

FROMTHETOP

CEDAR MOUNTAIN SCHOOLS • CMS.MNTM.ORG

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Monday, September 18th kicked off homecoming week at Cedar Mountain. There were many fun events planned and lots of cheering going on during the week for our athletes! The annual variety show and coronation took place on Wednesday evening. Dress up days are always a favorite activity of the week, they included "Blue Out", Decades Day, Tourist Day, Pajama Day, and CPAC Shirt Day (all students and staff received a homecoming t-shirt, compliments of CPAC). Athletes also made a trip to the elementary to spend time with the younger students. Congratulations to our graduating seniors who put on an entertaining variety show and to everyone who participated in events throughout the week! WE JUST CAN'T BEAT THAT CM PRIDE! Vari ty OW.



Kimberly DeWitte Superintendent

Winter is coming, we are ready

As we enter the winter season, we know that the Minnesota weather has a history of creating challenging conditions. As the superintendent, I work very closely with the bus company as we gather information on the most current forecasts, National Weather Service watches and warnings along with the road reports. Careful thought is put into every weather related decision and we will always place student safety first.

If you as a parent or guardian feels it is unsafe to send your student to school due to weather, the school will respect that decision. Please notify the school if and when this situation arises.

Notification: Cedar Mountain uses Infinite Campus to notify families of weather related changes as well as email, the website, and social media. Weather related school announcements may also be communicated on Facebook, KLGR radio, KNUJ radio, WCCO radio, KEYC TV, KSTP TV and KARE 11.

It is my goal to make an initial decision daily by 5:45am and communicate shortly after.

2 Hour Late Starts: There are days during the winter where the weather/road conditions start poor but improve enough for school to start late. On a 2 hour late start the MSHS will begin at 10:10 and at the elementary school will start at 10:20. Buses will run a two hour late start schedule as well.

Below are how each school will adjust to a 2 hour late start:

Elementary: Teachers will adjust their personal schedules. Breakfast will be served.

MS/HS: The MS/HS will run their 8 hour schedule with shortened periods. Breakfast will be served.

E-Learning: Cedar Mountain utilizes e-Learning as a way to count a school day on a day when the weather does not allow us to physically attend school. MN statute allows school districts to use up to 5 days for e-learning.

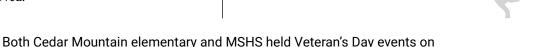
Cancellations: In the event that we cancel, messages will be sent out via infinite campus and will be broadcast on local radio and tv stations.

Early Outs: There are times when school is let out early due to weather moving into the area. The dismissal times and any adjustments will be communicated with families as soon as a decision is made via infinite campus and local radio and ty stations.

After School Activities: If school is canceled for the day or we have an early dismissal for bad weather, all after school activities and practices are also canceled. No open gyms or weightlifting will be allowed on these days as well.

Winter Transportation Procedures: When transporting students to and from school, safety is our first priority. We will be traveling on "plowed roads only" as a protocol to keep students safe and avoid buses from getting stuck. If you live on a rural road, I ask that you think about an alternate pick up or drop off point for your child in the event we are not able to travel on your road. This point may be the nearest plowed road along the bus route. If you have questions regarding this, feel free to contact the Cedar Mountain Bus Company at (507) 249-3136.

As a district, we take great pride and responsibility in getting our students to and from school safely each day. Thank you for your continued support of Cedar Mountain Schools.



Friday, November 10. The elementary school welcomed the following Veterans; Joe Sherman, Doreen Tyler, Wade Gronau, and Loren Wood. They went to the classrooms and taught students the importance of Veterans Day.

The Cedar MSHS held a Veterans Day program. A patriotic poem was read by Kenadi Heiling and the following students gave speeches; Thank You Letter by Ryker Vermillion, Meaning of Veteran's Day by Bailey Woodford, and Impact on our Community by Collette Mathiowetz. The Cedar Mountain band played and students led the audience in the

Pledge of Allegiance.







Thank you to all who have served and those who continue to serve our country.



