



Alden-Conger Public School
 215 N. Broadway
 P. O. Box 99
 Alden, MN 56009
 www.alden-conger.org

February 2019

Parent - Teacher Conferences

PreK-Grade 5

February 5 3:30-7:00 pm
February 6 3:30-4:30 pm
February 7 3:30-6:00 pm

Gr. 6- Grade 12

February 28 3:30-7:00 pm

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

NO SCHOOL

February 18
 President's Day

Important Dates

February 2019

18 NO SCHOOL
21 3rd Quarter Midterm

March 2019

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



BOOK FAIR- Feb 5-7 during Elementary Conferences

WHERE: Preschool Room
WHEN/TIMES: February 5th- 3:30-7:00 pm
February 6th- 3:30-4:30 pm
February 7th- 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 2019



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
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)
- KIMT -TV (Channel 3)

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

The Spirit of Christmas program would like to thank everyone who donated this past holiday season. The support we receive is so amazing that we ~~are unable to send individual thank you's.~~ However, without the support of all of you, this program would not be possible. This year we helped 20 families and 60 children in our school to have a better Christmas. We are very grateful to everyone who helped make these wishes come true! **THANK YOU !!!** We hope everyone had a Merry Christmas and Happy New Year to all !

Spirit of Christmas Committee

Kwik Trip Milk Moola Program Ending

For the last 15 years, Kwik Trip Inc. has offered the Milk Moola fundraising program to thousands of organizations in Iowa, Minnesota and Wisconsin. During that time, they have contributed over \$4 million dollars to those organizations. It has been just one of many ways Kwik Trip have given back to the communities. Since, 2003, we have received over \$8,000 from this program here at Alden-Conger Schools and more recently, the elementary football program.

Over the last several months they have been assessing the impact of this fundraising program. In doing so, they discovered that the cost to administer the program has outweighed the dollars Kwik Trip directly funded to help the participants. Because of this, they have made the decision to end the Milk Moola program and reallocate their efforts and donations in a different direction—in order to more effectively serve their communities.

Because this program will be ending on March 31, we will be sending in our last batch of Milk Moola caps and bag tops in March. We are asking anyone with caps or bag tops to turn them in to the school by March 1 so we have time to count, package and submit them by the deadline. Thank you to everyone who has helping us raise funds through this program.

EARLY CHILDHOOD SCREENING Monday, February 25

The Alden-Conger Area Early Childhood Screening will be held on Monday, February 25 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 5: | Conferences 3:30-7:00 pm |
| Wednesday, February 6: | Conferences 7:30-10:30 , 3:30-4:30 pm
NO AM Preschool |
| Thursday, February 7: | Parent Advisory Committee—10:30-11:00 am |
| Thursday, February 7: | Conferences 7:30 am-10:30 am and 11:00 am-6:00 pm
NO PRESCHOOL |
| Tuesday, February 12: | ECFE—Love and Family—5:30-6:30 pm |
| Friday, February 15: | NO PM Preschool |
| Monday February 18: | NO PRESCHOOL -Presidents Day. School Closed. |
| Thursday February 21: | Show & Tell |
| Friday, February 22 | Show & Tell |
| Monday, February 25: | NO PRESCHOOL — Preschool Screening |



PTO Happenings

Mark your calendars on **March 16th, 2019** for our 11th annual Night of Knights PTO fundraiser.

Alden-Conger's PTO's 11th annual Night of Knights will be held on Saturday, March 16, at 7:00 pm. The evening will include silent and live auctions, raffle, food, and Live Entertainment.

