



**Alden-Conger Public School**  
 215 N. Broadway  
 P. O. Box 99  
 Alden, MN 56009

[www.alden-conger.org](http://www.alden-conger.org)

**February 2018**

**Parent - Teacher Conferences**

**PreK-Grade 5**

**February 6 3:30-7:00 pm**  
**February 7 3:30-4:30 pm**  
**February 8 3:30-6:00 pm**

**Gr. 6- Grade 12**

**March 1-3:30-7:00 pm**

**NO SCHOOL**  
 February 19  
 President's Day

We look forward to seeing parents and students at conferences in the next few weeks.

**Important Dates**

**February 2018**

**19 NO SCHOOL**  
**23 3rd Quarter Midterm**

**March 2018**

**2 Muffin Morning - 7:45-8:30 am**  
**9 Spring Play - 7 pm**  
**10 Spring Play - 7 pm**  
**11 Spring Play - 2 pm**



**BOOK FAIR- Feb 6-8 during Elementary Conferences**

**WHERE:** New Elementary Conference Room  
**WHEN/TIMES:** February 6th- 3:30-7:00 pm  
 February 7th- 3:30-4:30 pm  
 February 8th- 3:30-6:00 pm

**All money earned will be used to purchase new books for our elementary library. Thanks!!**



# Alden-Conger Public School

## February 2018



### School Closings & Early Outs

We want to remind parents that we do use the JMC Message Center to alert parents when a change of school routine, hours, etc, is happening.

**The system works only by what information is entered.** You can update all your information and how you wish to receive notifications e.g. cell phone calls, text messages, pager, etc. You can do this on our school website by entering your login and password that you use for JMC Parent Access. If you do not have a login, please call the high school office and ask for Cindy. If you do not have internet access please call the main office and they can update your alert information.

Following are instructions to update your parent notification info:

1. Go to the Alden-Conger website at [alden-conger.org](http://alden-conger.org)
2. Under Parents is the JMC Parent Access icon. Please select that.
3. Enter your login and password.
4. Next, go to Parent Information. This is where you can update your account to receive alerts by cell phone call, text message, , etc. **YOU** need to update this information by checking the boxes on each phone contact that you want alerts sent to and how. Also, the format for entering your phone number is 555-555-5555. Also, if you receive a phone call, it is voice activated so it will not start the instant alert message until you answer your phone.
6. When you submit the updates, you will note that a message states that these changes will be sent to the school for consideration and approval. The information you just updated will not change until the office accepts them. This may take a day or two and will only be done on weekdays.

If you have updated your information already you do not have to follow the steps above.

We will also announce on the following stations.

- KATE radio (1450 am)
- WCCO radio ( 830 am)
- KAAL-TV (Channel 6)
- KEYC-TV (Channel 12)

### Student Busing

Alden-Conger has a contract with Hemmingsen Transfer for busing our eligible students to and from school. Regulations are set for us that mandate which students are eligible for free transportation to and from school. Due to insurance liabilities, if you are not placed on a bus list by the Alden-Conger School administration, you cannot ride a bus contracted by us from Hemmingsen Transfer UNLESS you have made special arrangements with Hemmingsen's. You may call their number (507) 874-3160 if you need to talk to them about arrangements.

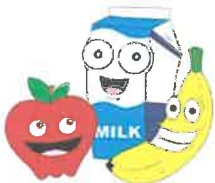
### SPIRIT OF CHRISTMAS

We are so grateful for all of the help we have received with the Spirit of Christmas program. Once again it has been another successful year thanks to the generosity of so many people and organizations. We are truly blessed to be part of such a thoughtful and caring community. This program would not be possible without all of you. We were able to help 67 children in 19 families have a wonderful Christmas. THANK YOU! The Spirit of Christmas committee would like to wish everyone a Happy, Healthy New Year!

*Spirit of Christmas Committee*

### BREAKFAST NEWS!!

Starting February 5th we will be starting a Second Chance Breakfast. This is for students who cannot make it to our Early Breakfast. The times for this is 8:10 am to 10:00 am. So those students in Gr. 9-12 who happen to come in late or have a flexible schedule can enjoy breakfast also at the school!!