Julia Garms
Elementary

Dean of Students

Highlights of CMS Elementary

It has been a busy fall at Cedar Mountain
Elementary! Here are some of the highlights.
We started the year off with Open House. This
gave families, students, and teachers a chance
to get to know each other and build positive
relationships before the school year began.
Another way we continue to build positive
relationships with our families is with SeeSaw.
SeeSaw is a way for teachers and families to
connect. Teachers share pictures of what is
going on in the classroom and post many

announcements. If you are not using SeeSaw, contact your child's teacher to set up an account.

At the elementary, we were very excited when the Homecoming court and football players came over to the elementary to have lunch and enjoy recess with younger students. To celebrate the football team making it to State football, students at the elementary went over to the MSHS to enjoy a pepfest. We were able to cheer and show the signs we made to support the team.

The Fall Festival and Farmer's Market was another positive event at the elementary. This celebration was very successful thanks to all of our families, community supporters, and CPAC. All the donations went to our students' activity accounts for students to enjoy class field trips throughout the year.

We have already had several field trips this year. Our fourth and fifth

graders had the opportunity to go to McGowen Farms in Mankato and attend History Fest. This was a great opportunity for students to live out the past through hands-on experiences. Also, a small group of students were able to attend The Young Artists Conference at SMSU. These students learned about different artistic techniques and skills for this field trip.

Our classrooms have also had many positive activities. We continue to have WIN time in both reading and math. WIN stands for "what I need". Students are divided into groups for both reading and math so that every student is challenged at their ability level. We continue to encourage reading in the classroom by having AR and reading circles. We also have done many great art projects this year. These projects include students creating a witch and writing a short story about their creation, building paper pumpkins, and creating hand turkeys. We have completed many science projects including building volcanoes and then making 'lava'. We had many guest speakers including Chief Deputy Jason Mathwig who spoke about Safe Routes to Schools, Tim Joehck who taught us about fire safety, and Deputy Luke Jacques and K-9 Mayerick who made Red Ribbon Week fun.

Continue to watch for exciting events happening at the elementary. Here are just a few upcoming events. We will have a Scholastic Book Fair the week of December 4-8; the elementary winter concert is on December 7 at 6:30 pm for PreK - Grade 5; Morgan Santa Days is on December 2 from 9-11 am in the MSHS cafeteria; and Franklin Santa Days is on December 9 from 9-11 am in the elementary cafeteria.

CMS Elementary's Visit with our Veterans



SCIENCE Class is Epic!

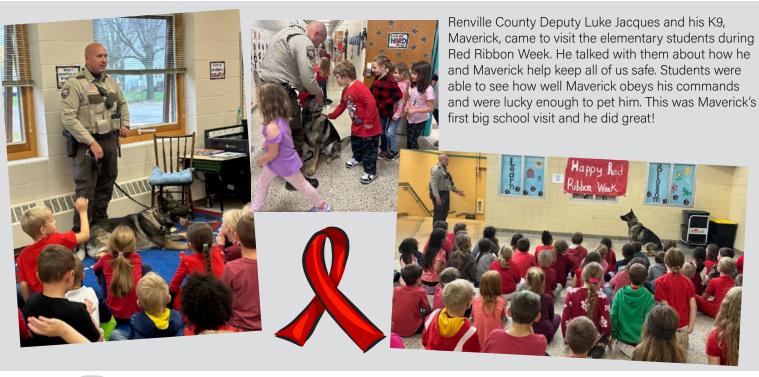
Fourth graders just finished an epic unit about volcanoes in Science class! Through an experiment, students learned that different lava types form different kinds of volcanoes, and then they got the chance to create their own! The class formed their creations using papier-mache, painted them to look realistic, and then got ready for eruption time! Students watched as a chemical reaction inside their volcanoes created some awesome "lava" that shot out

and oozed down the side! They even got to play with the lava afterwards. Hands-on learning is the best!









great time learning the basics of football, the future is bright! Pictured are the students who braved the cold weather on our last day. Flag Football

Cedar Mountain students in grades K-3 wrapped up

flag football on Saturday, November 29! They had a



53 Units were collected!

Next Blood Drive February 5th at Cedar Mountain





Misty Riebel MSHS Principal

Good Day to all Cougar Families, Alumni, and Community Members

October has come to an end and November is here! Quarter 1 has completed and we are off to a great start for Quarter 2. Ever since school has resumed, my thoughts circle with what is best for each and every learner in our building. All of us are learners.

