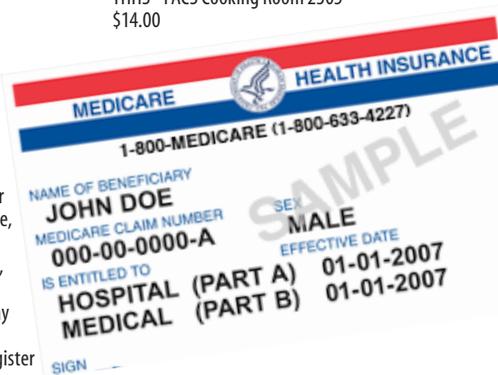
Tuesday, 6:00 - 10:00 PM
THHS - Health Room 2034
\$65.00

ESSENTIAL OILS ROLLER BAR

Join Stacy and learn more about essential oils and how she uses them in her everyday life. She will teach you how to utilize oils for sleep, stomach issues, energy, aches, and more. Each person will take home two roller balls of their choice. All materials are furnished. Register by 11/21.

Instructor, Stacy Nightwine
11/29/18

Thursday, 6:00 - 7:00 PM
THHS - FACS Cooking Room 2305
\$14.00



MEDICARE FRAUD AWARENESS

This class assists Medicare beneficiaries, their families and caregivers to protect, detect and report health care fraud, errors and abuse through outreach, counseling and education. Learn how to prevent Medicare and health care fraud, and protect against identity theft and scams and how to report suspicious activity. Learn about the new Medicare cards that are being mailed to all beneficiaries. Register by Oct. 16.

Instructor, Deade Johnson
10/24/18

Wednesday, 5:00 - 7:00 PM
THHS - Community Room
\$5.00

WELCOME TO MEDICARE

Participants will learn about the different components of Medicare, costs, coverage, how and when to enroll, Medicare Savings Programs, Medigap policies, Part D prescription plans and other insurances such as employer, Veterans, COBRA. Additional information provided on prescription cost assistance programs, preventive coverage, resources such as www.Medicare.gov, Minnesota Department of Commerce and www.MinnesotaHelp.info." Register by Sept. 20.

Instructor, Deade Johnson
9/26/18

Wednesday, 5:00 - 7:00 PM
THHS - Community Room

\$5.00

MUSIC & DANCE

BELLY DANCE, BEGINNING

No other exercise taps into the essence of female power like belly dance. Surrounded by terrific women of all shapes and sizes, you will be amazed how quickly you come to learn the proper form and technique of belly dance moves. The natural antidepressant and confidence boosting qualities of this low impact cardio workout will stretch and engage your body from head to toe! Please join us in comfortable clothing, and bring a hip scarf if you have one. No class 11/6.

Instructor, Judie Sarff

9/25/18 - 12/4/18
Tuesday, 6:00 - 7:00 PM

Minne - Cafeteria
\$49.00

BELLY DANCE, BEYOND

For those who have completed one year of beginning belly dance. We will work to layer moves, increasing our flexibility and stamina. Advanced moves, choreography, and props will be introduced and practiced to further enhance belly dance skills. Let's keep the belly dance fire rolling! No class 11/6.

Instructor, Judie Sarff

9/25/18 - 12/4/18
Tuesday, 7:15 - 8:15 PM

Minne - Cafeteria
\$49.00

COMMUNITY MOVING WELL™ WORKSHOP

In the Community Moving Well™

Workshop participants will be introduced to Kairos Alive! Creative Aging tools and techniques, utilizing our dance, music, theater and storytelling model, to engage older adults, family members and colleagues in joyful performing arts involvement to affect personal community health and wellbeing. We welcome community members interested in improving the lives of older adults including: Older adults, community leaders, medical and social service professionals, family and volunteer caregivers, Age-to-Age participants, students, teachers, families and friends. This workshop will include an in person Dancing Heart Live session, 11a.m. to noon.

10/1/18
Monday, 9:00 AM - 12:30 PM
TH Community Center
FREE!

INTRODUCTION TO THE UKULELE

Beginner's group ukulele lessons for ages 8 - 88. The first class will be an introduction to the instrument and you will receive information on what to look for when purchasing a ukulele, and where to shop. The last class in the session will be a class recital. Register by 9/20. A limited number of scholarships are available; for further information call AI at 218-834-9526. No class 11/6.

