The Value of Community Partnerships

By Dr. Brian Maher, Superintendent

It sounds so simple. Could relationships really be the key to improved student achievement? They may well be.

As part of the Sioux Falls School District’s Strategic Plan, school leaders are taking a closer look at some of the challenges in our schools – attendance, math and reading performance, graduation rates, and college readiness. Committees are working hard to develop initiatives to move the needle in these areas. As that work unfolds, a common theme weaves its way into most of those conversations.

The key to student success is to build relationships with students – to help them see the value of their education; to show them that someone, namely their teacher, misses them when they are not in class; and to help students connect what they are learning in school to what they will need to know to be successful after high school. While relationships – and trust – between students and staff are paramount, the relationships between schools and the broader community are equally important.

Sioux Falls Public Schools are fortunate to count businesses – large and small – as partners in education. These partnerships (relationships) look different across the city, but they are an integral part of the educational offerings we can provide to K-12 students. The most obvious advocates for public education start with the Mayor, the Police and Fire Departments, the Health Department, the Street Department, the Parks and Recreation Department and every other facet of city government. The Sioux Falls Area Chamber of Commerce and the Community Foundation support educational interests through advocacy.

Countless businesses support the School-Based Mentoring Program run by Lutheran Social Services. Financial contributions and other support comes from the United Way. Volunteers teach age-appropriate lessons about finances through Junior Achievement. Skilled-trade businesses sponsor programs at the Career and Technical Education Academy, giving students access to industry-level equipment on which to learn and train.

Vern Eide Motorcars has sponsored the Teacher of the Year Program for 28 years. Dozens of organizations and individuals donate to teacher grants through the Sioux Falls Public Schools Education Foundation. The medical and mental health facilities in Sioux Falls provide internship opportunities, support curriculum through a variety of in-class presentations and stand ready to help with student needs. Others support our student activities through contributions to the Presidents’ Bowl. Ultimately, these partnerships – these relationships – allow your schools to help students discover the value of their education.

We could not possibly exist without our community partners. Their support is invaluable. These relationships ARE key to improving student achievement and your public schools are grateful for the spirit of giving that allows us to deliver on our mission “to educate and prepare each student to succeed in a changing world.”
**Congratulations to our MARCH Students of the Month**

<table>
<thead>
<tr>
<th>Student</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Michael Pagone</td>
<td>6.1</td>
</tr>
<tr>
<td>Hailey Cisar</td>
<td>6.1</td>
</tr>
<tr>
<td>Yitbarke Tedla</td>
<td>6.2</td>
</tr>
<tr>
<td>Madison Halleen</td>
<td>6.2</td>
</tr>
<tr>
<td>Jure Okene</td>
<td>6.3</td>
</tr>
<tr>
<td>Sophie O’Connor</td>
<td>6.3</td>
</tr>
<tr>
<td>Emily Hein</td>
<td>7.1</td>
</tr>
<tr>
<td>Kailyn Roth</td>
<td>7.1</td>
</tr>
<tr>
<td>Solana Sanchez</td>
<td>7.2</td>
</tr>
<tr>
<td>Aubrey Ford</td>
<td>7.2</td>
</tr>
<tr>
<td>Ava Breems</td>
<td>7.3</td>
</tr>
<tr>
<td>Caleb Miller</td>
<td>7.3</td>
</tr>
<tr>
<td>Bailey Horton</td>
<td>8.1</td>
</tr>
<tr>
<td>Kaleb Kirkland</td>
<td>8.1</td>
</tr>
<tr>
<td>Gabriel EganOines</td>
<td>8.2</td>
</tr>
<tr>
<td>Madalyn McQuistan</td>
<td>8.2</td>
</tr>
<tr>
<td>Gavin Williams</td>
<td>8.3</td>
</tr>
<tr>
<td>Emma Fanebust</td>
<td>8.3</td>
</tr>
</tbody>
</table>
We want to recognize the following students for having all A’s and/or B’s on their Second Quarter Report Card.

6th Grade
Elise Aeilts
Brennon Auch
Tryg Auten
Kierra Baumberger
Hannah Berkhof
Olivia Berry
Krisala Bista
Sierra Bolls
Adam Boyens
Cleo Boynton
Grant Breidenbach
Rachel Bruggeman
Ethan Bruns
Jared Christensen
Jakob Christopherson
Jal Chouol
Hailey Cisar
Olivia Day
Jaleel Deauville
Brianna Deaver
Aida Desaulniers
Kenzie Douglas
Ethan Dumke
Ariana Edwards
Alexa Eggebraaten
Izabelle engebretson
Alexander enget
Ainsley Fahey
Collin Feerick
Shaelyn Fink
Tristan Fitzsimmons
Serenity Gibbens
Madison Gillette
Kaleb Gimbel
Andrew Glovich
Chase Gunderson
Gabriel Gutierrez
Mathew Hagen
Madison Hallen
Tristan Halverson
Harley Hannahs
Walter Hansen
Brooklyn Harpe
Hannah Harpe
Sophia Hay
Samuel Helgerson
Clare Heupel
Samuel Hindbjorg
Ember Hodgins
Abigail Hoffman
Ellie Hurt
Katherine Jensen
Laura Jimma
Claire Johnson
Taylor ohnson
Corrine Jorgensen
Malachi Kohls
Meredith Kolb
Isaiah Krosche
Emaly Kruse
Haley Learin
Charity LeMier
Grady Lewis
Mattie Loofe
Maleah Lunders
Emily Madden
Raina Marty
John Mathison
Cadynce McCroskey
Alexander Mentzer
Katherine Mickelson
Kael Miedema
Isabella Moe
Daytona Molyneux
Brayden Morehead
Brenna Napier-Dwyer
Maddee Newman
Asten Nichols
Alexus Nielsen
Micah Nikolas
Jackson Noll
Sophie OConner
Harrison Olson
Gavin Ouimet
Elissa Person
Cole Peterson
Liv Peterson
Nev Peterson
Courtney Price
Maegan Questad
Lily Raysby
Joslyn Richardson
Dylan Rippentrop
Bryce Ronken
Noah Ropp
Jessie Rose
Riley Ross
Dylan Rymerson
Kyley Sagness
Morgan Sandness
Anna Schneider
Camille Scott
Payton Seefeldt
Mariah Siem
Micah-Anne Stolp
Madyson Strichers
Tahleycia Sutton
Destin Taylor
Yitbarke Tedla
Kailee Thomas
Kyra Thorstenson
Kearisa VerMeer
Ella Vis
Logan Vogel
Samuel Vondra
Lucas Wagner
Alexa Ward
Easton Weeden
Emma Weisz
Camdyn Wessell
Elliot Whitney
Tate Wietfeld
Elizabeth Wigg
Lily Witte
Johnathan Woelich
Nakiah Woodraska
Zachary Wrightsman
Samantha Zeeck
Grace Zimmer