My message this Quarter is going to focus on items I want you to know as we make decisions throughout the day-to-day messages, as well as long-term planning for programming. It takes a team to drive this bus and we all need to be

mindful of how we are bringing ourselves to the table each day. It is crucial to realize that staff at Cedar Mountain care about you and your learners. Much of the time, our drive to help learners exceeds our own level of self-care. We are not only invested in the education and academic focus, but as individuals as well. There are many factors that go into decisions we make and it is not just a sole individual creating these decisions, it is a team of educators creating systems that are sustainable and have the best interest of each and every learner in mind.

Many times over the past weeks of Quarter 1, I have found myself in conversations with students, team members, coaches, as well as community members about how educational systems are not just an academic focus, but rather, the training field for navigating life's challenges. It is about identifying issues, problem solving, learning and growing through those obstacles that come across our path on a regular basis. We all know those challenges come and true teaching and learning occurs when we problem solve and work through them together while learning what worked and what did not work.

As we look at school settings, we look at what our focus truly is - teaching and learning over sole obedience and compliance. When we focus on teaching and learning, we are skill building. This is the goal for each and every learner. We all possess the ability to problem solve through obstacles or challenges that will help to gain experiences that shape our ability to carry those skills into life-long lessons along the way. Obstacles that arise may be forgetting a locker combination, dealing with troublesome peers, reflection of self when gossip occurs, getting to class on time, staying in class when temptations arise to get out of class, seeking help when your confidence is down or self-doubt

occurs, or even maintaining focus when the cell phones are a continual distraction.

As we look to help teach and learn skills, we have to lean heavily on how we are facing adverse situations and challenges. One question to discuss is, how are we setting ourselves up to problem solve through those obstacles. We only fail when we completely give up on something.

A quote by Winston Churchill that encourages me to reflect continually is "Success is not final, failure is not fatal: it is the courage to continue that counts."

Failure is not defeating unless you allow it to be defeating. Responding to situations versus reacting to situations encourages so much more growth, academically, intellectually, physically, physiologically, etc. It is learning the skill to identify the problem and problem solve through situations that helps encourage growth, face adversity, skill build within yourself, and rise to become the best version of you. When each and every learner takes the time to consciously build these skills, they are investing in their intellectual growth. It is critically important to recognize that each time you completely forfeit an opportunity you are developing habits that hinder the natural ability to problem solve through a situation.

For those that know me, I am not a quitter. For those who are getting to know me, I'm not going to give up on your learner. I will listen, I will be patient, and help your learners grow skills. I will facilitate learning within our team to stretch their thinking to help build those problem solving skills. We have been working very hard on how to transition our thinking in the building to problem solving and truly listening to the root of what the issues are. How to correctly identify problems and effectively problem solve through situations. Rise up to the challenge each and every day. You are worth it. You belong here. You are capable of so much more than you realize. Encourage those learners to have meaningful conversations around how they show up each and every day.

Show up ready each and every day. We are all working on becoming the best version of ourselves that we can bring to the table. I see you and I see your potential. Let's face the challenges in Quarter #2 collaboratively!



TACKLE CANCER

CEDAR MOUNTAIN

CEDAR METAIN

TOGETHER WE FIGHT! CANCER

Renville County Walk in the Park and Redwood County Kickin' Cancer teamed up on September 29 for our Tackle Cancer event. It was an exciting game with a weather delay in the middle, the CM Cougars beat the RRC Falcons 28-8. *Over \$1,500 was raised with all*

profits going to both organizations! Thank you to everyone that came out to the game and donated to our local cancer organizations.









A great big thank you to CPAC for giving every student and staff person at Cedar Mountain a HOCO 2023 t-shirt!