Event details are as follows:

Time: 7pm—12am
Where: Hemmingsen's Transfer
When: March 16, 2019
There: Keepin' It Rural

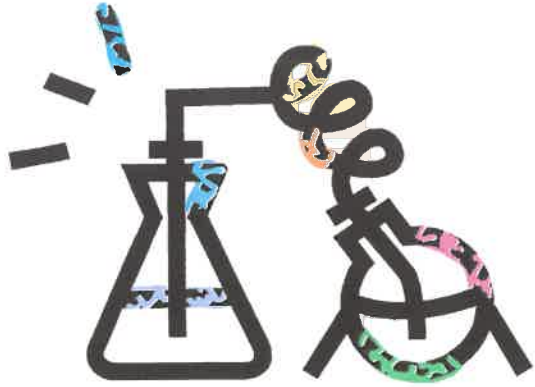
Event Tickets: \$15 in advance or \$20 at the door

This is the first year we will have live entertainment.! Songblast Dueling Guitars, sponsored by Stone Werx and Nutrien of Mansfield, will be providing entertainment after the Silent Auction. As in years past, there will be a wide variety of baskets and items to bid on in the Silent and Live Auction. Raffle tickets are also available for a suggested donation of \$5. Event and raffle tickets are available at the Alden Legion, TB3's and Alden School. Raffle tickets can also be purchased from PTO members and need not be present to win.

1st Place- iPad donated by Pride Builders of Freeborn
2nd Place: 1/2 hog and processing donated by Shane & Kris Christensen & Conger Meat Markets
3rd Place: 2 Twins Tickets donated by Heath & Diana Reindal/Reindal Electric
4th Place: 2 Chanhassen Dinner Theater Tickets donated by KATE Radio
5th Place: \$100 Cash

PTO supports all grade levels in Alden-Conger School in many different ways. These include purchasing technology, flexible seating for classrooms, and donating to the new Rock Wall as well as to Lego League, Super Mileage, Challenge Day, YAC, Spirit of Christmas, Post Prom, Robotics and other school events. This fundraiser makes it possible for the PTO to support the school with these programs and activities with all funds raised going directly back to the school. We would like to continue this in the upcoming year!

Support this event by attending, purchasing raffle tickets, or consider donating to the silent auction. Cash donations are also accepted and can be dropped off at the school. If you are interested in helping with the event, please contact the A-C PTO, Jenni Mattson or Shanna Drescher.



The 5th and 6th Grade
Science Fair
will be held on
Thursday, February 28, 2019

Please join us as our 5th and 6th grade students proudly display their 2019 Science Fair Projects. We encourage parents, grandparents, relatives, and community members to come in and take a look at all the inventive projects our kids have been working on. Projects should be ready around 9:30 Thursday morning, and will be left up for public viewing until Middle School Conferences are finished that evening.

Projects will be scored by a panel of three judges. The scoring panels will consist of high school science students, Alden-Conger staff, and community members. **We are always looking for volunteers to help score the science fair!! If you are interested, or know someone who would be interested, please contact Mrs. Thompson at cthompson@ac242.us or (507) 874-3240.**

NOTE TO PARENTS AND STUDENTS:

This year we will not be choosing projects to compete at the Regional Science Fair. Instead, we are giving all students the opportunity to attend this event in Mankato on April 27th. This means that students will need to notify their teacher if they would like to take their project to the Regional Science Fair, in order for us to register everyone by Monday, March 31st. Please note that the Regional Science Fair not a school funded activity. You will need to pay your own registration fee of \$25 and find your own transportation. You will also need to be accompanied by a parent/guardian.

Thank you for your help in trying to make this year's science fair a successful one. If you have any questions, please feel free to contact one of us via phone: (507) 874-3240 or email: cthompson@ac242.us, jbryson@ac242.us, or sattig@ac242.us.