## EARLY CHILDHOOD SCREENING

### Monday, February 26

The Alden-Conger Area Early Childhood Screening will be held on Monday, February 26 starting at 8 a.m. This will be held at the Redeemer Lutheran Church in Alden. The Screening program is provided for 3 1/2 to 4 year olds and any 5-year-olds that have not been screened. There is no charge for this service.

Screening is a requirement for school enrollment. A child cannot be enrolled in Minnesota in a public school until the parent or guardian of the child submits to the school a record indicating when the child received Early Childhood Screening and the results of the screening. The State Legislature states that a parent may decline to have his/her child screened due to conscientiously held beliefs, but must provide a written statement that would become part of the child's permanent school record. You will need a current immunization record for your child for screening.

If you have an eligible child and have not received a phone call to set up an appointment, please contact Sheri Opseth at the school, 874-3240, option 2.



## Little Knights News



- |                                      |   |
|--------------------------------------|---|
| Tuesday, February 6:                 | Conferences 3:30-7:00 pm  |
| Wednesday, February 7:               | Conferences 7:30-10:30 , 3:30-4:30 pm<br><b>NO AM Preschool</b> |
| Thursday, February 8:                | Parent Advisory Committee—11:15-11:45am                         |
| Thursday, February 8:                | Conferences 7:30 am-7:00 pm<br><b>NO PRESCHOOL</b>              |
| Tuesday, February 13:                | ECFE—Love is all Around—5:30-6:30 pm                            |
| Friday, February 16:                 | <b>NO PM Preschool</b>  |
| Monday February 19:                  | <b>NO PRESCHOOL</b> -Presidents Day. School Closed.             |
| Thursday & Friday, February 22 & 23: | Show & Tell   |
| Monday, February 26:                 | <b>NO PRESCHOOL</b> - Preschool Screening                       |

## **Book Fair Information**

We will be having a book fair during Elementary Conferences it will be in the Elementary Conference Room.

