

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



***School Closings & Early Outs***

***Listen for School Closings***

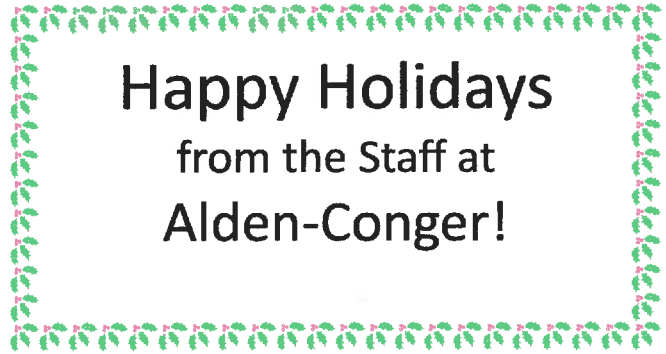
With winter here we want to remind you that you will be notified of school closing and early dismissals through our JMC Message System. All families have been set up to receive a phone call/message on their home phone. If you would like to receive these notices on your cell phone or through an email or text message please update your information on JMC Parent Access.

We will also announce on the following stations:

KATE radio (1450 am)  
WCCO radio (830 am)  
KAAL-TV (Channel 6)  
KEYC-TV (Channel 12)  
KIMT –TV (Channel 3)

**December 2019**

**Happy Holidays**  
from the Staff at  
**Alden-Conger!**



**Holiday Break:**

**December 21—January 1**

Classes will resume on January 2, 2020

**No School.....January 1, 2020**

**No School...February 17, 2020**

**Important Dates:**

**December 2019**

5 K-5 Holiday Concert - 6:30pm  
9 6-12 Band/Choir Concert - 7pm  
**21-31 NO SCHOOL-HOLIDAY BREAK**

**January 2020**

**1 NO SCHOOL**  
2 School Resumes  
17 End of 2nd Qtr/ Sem. 1  
**20 NO SCHOOL-Teacher Workshop**

**February 2020**

14 3rd Quarter Midterm  
**17 NO SCHOOL**





# Alden-Conger Public School

The High School music students are doing some fundraising for the upcoming tours. Please join us for the following fundraising events.



Come on out for some delicious food!

**Alden American Legion for breakfast on December 1, 2019 and January 5 2020.**

You will be served by music students and their families at each of these events.



We would like to thank those of you who supported the music department's fundraisers.

The K-5 Winter Program, **Classic Carols**, will be held on Thursday, December 5 at 6:30 p.m. in the Knights gym. Students should **dress in their holiday best**. Students should be in their classrooms ready to go at 6:10 p.m. that evening. ACES and 5th Grade Band will perform at this concert, also.



*Sounds of the Season*

The 6th - 12th graders' band and choir concert, **Shrouds of Snow** will be on Monday, December 9 at 7 p.m. in the Knights Gym. The Albert Lea Community Band will be providing pre-concert entertainment and will also join with the high school band in performing a piece. Refreshments will be served after the concert in the cafeteria. Students with last names beginning with A through I should plan to bring a dozen store-bought cookies to be served. Parents are needed to help serve the refreshments.

**“Music washes the soul and nourishes life.”**

## Little Knights Preschool

Early Childhood Family Education/School Readiness and Little Knights Preschool

### Little Knights Dates for December

Tuesday, December 3: Santa's Workshop— RSVP only – 5:30-6:30 pm

Thursday and Friday, December 19 & 20: Friday, December 21: Gingerbread

House making and mini program for both morning and afternoon Monday, Wednesday, Friday at 8:45 am. (All students come at 8:00 am)

December 23-January 1: **NO SCHOOL WINTER BREAK**

Thursday, January 2: School resumes



Happy Holidays!!



## **The role and limits of the Licensed Athletic Trainer at Alden-Conger**

My name is Emily Stadheim and I am the Licensed Athletic Trainer at Alden-Conger. I'm writing to explain and clarify what my role as the Licensed Athletic Trainer at Alden-Conger involves, and what I am allowed by my license and approval of my overseeing physician, to do. First I am an allied health care professional. In the State of Minnesota, Athletic Trainers are required to pass the board certification exam and then apply for licensure with the Board of Medical Practice through the State of Minnesota. Upon receiving licensure, Licensed Athletic Trainers may practice under the direction of an overseeing physician with either the title of MD or DO.

