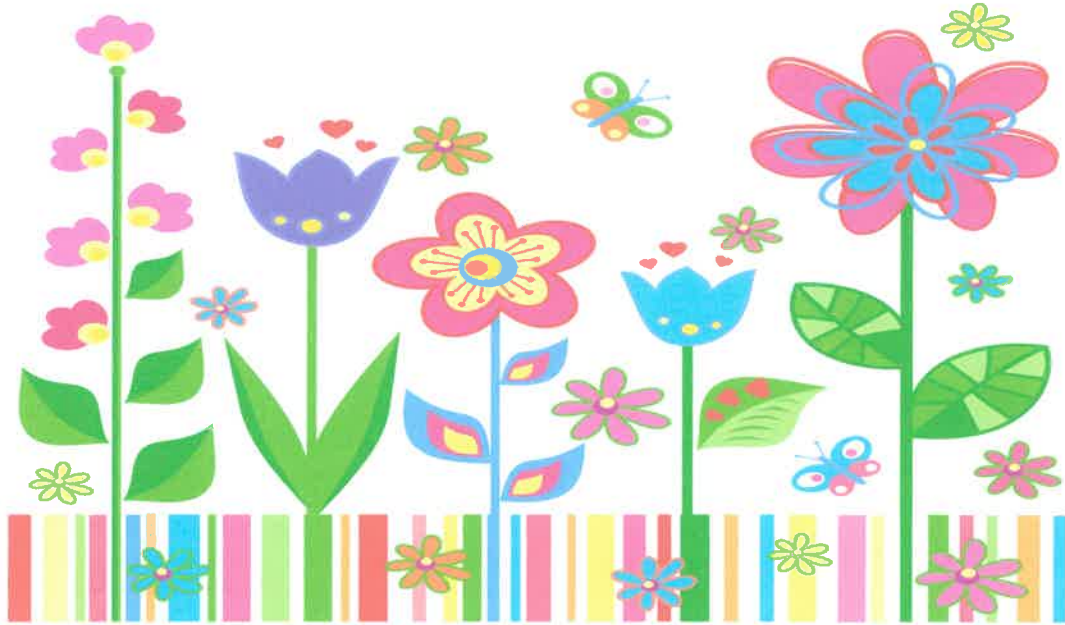


**Alden-Conger Public School**  
215 N. Broadway  
P. O. Box 99  
Alden, MN 56009  
[www.alden-conger.org](http://www.alden-conger.org)



**May 2018**



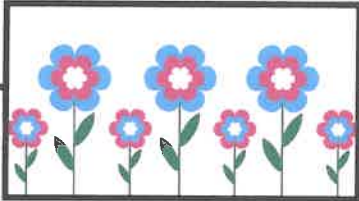
**Important Dates:**

**May 2018**

- 5 Prom Grand March - 3:00 pm
- 10 Grades 1-3 - Track & Field Day
- 11 Grades 4-5 - Track & Field Day
- 14 School Board Mtg 7:00 pm
- 17 Band/Choir Farewell Concert - 7:00pm
- 25 Softball - O - Rama - Noon-3pm
- 30 Academic & Activity Awards Program (gr. 6-12) - 8:30am
- 31 **Last day of School/2nd semester**

**June 2018**

- 1 **Commencement 7:00 pm**
- 11 School Board Mtg. 7:00 pm



# Alden-Conger Public School

## May 2018

### ACADEMIC AND ACTIVITY AWARDS PROGRAM

The annual Academic and Activity Awards program will be held on Wednesday, May 30, 2018 starting at 8:30 a.m. SHARP!!

At this program academic and activity awards will be awarded to students qualifying for honor roll awards or receiving qualifying activity points for non-graded activities.

Any special Senior awards and monetary Senior Scholarship Awards will be given during commencement exercises on June 1, 2018.

### ATTN: Drivers Education Students \$240 Behind the Wheel Fees

Remember to pay your fee for the Behind-The Wheel portion of your Traffic Safety. Only students paid in full are permitted to schedule driving times. This is done on a first come-first serve basis. Summer driving availability is at the discretion of the instructor.

### Family Lunch Accounts

The end of the year is coming up early this year. Please make sure that you keep your lunch account up to date so that there is not a negative balance at the end of the year.