Instructor, Alan Anderson
9/25/18 - 11/20/18
Tuesday, 6:00 - 7:00 PM
THHS - Choir Room 2410
\$40.00

POOL ACTIVITIES

AM LAP SWIM

Early morning lap swim for ages 12-adult. Must bring cap, suit and towel. Park in the parking lot off Cedar Road and enter through door #14. There will be no early morning swim if school has a late start or is canceled. A reminder to our lap swimmers: The pool is open to all registered adults and the lanes will be shared during lap swim. Class time will change to 6:00 - 7:00 AM beginning Oct. 1.

Lifeguard, Kathy Ronning
5:30 - 6:30 AM
THHS - Pool/Locker Rooms

MONDAY

9/10/18 - 12/17/18
\$75.00

WEDNESDAY

9/5/18 - 12/19/18
\$80.00

VISA AND MASTERCARD ACCEPTED FOR PAYMENT



THURSDAY

Pool closed 10/18, 11/22.
9/6/18 - 12/20/18
\$70.00

AQUA AEROBICS/DEEP WATER FITNESS INSTRUCTOR TRAINING

This is not a certified course. Learn the art of leading aqua aerobics classes. The course covers basic water exercises, safety and how to create

and conduct challenging and fun classes that meet a variety of fitness levels. Must have considerable experience participating in or teaching water exercise classes, must be comfortable in both shallow and deep water, friendly, outgoing and able to project your voice loudly! This training runs simultaneous to Deep Water Fitness classes as presence in the DWF class will be a key component of instruction on many Wednesday evenings. There will be 7 (45 minute) class sessions in the THHS library from 5:30 to 6:15 p.m. (prior to deep water fitness class) on these Wednesdays: 9/19, 9/26, 10/3, 10/17, 10/31, 11/21, and 12/12. The rest of the training will be in the pool during DWF classes. Students Need to buy the Book: Exercise in Water: A complete guide to progressive planning and instruction (Fitness Professionals) by Debbie Lawrence. New and used copies are available for purchase at Amazon.com. If you are also registered for the Deep Water Fitness class you will be refunded for one day of that class. Register by 9/12. (no class 10/10)
Instructor, Patty Carter
9/19/18 - 12/19/18
Wednesday, 5:30 - 6:15 PM
THHS Library
\$62.00



DEEP WATER AQUA FITNESS

Intermediate level class offering non-impact, cardiovascular and strength training performed in deep water wearing a flotation belt. Must be comfortable in deep water. Equipment provided. Challenging and fun! FYI: During the fall high school swim season the pool temperature will be slightly cooler.

Instructor, Patty Carter
9/12/18 - 12/19/18
Wednesday, 6:30 - 7:30 PM
THHS - Pool/Locker Rooms
\$93.00

LAP SWIM, EVENING

Evening lap swim for ages 12-adult. This class will be canceled due to insufficient registration, so register early. Park in the parking lot off Cedar Road and enter through door #14. A reminder to our lap swimmers: The pool is open to all registered adults and the lanes will be shared during lap swim.
Lifeguard, Lisa Hebl, Lifeguard, Deanne Thomasen
9/12/18 - 12/19/18
Wednesday, 7:30 - 8:30 PM
THHS - Pool/Locker Rooms
\$75.00

SPORTS & EXERCISE

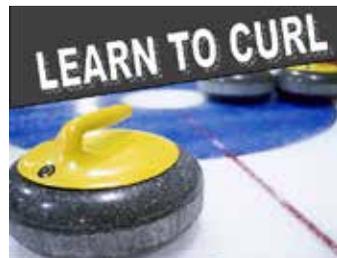
BALANCED BODY

Balanced Body is a class suitable for all fitness levels. This is a class that will be done for the most part while standing. All muscle groups will be used to increase strength, balance and coordination through stretching, upper body, core, and lower body exercises. Weights will be incorporated into the workout but are not necessary as all exercises can be done without the use of weights. If you are looking for a full body workout this class is perfect for you. Please bring your own mat, wear comfortable clothes and bring a water bottle. You can add light hand weights if you would like to increase the intensity. Register by 9/19.