7th Grade
Aaron Alberts
Aiden Aldinger
Aden Alvine
Ryan Amundson
Ashley Andersen
Jacob Aspaas
Tony Baas
Kaden Bantz
Estella Barnhardt
Kalli Barnhart
Analiese Bauder
Conner Beckstrand
Katrina Beshai
Dawson Black
Jenna Bolger
Stevan Bolls
Ava Bouwmann
Emma Boyens
Ava Breems
Aiden Brink
Ryan Brost
Celeste Bryant
Benjamin Burgers
Isaiah Campbell
Hannah Cisar
Emilia Clark
Emma Cole
Ashlyn Cypher
Emma Dahm
Reese Decker
Connor Denevan
Kalen Dirksen
Elise Dobbs
Ryan Downing
Kaitlyn Druse
Harrison Dubisar
Ryker Dubsky
Asher Eidem
Mohamed Elghawi
Tae Ellenbecker
Andrea Engels
Jersey Fink
Easton Flock
Aubrey Ford
Nicholas Forster
Haley Frankman
Gabe Frerichs
Carter Friske
Madison Gaikowski
Macy Gaspar
Caden Ginsbach
Ethan Gladue
Gage Gohl
Ava Gonzales
Peyton Gravett
Jack Gulick
Gracyn Hackett
Carter hall
Lake Hamilton
Mikala Hanson
Kitlyn Hartland
Kiera Haub
Jackson Hazlett
Taryn Heibult
Emily Hein
Peyton Hellwig
Devin Henesey
Katherine Henry
7th Grade
Avril Hermosillo
Kenna Hill
Adam Hilscher
Mikaela Hoff
Ayrica Hoffman
Garret Hoffman
Logan Holder
Alicen Honner
Luke Honner
Sydney Hutchinson
Aiden Huwe
Cameron Jackson
Joseph Jacobson
Emma Jenen
Kaia Jensen
Brynn Johnson
Chase Johnson
Kaya Johnson
Elizabeth Kannenberg
Kaden Kau
Claudia Keyser
Teo Kim
Mckenzie King
Shelby Kinzer
Torianno Kirby
Ellie Kurtz
Dasani LaCroix
Grace Larsen
Carlye Larson
Chelsea Larson
Daisy Larson
Rickie Le
Gavin Lewis
Justin Ludwig
Madelyn Luettel
Trevor Lundgren
Ava Madsen
Emma Maloney
Blake McDermott
William McQuistan
Katherine Mehrzadeh
Ruby Metzger
Crispin Meter
Natalie Meters
Charles Mickelson
Levi Mickelson
Caleb Miller
Phoenix Miner
Noah Morgans
Molly Mullen
Emm Muray
Lindy Nguyen
Mya Nieman
Kaleb Nyhaug
Emma Olson
Grace Olson
Kylee Olson
Miles Olson
Jersey Olszewski
Necedah Oros
Katelyn Pagone
Zachary Pederson
Britton Peterson
Christopher Peterson
Isabel Peterson
Joshua Piper
Baily Plourde
Clayton Poppenga
Isaac Pullen
Alex Raether
Lydia Randall
Taya Rye
Audie Renken
Arel Reynoza
Claire Rickenback
Avery Roth
Kailyn Roth
Solana Sanchez
Adyson Sand
Morgan Sayler
Abigail Schaller
Jadyn Schetnan
Vaughn Schnider
Meggan Schumacher
Sawyer Scott
Kelsey Severson
Peyton Shields
Sydney Sieler
Keegan Sigl
Gavin Solomon
Anne Sprecher
Julia Stanek
Megan Steinhuser
Julia Stevak
Samar Strauer
Zndra Sullivan
Cael Swanson
Julianna Tahon-Formnek
Isabela Talley
Mara Tiede
Joseph Uttech
Emily VanRuler
Kennedi Veland
Lindsay Wachal
Ellie Walker
Madisyn Walmans
Peytn Wierenga
Ella Wilson
Jolyn Wilson
Milana Wollman
Haymanot Yetbarek
James Yousef
Giselle Zepeda
Remy Zimmerman
Halle Zwach

8th Grade
Lydia Ables
Rose Andera
Mia Andrejeski
Ryleigh Auten
Krista Barrett
Ryan Bartel
Ainsley Bauman
Beau Beavers
Angelina Benda
Erin Bickett
Norilyn Binney
Kushal Biswa
Jazmyn Blair
Carter Brost
Zoe Bruflat
Zachary Burgers
Joel Christensen
Parna Choul
Taysia Cochrun
Joslyn Cunningham
Kayla DeBeer
Norah DeBoer
Kaeson Decker
Natalie DeLay
Lillian Derynck
Andrew Dickens
Maizie Dickson
Brecken Dubsky
Caleb Dumke
Adam Easton
Grace Eliasom
Ashley Elton
Rachel Ens
Emma Fanebust
Taeya Freeman
Aiden Gaede
Mogan Gaspar
Mia Gochal
Alexi Goeman
Gunner Gould
Gage Guenther
Rachel Halvorsen
Tyus Hnson
Samuel Harms
Christopher Harris
Chloe Hartje
Ava Haugrud
Abigail Helgerson
Raena Hess
Eden Hodgins
Lily Holcomb
Bailey Horton
Kendall Houwman
Charles Howes
Jack Hughes
Eden Hullinger
Sydney Jensen
Amelia Jabben
Emma Johnson
Halle Johnson
Emra Kantarevic
Madeleine Kemper
Katelyn Kersey
Kinsley Kittms
Jana Klawonn
Russel Koepe
Ella Kolb
Kennedy Kolb
Jack Kray
Emily Krueger
Tucker Large
Gabriela Larsen
Cole LeMier
Ava Leonard
Alex Liddiard
Abby Lingle
Nicholas Lounsbery
Avery Luecke
Aaron Mann
Lucile Martin
Tyler Mshak
Madalyn McQuistan
Maxwell Mickelson
Alexis Miller
Zachary Miller
Halle Johnson
Ella Peterson
Jenni Peterson
Spencer Peterson
Ainsley Pfitzer
8th Grade
Megan Primm
Jonathan Rames
Isaac Reiner
Arianna Rice
Katelyn Richardson
Lucas Rodman
Olivia Rysdon
Emma Sahly
Ty Schafer
Gavin Schmit
Sydney Schultz
Elizabeth Scott
Luke Smith
Samuel Southwick
Jayden Spath
Emily Sprecher
Dylan Stoebner
Rachel Stuckenbroker
Xavier Sullivan
Teranysha Sutton
Sophia Taarud
Aaron Thomas
Leah Thompson
Thomas Thompson
Katherine Timmer
Rylie Torguson
Montana Tsosie
Jada VanderMaten
Kayden VanMaanen
Katlyn VerMeer
Seth VonBank
Kyleigh Vrondran
Jaden Warner
Carly Wheeler
Sydni Wietfeld
Gavin Williams
Brooklyn Williamson
Kylie Winblade
Adan Wodzinski
Emma Wolff
Bailey Wolfgang
Jocelyn Wrightsman
Alice Zhu
Another Book Fair was successfully organized by Becky Brost and Val Mickelson. This duo has been taking the lead on this project for the past three years. They are handing over the reins to a new duo starting next year. We appreciate all of you! Thank you also for all the volunteers that work shifts during conferences. This wouldn’t happen without you.

National History Day came to the library! Eighth grade Accelerated Social Studies have been working on their projects. Here are some of Team 8-3 efforts. Students from other teams were able to enjoy the display boards when they came to the library for other purposes as well.
Middle School All-City Jazz Band

Eight members of Patrick Henry’s Jazz Band have been selected to the All-City Middle School Jazz Ensemble. This group is a joint venture by the Sioux Falls School District and the Sioux Falls Jazz and Blues Society. They meet for several Tuesday evening rehearsals and will then perform a concert on Tuesday, April 21 at the Orpheum Theater. The public is invited and encouraged to attend. This year’s PHMS jazz band members who were nominated and selected are:

- Evalyn Mullen – Alto Saxophone
- Eleanor Dennis – Alto Saxophone
- Alex Raether – Baritone Saxophone
- Samantha Hansen – Trumpet
- Nick Lange – Trumpet
- Gavin Sturm – Trombone
- Tyler Mashek – Bass Guitar
- Jon Rames – Drums

Summer Music Camp Opportunities

There are many excellent summer playing opportunities available in the region for middle school students. Opportunities range from summer band to various music camps. Look for more information to come or contact us if you are interested.

Spring Band Concert

Our PHMS Spring Band Concerts will be on Monday, May 15th in the Patrick Henry gym. The 6th Grade Band will perform at 6:30 pm and the 7th and 8th Grade Band program will begin at 7:30 pm. Please mark this date on your calendar.

Wind Ensemble and Jazz Band News

The Jazz Band and Wind Ensemble will be performing a concert on Thursday, March 30 at 7 PM in the Patrick Henry Gym. This concert will be preceded by a tour of various elementary schools on Wednesday, March 29 during the school day.
Performances for this year’s musical, *Mulan, Jr!* were February 9-11. Over 700 people attended the performances!