**Feb. 6th from 3:30-7:00PM**

**Feb. 7th from 3:30-4:30PM**

**Feb. 8th from 3:30-6:00PM**

***All money earned during the book fair is used to purchase new books for our elementary library.***

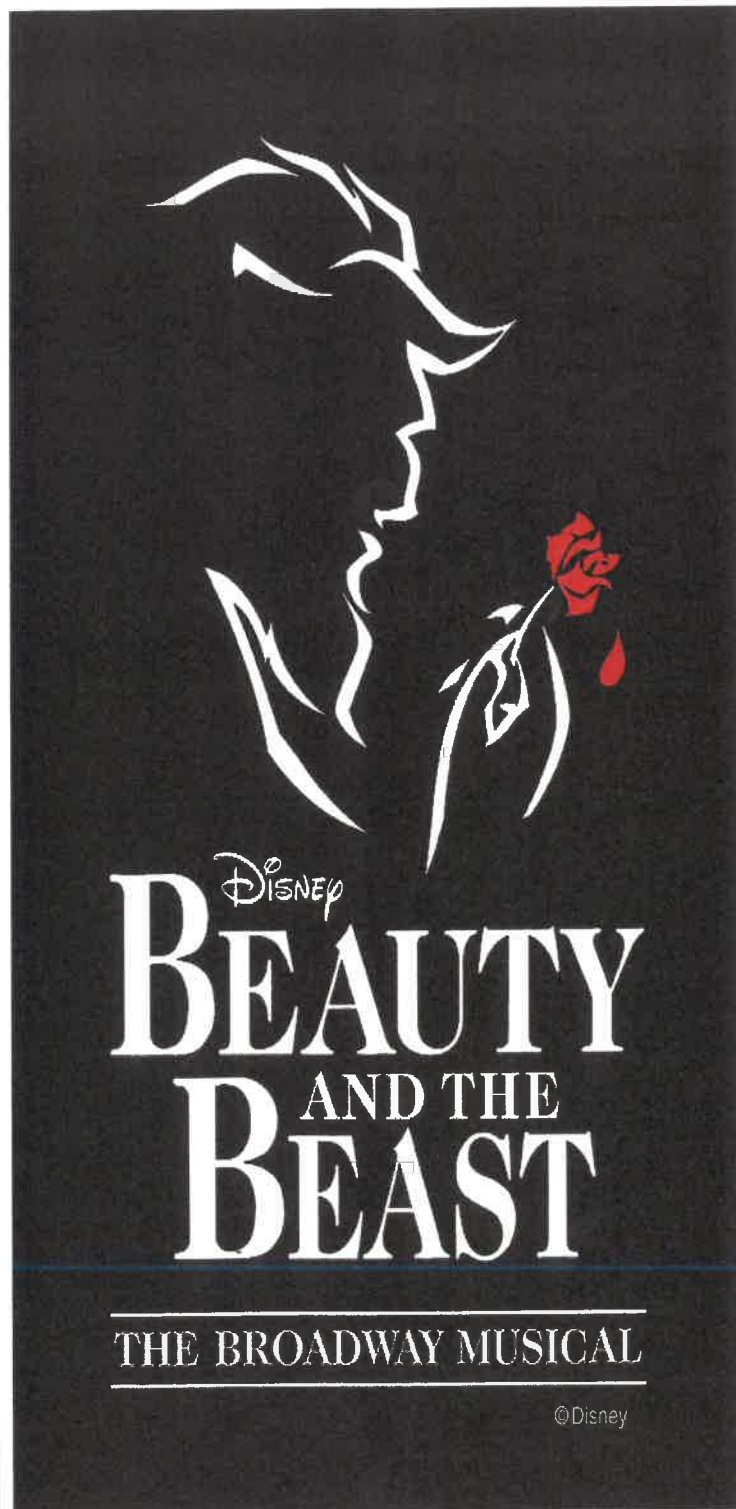
## **Shopping Online Option**

If you are unable to attend the book fair in person, you can shop online by going to [scholastic.com/fair](http://scholastic.com/fair) and putting in the zip code, 56009.

This online store has additional books that are not available at the book fair, as well as books for older students and adults. Any books purchased through the online site will also benefit our school.



Alden-Conger Drama Department Presents....



**March 9 & 10**

*at 7pm*

**March 11**

*2pm*

**Alden-Conger High  
School Stage**

215 N. Broadway, Alden, MN

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**Admission Prices**

Adults - \$6

Students/Senior Citizens - \$4

## PTO Happenings

Mark your calendars on **March 17th, 2018** for our 10th annual Night of Knights PTO fundraiser.

This annual fundraiser replaces little fundraisers and is used to purchase SMART boards, speakers, iPads, Chrome Books, chrome book carts, supports field trips and Super Mileage, Robotics and many more.

Last year we made over \$25,000 with the help of our school and community

Kim Guanella will once again be serving snacks, which is included in your ticket price. Tickets are \$10.00 in advance and \$15.00 at the door. Tickets will be available at the school, Alden Legion, TB3's and PTO members.

Raffle tickets will be available soon for a suggested donation of \$5.00

Prizes include:

1st place: iPad donated by Pride Builders of Freeborn

2nd place: ½ hog and it's processing donated by Kris and Shane Christensen and Jeremy & Darcy Johnson/Conger Meats

3rd place: Twins Tickets donated by Heath & Diana Reindal of Reindal Electric

4th place: 2 Chanhassen Tickets donated by KATE Radio

5th place: \$100 Cash

\*Drawing will take place March 17th but you do not need to be present to WIN

We are always looking for donations for our silent auction.

Alden-Conger Families: Each grade level will be creating a basket to be auctioned off at the PTO "Night of Knights" fundraiser on March 17th. Elementary teachers will be asking for monetary or donations from families. Middle School and High School advisors will be helping those students with their baskets!



Luck  
Of  
The  
**KNIGHTS!!**

Oh so  
**LUCKY**  
to have  
**you!**  
Join Us!!

# Attention Seniors

## Senior Photos are due Friday, April 20th

Please email your photo to Mrs. Samp at [esamp@ac242.us](mailto:esamp@ac242.us) in a jpeg format. The photo must have a resolution of at least 300 dpi. If you have received a CD with your proofs on it, it WILL NOT WORK! The Photographer will need to send Mrs. Samp the photo as described above.