Instructor, Jillian McCorison
9/24/18 - 12/10/18
Monday, 6:15 - 7:15 PM
Minne - Gym
\$77.00

LEARN TO CURL

Ages 12 to Adult. Come join one of the fastest growing Winter Olympic sports. Learn to Curl classes include instruction of the game and etiquette, and use of equipment. Wear loose fitting clothing and bring a clean pair of rubber-soled shoes with you. Class is two nights with the option of continuing on the Sunday Novice League or other THCC leagues. You are welcome to also attend Open Houses on October 26, 28 and November 4th. Register by 10/24.
Two Harbors Curling Club Members
10/29/18 & 10/31/18
Monday & Wednesday, 7:00 - 9:00 PM
Two Harbors Curling Club
\$15.00



CURLING NOVICE LEAGUE, AGES 12 TO ADULT.

Learn a new sport, stay active in the winter months and meet new people. This curling league is for the beginner Adult and Junior curlers. After attending the Learn to Curl Class, you will get additional practice, curling tips and play 4-end games. Register by 11/6.

Two Harbors Curling Club Members

Nov. 11 & 18; Dec. 2, 9, 16 and Jan. 6.

Sunday, 3:30 - 5:00 PM

Two Harbors Curling Club

\$25 for adults/Jr. Curlers are free but they must register.



PILATES MAT CLASS

Pilates is a wonderful form of exercise for everybody, regardless of fitness level, that engages the mind and body. This will be an introductory mat class that increases strength without bulk; flexibility; balance and circulation; creates long, lean muscles; improves posture; reduces stress and helps in preventing and rehabilitating from injuries. Elements from Pilates for Buff Bones will also be incorporated; this will include bone-strengthening techniques while emphasizing balance and alignment. Pilates promotes a feeling of physical and mental well-being. Please bring your own mat, wear comfortable clothes and bring a water bottle. You can add light hand weights (2-5 pounds) if you would like to increase the intensity. Register by 9/19.

Instructor, Jillian McCorison

9/26/18 - 12/12/18

Wednesday, 6:15 - 7:15 PM

Minne - Gym

\$77.00

VOLLEYBALL, ADULT CO-ED

Everyone is welcome to play co-ed volleyball. All levels accepted; no jungle rules. Register before you play.

Instructor, Amy Bergerson

9/26/18 - 11/21/18

Wednesday, 7:00 - 9:00 PM

THHS - Gym

\$15.00

WALKING FOR YOUR HEALTH

Is it too cold or icy to walk outside? Walkers are welcome to use the THHS and Minnehaha halls for exercise Monday through Thursday from 6:30-7:30 a.m. and 4:00-7:00 p.m. The buildings will not be open on school holidays. Strollers are allowed, but for safety reasons, running or jogging behind strollers is not allowed. At THHS, in the upper lot you can enter at Door #1 (main door); park in any space that is not numbered. If you come in the lower level, enter through door #12; park in the spaces at the Western side of the lower lot. At Minnehaha, enter through door #1 (by the flag pole). Clean walking shoes and an ID badge are required. Your \$3 fee covers the cost of the walker ID badge and lanyard (payable in the Community Education office). If you purchased a badge in the past, please bring it in to get a new free pass card. You can pick up your pass in the Community Ed. office. \$3.00

WHOLE YOGA

For all levels. We will explore various yoga postures and movements, building strength and flexibility, while also releasing stress and tension. Learn healthy breath patterns, a little yoga philosophy, and practical off the mat tools for modern living. Class will end with a deep relaxation practice and a 5 minute meditation. Bring a small pillow or blanket, a water bottle, and a yoga mat. There will be a few extra mats available for student use.

No class 10/18, 11/8, 11/22.

Instructor, Hilary Buckwalter Kesti

9/27/18 - 12/13/18

Thursday, 6:00 - 7:15 PM

Minne - Gym

\$81.00

YOUTH CLASSES/ACTIVITIES

ABDUCTION RESISTANCE, GRADES 3 & UP

Students will learn self-protection in age appropriate terms related to stranger abduction: Role playing of safety scenarios; Proper use of progressive resistance when contacted, confronted, or attacked; Basic escapes, striking, and kicking techniques as self-defense against abduction. Class will involve physical practice combined with lecture and video lessons. Parents are welcome. Instructor is a certified black belt karate instructor through the World Tang Soo Do Association. No charge for this class - but you must register.