Congratulations to Mason LeMaster and Keegan Sigl, who were selected as members of the American Choral Directors National Honor Choirs. Thousands of students from all 50 states submitted auditions. The Honor Choirs will be held in Minneapolis, March 8-11. Congratulations!

City Lights and TrebleMakers will again perform at Best of Show on Friday, March 17 at Washington High School.

The annual PHMS Variety Show will be April 6. Auditions will be March 20. Any PHMS student is eligible to audition for the variety show. We are looking for many different types of acts; they do not need to be limited to musical acts. Dances, comedies, magic acts, Tae Kwando, etc are all acts that have been fun additions to the show in past years. We will also need MC’s. There is a 5 minute time limit per act and all music must be appropriate, even if it is in the background for a dance.

As always, if there are any questions, please do not hesitate to contact Mrs. Spencer at Jennifer.Spencer@k12.sd.us or Tara Stadem at Tara.Stadem@k12.sd.us.
Social Media Smarts

Social media and technology play such a large role in many of our students' lives. Putting this into consideration, there are many app's available to students that parents may or may not know their child is using. We've included a few websites that may have some useful information for parents to have while monitoring their child's devices.

- https://www.commonsensemedia.org/social-media
- https://www.internetmatters.org/advice/social-media/

LSS Mentoring Program

Students enrolled in the program and mentors have been meeting once a week during their lunch time or directed studies. If you are interested in serving as a mentor or having your son/daughter participate in the program, please contact the counseling office.
Reflections National PTA program for the Arts Update

Congratulations to the Patrick Henry Middle School Students who were honored at the Sioux Falls Council PTA Reflections Breakfast on February 11 as their entries advanced on to the State Level. Each of the participants submitted an arts entry based on the theme "What is your story?"

The winners picture below at the City level include; Sydni Schetnan, Katherine Mickelson, Raina Horan, Grace Zimmer, Aubrie Lehman, Ashton Schaap, and Will McQusitan. Not pictured is Alexis Miller.

-At the State Level the following students received an Award of Merit; Sydni Schetnan, Alexis Miller, and Katherine Mickelson.

-Ashton Schaap entered in the Special Student Category for his visual arts piece titled "Life with Autism" and received an Award of Excellence, which advanced him to the National Level.

-Congratulations to all!! We at PHMS PTA are very proud of all the participants and thank you for taking the time to submit your entries. Best of Luck to Ashton at Nationals!
Patrick Henry Middle School PTA Meeting
January 18, 2017

Present:  Shelli Goeman, Stacie Kray, Shantel Larsen, Kari Loofe, Amber Luecke, Mary Michaels, Patty Miller, Val Mickelson, Kate Parker, April Schaller, Kim Sharping, Amy Uttecht and Mr. Walker

Meeting was called to order at 12 pm by Shantel Larsen.

Minutes
Copies provided. Motion made to approve the December 21, 2016 meeting minutes by Stacie Kray, seconded by Val Mickelson. Motion carried.

Treasurer’s Report by Patty Miller
Copies provided. Current PTA balance is $15,725.21 with $904.69 in the Kids Kloset account.

Old Business
Reflections budget approval was not reflected in the previous minutes. Motion to approve the $300 Reflections budget by Val Mickelson, seconded by Patty Miller. Motion Carried.

General PTA and Committee Reports
• Reflections – All participants have advanced. The city finals awards breakfast will be held on February 11 at 10 am at IPC.
• Spirit Wear (Jess Kolb) – no report. Discussion was held regarding having students create a design for the upcoming year and if there were any PHMS specific themes for students to focus on.
• Membership (JJ Gohl) – no report.
• Conference Meals (Stacie Kray and Kari Loofe) – Meals are set for February 28th (tacos), March 2nd (soup & sandwiches) and March 6th (baked potato bar). Sign Up Genius will be used for parents to volunteer their time or donate items as well as an email to PTA members and a notification in the PHMS newsletter.
• Spring Bookfair (Val Mickelson and Becky Brost) – The book fair will be during conferences on February 28th and March 2nd and 6th with set up on February 23rd and teacher preview will be on February 24th. This will be Val and Becky’s last year as chairs for the bookfair and they are working with a current 6th grade PHMS parent to take over the program for the next year.
• Panther Party (Kari Loofe and Mary Michaels) – Set for March 20th from 4-5:30 pm with set up at 3 pm. The admission cost will be $5/student and they will receive pizza, cookie and pop. We will be using cafeteria and all gym space which will entail more supervision and volunteers approximately 30-35. We will have 4 teachers on staff in addition to Mr. Walker and Mrs. Sharping. The chairs are in the process of finalizing the inflatables and games. Much discussion was held regarding what items to order. A few thoughts were to order Blue Rush obstacle course, not to order Wrecking Ball inflatable nor carnival games nor trikes. We can use the PHMS bean bag games, Spike Ball and will also have volleyball set up. The chairs will talk with Mr. Andersen about other ideas. They will also talk with Cynthia Mickelson about getting the Bingo game from the VFW. Shantel will look into 9-square game. Another suggestion was Gaga. Chairs will talk with Tracy Kolb to create posters again this year. Last year 445 students attended and a total of $1,200 was made from the event. In addition, we did not use the funds budgeted but paid for the expenses out of the funds raised.

Kids Kloset (Shelli Goeman) – Currently we are in need of women's jeans size 10-12, boy XXL shirts and sweatshirts, boots, coats, girl's shoes size 6-10 and zipper binders.
Student Recognition (Becky Pagone and April Schaller) – February 1st is the next date for student recognition breakfast.

Fundraising – The committee discussed having a few small fundraisers the week of the Panther Party.

Staff Appreciation Val Mickelson & Becky Brost) – no report.

Mentor Liaison (Cynthia Mickelson) – no report.

Retirement (Michelle Black) – no report

8th Grade Party (Shelli Goeman and Mary Michaels) – no report.

PTA Informational Sessions (JJ Gohl) – Things went very well for the initial teens and social media informational session. Mr. Whiting presented on the subject and the information will be posted on the PHMS PTA website. The next on will be held on February 2nd and will feature Polly Dean.

PTA Open Positions – Open positions for next year will be President, Secretary, Treasurer, Reflections, 8th Grade Party, Fundraising, Kid’s Kloset, Bookfair and Spiritwear.

Principal’s Report by Mr. Walker

- The 8th graders who are taking high school courses are currently taking their semester tests. Also, the 8th graders are preparing to move on to high school as 9th grade registration is going on at this time.
- Jennifer List, PHMS reading teacher, was named VFW Teacher of the Year.
- Smarter Balance tests are quickly approaching.
- PHMS PTA donated $1.60/student to PHMS teachers. Currently, there are 1,131 students for a total of $1,809.60.

Next Meeting: February 15th at 12:00 in the Office Conference Room
Next City Wide PTA Meeting: February 27th 7pm at IPC

Meeting adjourned at 12:55 pm. ~ Amy Uttecht

UPCOMING ASSESSMENTS:

8th GRADE SOUTH DAKOTA SCIENCE ASSESSMENT
Will be held on April 4th, 5th, & 6th for all 8th grade students