Senior photos will not be accepted after Friday, April 20th. You will have a blank spot by your name in the yearbook.

For any questions contact Mrs. Samp at [esamp@ac242.us](mailto:esamp@ac242.us) or 507-874-3240.



## Senior Collage



Seniors and Parents of Seniors,

We need your help!

The yearbook is planning on creating a two-page spread of photos from the seniors from PreK - up to their senior year. The collage can include many different photos from winter concerts, basketball games, and even your 9th grade birthday.

Now, here's where you come in!

We're asking all the seniors to bring photos of the senior class in so that they can be featured in the 2017-2018 yearbook. This is optional. You can bring in any amount of photos, and we will choose the best ones. Don't be afraid to pull out the funny and embarrassing ones.

Put your name on your photos so we can return them to you. You can send the photos via email to Mrs. Samp at [esamp@ac242.us](mailto:esamp@ac242.us), but they must be a jpeg and at have a resolution of at least 300 dpi.

Thank you for your help!  
The Yearbook Staff

# Post Prom

Thank you to all who have donated and served at the games. Post Prom information has been added to the school website. You can locate in the Parents Tab. Click on Post Prom for more information. If you cannot work on your assigned date and time, please you must find your own replacement.

## Basketball Schedule

\* means the chairperson who is in charge of reaching out to your group and letting Jacque Sorensen know the menu  
Everyone serves 2 times per each Junior and Senior.

### Feb 5 or 8 (Girls) TBD

\*Tim/Miranda Sailor  
Ryan/Carol Linde  
Ron/Ada Theusch  
Matt/Tina Katusky  
Jeremiah/Kate VanRiper  
Chad Wood

### Fri. Feb. 9 (Boys) Amy

\*Wayne/Nancy Jacobs  
Paul/Sheila Steinberg  
Shane/Jolene Babcock  
Mark/Jennifer Wedin  
Justin/Kary Reicherts  
Jessica Grotsun

### Feb. 12 or 15 (Boys) TBD Kelly

\*Eric/Kris Neel  
Tammy Sime  
Jason/Sarah Attig  
Amy Wachlin  
Marcie Thumann  
Joel/Tanya Treptow

### Tues. Feb. 13 (Girls) Kendra

\*Chad/Kara Bendickson  
Robert/Sheila Spain  
Dave/Birgitt Langrud  
Dana Petersen  
Kirk Petersen  
Kory/Amy Newman

### Tues. Feb. 20 (Boys) Kelly

\*Ryan/Linda Martens  
Kristen Anderson  
Pat/Jolene Bute  
Diana Newman  
Michael/Jolen Newman  
Scott/Lisa Bute



# Menus for February 2018

## ALDEN-CONGER PUBLIC SCHOOLS

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



### Thursday, February 1

**Breakfast**  
Breakfast Pizza Or Cereal  
Choice & String Cheese, Fruit,  
Juice, Milk  
**Lunch**  
Chicken Nuggets W/G Dinner  
Roll (s)  
Mashed Potatoes & Gravy  
Green Beans  
Garden Bar  
Fresh Fruit Choice  
Peaches  
Milk

### Friday, February 2

**Breakfast**  
Cheesy Omelet & W/G Toast  
Or Cereal Choice & W/G  
Toast, Fruit, Juice, Milk  
**Lunch**  
Meatball Sub  
Or  
Corn Dog  
Broccoli W/Cheese  
Garden Bar  
Fruit Choice  
Milk

FRESH GARDEN BAR SERVED DAILY WITH LUNCH MAY  
INCLUDE THE FOLLOWING:  
BROCCOLI, CAULIFLOWER, CUCUMBERS, RADISH, RED,  
GREEN PEPPERS, DARK GREEN LETTUCE, TOMATOES,  
GARONZO BEANS, CARROTS, CUCUMBERS,

REDUCED FAT PORTIONED DRESSINGS ARE SERVED  
WITH LUNCH.

ALL GRAINS ARE AT LEAST 51%.