Instructor, Rick Peterson

10/2/18 - & 10/4/18

Tuesday & Thursday, 3:45 - 5:15 PM

Minne - Gym

No Fee

AGATE CHEER CLINIC, GRADES K-6

Bring your own snack. If Minnehaha students need to ride the bus over to the high school, the varsity cheerleaders will meet them when they get off the bus. Pick up should be at the main doors, as we will wait for parents as a group. The performance will be at half time at the varsity football game September 21st. Mini cheerleaders are also invited to come and watch the C team football game on September 18th, to sit in the stands and cheer on our JV girls. Your athlete will learn some crowd cheers, sidelines, and a cheer to perform at the football game. The theme of the football game is USA. Please dress your athlete in red, white and blue for the performance. You must register before you attend the clinic.

Coach, Melanie Ross

9/17/18 - 9/20/18

Monday, Wednesday & Thursday, 4:00 - 5:30 PM

THHS - Auditorium

\$28.00

BABYSITTER CLINIC

For youth grades 5 & up. This class will provide participants with basic safety/babysitting skills that will prepare them to stay home alone and to be a dependable, capable babysitter when the time comes. Participants will receive a certificate upon completion of class. Bring a snack. You must register before you attend this class; class numbers are limited.

Instructor, Michelle Libby

10/10/18 & 10/11/18

Wednesday & Thursday, 3:40 - 6:30 PM

Minne - Library

\$20.00

BASKETBALL - BOYS & GIRLS, GRADES K-3 --- NO FEE

This multi-level introduction and teaching of basketball skills will include basic skills, running, and fun drills. Varsity players will be assisting the program. If you have interest in helping with this youth group please contact April Smitke at 218-340-8153 or april.smitke@gmail.com. No practice Dec 22 & 29. There is no fee for Grades K-3 basketball this year; all costs will be funded by Two Harbors Hoops Club, but registration is required so preparations can be made by coaching staff. Parents and youth are invited to attend the Fun night/parent meeting/t-shirt fitting night October 22, 6:30 in the THHS gym. 12/1/18 - 2/23/19
Saturday, 8:45 - 10:00 AM
THHS - Gym - THHS Spectator (3 Gyms)
No Fee

BASKETBALL REGISTRATION, GRADES 4-6

-NO FEE

Registration is required BEFORE students can practice. Online Registration is highly encouraged. Visit www.isd381.org, click on Community Education, Classes and Registration, Two Harbors Community Education, and then Youth Activities. Also check our Facebook page Two Harbors Hoops Club for information. If disciplinary action is required, we will follow THHS and MSHSL eligibility rules. If you are interested in coaching please contact April Smitke at 218-340-8153 or april.smitke@gmail.com. There is no fee for Grades 4-6 basketball this year; all costs will be funded by Two Harbors Hoops Club, but registration is required so preparations can be made by coaching staff. Please register by Oct. 19. It is highly recommended that parents and youth attend the Fun Night/Parent Meeting/Uniform Fitting Night, Oct. 22, 6:30 p.m. in the THHS gym. Note: Coaches need to be advised of any medical conditions.

No Fee



COMPETITIVE SWIMMING/DIVING, GIRLS IN GRADES 4-6

This is an excellent opportunity for you to learn and develop the basic skills needed to compete in swimming and diving. Students may participate in a swim meet on October 27th; more information will be available at class. Bring a one piece suit, goggles, cap, and towel. Park in the parking lot off Cedar Road and enter through door #14. You must register before you attend class. Coach, Heather Mayfield
10/1/18 - 10/24/18
Monday & Wednesday, 4:15 - 5:15 PM
THHS - Pool/Locker Rooms
\$40.00



CREEPY CREATURES

Enjoy a virtual field trip to the Lee Richardson Zoo's Distance Learning Studio using the school's Telepresence system. More than just bugs get a bad rap. Many creatures have unfairly been given a bad reputation. Often it is because people don't understand them. We will take a look at scary looking critters that are very beneficial and quite intriguing once you get over the 'ick' factor. These events are free and open to the public courtesy of a grant from the Blandin Foundation, but all participants (including children) must register ahead of time to ensure proper seating arrangements. The programs are targeted for people of all ages to enjoy, especially younger students with an interest in science, history and the arts.