My licensure, overseeing physician and the school's insurance only allow me to treat injuries that occur during school hours or with participation in school sponsored athletic events. This means I am unable to evaluate, treat, or clear injuries that occur outside of the above mentioned times and events.

If students or student athletes see me because of a school related injury, I can evaluate, possibly treat and clear them to play and/or participate in activities/P.E again. It can also potentially save the time and cost of a doctor's visit for your family.

It's not that I don't want to help with injuries that occur at home or outside of school, but my overseeing physician and the school's liability insurance does not allow me to see or treat them. If I were to treat injuries outside of the above parameters, my license as well as the license of my overseeing physician are at risk and the school's liability insurance coverage is not valid. This also puts the school at risk. So if your student/child is hurt or injured during school hours, at practice or in any A-C athletic competition, feel free to contact me and let me help. But if it's outside of school, you will have to see your regular doctor or clinic for assistance. If you have any questions, please don't hesitate to contact me. My email is: [estadheim@ac242.us](mailto:estadheim@ac242.us).



# Counselor's Corner

by Mrs. Wallin

## Office Hours:

7:45 am – 11:00 am    11:30 a.m. – 12:30 pm    2:30-3:30    or by appointment

## **Seniors – get that FAFSA done!!**

\*\* If you are planning to attend ANY college (2-yr, 4-yr, technical, etc), you should start working on the FAFSA now! If you did not attend the Financial Aid Night in October and have questions on how to get started, see me. The FAFSA is your gateway to grants, scholarships and student loans at most post-secondary institutions. The 2020-2021 FAFSA uses 2018 taxes, so there is no need to wait – get it done today!

## **College Representatives coming in December:**

*None at this time*

**\*The next ACT testing date is February 8\*  
Registration is due January 10**

## **College Planning Night**

**Tuesday, February 25 @ 6:30 – 8:00 pm**

**For SOPHOMORES & their PARENTS**

**(Juniors are welcome too if they didn't attend last year)**

Representatives from various types of colleges

College application & scholarship tips

## ***SENIORS:***

- Continue to check on the wall by Ms. Vandell's room for scholarship updates – this list is also on the school website under High School > Guidance Office
- Get those college applications in before Christmas break... after the 1<sup>st</sup> of January you will want to focus on applying for scholarship opportunities.
- Stop in if you have questions... I'll be glad to help you get started

## **HOT & GROWING CAREERS**

- **Healthcare Related (including RN, PT, OT, PTA, Med Secretary and others)**
  - **Mental health social workers, counselors, therapists**
    - **Wind Turbine Service Technicians**
- **Teachers – Special Education, Foreign Language, Math & Science**
  - **Technology Related (Software Developer, Systems Analyst, IT Manager, Web Developer, Database Administrator)**

## **TAKE TIME TO TALK**

Students can have more stress in their lives than we adults might imagine. Ask your child(ren) about their day, their classes, their friends. Keep the lines of communication open so if they are feeling overwhelmed by something, they will know they can talk to you about it. Let them know there are people at school they can talk to as well – building and maintaining a positive support system is one of the most important things teenagers can do to help deal with everyday life.

The most effective anti-drug is parents who are willing to be parents. If you want your children to come to you with concerns and questions, you must open the door. Here are a few ideas to get you started:

- Share your beliefs, values, & concerns
- Let your children know they can trust you & come to you
- Answer questions honestly
- Be patient
- Start conversations
- Help your children learn how to make good decisions
- Be a good listener
- Model desirable values, attitudes, & behavior

Don't assume if you don't talk about things, they won't exist. Ignoring topics that are difficult to talk about only gives your children mixed messages, because they will hear it elsewhere. If you talk, they will be listening, even if you don't think they are 😊

***Wishing you all a happy and stress-free  
Holiday Season!!!***

## Basketball Schedule

\* means the chairperson who is in charge of reaching out to your group and contacting Jacque Sorensen (383-2162) for specific directions on ordering food.