SMARTER BALANCED ASSESSMENT
All students grades 6 – 8 will participate in the state SBA April 24th – April 27th.
Please try to avoid appointments or absences during assessment days.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cherry Blossom Chicken Rice Veggie &amp; Fruit Bar Milk Choices</td>
<td>Meatball Sun Scalloped Potatoes Veggie &amp; Fruit Bar Milk Choices</td>
<td>Grilled Cheese Sandwich Tomato Soup Veggie &amp; Fruit Bar Milk Choices</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>Corn Dog Veggie &amp; Fruit Bar Milk Choices</td>
<td>Chicken Patty on Bun Veggie &amp; Fruit Bar Milk Choices</td>
<td>Chicken Nuggets Mashed Potatoes with Gravy Dinner Roll Veggie &amp; Fruit Bar Milk Choices</td>
<td>Fish Wedges with Bun Baked Seasoned Potato Wedges Veggie &amp; Fruit Bar Milk Choices</td>
<td>BBQ Beef on Bun French Fries Veggie &amp; Fruit Bar Milk Choices</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>Thai Chicken on Rice Egg roll Veggie &amp; Fruit Bar Milk Choices</td>
<td>Pizza Burger on Bun French Fries Veggie &amp; Fruit Bar Milk Choices</td>
<td>Philly steak on Bun Tri Tater Veggie &amp; Fruit Bar Milk Choices</td>
<td>Hot Ham and Cheese on Bun Veggie &amp; Fruit Bar Milk Choices</td>
<td>Popcorn Chicken Dinner Roll Veggie &amp; Fruit Bar Milk Choices</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td>Teriyaki Chicken on rice Veggie &amp; Fruit Bar Milk Choices</td>
<td><strong>Pulled Pork on Bun</strong> Veggie &amp; Fruit Bar Milk Choices</td>
<td>Hot and Spicy Chicken Tenders Scalloped Potatoes Dinner Roll</td>
<td>Chili Fritos Veggie &amp; Fruit Bar Milk Choices</td>
<td>Beef patty on Bun French Fries Veggie &amp; Fruit Bar Milk Choices</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>NO SCHOOL</td>
<td>Corn Dog Macaroni and Cheese Veggie &amp; Fruit Bar Milk Choices</td>
<td>Chicken and Gravy Whipped Potatoes Dinner Roll Veggie &amp; Fruit Bar Milk Choices</td>
<td>BBQ Beef Ribbette on Bun Veggie &amp; Fruit Bar Milk Choices</td>
<td>Chicken Strips Baked Seasoned Potato Wedges Dinner Roll</td>
</tr>
</tbody>
</table>

*Contains Pork

**Whole Grain Serving

Because of emergency situations, menus may be subject to change without notice.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6135 (Spanish) USDA is an equal opportunity provider and employer.

Families qualifying for Free and Reduced Lunches also qualify for Free and Reduced Breakfast.
<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>B Week</strong></td>
<td></td>
<td></td>
<td>Panther Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fine Arts– Orchestra @WHS</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>4:15 Conferences @PHMS</td>
<td></td>
</tr>
<tr>
<td>6 (A Week)</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>4:15 Conferences @PHMS</td>
<td>4:15 Boys Bball– 7th A-B @ WMS</td>
<td>4:15 Boys Bball– 8th A-B @ OGorman</td>
<td>4:15 Boys Bball– 7th A-B @ OGorman</td>
<td>Panther Day</td>
</tr>
<tr>
<td>4:15 Boys Bball– 7th C-D @ PHMS</td>
<td>4:15 Boys Bball– 8th C-D @ PHMS</td>
<td>4:15 Boys Bball– 8th A-B @ PHMS</td>
<td></td>
<td>4:15 Boys Bball– 8th C-D @ MMS</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13 (B Week)</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
</tr>
<tr>
<td>4:15 Boys Bball– 7th C-D @ MMS</td>
<td>4:15 Boys Bball– 8th C-D @ WMS</td>
<td>4:15 Boys Bball– 7th C-D @ WMS</td>
<td>4:15 Boys Bball– 8th A-B @ PHMS</td>
<td>Panther Den</td>
</tr>
<tr>
<td>4:15 Boys Bball– 7th A-B @ PHMS</td>
<td>4:15 Boys Bball– 8th A-B @ PHMS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 (A Week)</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
</tr>
<tr>
<td></td>
<td>6:45pm Fine Arts-Band @Augustana College</td>
<td></td>
<td></td>
<td>Panther Day</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27 (B Week)</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td>NO SCHOOL</td>
<td></td>
<td>Student of the Month</td>
<td>7pm Fine Arts-Band @PHMS</td>
<td></td>
</tr>
</tbody>
</table>
Sioux Falls School District Mission

To educate and prepare each student to succeed in a changing world.

ACCESSIBILITY

People with disabilities may contact the building principal or site administrator at least 72 hours before the event to obtain reasonable accommodations needed to participate in district programs or activities. If the principal or site administrator is unable to address the request, concerns should be referred to the Supervisor of Health Services at the Instructional Planning Center (IPC).
<table>
<thead>
<tr>
<th>CAMP</th>
<th>GRADE</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BOYS BASKETBALL CAMP</strong></td>
<td>3-8 Boys</td>
<td>RHS GYM</td>
<td>June 19 – 22</td>
<td>8:00 – 11:00 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>9-12 Boys</td>
<td>RHS GYM</td>
<td>June 19 – 22</td>
<td>5:00 – 7:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>GIRLS BASKETBALL CAMP</strong></td>
<td>8-12 Girls</td>
<td>RHS GYM</td>
<td>June 12 – 15</td>
<td>3:00 – 5:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>5-7 Girls</td>
<td>RHS GYM</td>
<td>June 12 – 15</td>
<td>NOON – 2:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>2-4 Girls</td>
<td>RHS GYM</td>
<td>June 12 – 15</td>
<td>9:00 – 11:00 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>VOLLEYBALL CAMP</strong></td>
<td>6-8</td>
<td>RHS GYM</td>
<td>July 10 – 13</td>
<td>1:00 – 3:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>RHS GYM</td>
<td>July 10 – 13</td>
<td>8:00 – 10:00 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>3-5</td>
<td>RHS GYM</td>
<td>July 10 – 13</td>
<td>10:30 – 12:30 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>GOLF CAMP</strong></td>
<td>3-6 Boys/Girls</td>
<td>Elsmoor</td>
<td>June 15 – 16</td>
<td>8:00 – 9:30 AM</td>
<td>$40.00</td>
</tr>
<tr>
<td></td>
<td>7-12 Boys/Girls</td>
<td>Elsmoor</td>
<td>June 15 – 16</td>
<td>3:00 – 5:00 PM</td>
<td>$40.00</td>
</tr>
<tr>
<td><strong>TENNIS CAMP</strong></td>
<td>3-5</td>
<td>RHS/Kuehn Park</td>
<td>June 5 – 8</td>
<td>8:00 – 9:00 AM</td>
<td>$40.00</td>
</tr>
<tr>
<td></td>
<td>6-8</td>
<td>RHS/Kuehn Park</td>
<td>June 5 – 8</td>
<td>9:30 – 11:00 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>RHS/Kuehn Park</td>
<td>June 5 – 8</td>
<td>11:30 AM – 1:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>K-2</td>
<td>RHS/Kuehn Park</td>
<td>June 5 – 8</td>
<td>1:30 – 2:15 PM</td>
<td>$35.00</td>
</tr>
<tr>
<td><strong>GYMNASTICS CAMP</strong></td>
<td>K-5</td>
<td>RHS GYMASTICS</td>
<td>June 12 – 15</td>
<td>9:00 – 11:00 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>6-12</td>
<td>RHS GYMASTICS</td>
<td>June 12 – 15</td>
<td>11:0AM – 1:00PM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>GYMNASTICS CAMP</strong></td>
<td>K-5</td>
<td>RHS GYMASTICS</td>
<td>June 19 – 22</td>
<td>9:00 – 11:00 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>6-12</td>
<td>RHS GYMASTICS</td>
<td>June 19 – 22</td>
<td>11:0AM – 1:00PM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>FOOTBALL CAMP</strong></td>
<td>3-4</td>
<td>RHS FIELD</td>
<td>July 17 – 20</td>
<td>8:00 – 9:30 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>5-6</td>
<td>RHS FIELD</td>
<td>July 17 – 20</td>
<td>9:45 – 11:15AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>7-8</td>
<td>RHS FIELD</td>
<td>July 17 – 20</td>
<td>11:30AM – 1:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>RHS FIELD</td>
<td>July 17 – 20</td>
<td>6:00 – 8:30 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>DANCE CAMP</strong></td>
<td>K-8</td>
<td>RHS GYM</td>
<td>July 24 – 27</td>
<td>9:30 AM – 11:00 AM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>RHS GYM</td>
<td>July 24 – 27</td>
<td>12:00 PM – 3:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>WRESTLING CAMP</strong></td>
<td>K-12</td>
<td>RHS WRESTLING</td>
<td>July 10 – 13</td>
<td>9:00 AM – NOON</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>GIRLS SOCCER CAMP</strong></td>
<td>K-5</td>
<td>Memorial Soccer Field</td>
<td>July 17 – 20</td>
<td>5:00 – 6:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>6-8</td>
<td>Memorial Soccer Field</td>
<td>July 17 – 20</td>
<td>6:00 – 8:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>Memorial Soccer Field</td>
<td>July 17 – 20</td>
<td>6:00 – 8:00 PM</td>
<td>$50.00</td>
</tr>
<tr>
<td><strong>BOYS SOCCER CAMP</strong></td>
<td>1-8</td>
<td>Memorial Soccer Field</td>
<td>July 17 - 20</td>
<td>6:00 – 7:00 PM</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>Memorial Soccer Field</td>
<td>July 17 – 20</td>
<td>6:45 – 8:00 AM</td>
<td>Free</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>Memorial Soccer Field</td>
<td>July 17 – 20</td>
<td>6:00 – 8:00 PM</td>
<td>Free</td>
</tr>
</tbody>
</table>
REGISTRATION FOR ALL SUMMER CAMPS ARE DUE BY JUNE 2, 2017