Instructor, Kris Lee

10/9/18

Tuesday, 3:45 - 4:45 PM

THHS - Room 2203/Telepresence

No Fee

CURLING: LEARN TO CURL

Ages 12 to Adult. Come join one of the fastest growing Winter Olympic sports. Learn to Curl classes include instruction of the game and etiquette, and use of equipment. Wear loose fitting clothing and bring a clean pair of rubber-soled shoes with you. Class is two nights with the option of continuing on the Sunday Novice League or other THCC leagues. You are welcome to also attend Open Houses on October 26, 28 and November 4th. Register by 10/24. Two Harbors Curling Club Members
10/29/18 & 10/31/18
Monday & Wednesday, 7:00 - 9:00 PM
Two Harbors Curling Club
\$15.00

CURLING: KIDSCURL, AGES 6-14

Kids will meet for seven weeks to have fun as they learn the sport of curling with an emphasis on respect and good sportsmanship. Previous KidCurlers will review material and play more games with instruction. Classes and use of equipment are free. Instructors are professional teachers who are passionate about curling. Kids should wear loose fitting clothing and bring a clean pair of rubber-soled shoes with them. A parent must attend the KidsCurl sessions with their child.

Two Harbors Curling Club Members
November 11, 18, Dec 2, 9, 16, Jan 6 (13th - free admission to watch Junior Nationals)
Sunday, 2:00 - 3:00 PM
Two Harbors Curling Club
\$5.00

CURLING NOVICE LEAGUE, AGES 12 - ADULT

Ages 12 to Adult. Learn a new sport, stay active in the winter months and meet new people. This curling league is for the beginner Adult and Junior curlers. After attending the Learn to Curl Class, you will get additional practice, curling tips and play 4-end games. Register by 11/6.

Two Harbors Curling Club Members

Nov. 11 & 18; Dec. 2, 9, 16 and Jan. 6.

Sunday, 3:30 - 5:00 PM

Two Harbors Curling Club

\$25 for adults/Jr. Curlers are free but they must register.

JUNIOR CURLING, GRADES 5-12

Junior curling league is open to boys and girls to learn the sport of curling and etiquette, and play league games. Equipment is provided. Kids should wear loose fitting clothing and bring a clean pair of rubber-soled shoes with them. Junior curlers will have free admission to watch the USCA Junior National Curling Playdowns in Two Harbors and can curl in the Novice League free of charge. Six sessions with option to watch the USCA Junior Nationals for no charge on Sunday, Jan 13. Two Harbors Curling Club Members
Nov. 30, Dec 7, 14, 21, 28, Jan 4, (13th - free admission to watch Junior Nationals)
Friday, 10:00 AM - 12:00 PM
Two Harbors Curling Club
\$5.00



DRIVER EDUCATION - THHS

We appreciate that our students have busy schedules, but attendance in Driver's Education must be a priority. One make-up day is scheduled for an unavoidable conflict. Any further missed lessons will be made up at an additional charge of \$90 per lesson; no allowances will be made. The program features 32 hours of classroom instruction and 6 hours of behind the wheel instruction. Classes are open to students 14 1/2 years of age or older who reside or attend public school within Lake Superior School District #381 and have their parent/guardians permission if under 18. Classes are instructed by public school teachers. Guest speakers will be from law enforcement, etc. A make-up day is scheduled for Monday, October 29, 5-8 p.m. There is a parent component on Wednesday, Oct. 3, at no additional cost, but you must register separately for the meeting.

Mondays, Sept. 24, Oct. 1, 8, 15, 22, 5-8 PM.

Thursday, Oct. 18, 8-11 AM.

Fridays, Sept. 28, Oct. 5, 12, 26, 8-11 AM (no class 10/19).

Make-up Day, Monday, Oct. 29, 5-8 PM.

Teacher, George Olson

THHS - Room 2313

\$410.00

DRIVER EDUCATION PARENT MEETING

The parent night for driver education is meant to educate parents on the laws regarding teen drivers, the risks involved related to driving and teens, and to equip parents with tools and strategies for a successful driving experience for them and their teens. Teens are required to attend this meeting with their parent; it does not count towards their required 30 hours of class time. Parent participation reduces required practice driving time from 50 to 40 hours. Certificates are awarded for completion of the Parent Session. There is no additional cost for the parent meeting, but registration is required.