**Everyone serves 1 time per each Junior and Senior.**

<p><b><u>Monday, December 2 - Boys</u></b> <b>Walking Taco's</b></p> <p>* Jeff/Ann Erickson Louise Delano-Sharpe Terri/Jim Huper Martha/Jeff Mulholland</p>	<p><b><u>Tuesday, December 3 - Boys</u></b> <b>Pizza</b></p> <p>* Linda/Bob Korman Amanda Carlson Jeannette/Clifford Burton Janelle/Ryan Merkouris</p>
<p><b><u>Thursday, December 12 - Boys</u></b> <b>Shredded Pork Sandwich</b></p> <p>* Wade/Caroline Steene Diana Engen Rachael/Casey Dressen Allison/Shawn Morrison</p>	<p><b><u>Thursday, December 19 - Boys</u></b> <b>Pizza</b></p> <p>* Sherri Longe Joe Longe Miranda/Tim Sailor Mindy/John Ohm Tom Williamette</p>
<p><b><u>Monday, January 6 - Boys</u></b> <b>Pizza</b></p> <p>* Ryan/Linda Martens Ashley Gullickson Jenny/Dan Erickson Diana Santiago</p>	<p><b><u>Friday, January 10 - Girls</u></b> <b>Sloppy Joe's</b></p> <p>* Jeni Dunlop Kristi/Casey Soost Dawn/Jarvis Burgett Karin Mogk</p>
<p><b><u>Monday, January 13 - Girls</u></b> <b>Walking Taco's</b></p> <p>* Kristin/Mel Nemece Nancy Kuethe Mitch Kuethe Nichole/Michael Schmidt Theresa/Charles Halsey</p>	<p><b><u>Friday, January 17 - Boys</u></b> <b>Pizza</b></p> <p>* Amy/Les Prange Tonya/Bob Hansen Nonna/Ron Goin Lori Haler Edwin Haler</p>
<p><b><u>Tuesday, January 21 - Boys</u></b> <b>Sloppy Joe's</b></p> <p>* Sharlene/Dave Rickert Kara/Chad Bendickson Amy/Todd Drescher Mike Lillibridge Connie Vick</p>	<p><b><u>Friday, January 24 - Girls</u></b> <b>Walking Taco's</b></p> <p>*Marie/Curt Helland Amanda/Tim Korman Tammy/Pat Fulton Troy Lodahl</p>

<p style="text-align: center;"><b><u>Tuesday, January 28 - Boys</u></b> <b>Pizza</b></p> <p>* Sheila/Shawn Riebe Bobbie/Matt Jacobs Kellie/Tom Abrego Jacci Olson</p>	<p style="text-align: center;"><b><u>February 3 or 6 - Girls Showcase</u></b> <b>Shredded Pork Sandwich</b></p> <p>* Lisa Renaux Sarah/Jason Attig Darci/Troy Newman Kelly Meislahn</p>
<p style="text-align: center;"><b><u>February 10 or 13 Boys Showcase</u></b> <b>Sloppy Joe's</b></p> <p>* Maridy/Matt Helland Matt/Kelsey Warmka Kristen/Travis Wasmoen David Morales Brandy Roe</p>	<p style="text-align: center;"><b><u>Friday, February 14 - Girls</u></b> <b>Pizza</b></p> <p>* Kim/Dustin Lorentzen Amy Williams Kimberly Barney Cami/Raymond Sorenson</p>
<p style="text-align: center;"><b><u>Tuesday, February 18 - Boys</u></b> <b>Walking Taco's</b></p> <p>* Danelle/Dustin Steele Kellie/David Steele Deb/Jim Thunstedt Nicole Edwards Alex Thostenson</p>	<p style="text-align: center;"><b><u>Friday, February 21 - Boys</u></b> <b>Pizza</b></p> <p>* Dawn Prestholt David Presholt Ada/Rod Theusch Amy Wachlin Angela/James Cheesman</p>