SKIM MILK, 1% MILK AND FAT FREE WHOLE MILK ARE  
SERVED WITH BREAKFAST AND LUNCH.

PLEASE KEEP ALL YOUR ACCOUNTS CURRENT.

### Tuesday, February 6

**Breakfast**  
Breakfast Breads Or Cereal  
Choice & String Cheese,  
Fruit, Juice, Milk  
**Lunch**  
Random Pizza Day  
Green Beans  
Garden Bar  
Frozen Fruit Cup  
Applesauce  
Milk

### Wednesday, February 7

**Breakfast**  
Scrambled Eggs & W/G Toast  
Or Cereal Choice & W/G  
Toast, Fruit, Juice, Milk  
**Lunch**  
BBQ Shredded Pork Or  
Breaded Chicken Patty W/G  
Bun, Sweet Potato Fries,  
Broccoli Salad  
Garden Bar  
Fresh Fruit Choice  
Peaches  
Milk

### Thursday, February 8

**Breakfast**  
Waffles W/Syrup Or Cereal  
Choice & Yogurt, Fruit, Juice,  
Milk  
**Lunch**  
Walking Taco  
W/Toppings W/G Chips,  
Refried Beans  
Garden Bar  
Fresh Fruit Choice  
Sliced Apples  
Milk

### Friday, February 9

**Breakfast**  
Warm Oatmeal & Goldfish  
Graham Or Cereal Choice &  
Goldfish Graham, Fruit, Juice,  
Milk  
**Lunch**  
Sloppy Joe Or Grilled Chicken  
Breast W/G Bun, Potato  
Smiles  
Garden Bar  
Fruit Choice  
Milk

APPLICATIONS FOR EDUCATIONAL BENEFITS ARE AVAIL  
ABLE IN THE BUSINESS OFFICE.

STARTING FEBRUARY 5TH WE WILL BE STARTING SEC  
OND CHANCE BREAKFAST PROGRAM. THIS IS FOR  
STUDENTS WHO CANNOT MAKE IT TO OUR EARLY  
BREAKFAST. THIS IS AFTER THE LAST BELL AND END  
AT 10 A.M  
THANKS!!!!

### SECOND CHANCE BREAKFAST

STARTING FEBRUARY 5TH WE WILL BE STARTING SEC  
OND CHANCE BREAKFAST PROGRAM. THIS IS FOR  
STUDENTS WHO CANNOT MAKE IT TO OUR EARLY  
BREAKFAST. THIS IS AFTER THE LAST BELL AND END  
AT 10 A.M  
THANKS!!!!

## MELTING AWAY.



Chocolate and hearts  
go together this time  
of year. And, yes, a little  
dark chocolate now and then can even be good  
for you. But scientists warn that the prime cocoa  
growing areas of the world could be too warm to  
grow the crop by as soon as 2050.

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

## FREDERICK DOUGLASS

Frederick Douglass escaped  
from slavery in Maryland in  
1838. He became a  
renowned orator and  
abolitionist and the best  
known and most influential  
African American of his time.



**AFRICAN AMERICAN HISTORY MONTH**  
Want to know more? Search for "Frederick Douglass" on-line.



Every complete meal  
we serve comes with  
your choice of milk!



Monday, February 12

**Breakfast**

W/G Bagel W/Toppings Or  
Cereal Choice & Yogurt, Fruit,  
Juice, Milk

**Lunch**

Taco Burger  
Or  
BBQ Chicken W/G Bun  
Steamed Corn, Garden Bar,  
Fresh Fruit Choice  
Peaches  
Milk

Tuesday, February 13

**Breakfast**

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

**Lunch**

Rib Patty  
Or  
Corn Dog  
Sweet Potato Fries  
Garden Bar  
Fresh Fruit Choice  
Strawberry Applesauce  
Milk

Wed., February 14

**Breakfast**

Valentine Donut Or Cereal  
Choice & Yogurt, Fruit, Juice,  
Milk

**Lunch**

Cheese Pizza Slice, Or Hot  
Ham & Cheese, W/G Bun,  
Baked Beans, Macaroni Salad,  
Garden Bar  
Frozen Fruit Cup  
Pears  
Milk  
Cookie