Teacher, George Olson

10/3/18

Wednesday, 6:00 - 7:30 PM

THHS - Cafeteria

No Fee

FLAG FOOTBALL, GRADES K-4

Flag Football is for all boys and girls in grades K-4 (3rd and 4th graders have the option to play "Pony" or "Flag" Football). Registration forms can be picked up at the Community Education office at THHS or you can register on-line through the Community Education website. Please contact Coach Nelson 834-8221 ext. 8407(w) or 830-8083 (c) with any questions. All players need medical insurance coverage--no exceptions. GO AGATES!!

9/11/18 - 10/17/18

Tuesday & Wednesday, 4:00 - 5:30 PM

Odegard Park

\$50.00

PONY FOOTBALL

For students in grades 3-6; 3rd & 4th grade students can play Pony instead of Flag Football if the student and parent(s) request it. Games will be on Saturday mornings; a schedule will be handed out. Parents are responsible for transportation to and from games. The \$70 fee includes ALL equipment with the exception of football cleats, which you must supply. Your registration fee, insurance form, and physical form should be turned in to the Community Ed. Office. Forms available when you register online or in Community Ed. office. Call Coach Nelson @ 834-8221, ext. 8407 or cell # 830-8083 with any questions. GO AGATES!!

8/20/18 - 10/18/18

Monday - Thursday, 4:00 - 5:45 PM

Odegard Park

\$70.00



AFTER SCHOOL ART FOR KIDS @ MINNE, GRADES K-5

Let the creative juices flow every Monday after school with a variety of arts and crafts workshops that will excite and stimulate your elementary school boy or girl. Register for each week individually. Make it a family event by coming with your small fry to help them along or sign up and you can make the project too!

Instructor, Bonnie Warner

Monday, 3:30 - 5:00 PM

Minne - Cafeteria

GLOW IN THE DARK NOTEBOOKS

10/1/18

\$15.00

CLIPBOARD ART

10/8/18

\$15.00

DOMINO ART JEWELRY

10/15/18

\$15.00

PUMPKIN DECORATING

10/22/18

\$15.00

HOLIDAY MASK DECORATING

10/29/18

\$15.00

MAGNETIC MEMO BOARDS

11/5/18

\$15.00

CHARMING SHRINK ART

11/12/18

\$15.00

CERAMIC COASTERS

11/19/18

\$15.00

2019 CALENDAR CREATIONS

11/26/18

\$15.00

WIND CHIMES

12/3/18

\$15.00

BOHO BRACELETS

12/10/18

\$15.00

BARNWOOD HOLIDAY CARD DECOR

Altered barnwood is all the rage these days so what better way to enjoy the art then to create a barnwood holiday card or photo decor piece of your very own. Students will learn to stain, paint and distress barnwood, then build a wall decor piece embellished with fiber and clothespins large enough to display photos or holiday cards.

Instructor: Bonnie Warner
11/21/18
6:00 - 8:00PM, Wednesday
\$25.00

CALENDAR CREATIONS

This workshop is perfect for those hard to fill stockings. What better a gift then a custom made calendar - everyone has to have at least one and the one made in this workshop will be one of a kind! Students are welcome to bring personal photos to incorporate in their calendar and all the bling will be provided to make a special 2019 gift that will be a keepsake year round.

Instructor: Bonnie Warner
12/2/18
12:00 - 4:00PM, Sunday
\$25.00

FABRIC ORNAMENTS

This is a wonderful origami-type project incorporating quilting scraps to create a 3-D pine cone perfect for holiday decoration. Fabric scraps, an egg-shaped base and lots of bitty pins make a stunning center piece for wreathes, trees or gift embellishments. A great project for art clubs and social get-togethers.

Instructor: Bonnie Warner
11/28/18
6:00 - 8:00PM, Wednesday
\$25.00

FABULOUS WIRE WRAPPED RINGS

Come see how fun it is to wrap your own custom ring designs using artist wire and beads, stones and baubles. We will experiment with 1/2 round and square wire, incorporate a bead or stone in the piece and finish the ring with some decorative twists and turns. Students bringing their own beads must make sure that bead holes are drilled through so they can be secured in each design.