COMPLETE THE REGISTRATION FORM AND RETURN TO:

Trudi Hansen, RHS, 6600 West 41st Street, Sioux Falls, SD 57106

CAMP ____________________ DATE & TIME __________________ COST _________
(Make copies if attending additional camps I FORM PER CAMP IS NEEDED)

NAME __________________ GRADE 2017-2018 SCHOOL YEAR __________

ADDRESS __________________ PRESENT SCHOOL __________________

CITY ______________________ STATE __________ ZIP __________

EMAIL ADDRESS __________________

PARENT/GUARDIAN SIGNATURE __________________ PHONE _________

T-SHIRT SIZE: CIRCLE ONE: (ADULT SIZES) S M L XL XXL (YOUTH SIZES) YS YM YL

MAKE CHECKS PAYABLE TO: RHS (ONE CHECK PER CAMP - $10.00 NON-REFUNDABLE) TRANSPORTATION MUST BE ARRANGED BY PARENT OR GUARDIAN. INSUFFICIENT ENROLLMENT WILL CANCEL A SPORT CAMP.

I CERTIFY THAT THE REGISTRANT NAMED BELOW IS IN GOOD HEALTH. REALIZING THAT THERE ARE SOME INHERENT RISKS IN ATHLETIC ACTIVITIES, I HEREBY, FOR THE NAMED REGISTRANT, MYSELF, HEIRS, EXECUTORS, AND ADMINISTRATORS, WAIVE, AND RELEASE ANY OR ALL RIGHTS AND CLAIMS FOR DAMAGES WE MAY HAVE AGAINST THE SIOUX FALLS SCHOOL DISTRICT, COACHES, AND DIRECTORS FOR ANY AND ALL INJURIES BY THE NAMED REGISTRANT DURING THE CAMP PERIOD.

REGISTRANT (PRINT) ______________________ DATE __________, 2017

I, THE UNDERSIGNED PARENT OR LEGAL GUARDIAN OF THE COMPETITOR, HEREBY APPROVE AND CONFIRM THE ABOVE WAIVER AND RELEASE.

SIGNATURE ____________________________

ROOSEVELT
Sioux Falls Washington High School Summer Sports Camps 2017
501 N Sycamore Avenue, Sioux Falls, SD 57110

<table>
<thead>
<tr>
<th>Camp</th>
<th>Grades</th>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
<th>Director</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Basketball</td>
<td>4-8</td>
<td>June 7, 8, 9 ~ 12:15-2:15 PM</td>
<td>Location: WHS Main Gym</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>June 7, 8, 9 ~ 2:15-5:00 PM</td>
<td></td>
<td>Director: Craig Nelson</td>
<td></td>
</tr>
<tr>
<td>Girls Basketball</td>
<td>4-8</td>
<td>June 7, 8, 9 ~ 8:00-10:00 AM</td>
<td>Location: WHS Main Gym</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>June 7, 8, 9 ~ 10:00-12:00 PM</td>
<td></td>
<td>Director: Jamie Parish</td>
<td></td>
</tr>
<tr>
<td>Boys Soccer</td>
<td>4-8</td>
<td>June 12, 13, 14 ~ 9:00-11:00 AM</td>
<td>Location: Kenny Anderson Field</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>June 12, 13, 14 ~ 6:00-8:00 PM</td>
<td></td>
<td>Director: Dave Dancer</td>
<td></td>
</tr>
<tr>
<td>Girls Soccer</td>
<td>4-8</td>
<td>July 25, 26, 27 ~ 8:00-10:00 AM</td>
<td>Location: Kenny Anderson Field</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>July 25, 26, 27 ~ 10:00-12:00 PM</td>
<td></td>
<td>Director: WHS Girls Soccer Staff</td>
<td></td>
</tr>
<tr>
<td>Girls/Boys Tennis</td>
<td>3-6</td>
<td>June 5, 6, 7, 8 ~ 8:00-9:00 AM</td>
<td>Location: WHS Tennis Courts</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>6-8</td>
<td>June 5, 6, 7, 8 ~ 9:30-11:00 AM</td>
<td></td>
<td>Director: Jillian Hurley</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>June 5, 6, 7, 8 ~ 11:30-1:00 PM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Girls/Boys Track</td>
<td>4-8</td>
<td>June 6, 7, 8 ~ 6:00-8:00 PM</td>
<td>Location: WHS Track</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Director: Everett Gebhart</td>
<td></td>
</tr>
<tr>
<td>Gymnastics</td>
<td>1-6</td>
<td>July 17, 18, 19, 20 ~ 9:00-11:00 AM</td>
<td>Location: WHS Gymnastics Gym</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7-12</td>
<td>July 17, 18, 19, 20 ~ 11:00-1:00 PM</td>
<td></td>
<td>Director: WHS Gymnastics Staff</td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td>4-6</td>
<td>July 10, 11, 12 ~ 10:00-12:00 PM</td>
<td>Location: WHS Main Gym</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>7-8</td>
<td>July 10, 11, 12 ~ 12:00-2:00 PM</td>
<td></td>
<td>Director: Kelly Schroeder</td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>July 10, 11, 12 ~ 8:00-10:00 AM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football</td>
<td>4-8</td>
<td>July 26, 27, 28 ~ 10:30-12:30 PM</td>
<td>Location: WHS Football Practice Fields</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>July 26, 27, 28 ~ 6:00-8:00 PM</td>
<td></td>
<td>Director: Chad Stadem</td>
<td></td>
</tr>
</tbody>
</table>

---

**Registration DUE by:** Tuesday, May 23, 2017

**CAMP:** ___________________________ **DATE:** _______________ **Cost:** $50.00

**CAMP:** ___________________________ **DATE:** _______________ **Cost:** $50.00

**Student’s Name:** ___________________________ **2017-18 School Year Grade:** ______

**Address:** ____________________________________________________________

**City, State, Zip:** ___________________________  

**Parent Phone (C/H)____________ **Parent E-Mail Address:** ___________________________

**T-Shirt Size:** Circle One (Adult Sizes) S M L XL XXL

MAKE CHECK OR MONEY ORDER PAYABLE FOR $50.00 FOR EACH CAMP TO WASHINGTON HIGH SCHOOL, 501 N SYCAMORE AVENUE, SIOUX FALLS, SD 57110. TRANSPORTATION MUST BE ARRANGED BY PARENT OR GUARDIAN.

I certify that the registrant named below is in good health. Realizing that there are some inherent risks in athletic activities, I hereby, for the named registrant, myself, heirs, executors, and administrator, waive and release any or all rights and claims for damages we may have against the Sioux Falls School District, Coaches, and Directors for any and all injuries by the named registrant during the camp period.