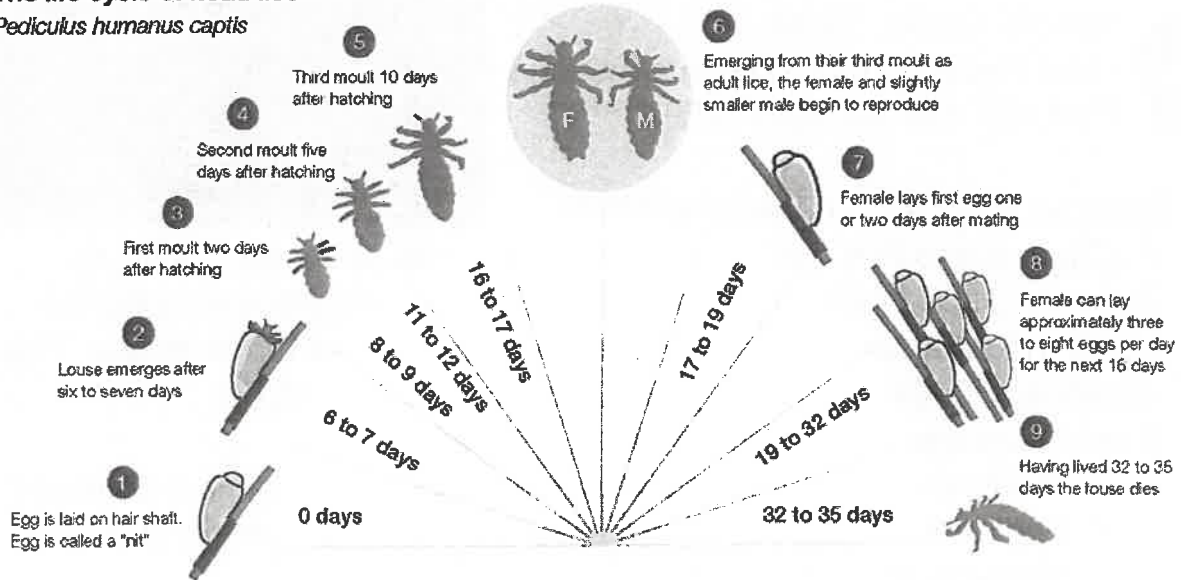
Hope to See You at the Fair!

Mrs. Thompson
Ms. Bryson
Mrs. Attig

A Guide to Head Lice Treatment and Prevention

Head lice are very small insects, 2-4 mm in size. They can only survive on a human head. Their color can change to adapt to the hair color of their host. They live and lay eggs (nits) close to the scalp.

The life cycle of head lice *Pediculus humanus capitis*



How are Head Lice Spread?

98% of cases are from head to head contact. They do not fly or jump. They cannot live off the head after 24 hours.

Prevention of Head Lice

Weekly head checks and the use of mint spray is your best defense.

Mint Spray Recipe: Put 10 drops of mint essential oil into 16 ounces of tap or bottled water in a spray bottle. Spray on hair at least daily. Shake well before each use.

What are the symptoms of head lice?

You may not notice any symptoms other than live lice or nits on the hair shaft. However, you may notice:

- Rash at the nape of the neck
- Itching (only in approximately 50% of people)

Steps for Treatment

1. Kill the lice-Be sure to follow package directions.

- Manual Removal
- Over the counter treatments
- Prescription products
- Home Remedies

2. Remove all the lice and nits



- Comb, Comb, Comb
 - Use fingernails to remove remaining nits
- ***MOST IMPORTANT STEP! *****



3. Remove lice from the environment

- ❖ Clean areas that they have had contact with in the last 24 hours
- The only place in this entire world that lice can survive is on a human head! A louse can only survive off of a human head for 24 hours. This means lice CANNOT infest your house, camp, school, etc.

If you have lice, here is the cleaning you need to do:

- ✓ Wash sheets, blankets and clothes worn within the last 24 hours.
- ✓ Boil brushes and combs recently used for 5 minutes or put in dishwasher.
- ✓ Vacuum fabric furniture and in the car where heads rest. *You can also go over these areas with a sticky lint roller.*
- ✓ Place stuffed animals (that children sleep with) in the clothes dryer for 30 minutes or in a plastic bag for 48 hours.

4. Follow-up and repeat as needed

- Weekly checks and combings
- Lice leave a scent for 6-8 weeks, making it possible to get it again.
It is very important to keep checking and combing.
- The mint spray (see recipe on the other side) can be used on a daily basis.

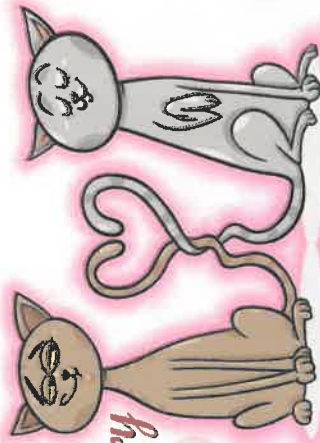
Who to Notify:

Notify anyone who has been in **close** contact over the last 24 hours.