CMS WELCOMES EXCHANGE STUDENTS FOR THE 2023-24 SCHOOL YEAR

What is your name? Kevin Liu

Where do you call home (what country are you from)? Taipei, Taiwan

Who is your host family? The Guetter's

How many languages do you speak? Chinese, Taiwanese, English

What is your favorite thing about being in America?
People and food

What does a school day look like in your home country (start time, end time, subjects etc...)?

I went to a private school, it started at 07:30-21:00 (9PM). The subjects are the same but we have Chinese. It teaches you how to speak more clearly. We learn everything very deeply, and no one would make any noises in the class.

Is there anything special you want to do or places you want to go before you go back home?

I'm good, the Guetters are amazing.

What is your name? Lovisa Allerbrand

Where do you call home? Stockholm, Sweden is my home. I live in a town called Balsta which is a bit northwest from Stockholm.

Who is your host family? The Heilings. Chrissy, Nick, Kenadi and Madi Heiling. They're super nice. I got so lucky to get them as my host family.

How many languages do you speak? My first language is Swedish, as that's the language we speak in Sweden. Then English, which I've learned since 2nd grade or something like that. And then a

bit of Spanish, not much at all, only stuff I've learned from school.



What is your favorite thing about being in America? The big diversity in the whole country. Like a lot of different sceneries and stuff like that. Also, even though I don't agree with everyone's thoughts on things here, it still proves how amazing people can be even though you look at stuff differently. Part of me being here this year is to learn differences etc. People here are very kind, like you go to the grocery store and people say hi and stuff like that.

What does a school day look like in your home country? School is very different here from what it is in Sweden. In Sweden our schedule doesn't look the same everyday. We have the same schedule every week but it's not like where you have the exact same classes and time setting everyday. In my school back home I started 8:30-3:00 Mondays, 11:10-3:20 Tuesdays, 8:30-3:55 Wednesdays, 11:30-5:00 Thursdays, 8:35-1:20/3:45 Fridays (switches every week). Classes I had were first the fundamental ones like Swedish (2 times a week), English (2 times a week) and Math (3 times a week). Then the ones that were from what I was studying, law (two times a week), business economics (2 times a week), social science (2 times a week), language, Spanish (2 times a week, PE (3 times a week). It looks different depending what school you go to and what you're studying. Also I have Spanish because that's what I chose in 6th grade. Meanwhile I have friends who study German or French. Also our high

studying. Also I have Spanish because that's what I chose in 6th grade. Meanwhile I have friends who study German or French. Also our high school is a mix between your high school and college I would say. Like I study Economics directed in law. But there are a lot of different things, both where you can start working right after school or the ones where you need to continue to study at University.

Is there anything special you want to do or places you want to go before you go back home? I get to do a lot of things here, experience a lot of different places which I'm so grateful for. I would like to see Chicago, that would be cool. But we're going on a cruise to California next spring which will be so much fun! Places which I don't know the name of. Like when we went to the Black Hills in South Dakota, had never heard of that before but it was amazing! A trip I'll never forget, I loved it!



Students taking College Art travelled to Ortonville to the EcoArts studio for a workshop with artist Don Sherman. Students learned about making sustainable and biodegradable paper using only plant matter, especially from plants native to Minnesota. They had the opportunity to make their own paper using different combinations of pulps from plants such as corn husks, hemp, hollyhock, cotton, ochra, and garlic among others.









Competitive Dance

This year, Cedar Mountain has paired with Wabasso for Competitive Dance. The dancers have started practice and travel to Wabasso everyday after school. They are looking forward to competitions starting soon and will also be performing on December 12 in Morgan at the basketball game. They invite you all to come out and watch them perform.



L-R Maycee Weber, Abby Nelson, Lauryn Menk, Sophia Erickson. Not Pictured: Peyton Schmidt





November was National Native American Heritage Month. This is the perfect time to acknowledge the land and the people who are Indigenous to this area as both CM buildings are located on the ancestral homelands of the Bdewakantuwan (Dakota people). To honor and celebrate the Dakota heritage, the CM Indigenous Education Department has several activities and events scheduled.