**REGISTRANT (PRINT)_______________________** **DATE_______________________ 2017**

I the undersigned Parent or Legal Guardian of the Competitor hereby approve and confirm the above waiver and release.

**SIGNATURE_________________________** **revised 1.19.17**
<table>
<thead>
<tr>
<th>CAMP</th>
<th>GRADES</th>
<th>DIRECTOR</th>
<th>DATES</th>
<th>TIMES</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Basketball</td>
<td>5-8</td>
<td>Matt Daly</td>
<td>June 12-15</td>
<td>10:30 AM - 12:30 PM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td></td>
<td>June 5-8</td>
<td>8:00 AM - 10:00 AM</td>
<td>$50</td>
</tr>
<tr>
<td>Boys Basketball</td>
<td>5-8</td>
<td>Jeff Halseth</td>
<td>June 5-8</td>
<td>10:00 AM - 12:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td></td>
<td>June 5-8</td>
<td>1:00 PM - 3:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td>Football @ LHS</td>
<td>9-12(contact)</td>
<td>Jared Fredenburg</td>
<td>June 18-20</td>
<td>6:30 PM - 8:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td>fields</td>
<td>4-5 (no pads)</td>
<td></td>
<td>July 24-26</td>
<td>8:00 AM - 9:15 AM</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>6-7 (no pads)</td>
<td></td>
<td>July 24-26</td>
<td>9:30 AM - 10:45 AM</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>8 (no pads)</td>
<td></td>
<td>July 24-26</td>
<td>11:00 AM - 12:15 PM</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>9-12(contact)</td>
<td></td>
<td>July 24-26</td>
<td>6:30 PM - 8:30 PM</td>
<td>$50</td>
</tr>
<tr>
<td>Volleyball</td>
<td>5-8</td>
<td>Emily Palmer</td>
<td>July 10-12</td>
<td>1:00 PM - 3:30 PM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td></td>
<td>July 10-12</td>
<td>4:30 PM - 7:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td>Boys and Girls</td>
<td>3-5</td>
<td>Tom Krueger</td>
<td>June 5-8</td>
<td>8:00 AM - 9:00 AM</td>
<td>$50</td>
</tr>
<tr>
<td>Tennis</td>
<td></td>
<td></td>
<td>June 5-8</td>
<td>9:30 AM - 11:00 AM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>6-8</td>
<td></td>
<td>June 5-8</td>
<td>11:30 AM - 1:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td></td>
<td>June 5-8</td>
<td>1:30 PM - 3:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td>Cross Country</td>
<td>6-8</td>
<td>Eric Pooley</td>
<td>June 5-8</td>
<td>9:00 AM - 10:30 AM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>June 6, 8, 13, 15</td>
<td>8:00 AM - 9:30 AM</td>
<td>$40</td>
</tr>
<tr>
<td>Gymnastics Lil’</td>
<td>Age 4-6</td>
<td>Rebecca Mager</td>
<td>June 6, 8, 13, 15</td>
<td>8:00 AM - 9:30 AM</td>
<td>$40</td>
</tr>
<tr>
<td>Campers</td>
<td>Age 4-6</td>
<td></td>
<td>July 11, 13, 18, 20</td>
<td>8:00 AM - 9:30 AM</td>
<td>$40</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Age 7-12</td>
<td>Rebecca Mager</td>
<td>June 6, 8, 13, 15</td>
<td>8:00 AM - 9:30 AM</td>
<td>$40</td>
</tr>
<tr>
<td>Junior Gymnasts</td>
<td></td>
<td></td>
<td>July 11, 13, 18, 20</td>
<td>8:00 AM - 9:30 AM</td>
<td>$40</td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Grades 9-12</td>
<td>Rebecca Mager</td>
<td>June 5 - 7</td>
<td>M/W 8-10 AM, Tues. 9:30-11:30 AM</td>
<td>$30</td>
</tr>
<tr>
<td>High School</td>
<td></td>
<td></td>
<td>June 12 - 14</td>
<td>M/W 8-10 AM, Tues. 9:30-11:30 AM</td>
<td>$30</td>
</tr>
<tr>
<td>Campers</td>
<td></td>
<td></td>
<td>June 19 - 21</td>
<td>M/W 8-10 AM, Tues. 9:30-11:30 AM</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>June 26 - 28</td>
<td>M/W 8-10 AM, Tues. 9:30-11:30 AM</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>July 10 - 12</td>
<td>M/W 8-10 AM, Tues. 9:30-11:30 AM</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>July 17 - 19</td>
<td>M/W 8-10 AM, Tues. 9:30-11:30 AM</td>
<td>$30</td>
</tr>
<tr>
<td>Middle School</td>
<td>Grades 6-8</td>
<td>Rebecca Mager</td>
<td>June 27 &amp; 29</td>
<td>8:00 AM - 9:30 AM</td>
<td>$40</td>
</tr>
<tr>
<td>Campers</td>
<td></td>
<td></td>
<td>July 25 &amp; 27</td>
<td>8:00 AM - 9:30 AM</td>
<td>$40</td>
</tr>
<tr>
<td>Girls Soccer</td>
<td>5-8</td>
<td>Steve Burckhalter</td>
<td>July 17-20</td>
<td>5:30 PM - 7:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td>Lions Centennial Park</td>
<td>July 17-20</td>
<td>7:15 PM - 8:45 PM</td>
<td>$50</td>
</tr>
<tr>
<td>Boys Soccer</td>
<td>5-8</td>
<td>Doug Townsend</td>
<td>July 17-20</td>
<td>5:30 PM - 7:00 PM</td>
<td>$50</td>
</tr>
<tr>
<td></td>
<td>9-12</td>
<td></td>
<td>July 17-20</td>
<td>7:15 PM - 8:45 PM</td>
<td>$50</td>
</tr>
</tbody>
</table>

CUT APART AND RETURN BOTTOM PORTION. KEEP TOP PORTION FOR YOUR RECORDS. ✂️

PRINT CAMP NAME AND DATES (Make copies if attending additional camps 1 FORM PER CAMP IS NEEDED)

NAME ___________________________ 2017-2018 SCHOOL GRADE ___________

ADDRESS __________________________ CITY __________ STATE ____ ZIP ______

PARENT/GUARDIAN _______________________ PHONE(S) ______

EMAIL ADDRESS _______________________

CIRCLE USUAL ADULT T-SHIRT SIZE: XXL XL L M S

MAKE CHECK OR MONEY ORDER PAYABLE FOR $50 TO LINCOLN HIGH SCHOOL. IF YOU DECIDE NOT TO ATTEND CAMP, THERE WILL BE A $5 ADMINISTRATION CHARGE PER CAMP. IF YOU REGISTER LATE FOR CAMP YOU MAY NOT GET A T-SHIRT. MAIL OR RETURN FORM TO: KRISTIN BROWN, LINCOLN HIGH SCHOOL, 2900 S. CLIFF AVE., SIOUX FALLS, SD 57105. REGISTRATION IS DUE May 1!

MUST BE SIGNED BY THE PARENT OR GUARDIAN!!!

I certify that the registrant named below is in good health. Realizing that there are some inherent risks in athletic activities, I hereby, for the named registrant, myself, heirs, executors, and administrators, waive, and release any and all rights and claims for damages we may have against the Sioux Falls School District, coaches and directors for any and all injuries by the named registrant during the camp period.

Registrant (print) _______________________ Date __________ I, the undersigned parent or legal guardian of the competitor, hereby approve and confirm the above waiver and release.

Signature _____________________________

REvised 2 2/22/16
ARE YOU NERVOUS ABOUT STARTING HIGH SCHOOL??

Connections at Lincoln High School!!

June 7th–June 29th, 2017
Monday–Thursday
7:35 AM–12:30 PM

Why should a student attend Connections Class?

* Connections students start high school right and earn a half credit toward graduation.

* 15 days packed with ideas, strategies, people, and new experiences that will help prepare students for a great first day and a successful first year of high school.

* Connections students review important reading, math, and study strategies.