- All family members
- Best friends, cousins, and close contacts
- Teammates
- School and Day Care Provider

Menus for February 2019

ALDEN-CONGER PUBLIC SCHOOLS



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

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it - because it does!

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

Friday, February 1

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

Lunch
Super Bowl Boneless Wing Bar (W/Cheese Stick 9-12)
Or Sun Butta Sandwich (Meal 9-12), Emoji Fries Garden Bar,
Frozen Fruit Cup, Applesauce Cup, Milk

Friday, February 8

Breakfast
Pancakes W/Syrup, Or Cereal Choice & Giant Goldfish Cracker, Fruit, Juice, Milk

Lunch
General Tso's Mandarin Orange Or Sweet & Spicy Chicken, Brown Rice, Asian Veggies, Fortune Cookie, Garden Bar
Fruit Choices, Milk

Thursday, February 7

Breakfast
Fruit & Yogurt Parfait W/Granola & Graham Cracker Or Cereal & String Cheese, Fruit, Juice, Milk

Lunch
Breaded Chicken Patty Or Hot Ham & Cheese W/G Bun, Baked Beans Garden Bar, Macaroni Salad
Fresh Fruit Choice Peas, Milk

Wednesday, February 6

Breakfast
Breakfast Bagel Sandwich Or Cereal & Yogurt, Fruit, Juice, Milk

Lunch
Tater Tot Hot Dish W/G Dinner Roll Or Hamburger Patty Steamed Broccoli Garden Bar
Fresh Fruit Choice Applesauce, Milk

Tuesday, February 5

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

Lunch
Fiesta Pizza Or Stuffed Crust Cheese Pizza Cooked Carrots Garden Bar
Fresh Fruit Choice Peaches Milk

Monday, February 4

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

Lunch
All American Hot Dog W/G Bun Or Deli Sub Sandwich W/G Bun (Chips & Salsa 9-12)
California Blend Veggies Garden Bar, Fresh Fruit Choice, Applesauce Milk

Friday, February 15

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

Lunch
Cheese Burger W/Toppings & W/G Bun Or Carnita Pork W/G Bun Steamed Carrots Cole Slaw Garden Bar
Fruit Choices, Milk

Thursday, February 14

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

Lunch
Chicken Alfredo & Pasta (Garlic Toast 9-12) Or Sun Better Sandwich (Meal 9-12) Broccoli Caesar Salad, Garden Bar
Valentine Slushie Cup, Milk

Wednesday, February 13

Breakfast
Breakfast Donut Or Cereal Choice & Hard Boiled Egg, Fruit, Juice, Milk

Lunch
Corn Dog Or Beef & Bean Burrito W/ Queso Sauce, Green Beans, Garden Bar,
Fresh Fruit Choice Peas Milk

Tuesday, February 12

Breakfast
Cooks Choice, Or Cereal Choice & String Cheese, Fruit, Juice, Milk

Lunch
French Bread Pizza W/ Marinara Sauce Or Spicy Chicken Patty W/G Bun, Steamed Corn Garden Bar
Fresh Fruit Choice Applesauce Milk

Monday, February 11

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

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

FRESH GARDEN BAR SERVED DAILY MAY INCLUDE THE FOLLOWING: TOMATOES, SALSA, CARROTS, CELERY STICKS, BROCCOLI, CAULIFLOWER, CUCUMBERS, RED PEPPERS, GREEN PEPPERS, RADISHES, DARK GREEN LETTUCE, SHREDDED LETTUCE, ONIONS, LOW FAT SOUR CREAM, COLE SLAW, BROCOLI SLAW.

3% MILK/SKIM MILK, FAT FREE CHOCOLATE MILK SERVED DAILY WITH BREAKFAST & LUNCH.

DON'T FORGET SECOND CHANCE BREAKFAST AVAILABLE UNTIL 10 A. M. FOR GRADES 9TH-12TH.