Thursday, February 15

**Breakfast**

Scrambled Eggs & W/G Toast  
Or Cereal Choice & Toast,  
Fruit, Juice, Milk

**Lunch**

Fiestada Pizza  
Or  
Deli Sub Sandwich  
Green Beans  
Garden Bar  
Fresh Fruit Choice  
Peaches  
Milk

Friday, February 16

**Breakfast**

Knights Breakfast Sandwich  
Or Cereal Choice & Goldfish  
Graham, Fruit, Juice, Milk

**Lunch**

Breaded Fish Sandwich  
Or  
Breaded Chicken Patty  
Mashed Potatoes  
Garden Bar  
Fruit Choices  
Milk

Monday, February 19



**NO SCHOOL  
TODAY**

Tuesday, February 20

**Breakfast**

French Toast W/Syrup Or  
Cereal Choice & String Cheese,  
Fruit, Juice, Milk

**Lunch**

Hot Dog W/G Bun  
Or  
Italian Chicken Patty W/G  
Bun,  
Seasoned Carrots  
Garden Bar  
Fresh Fruit Choice  
Applesauce, Milk

Wed., February 21

**Breakfast**

Breakfast Pizza Or Cereal  
Choice & Yogurt, Fruit, Juice,  
Milk

**Lunch**

Chicken & Noodles W/G  
Dinner Roll  
Or  
Hamburger Patty W/G Bun  
Green Beans  
Garden Bar  
Frozen Fruit Cup  
Peaches, Milk

Thursday, February 22

**Breakfast**

W/G Bagel W/Toppings Or  
Cereal Choice & String Cheese,  
Fruit, Juice, Milk

**Lunch**

Beef Or Chicken Nacho's  
W/Chips & Toppings  
Refried Beans  
Garden Bar  
Fresh Fruit Choices  
Diced Pears  
Milk

Friday, February 23

**Breakfast**

Breakfast Fruitel Or Cereal  
Choice & Yogurt, Fruit, Juice,  
Milk

**Lunch**

Breaded Fish Nuggets  
W/G Dinner Roll (9-12)  
Or Spicy Chicken Patty W/G  
Bun  
Potato Smiles  
Garden Bar  
Fruit Choices  
Milk

Monday, February 12

**SPECTACULAR  
Athletes**



Winter Olympics  
February 9-25  
PyeongChang,  
South Korea



Photo by Brett Wilhelm/ESPN

Snowboarder Chloe Kim won three gold medals at the Winter X Games before she turned 16. She made the U.S. Olympic team in 2014, but at age 13 was too young to compete. Chloe, now 17, returns to her parents' home country of Korea to compete for gold in the Winter Olympical

**CHLOE KIM**

Monday, February 26

**Breakfast**

Cheesy Omelet & W/G Toast  
Or Cereal Choice & W/G Toast  
Fruit, Juice, Milk

**Lunch**

BBQ Chicken Patty W/G Bun  
Or  
Mini Corn Dogs  
Baked Beans, Creamy Cole  
Slaw, Garden Bar  
Fresh Fruit Choice, Applesauce  
Milk

Tuesday, February 27

**Breakfast**

W/G Pancakes W/Syrup Or  
Cereal Choice & String Cheese,  
Fruit, Juice, Milk

**Lunch**

Chicken Strips  
Or  
Teriyaki Chicken Dippers  
W/G Dinner Roll (s)  
Brown Rice, California  
Yeggies,  
Garden Bar, Fresh Fruit  
Choice, Pineapple, Milk

Wed., February 28

**Breakfast**

W/G Biscuit W/Strawberries,  
Or Cereal Choice & Yogurt,  
Fruit, Juice, Milk

**Lunch**

Hamburger Patty  
Or  
Turkey & Cheese Sub  
Sandwich, Tortilla Chips &  
Salsa (9-12), Broccoli,  
Garden Bar, Fresh Fruit  
Choice, Peaches  
Milk

**YEAR OF THE DOG  
2018**



The Chinese New Year begins with the new moon on February 16. 2018 is the year of the Dog.

**NUTRITION 7060**

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

**A QUICK BITE FOR PARENTS**