Lisa Thul, Elementary Indigenous Education, is teaching the students Dakota Language by introducing a "Dakota Word A Day". A special treat or challenge is also provided to the students. The building echoes with enthusiasm as each class says the Dakota word together each morning. The pre-school, K, 1st and 2nd graders will participate in Dakota Story Time. Our 3rd, 4th and 5th grade classes will have the opportunity to create a Dakota art project.

Diego Torre, MS/HS Indigenous Education, has been working with students on building connections to the homelands of the Dakota people (Bdewakantuwan). High school students have been Learning the language provided by Ryan Dixon and we have gone on a field trip to the Hoċokata Ti center in Shakopee to learn more about the Dakota relatives. In November, we have been doing several teachings; ribbon skirt and shirt making., beadwork and quillwork, as well as making traditional and modern Dakota foods teaching.







Carson Schiller, Wyatt Gewerth, Hank Heiling, Rylee Haala, Addison Sullivan, Grace Sullivan, Kynedi Plaetz

CMS FFA attends the 96th National FFA Convention

We are back from the National FFA Convention! We had a great trip meeting new people and seeing how agriculture is run on a much bigger scale than we normally see it. We did two tours, one at Fair Oaks Farms and the other at Indianapolis Zoo. We stopped at Tommy Bartlett's laboratory to look at different aspects of science and we completed two activities, bowling and top golf. We were also excited to see Ashley Rothmeier receive her American FFA Degree at the 96th National FFA Convention. Congratulations, Ashley!



Ashley Rothemeir received her American FFA Degree



<u>Back Row:</u> Derek Wenisch*, Jonathon Nelson*, Rylee Haala*, Hailey Hollar, Kenadi Heiling, Jaiden Robinson, Gabe Preciado, Carter Schiller, Kegan Tietz, Kylie Koerner, Kenley Schiller Row: Madison Welch*, Abby Nelson*, Trista Madsen*, Cloey Wildt*, Lauryn Menk*, Samantha Gruendemann*, Zachary Sandgren*, Marek Anderson*, Blake Steffl* (* newly inducted)

On Monday, October 9, thirteen students were inducted into the National Honor Society. They join the eight seniors who continue to serve and lead. Congratulations on this achievement!



Nurse's Nook

5 EASY WAYS TO STAY GERM-FREE AND AVOID GETTING SICK

No one wants to miss class, due to illness. The good news is that there are easy steps you can take to avoid germs and stay healthy during school.

- Watch where you put your backpack.
 Make sure you take the time to wash it weekly.
- 2. Avoid sharing items with others.
- 3. Play smart. Avoid touching your face while playing the game and use a towel instead of your hands to wipe away sweat.
- 4. Regularly disinfect your electronic devices. This includes your cellphone, laptop and anything you carry with you.
- 5. Wash your hands often—more times than you think you need! We know, we know you've heard about this a million times already. But it really is the best way to stay safe and germ free. Wash your hands before and after classes, meals, and anytime you come into contact with others. Make sure to use warm water and soap for at least 20 seconds. When you can't wash your hands, use hand sanitizer.



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Are you looking for ways to financially support CM Students?

Beyond High School

Cedar Mountain High School has a scholarship fCedar Mountain High School has a scholarship fund set up called the Cedar Mountain Community Scholarship. This is a scholarship that is used to enhance the future of our students who are pursing any type of education beyond high school. Each year, the Cedar Mountain Scholarship awards three scholarships to graduating seniors. This scholarship is available to graduating seniors through generous donations by community members and organizations.

Contact Information: Preston Palokangas Phone: 249-5880

Email: ppalokangas@cedarmt.org

Children's Fund

Cedar Mountain also has a Children's Fund that has been set up. It is a great program that provides resources to students who may be lacking basic things such as garments for winter, proper shoes, or needing some money in their account due to a negative lunch balance, or just for projects that are getting done in class which require materials and the student doesn't have the funds to get those materials. If you are interested in supporting any of these funds or have more questions about them, please contact Preston Palokangas, the school counselor at Cedar Mountain. I would be happy to answer any questions.

High School Address: Cedar Mountain High School Preston Palokangas PO Box 188 • Morgan, MN 56266

The Bachelor King

The Cedar Mountain Drama Department performed the play, The Bachelor King by Martin A. Follose for the public on November 10 and 11.