WE NOW HAVE MADE TO ORDER CHEF SALADS FOR ALL STAFF AND GRADES 6-12TH. PLEASE MAKE SURE TO ORDER THEM ONE DAY AHEAD. THE ORDER FORMS ARE IN THE KITCHEN. SALADS ARE MADE WEDNESDAY-FRIDAY.

APPLICATIONS FOR EDUCATIONAL BENEFITS AVAILABLE IN THE BUSINESS OFFICE.

PLEASE KEEP ALL LUNCH ACCOUNTS CURRENT. THANK-YOU!

WHAT OTHER PRESIDENTS HAVE A B-DAY THIS MONTH?



Other than George Washington and Abraham Lincoln two other Presidents have a birthday this month -- William Henry Harrison on February 9, 1773 and Ronald Reagan on February 6, 1911. Happy Presidents Day!

PRESIDENTS DAY

NO SCHOOL TODAY

Monday, February 18

Breakfast
French Toast W/Syrup Or Cereal Choice & Yogurt, Fruit, Juice, Milk

Lunch
Sloppy Joe Or Italian Chicken Patty W/G Bun
Mashed Potatoes
Garden Bar
Fresh Fruit Choice
Peaches
Milk

Tuesday, February 19

Breakfast
Warm Oatmeal Or Cold Cereal Choice & Giant Graham, Fruit, Juice, milk

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

Wednesday, February 20

Breakfast
Warm Cinnamon Roll, Or Cereal Choice & Hard Boiled Eggs, Fruit, Juice, Milk

Lunch
Chicken Noodle Soup W/ Grilled Cheese Sandwich Or Breaded Chicken Patty W/G Bun
Cooked Carrots
Garden Bar
Fruit Choices

Thursday, February 21

Breakfast
(New) Fiestas Cheese Omelet Or Cereal Choice & Toast W/ Jelly, Fruit, Juice, Milk

Lunch
Cheese Burger W/G Bun OR Turkey & Cheese Sub W/G Bun, Baked Beans, Garden Bar, Fresh Fruit Choice, Broccoli Slaw
Fresh Fruit Choice
Milk

Friday, February 22

Breakfast
Warm Cinnamon on Roll, Or Cereal Choice & Hard Boiled Eggs, Fruit, Juice, Milk

Lunch
Chicken Noodle Soup W/ Grilled Cheese Sandwich Or Breaded Chicken Patty W/G Bun
Cooked Carrots
Garden Bar
Fruit Choices



Q: Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon fillets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

Learn more at www.CHOOSEMYPLATE.gov or <http://kidshealth.org/guidestay/healthyfoodpyramid.html>

STRANGE BUT TRUE!

DID YOU MISS HIM? WELL, HE'S BACK! LAST YEAR, THERE WAS NO FULL MOON IN THE ENTIRE MONTH OF FEBRUARY THAT CAN ONLY HAPPEN IN THE MONTH THAT HAS JUST 28 DAYS!

Monday, February 25

Breakfast
Waffles W/Syrup Or Cereal Choice & String Cheese, Fruit, Juice, Milk

Lunch
Meatball Sub W/G Bun Or Sun Butter Sandwich (Meat 9-12) Ranch Fries
Garden Bar
Fresh Fruit Choice
Peaches, Milk

Tuesday, February 26

Breakfast
Banana Breakfast Bread Or Cereal Choice & Yogurt, Fruit, Juice, Milk

Lunch
Chili W/Warm Pretzel Or Hamburger Patty W/G Bun
Cooked Carrots, Garden Bar, Fresh Fruit Choice, Applesauce
Milk

Wednesday, February 27

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

Lunch
Rib Patty W/G Bun Or Hot Ham & Cheese W/G Bun
Green Beans, Garden Bar, Fresh Fruit Choice
Pears, Milk

Thursday, February 28

Breakfast
Breakfast Bagel Sandwich Or Cereal Choice & Hard Boiled Eggs, Fruit, Juice, Milk

Lunch
Walking Taco W/Chips & Toppings, Refried Beans
Garden Bar
Fresh Fruit Choice
Mixed Fruit
Milk