Accounts need to be paid by June 30, 2018 or the balance due may be sent to our collection agency.

### Here's what's happening in the wonderful WORLD OF PRESCHOOL.....

May 1: Parenting class-The importance of Outdoor Play (Picnic Potluck at North Park)

May 8 : ECFE- Trike-o-Rama (Redeemer Church Parking Lot)

May 15: ECFE—Jump into Kindergarten (2018-2019 Kindergarten Students only).

May 17-18-: Show & Tell

May 24 & 25: Last day of preschool classes



Parents, please make an extra effort to search the house for A-C library books. Any book with a spine label and A-C barcode on its back needs to come back to the school ASAP. Thank you so much.



# **Counselor's Corner**

*by Mrs. Wallin*

## **Mark Your Calendar:**

**Wednesday, May 30– Academic & Activities**

**Awards Program @ 8:30 a.m.**

## **ATTENTION JUNIORS**

**Minnesota Private College Week will be June 25-29**

Registration information @ <http://www.mnprivatecolleges.org/mpcw>

**Wisconsin Private College Week will be July 9-14**

More information @

## **Summer Planning Ideas:**

- Look for a summer job that interests you AND will help with your future college and scholarship applications. Try to find something that is related to your career interests.
- Community service is a great way to make an impact AND build a resume for future applications.
- Use family vacations to start checking out college campuses – bigger bonus if you can get a tour and sit in on a class besides!!

## **Summer School Letters Coming Soon**

Summer School Credit Recovery will once again be taking place at the Area Learning Center in Albert Lea. This year there will be TWO SESSIONS with the first taking place June 11-28 and the second session taking place July 9-26. Each session runs Monday-Thursday from 8:15 a.m.-12:15 p.m., and students may complete up to 4 classes for credit recovery. I will be sending out Summer School recommendation letters in mid-to-late May for those students who have failed required classes at A-C. Additional letters may be sent out in early June for students who fail second semester classes. It is recommended they complete these credits during the summer so they can stay “on-track” in their graduation progress. If these dates do not work for your family, there may be alternative options for credit recovery during the summer – please contact if you wish to discuss those options.

## **Last call for seniors:**

I will be meeting with all seniors the week of May 7-11 to go through an “Exit Interview.”

We will review final credits, scholarships, transcript requests, and final plans after graduation. *Seniors who have been awarded any scholarships are asked to bring that information to their meeting.* Again this year I am also asking each senior to complete a “Senior Survey” to help me evaluate my program and services here at Alden-Conger. I will appreciate their candid responses as I use these surveys to improve my role at the school. *PSEO students* should schedule an appointment no later than Friday, May 18.

# Alden Idol

## 2018



Tuesday, May 29th  
7 p.m.

**Alden-Conger Stage**

*Sponsored by the  
A-C Music Dept. & Applebee's*

**Show Admission-\$3**

Donations will support the Alden-Conger Music Dept.

Concessions Available

## Physical Education News



**Track and Field Day** is May 10 for grades 1-3 and May 11 for grades 4-5. Both are from 12:00 Noon-3:00 PM.

Please remember to wear sunscreen, wear good running shoes and bring your water bottle.

**Softball-a-rama** for grades 4-5 is Friday, May 25 from Noon-3:00 pm. Please send water bottles, appropriate running shoes, and sunscreen with your children. High school athletic members, peer tutors, and NHS mentors assist all special physical education events. Summer is coming, stay active with your children!

## Band & Choir News

Please join us for a Farewell Concert honoring the graduating seniors of the music department on Thursday, May 17th at 7 pm in the Knights gym. Groups performing will be High School Band and Choir, Middle School Band and Choir, Jazz Band and Choir, ACES, and 5th grade band. A reception in the cafeteria will follow the concert. Students having the last names beginning with the letter R-Z are asked to bring a dozen cookies or bars. Parents of these students are needed to help serve the refreshments.

Also after the concert, there will be a short meeting in the gym for those students going on the Washington, DC trip with the Social Studies Dept./Mrs. Samp in June.