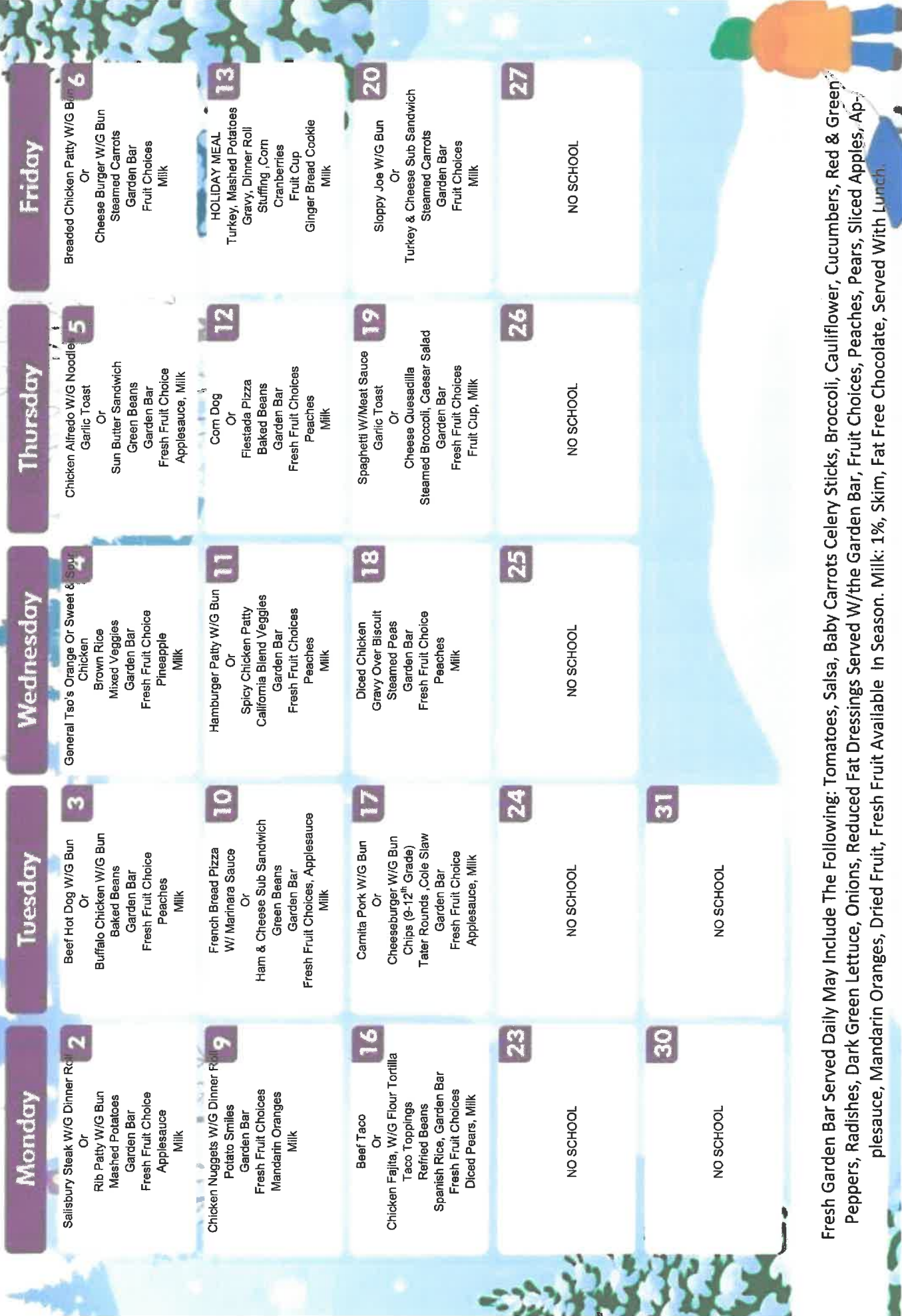




# LUNCH

## DECEMBER 2019 Alden-Conger Public Schools

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER  
MENUS ARE SUBJECT TO  
CHANGE.]



### Monday

Salisbury Steak W/G Dinner Roll  
Or  
Rib Patty W/G Bun  
Mashed Potatoes  
Garden Bar  
Fresh Fruit Choices  
Applesauce  
Milk

Chicken Nuggets W/G Dinner Roll  
Potato Smiles  
Garden Bar  
Fresh Fruit Choices  
Mandarin Oranges  
Milk

Beef Taco  
Or  
Chicken Fajita, W/G Flour Tortilla  
Taco Toppings  
Refried Beans  
Spanish Rice, Garden Bar  
Fresh Fruit Choices  
Diced Peaches, Milk

NO SCHOOL

NO SCHOOL

### Tuesday

Beef Hot Dog W/G Bun  
Or  
Buffalo Chicken W/G Bun  
Baked Beans  
Garden Bar  
Fresh Fruit Choice  
Peaches  
Milk

French Bread Pizza  
W/ Marinara Sauce  
Or  
Ham & Cheese Sub Sandwich  
Green Beans  
Garden Bar  
Fresh Fruit Choices, Applesauce  
Milk

Carnita Pork W/G Bun  
Or  
Cheeseburger W/G Bun  
Chips (9-12<sup>th</sup> Grade)  
Tater Rounds ,Cole Slaw  
Garden Bar  
Fresh Fruit Choice  
Applesauce, Milk