This farce was about Queen Evian (Maddie Welch) who is tired of being Queen. She has to deal with a greedy advisor, Frederick Pilfer (Rylee Haala), an ungrateful daughter, Princess Daft (April Hacker) and her loyal bodyguard Conroy (Ryder Garrioch), and a group of citizens (Aubrie Mathiowetz, Ashlyn Guggisberg, and Ayla Guggisberg) who want to overthrow her. In a fit of rage, Queen Evian says that whoever gets her royal scepter will be the new royal monarch. Through a twist of fate, she falls out a window and passes her royal scepter to a foolish hillbilly, Yokel (Kegan Tietz).

Yokel has a lot to learn about being king. Besides getting the entire kingdom to like opossum stew, he has to find a wife. With the help of Ms. Knolls (Colette Mathiowetz), he meets five eligible young ladies. These ladies include Agatha Peabody (Laney Heibel), a high-society matron; Pricilla Tradeswells-Ayers-Hollander-Morley (Macaria Schmidt), a four-timesmarried gold digger; Sally Valley (Sophia Erickson), a ditzy cheerleader from LA; Crushin' Kanisha (Kendra Lueck), a New York City gangster; and Jane Claxton (Grace Sullivan), a truehearted cowgirl from Texas.

Yokel decides to have a Princess and the Pea type competition to help him decide. Each eligible lady will have to sing to prove they are worthy of being queen. Frederick wants this event to be televised to earn more money for the kingdom. He brings in a television crew led by Ms. Henry (Ella Freitag) and her crew (Baxter Wanzek, Carlie Gransee, Ryker Vermillion, and Yloziah Rendon). Frederick also hires three judges to help the king make the decision, Simon Towel (Connor Sullivan), Paula O'Toole (Frankki Plaetz), and Hazel, the maid (Kynedi Plaetz). Of course, the competition does not go smoothly and Yokel still struggles to pick a queen. He gets a visit from his fairy godmother, Queen Evian, who advises him on how to be a good king and what qualities he should value in people.

Great job to all involved, it was wonderful!







EARLY CHILDHOOD DEVELOPME



ECFC recently held a **MALOWEE** themed activity night. A great time was had by all and oh so fun to see the littles in their costumes!













Thrilling Thursday

Thrilling Thursday is a program through Cedar Mountain Community Ed. This class is available to children ages 3-5 and is open to those who turn 3 throughout the school year. This is a great class for your child to get a taste of what school is like! This class is full of art projects, science experiments, and lots of sensory exploring! Transportation is available to and from daycare for a fee. Free transportation is provided from the Elementary

School (Franklin) to Morgan Preschool room. If you are interested please contact Mikayla Rudenick at mrudenick@cedarmt.org.













Date: December 12 Time: 6-7:15 in Franklin Cost: \$5 per family

Non-Profit Organization U.S. POSTAGE PAID ECRWSS Marshall, MN 56258 Permit No. 20

POSTAL PATRON

CALENDAR

November 14 & 16	Conferences - MS/HS
November 16 & 20	Conferences - Elementary
November 22	12:10 Dismissal
November 23 - 24	No School - Thanksgiving Break
December 22 - January 1	No School - Christmas Break
January 2	School Resumes
January 19	No School - Teacher In-Service
February 9	12:10 Dismissal - All Staff In-Service
February 19	No School - Presidents Day
February 26	12:10 Dismissal -Conferences
March 8	No School - Teacher In-Service
March 22	12:10 Dismissal
March 27 - April 1	No School - Spring Break
April 26	12:10 Dismissal - All Staff In-Service
Mary 27	No School - Memorial Day
May 30	12:10 Dismissal - Last Day of School
May 31	Graduation





Along with our youth practices in Springfield this season, we will also be having a practice one night a week in Morgan! Our collaborative goal with this practice is to give CM students a more accessible way to try out the sport & participate in the Tiger wrestling program!

These practices will focus on the basics & fundamentals of the sport.

Contact Luke Amsden for more information: lucas.amsden@springfield.mntm.org