* Learn problem-solving techniques and organizational ideas that make the transition to high school easier on students entering the 9th grade.

Scholarships available!

Tuition for 0.5 credits is $150 or $110 for those with reduced lunch or $80 for those with free lunch.

Registration Form Available at http://www.sf.k12.sd.us
Drop Down window at center/top “Comm Ed”
Click “High School Summer School”
Click “Register Here” or for those wanting scholarships or would like to use paper, there is a link at the bottom of the page:

Contact information or general questions:

Meghan Anderson-Finch
Meghan.anderson-finch@k12.sd.us

Shawn Bogart
Shawn.bogart@k12.sd.us

Activities include:

* touring the school
* seeing your schedule
* learning school cheers basics
* Independent Reading
* relieving 1st day anxieties
* meeting administrators

* meeting teachers
* meeting upperclassmen
* English and math

* creating a 4 year plan
* find a lunch buddy
* debunking myths
JUNE 10, 2017

5K

2017 PRESIDENTS BOWL RUN/WALK

Support Sioux Falls Public High School Activities!

Save the Date

5k, 3-Person 5k Relay, 2 mile Walk, & NEW Future Champions Kids Fun Run!

Register at www.allsportcentral.com
Take Back Family Time! — Freezer Meals

Hectic spring schedules with school and family activities? Reclaim your family time by resolving to be less stressed and frustrated over "what's for dinner?"

Using Tastefully Simple® products, prepare ten freezer meals such as smoky BBQ sliders and creamy bayou bourbon chicken! Simplify family evenings by spending less time in the kitchen!
With these ten family meals, free your time and the rest will follow!
You will prepare 5 meals in class & 5 meals on your own

Menu, grocery list, and pre-class preparation provided.
Includes full-sized Tastefully Simple® products & easy meal meal assembly!

Register Today! — http://www.sf.k12.sd.us/or call 367-7999
Get your toes wet and join us down under! Experience scuba diving first-hand before making a commitment to a full PADI scuba diving training certification. In a confined water setting, the professional staff at LandShark Scuba & Snorkel Center will assist you throughout your scuba diving experience. Plan a vacation get-a-way or a unique date night (or day) and include this underwater experience. Registration fee ~ $42

All equipment provided, bring swimsuit and towel. Meet at LandShark for classroom instruction and proceed to Sanford Wellness Center's pool - 49th Street. Ages 12 years & up or call if younger

Register online: www.sf.k12.sd.us or call 367-7999.

All Classes = Tuesdays 6 – 9:30 p.m.

February 14th or March 21st

Or April 11th or May 16th
Love fresh eggs and considering raising your own flock? Already a seasoned urban chicken farmer? Sioux Falls City Council passed an ordinance allowing you to raise six chickens in your backyard - hens only - no early sunrise roosters! Learn all aspects of backyard flock management from raising chicks to coop and run requirements, feed and nutrition to common health issues and more!

Get in touch with your inner farmer!

Tuesday, March 28th  
6:30 – 8:30 p.m.  
Registration Fee - $35

Fruit of the Coop!  
Start wrangling your own flock of chickens & reaping the benefits!

Location  
Instructional Planning Center  
201 East 38th Street  
To Register  
www.sf.k12.sd.us  
or call 367-7999
To Register
Go to
https://sf.k12.sd.us
Or call
605-367-7999

COMMUNITY EDUCATION
Sisseton Falls School District 495

Be Someone's Hero!

Learn how to be someone’s hero—
Register TODAY!

Supersitters! Babysitting Smarts!

Learn basic care techniques for infants and children, age appropriate play time, feeding, bedtime tactics, injury prevention, and first aid care. Experience hands-on CPR training for victims of cardiac arrest for adults, children, and infants.

Keep the children you care for safe and happy—Be their favorite "Supersitter!"

$55 class fee includes all materials

5 Class dates to choose from
March 27th or June 2nd or June 3rd or June 5th or June 6th

Class will be held from 8 am-3 pm at
Instructional Planning Center
Located at 201 E. 38th Street
I’m full
Help your child avoid overeating by taking time to talk about the color, texture, or taste of his food. If you say, “I love the color of carrots,” he may respond, “I like how crunchy they are.” By stopping to think, he’ll slow down his eating pace, giving him time to feel full.

Building strength
Let your youngster create her own weights using two empty quart-sized milk jugs. Help her fill them a quarter-full with sand or dry rice and screw on the cap. Suggest that she hold one in each hand as she squats, lunges, or does bicep curls. As she gets stronger, she could add sand or rice to make her weights heavier.

Did you know?
Most children consume too much sodium. Lower your child's salt intake by offering a variety of spices and fresh herbs instead. Let him smell the basil, oregano, or ginger and sprinkle it in while you're cooking. Idea: Read spice jar labels together for ideas of where to use the spices. He'll learn about different flavors—and forget about the salt shaker!

Just for fun
Q: How do you fix a torn pizza?
A: With tomato paste.

Go for whole grains
Get your youngster used to eating whole grains while she's young, and you'll help her build a healthy habit for a lifetime. Try these strategies.

Give details
Begin by explaining why whole grains are good for her. You can tell her that these grains are still “wearing their coats”—they contain the entire grain kernel with all its fiber, vitamins, and minerals. Processed grains like white bread have the outer layer removed, so they've “lost their jackets”—where the important nutrients are.

Make it gradual
Help your youngster adjust to whole grains by working them in gradually. For instance, make both white and brown rice, and mix them together. Or prepare regular and whole-grain pasta, and toss them in a bowl with sauce. As she becomes accustomed to the taste, build up to three-quarters whole grains and then eventually to all whole grains.

Use daily
Try adding whole grains to foods your child regularly eats. You can stir oats into lean ground beef when you're fixing hamburgers. Or put barley or bulgur wheat in soups and casseroles. When shopping, go for the whole-grain varieties of bagels and tortillas.

Note: Many chronic conditions that develop later in life might be avoided by eating more whole grains. The fiber and other natural compounds may reduce the risk of diabetes, heart disease, and some cancers.

Get your winter wiggles out
Winter's chill might still be lingering, but your youngster can burn off pent-up energy—and get physical activity—with these indoor ideas.

○ "Drive" around the house. Let your child use a kitchen pot lid as a pretend steering wheel. He could pick up speed by marching down the hallway or slow down as he maneuvers around furniture.

○ Follow the path. Have your youngster make a color trail with different-colored socks (or pieces of construction paper). Then, take turns saying a color, and everyone has to walk down the path, stepping only on that color. Variation: Step on any color except the one called out.

© 2017 Resources for Education, a division of CCH Incorporated

This institution is an equal opportunity provider.
Healthy afterschool snacks

Q: I’m concerned that my son snacks too much after school. How should I handle this?

A: Most children are hungry when they get home from school—it’s a long time since lunch and a few hours until dinner. So think of your son’s snack as a bridge between meals.

The important thing is to make sure the snacks he eats are healthy ones. This is a good time to get in nutrients he may be short on, like vitamins A (dried apricots), C (oranges), D (fortified milk), and E (avocado), plus minerals like calcium (bok choy) and magnesium (garbanzo beans).

The best options are often smaller portions of foods you would normally eat at mealtime, such as turkey sausage tucked into a mini pita or a cup of tomato soup. In fact, try to avoid foods typically sold as snacks, like cookies, cakes, crackers, chips, and fruit drinks. They’re loaded with sugar and empty calories that will give him only a short burst of energy—and won’t satisfy his hunger for the long term.

Stage a performance

Encourage your youngster to put on a live show that highlights fitness. No props required! Suggest these three themes.

1. Imagine the action. Your little actor may decide to be an action hero who saves the planet from aliens. What leaps and bounds will he use to rescue small children and animals?

2. Set up for sports. Maybe your child will reenact a scene from his favorite sports movie. He might act out a character hitting the ball and running around the bases or be a track star hurdlng his way to glory.

3. “If I were a teacher…” Ask your youngster to pretend he’s the PE teacher at school. He could demonstrate games or exercises he will teach the kids—and then lead you in a “class.”