NO SCHOOL

NO SCHOOL

### Wednesday

General Tso's Orange Or Sweet & Sour  
Chicken  
Brown Rice  
Mixed Veggies  
Garden Bar  
Fresh Fruit Choice  
Pineapple  
Milk

Hamburger Patty W/G Bun  
Or  
Spicy Chicken Patty  
California Blend Veggies  
Garden Bar  
Fresh Fruit Choices  
Peaches  
Milk

Diced Chicken  
Gravy Over Biscuit  
Steamed Peas  
Garden Bar  
Fresh Fruit Choice  
Peaches  
Milk

NO SCHOOL

NO SCHOOL

### Thursday

Chicken Alfredo W/G Noodle  
Garlic Toast  
Or  
Sun Butter Sandwich  
Green Beans  
Garden Bar  
Fresh Fruit Choice  
Applesauce, Milk

Corn Dog  
Or  
Fiesta Pizza  
Baked Beans  
Garden Bar  
Fresh Fruit Choices  
Peaches  
Milk

Spaghetti W/Meat Sauce  
Garlic Toast  
Or  
Cheese Quesadilla  
Steamed Broccoli, Caesar Salad  
Garden Bar  
Fresh Fruit Choices  
Fruit Cup, Milk

NO SCHOOL

NO SCHOOL

### Friday

Breaded Chicken Patty W/G Bun  
Or  
Cheese Burger W/G Bun  
Steamed Carrots  
Garden Bar  
Fruit Choices  
Milk

HOLIDAY MEAL  
Turkey, Mashed Potatoes  
Gravy, Dinner Roll  
Stuffing, Corn  
Cranberries  
Fruit Cup  
Ginger Bread Cookie  
Milk

Sloppy Joe W/G Bun  
Or  
Turkey & Cheese Sub Sandwich  
Steamed Carrots  
Garden Bar  
Fruit Choices  
Milk

NO SCHOOL

NO SCHOOL

Fresh Garden Bar Served Daily May Include The Following: Tomatoes, Salsa, Baby Carrots Celery Sticks, Broccoli, Cauliflower, Cucumbers, Red & Green Peppers, Radishes, Dark Green Lettuce, Onions, Reduced Fat Dressings Served W/the Garden Bar, Fruit Choices, Peaches, Pears, Sliced Apples, Applesauce, Mandarin Oranges, Dried Fruit, Fresh Fruit Available In Season. Milk: 1%, Skim, Fat Free Chocolate, Served With Lunch.





# BREAKFAST

## DECEMBER 2019 Alden-Conger Public Schools

THIS INSTITUTION IS AN EQUAL  
OPPORTUNITY PROVIDER  
MENUS ARE SUBJECT TO  
CHANGE.]

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Cereal Bowl & Cheese Stick Or Bagel W/Toppings Assorted Fruit Assorted Juice Milk	<b>3</b> Cereal Bowl & Yogurt Or French Toast Sticks W/Syrup Assorted Fruit Assorted Juice Milk	<b>4</b> Cereal Bowl & Cheese Stick Or Warm Cinnamon Roll Assorted Fruit Assorted Juice Milk	<b>5</b> Cereal Bowl & Cheese Stick Or Yogurt Parfaits W/ Granola & Graham Crackers Assorted Fruit Assorted Juice Milk	<b>6</b> Cereal Bowl & Cracker Crisp Or Breakfast Egg Sandwich W/G Biscuit Assorted Fruit Assorted Juice Milk
<b>9</b> Cereal Bowl & Yogurt Or Breakfast Breads Assorted Fruit Assorted Juice Milk	<b>10</b> Cereal Bowl & Cheese Stick Or Pancakes W/Syrup Assorted Fruit Assorted Juice Milk	<b>11</b> Cereal Bowl & Yogurt Or Pop Tart & Yogurt Assorted Fruit Assorted Juice Milk	<b>12</b> Cereal Bowl & Cheese Stick Or Bagel W/ Toppings Assorted Fruit Assorted Juice Milk	<b>13</b> Cereal Bowl & Yogurt Or Breakfast Pizza Assorted Fruit Assorted Juice Milk
<b>16</b> Cereal Bowl & Cheese Stick Or Breakfast Frudel Assorted Fruit Assorted Juice Milk	<b>17</b> Cereal Bowl & Yogurt Or Breakfast Egg Sandwich W/G Biscuit Assorted Fruit Assorted Juice Milk	<b>18</b> Cereal Bowl & Cheese Stick Or Warm Cinnamon Roll Assorted Fruit Assorted Juice Milk	<b>19</b> Cereal Bowl & Yogurt Or Pancakes W/Syrup Assorted Fruit Assorted Juice Milk	<b>20</b> Cooks Choice Assorted Fruit Assorted Juice Milk
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL



ASSORTED FRUIT MAY INCLUDE THE FOLLOWING: PEACHES, Pears, SLICED Apples, Applesauce, MANDARIN ORANGES, MIXED FRUIT, DRIED CRANBERRIES, RAISINS, ORANGES, WATERMELON, CANTALOUPE, GRAPES, Apples, FRESH PEARS, BANANAS, (FRESH FRUIT AVAILABLE IN SEASON) ASSORTED JUICES MAY INCLUDE; APPLE, FRUIT PUNCH, GRAPE, ORANGE. MILK CHOICES: SKIM 1%, FAT FREE CHOCOLATE. (SECOND CHANCE BREAKFAST IS AVAILABLE UNTIL 10 AM FOR GRADES 9-12.)

## School Breakfast: A time-saving, nutritious choice

If your home is like most, mornings are a blur in activity. Getting sleepy kids ready and off to school can be a challenge. You could wake up earlier to make the pace more manageable but who wants to sacrifice even more sleep? You could skip breakfast, but...

Before you weigh skipping breakfast, consider the drawbacks that decision could have on your child. Research makes a solid case for eating breakfast, whether at home or at school. The study, "Ending Childhood Hunger: A Social Impact Analysis" from Share Our Strength and Deloitte, states that students who eat breakfast achieve an average 17.5% higher scores on standardized math tests and attend 1.5 more days of school. Students who attend school regularly are 20% more likely to graduate from high school.

Rather than skipping breakfast, delegate the responsibility to those of us at your child's school. Every school day, we provide a nutritious, balanced breakfast to kids in every grade at our school. Many of our breakfasts are convenient for students to eat-on-the-go, if they arrive only a few minutes before school starts.



### Well-rounded nutrition

School breakfasts deliver the nutrition students need to concentrate on their studies and fuel them until lunchtime. The U.S. federal nutritional guidelines that govern school meal programs require our school breakfasts to include fruit or fruit juice every day as well as whole grains. Students often have choices such as yogurt, a bagel with cream cheese, waffles, pancakes or French toast sticks. We mix up the menu and choose kid-friendly foods to keep them interested and eating.

### Convenient and economical

School breakfast is undoubtedly convenient for busy parents. It's also relatively inexpensive. Because the government subsidizes a portion of school meals and we purchase large quantities of food at discounted prices, we can serve the same food you may eat at home for less cost. So, why not save yourself grocery costs as well as preparation and clean-up time? Your morning could become a little less stressful, thanks to school breakfast!

**NutriStudents K-12<sup>®</sup>**  
Menu Freedom. Over 100 Certified Weeks.



# December 2019

## Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 7/8 & BBB vs. Scheffer Academy 7/8 & BBB @ Scheffer Academy A/B BBB @ Scheffer Academy BBB vs. Scheffer Academy	3 BBB vs. Goodhue	4	5 FFA Mtg 7 pm (FFA Fruit Delivery) K-5 Holiday Concert 6:30 pm	6 GBB @ Leroy Midterm Qtr 2	7	
8	9 Gr. 6-12 Holiday Concert 7:00 pm School Board Mtg 7 pm	10 7/8 BBB vs. G-E BBB @ G-E	11 Kids Heart Challenge (Jump Rope)	12 BBB vs. Mabel-Canton GBB @ Trimont Lx/M Invitational	13	14	
15	16	17 7/8 BBB @ Truman 7/8 GBB vs. CHEC BBB @ Rochester FFAC/DE-Bell ePlaine GBB vs. Madela	18	19 7/8 BBB @ Trimont 7/8 GBB vs. MCW BBB vs. JWP	20 GBB @ LCWM	21 *A* GBB vs. Hayfield @ Mayo Chic Ctr 9 am	
22	23	24	25	26 GBB @ NRHEG	27	28	
29	30 NO SCHOOL: Holiday Break	31 NO SCHOOL: Holiday Break	NO SCHOOL: Holiday Break				NO SCHOOL: Holiday Break

Nov 2019

S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Jan 2020

S	M	T	W	T	F	S
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	