## Post Prom

We are looking forward to a fun evening full of Bowling, Laser Tag, Arcade games, Bingo, Pizza/Pop and Prizes at Bowlocity in Rochester! The kids attending prom will need to pack a bag with comfortable clothes, shoes, deodorant, etc... that they can change into and freshen up in once we arrive at Bowlocity. We will arrive back in Alden and have a light breakfast. We will also hold the drawing for all the prizes. We will be done around 6:00 a.m. Sunday, May 6th.

Please contact Stacy Steele (507) 383-5129 or Jacque Sorensen (507- 383 -2162 if you have any questions about Post Prom.

Thank You!

**YOU WILL DO IT FOR**

**ALDEN-CONGER PUBLIC SCHOOLS**

**Menus for May 2018**

This institution is an equal opportunity provider. Menus are subject to change.

## CHECK. UP.

Here's a heads-UP to UP your chances for waking UP healthy every day: get an annual CHECK UP. Whether you're young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

**Happy Mother's Day Sunday May 13**

**Friday, May 4**

**Breakfast**  
Waffles & Syrup Or Cereal Choice & Yogurt, Fruit, Juice, Milk

**Lunch**  
Meat Ball Sub Or Grilled Chicken W/G Bun Steamed Corn Garden Bar Fruit Choices Milk

**Thursday, May 3**

**Breakfast**  
Breakfast Fritzel Or Cereal Choice & String Cheese, Fruit, Juice, Milk

**Lunch**  
Hamburger Patty W/G Bun Or Turkey & Cheese Sub Sandwich Chips & Salsa (9-12) Broccoli, Garden Bar Fruit Choices, Milk

**Wednesday, May 2**

**Breakfast**  
Cheesy Omelet Or Cereal Choice & Toast, Fruit, Juice, Milk

**Lunch**  
Breaded Chicken Strips Dinner Roll (9-12) Mashed Potatoes & Gravy Glazed Carrots Garden Bar Fruit Choices Milk

**Tuesday, May 1**

**Breakfast**  
Breakfast Donut Or Cereal Choice & Yogurt, Fruit, Juice, Milk

**Lunch**  
Rib Patty W/G Bun Or Mini Corn Dogs Green Beans Garden Bar Fruit Choices Milk

**Friday, May 11**

**Breakfast**  
W/G Bagels & Toppings Or Cereal Choice & Giant Goldfish Graham, Fruit, Juice, Milk

**Lunch**  
Random Pizza Choices Green Beans Garden Bar Fruit Choices Milk (9-12) Apple Crisp

**Thursday, May 10**

**Breakfast**  
Pancake On A Stick W/Syrup Or Cereal Choice & String Cheese, Fruit, Juice, Milk

**Lunch**  
Beef Taco Or Chicken Fajita & Toppings W/G Tortilla Refried Beans Spanish Rice Garden Bar Fruit Choices Milk

**Wednesday, May 9**

**Breakfast**  
Scrambled Eggs Or Cereal Choice & W/G Biscuit & Jelly, Fruit, Juice, Milk

**Lunch**  
Sloppy Joe Or Egg Salad W/G Bun Steamed Carrots Garden Bar Fruit Choices Milk

**Tuesday, May 8**

**Breakfast**  
Warm Cinnamon Roll Or Cereal Choice & Yogurt, Fruit, Juice, Milk

**Lunch**  
Spicy Chicken Patty Or Regular Chicken Patty Ranch Fries Broccoli Salad Garden Bar Fruit Choices Milk

**Monday, May 7**

**Breakfast**  
Breakfast Pizza Or Cereal Choice & String Cheese, Fruit, Juice, Milk

**Lunch**  
Cheese Pizza Slice Or Chicken & Noodles Dinner Roll (9-12) Mixed Veggies Garden Bar Fruit Choices Milk

**NUTRITION TO GO**

Broccoli is an excellent source of vitamin G and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

**A QUICK BITE FOR PARENTS**

FRESH GARDEN BAR SERVED DAILY WITH LUNCH MAY INCLUDE THE FOLLOWING: BROCCOLI, CAULIFLOWER, CUCUMBERS, RADISH, RED PEPPERS, GREEN PEPPERS, DARK GREEN LETTUCE, TOMATOES, CARROTS. REDUCED FAT PRE PACKAGED DRESSINGS ARE SERVED WITH LUNCH.