Instructor: Bonnie Warner
10/24/18
6:00 - 8:00PM, Wednesday
\$25.00

PAPER CRAFTING WITH THE CRICUT CUTTING SYSTEM

Students will learn how to use the Cricut Cutting System to create a stack of handmade cards, scrapbook pages or vinyl projects. We will spend

time learning how the machine works, how to select settings, papers and various cutting mediums to create successful projects, lettering and paper craft projects. Instructor: Bonnie Warner
10/7/18
12:00 - 4:00 PM, Sunday
\$25.00

TUESDAY EVENING SOMA YOGA FLOW YOGA

A blend of a blend of hatha yoga: (mind awareness, body alignment, breath practices and meditation) and somatics (which works with voluntary muscles and brain reeducation.) Class concentrates on breath awareness and breath practices, uses Mudras and Mantras, asana, relaxation, and meditation to dive into all layers of mind, body and soul. Students flow from one posture into the next, focusing on their energy flow through the body and their breath letting this be their teacher. Water bottle recommended. FOCUS: Increase flexibility, strength & stability This class incorporates breath work and postures to increase the body's alignment, strength and flexibility. Emphasis on the inner core, building awareness, and finding ease in the body. 11 sessions.

Instructor: Kim Josephson
10/2/18 - 12/11/18
7:00 - 8:00 PM, Tuesdays
\$144.00

TUESDAY MORNING SOMA YOGA FLOW YOGA

A blend of a blend of hatha yoga: (mind awareness, body alignment, breath practices and meditation) and somatics (which works with voluntary muscles and brain reeducation.) Class concentrates on breath awareness and breath practices, uses Mudras and Mantras, asana, relaxation, and meditation to dive into all layers of mind, body and soul. Students flow from one posture into the next, focusing on their energy flow through the body and their breath letting this be their teacher. Water bottle recommended. FOCUS: Increase flexibility, strength & stability This class incorporates breath work and postures to increase the body's alignment, strength and flexibility. Emphasis on the inner core, building awareness, and finding ease in the body. 11 sessions.

Instructor: Kim Josephson
10/2/18 - 12/11/18
9:00 - 10:00AM, Tuesdays
\$144.00



UP-CYCLED HOLIDAY CARDS

What a wonderful way to spend a Sunday afternoon then creating holiday cards, gift tags and gifts using recycled holiday cards that you received from previous seasons! Commercial cards are beautiful and it is a shame to just toss them after the holidays...so pack them up and we will spend the day up-cycling them into cards that will turn heads. We will spend time using various die cut card patterns as well as custom handmade envelopes and gift tags. Nothing goes to waste in this workshop!

Instructor: Bonnie Warner
11/4/18
12:00 - 4:00PM, Sunday
\$25.00

WORKING THROUGH YOUR SHADOWS WITH THE YAMAS AND NIYAMAS

This class helps you to help face the fears that consume us. You will "rewrite" a story of your own transformation. Which conditioned person are you? Who is your wolf? What does it say about your own past, present, future? We will be working through your shadows with the guidance of the yamas and niyamas: The yamas and niyamas are yoga's ethical guidelines laid out in the first two limbs of Patanjali's eightfold path. They're like a map written to guide you on your life's journey. Simply put, the yamas are things not to do, or restraints, while the niyamas are things to do, or observances. Together, they form a moral code of conduct. The five yamas, self-regulating behaviors involving our interactions with other people and the world at large, include: Ahimsa: nonviolence; Satya: truthfulness; Asteya: non-stealing; Brahmacharya: non-excess; Aparigraha: non-possessiveness, non-greed. The five niyamas, personal practices that relate to our inner world, include: Saucha: purity; Santosha: contentment; Tapas: self-discipline, training your senses; Svadhyaya: self-study, inner exploration; Ishvara Pranidhana: surrender (to God) You will need a journal, something to write, draw, and color with. Class includes powerpoint presentations, meditation, writing, drawing, activities, yoga practices, safe place, handouts, and class participation. I will be using the books Yamas and Niyamas by Deb Adele and Pigs Eat Wolves by Charles Bates. You can purchase these books used off Amazon for under \$10. Book are not needed but helpful. 8 Sessions
Instructor: Kim Josephson
10/10/18 - 5/8/19
7:00 - 8:30PM, Wednesdays
\$160.00



I. S. D. #381 COMMUNITY EDUCATION

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Our Mission

Lake Superior School District will provide an educational environment encouraging lifelong learning, self-fulfillment and responsible citizenship.



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Two Harbors Community Education (218) 834-8201 #8230

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Grades PreK – 5 • 421 7th Street • Two Harbors, MN 55616 • (218) 834-8221

William Kelley School
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Silver Bay Community Education (218) 226-4437 #8137
Finland Community Education – Clair Nelson Community Center
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