Inspired by Dr. Seuss...

March 2 is Dr. Seuss’s birthday. Celebrate his gift of rhyme with some cooking time!

**Cat-in-the-Hat fruit snacks.** Your child can make the cat’s hat by alternating strawberry halves and banana slices on a plate. To enjoy her snack, she could dip the fruit into Greek yogurt sweetened with a little honey.

**Green Eggs and Ham.** Heat 1 tsp. olive oil in a skillet. Add 5 oz. (about 3 cups) fresh spinach leaves, and cook until wilted, about 1 minute. Pour in 2 whisked eggs, and stir until they’re set. The spinach turns them green! Serve with lean ham slices.

**Who hash.** In honor of the tiny Whoville-tans in *Horton Hears a Who*, dice potatoes, carrots, and radishes. In a skillet, heat 2 tbsp. olive oil, and sauté 4 cups of the vegetables until tender. Add 2 cups shredded left-over pot roast or chicken. Heat through.

Savvy food shopping

Serving healthier food to your family and saving money can go hand in hand. Here’s how:

- Buy in bulk for family staples. For instance, get family packs of chicken, and freeze meal-size portions. Or purchase rice, cereal, and other grains in bulk, and store in airtight containers.
- Avoid packaged cookies, bakery items, processed foods, and frozen treats. They’re not only high in fat and low in nutrients, they’re also pricey.
A por cereales integrales

Consiga que su hija se acostumbre a comer cereales integrales mientras es pequeña y la ayudará a desarrollar un hábito sano para toda su vida. Pruebe con estas estrategias.

Dele detalles
Explíquele primero por qué los cereales integrales son buenos para ella. Puede decirle que estos granos siguen “llevando sus abrigos”, que contienen el grano entero con toda su fibra, vitaminas y minerales. A los granos procesados como el pan blanco se les ha quitado su capa exterior, “han perdido sus chaquetas” en las que se encuentran los nutrientes principales.

Vaya poco a poco
Ayude a que su hija se acostumbre a los cereales integrales introduciéndolos poco a poco. Por ejemplo, cocine arroz blanco y arroz integral y mezclelos. O bien prepare pasta normal y pasta integral y juntelas en una fuente con salsa. Cuando se vaya acostumbrando al sabor, aumente los cereales integrales a tres cuartos y finalmente a todo integral.

Úselo a diario
Procure añadir cereales integrales a las comidas que su hija come con regularidad. Puede mezclar avena con la carne molida cuando hagan hamburguesas. También pueden poner cebada o trigo bulgur en sopas y estofados. Cuando comen elijan las variedades integrales de bagels y tortillas.

Nota: Muchas enfermedades crónicas que se producen más tarde en la vida pueden evitarse comiendo más cereales integrales. La fibra y otros componentes naturales pueden reducir el riesgo de diabetes, enfermedades del corazón y algunos cánceres.

Adiós al desasosiego invernal

El frío del invierno perjudica, pero su hijo puede quemar la energía acumulada — y realizar actividad física — con estas ideas para el interior de casa.

- “Manejar” por casa. Que su hijo use la tapa de una cacerola como volante imaginario. Podría acelerar marchando pasillo abajo o disminuir la velocidad al maniobrar entre los muebles.
- Seguir el camino. Dígale a su hijo que haga un sendero de colores con calcetines de distintos colores (o con trozos de cartulina). Luego digan por turnos un color para que cada participante camine por el sendero pisando solo en ese color. Variación: Pisen en cualquier color excepto en el que han nombrado.

Esta institución es un proveedor que ofrece igualdad de oportunidades.
Meriendas sanas para después del colegio

P: Me preocupa que mi hijo picotee demasiado después del colegio. ¿Cómo podríamos controlarlo?

R: La mayoría de los niños tienen hambre cuando regresan del colegio a casa, ha pasado tiempo desde el almuerzo y aún quedan horas hasta la cena. Así que piense en la merienda de su hijo como un puente entre comidas.

Preparen una representación

Anime a su hijo a que organice un espectáculo que resalte la buena forma física. ¡No hacen falta accesorios! Sugierales estos tres temas.

1. Imagina la acción. Su joven actor puede decidir ser un héroe de acción que salva el planeta de los extraterrestres. ¿Qué saltos y brincos dará para rescatar a los niños y a los animales?

2. Escenarios deportivos. Quizá su hijo quiera representar una escena de su película de deportes favorita. Podría representar a un personaje que golpea la pelota y recoja las bases o sea una estrella del atletismo saltando obstáculos hasta la gloria.

3. “Si fuera maestro…” Digale a su hijo que imagine que es el maestro de gimnasia en la escuela. Podría demostrar juegos o ejercicios que enseñará a los niños y luego jule a usted una “clase”.

Hacer la compra con sagacidad

Servir alimentos más sanos a su familia y ahorrar dinero pueden ir de la mano. He aquí cómo:

- Para reducir las compras impulsivas, haga una lista de la compra y adhiera a ella. No compre cuando usted o sus hijos tengan hambre.
- Tenga en cuenta fuentes menos caras de proteína. Los huevos, las legumbres y el tofu por lo general cuestan menos que la carne o el pescado.

Lo importante es asegurarse de que lo que come son cosas sanas. Es un buen momento para ingerir nutrientes que quizás le falten, como vitamina A (albaricoques secos), C (naranjas), D (leche reforzada) y E (aguacate), además de minerales como calcio (col china) y magnesio (garbanzos). Las mejores opciones son a menudo porciones pequeñas de lo que comen en las comidas del día, por ejemplo salchicha de pavo en un mini pan pita o una taza de sopa de tomate. Procuren evitar productos que se venden típicamente como “snacks”, por ejemplo galletas, pasteles, galletitas saladas, chips y bebidas de frutas. Tienen mucha azúcar y calorías vacías que le darán sólo una breve inyección de energía pero no le quitarán el hambre a largo plazo.

Inspirados por Dr. Seuss

El 2 de marzo es el cumpleaños de Dr. Seuss. ¡Celebren su don para la rima con algo de cocina!

Bocaditos de El gato en el sombrero. Su hija puede hacer el sombrero del gato alternando mitades de fresa y rodajas de banana en un plato. Para saborear su platillo podría mojar la fruta en yogurt griego azucarado con un poco de miel.

Huevos verdes con jamón. Calienten 1 cucharadita de aceite de oliva en una sartén. Añadan 5 onzas (unas 3 tazas) de hojas de espinacas y cocinenlas hasta que se amasen, alrededor de 1 minuto. Añadan 2 huevos batidos y den vueltas hasta que los huevos cuajen. Si las espinacas lo terminan de verde, sirvan con rodajas de jamón magro.

Revuelto de Quén. En honor de los diminutos Quién de Horton Escucha a Quién, corten en daditos papas, zanahorias y rábanos. En una sartén calienten 2 cucharadas de aceite de oliva y salteen 4 tazas de verduras hasta que se ablanden. Añadan 2 tazas de los restos de un asado de res o pollo. Calienten bien.
High School Summer School

Sioux Falls School District
In-Classroom Courses, Online Courses & Internships
Open to incoming and existing high school students

Online Courses
June 6-July 27
Online courses = 0.5 credit
Students may only register for ONE Online course at a time.
No AP online classes are available during summer school

Internships
June 6th—July 27
Internships = 0.5 credit
Per 68 verified hours worked & completed required assignments

In-Classroom Courses
Courses = 0.5 credit
Speech
June 6—June 29
Monday-Thursday
7:35-12:30 pm
Team Sports
June 6—July 13
Monday-Thursday
7:35-10:35 am
(no class July 3 & 4)

In-District Fees
$150 Regular Lunch Rate
$110 Reduced Lunch Rate
$80 Free Lunch Rate
Lunch status will be verified

Registration Deadline
May 19th, 2017
To register or see a complete listing of classes available please visit www.sf.k12.sd.us
click on the “Schools” tab at the top

**Please direct all class credit & course requirement questions to your school counselor.**