SKIM MILK, 1% MILK, FAT FREE CHOCOLATE MILK SERVED WITH BOTH BREAKFAST AND LUNCH.

PLEASE KEEP ALL OF YOUR ACCOUNTS CURRENT. APPLICATIONS FOR EDUCATIONAL BENEFITS ARE AVAILABLE IN THE BUSINESS OFFICE.

SECOND CHANCE BREAKFAST SERVED DAILY ENDS AT 10 A.M. THIS IS FOR GRADES 9-12. IF YOU HAVE MISSED EARLY BREAKFAST YOU CAN STILL GET BREAKFAST UNTIL 10 A.M.

# What's on YOUR plate!



**Q: What do you do with a hot dog that gets straight A's?**



**A: Put it on the honor roll! Or better yet, put it on a 100% whole wheat roll to make this cookout favorite healthier and tastier!**

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or <http://kidshealth.org/guidetoc/healthyfoodpyramid.html>

**Friday, May 18**

**Breakfast**  
Breakfast Pizza  
Or Cereal Choice & String Cheese, Fruit, Juice, Milk

**Lunch**  
French Bread Pizza W/ Marinara Sauce  
Or  
Fiestada Pizza  
Steamed Corn  
Garden Bar  
Fruit Choice  
Milk

**Thursday, May 17**

**Breakfast**  
Breakfast Breads  
Or Cereal Choice & Yogurt, Fruit, Juice, Milk

**Lunch**  
Hot Ham & Cheese W/G Bun  
Or  
Hamburger Patty W/G Bun  
Green Beans  
Garden Bar  
Fruit Choice  
Milk

**Wednesday, May 16**

**Breakfast**  
Breakfast Donut's & String Cheese Or Cereal Choice & String Cheese, Fruit, Juice, Milk

**Lunch**  
Taco Burger W/G Bun  
Or  
Sun Butter Sandwich (Meal 9-12) Steamed Carrots  
Garden Bar  
Fruit Choice  
Milk

**Tuesday, May 15**

**Breakfast**  
Pancake On A Stick W/Syrup Or Cereal Choice & Yogurt, Fruit, Juice, Milk

**Lunch**  
General Tso's Orange Chicken Or Sweet & Sour Chicken  
Brown Rice, Asian Veggies, Fortune Cookie  
Garden Bar  
Fruit Choice  
Milk

**Monday, May 14**

**Breakfast**  
Cheesy Omelet Or Cereal Choice & W/G Biscuit  
Fruit, Juice, Milk

**Lunch**  
Deli Sub Sandwich W/G Bun  
Or  
Hot Dog W/G Bun  
Baked Beans  
Garden Bar  
Fruit Choice  
Milk

**Friday, May 15**

**Breakfast**  
Cooks Choice, Fruit, Juice, Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**Thursday, May 24**

**Breakfast**  
Cooks Choice, Fruit, Juice Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**Wednesday, May 23**

**Breakfast**  
Cooks Choice, Fruit, Juice, Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**Tuesday, May 22**

**Breakfast**  
Cooks Choice, Fruit, Juice, Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**Monday, May 21**

**Breakfast**  
Cooks Choice, Fruit, Juice, Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**OUR NATION'S HISTORY**

**SPORTS KINGS SUMM**

**J**im Thorpe, one of the most famous and accomplished of all American athletes, was born on May 28, 1888. Thorpe won both the pentathlon and decathlon at the 1912 Olympics, becoming the first Native American to take gold for the United States. He played six seasons of major league baseball, 12 seasons of professional football, and toured the U.S. as a professional basketball player. His native name *Wa-Tho-Huk* translates as "path lit by great flash of lightning."

**WITH LIBERTY & JUSTICE FOR ALL**

**Thursday, May 31**

**Breakfast**  
Cooks Choice, Fruit, Juice, Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**Wednesday, May 30**

**Breakfast**  
Cooks Choice, Fruit, Juice, Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**Tuesday, May 29**

**Breakfast**  
Cooks Choice, Fruit, Juice, Milk

**Lunch**  
Cooks Choice  
Veggie Choice  
Garden Bar Choice  
Fruit Choice  
Milk

**Monday, May 28**

**MEMORIAL DAY**  
**NO SCHOOL TODAY**