

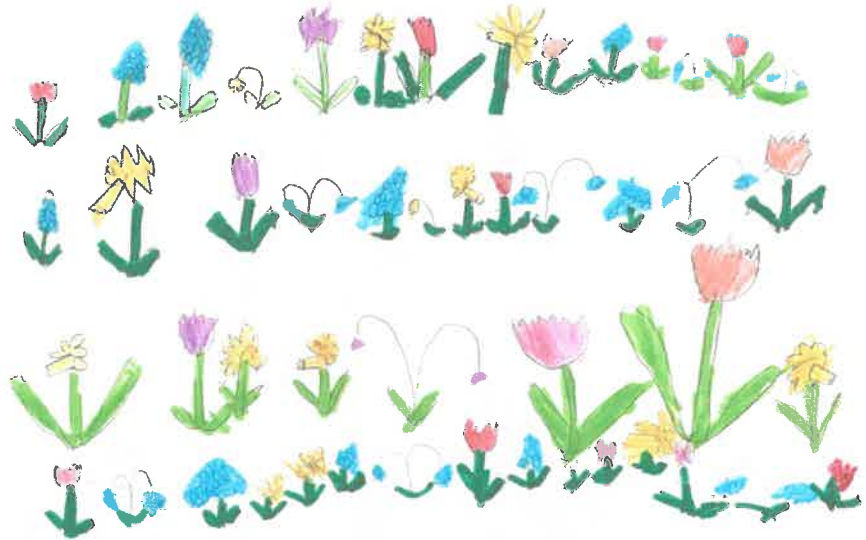
Alden-Conger Public School
215 N. Broadway
P. O. Box 99
Alden, MN 56009
www.alden-conger.org



May 2019

May 31

**Students
Dismissed at
Noon**



Important Dates:

May 2019

- 4 Prom Grand March - 5:30 pm
- 9 Grades 1-3 - Track & Field Day
- 10 Grades 4-5 - Track & Field Day
- 13 School Board Meeting 7:00 pm
- 16 Band/Choir Farewell Concert - 7:00pm
- 24 Softball - O - Rama - Noon-3pm
- 29 Academic & Activity Awards Program (gr. 6-12) - 8:30am
- 31 **Last day of School/2nd semester-Students
Dismissed at Noon**
- 31 **Commencement 7:00 pm**

June 2019

- 10 School Board Mtg. 7:00 pm



Alden-Conger Public School

May 2019

ACADEMIC AND ACTIVITY AWARDS PROGRAM

The annual Academic and Activity Awards program will be held on Wednesday, May 29, 2019 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 May 31, 2019.

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.

Please work with us to have lunch balances paid before the end of our fiscal year which is June 30, 2019.

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

May 7: ECFE- Trike-O-Rama (Redeemer Church Parking Lot)
May 13: Parent Advisory Council 5:00-5:30 pm RSVP please
May 13: ECFE—Jump into Kindergarten (2019-2020 Kindergarten Students only).
May 21-22-: Show & Tell
May 23 & 24: Last day of preschool classes



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.

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.



Physical Education News



Track and Field Day is May 9 for grades 1-3 and May 10 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 24 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!

Post Prom

Looking forward to a fun evening for Post Prom!! We will be traveling to Sparetime in Owatonna. There you will be able to play laser tag, arcade games, bingo and bowling. We will provide a Pizza Buffet. We will return to the school for a light breakfast and prizes. You will be done at the school about 5:00 am. Please plan to bring comfortable clothes and shoes to change into. See you this weekend!

Band & Choir News

Please join us for a "Flashback" Farewell Concert honoring the graduating seniors of the music department on Thursday, May 16th 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 store-bought cookies or bars. Parents of these students are needed to help serve the refreshments.



Off to Great Places Walk Friday, May 24 9:20am

Time: 9:20am-Graduates meet in the Preschool Room (#195A)

Seniors wear your Cap & Gowns

9:30am-Walk begins

Who: Alden-Conger 2019 Seniors & Preschool Graduates (Families of Seniors & Preschool are also invited)

Family members can gather in the High School Commons area.

Alden-Conger 2019 Seniors and Preschool Graduates will offer the opportunity to reminisce, relish and remember your times here as a Knight. You will also have the chance to escort the 2019-2020 Kindergartners through the corridors that you've roamed.

The walk will take no more than 15 minutes, so be prompt and enjoy making one of your last memories at A-C while looking forward to the next steps you'll take after graduation!

Counselor's Corner

by Mrs. Wallin

Mark Your Calendar:

Wednesday, May 29 – Academic & Activities

Awards Program @ 8:30 a.m.

ATTENTION JUNIORS

Minnesota Private College Week will be June 24-28

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

Wisconsin Private College Week will be July 8-13

More information @ <http://www.wisconsinsprivatecolleges.org/private-college-week>

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 the Credit Recovery session will be taking place June 3-27. The session runs Monday-Thursday from 8:15 a.m.-1:00 p.m., and students may complete up to 4 classes (2 credits) for credit recovery. I will be sending out Summer School recommendation letters in the next couple of weeks 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 6-10 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 17.

Alden Idol

2019



Thursday, May 23rd
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

Menus for May 2020

ALDEN-CONGER PUBLIC SCHOOLS



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

CINCO de MAYO

Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

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

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

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

APPLICATIONS FOR EDUCATIONAL BENEFITS ARE AVAILABLE IN THE BUSINESS OFFICE.

SAFETY FIRST.

Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" - and not under a tree!



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

MOTHER'S DAY SUNDAY, MAY 12



Friday, May 3
Breakfast
Warm Cinnamon Rolls Or Cereal Choice & Hard Boiled Egg, Fruit, Juice, Milk
Lunch
Pizza Choices
Steamed Corn
Caesar Salad
Garden Bar
Fruit Choices
Milk

Thursday, May 2
Breakfast
Bagel W/Toppings Or Cereal Choice & Yogurt, Fruit, Juice
Milk
Lunch
Hamburger Patty W/G Bun Or Breaded Chicken Patty W/G Bun
Green Beans
Garden Bar
Fruit Choices
Milk

Wednesday, May 1
Breakfast
French Toast W/Syrup Or Cereal Choice & String Cheese, Fruit, Juice, Milk
Lunch
General Tso's Mandarin
Orange Or Sweet & Sour Chicken, Brown Rice, Fortune Cookie, Asian Veggies,
Garden Bar
Fruit Choices
Milk

Friday, May 10
Breakfast
Bagels W/Toppings Or Cereal Choice & Yogurt, Fruit, Juice, Milk
Lunch
Sloppy Joe W/G Bun Or Turkey & Cheese Sub Sandwich W/G Bun (Chips & Salsa 9-12) Green Beans,
Garden Bar, Fruit Choices
Milk

Thursday, May 9
Breakfast
Cinnamon Toast Soft
Breakfast Bar Or Cereal Choice & String Cheese, Fruit, Juice, Milk
Lunch
Chicken Nuggets Dinner roll
Mashed Potatoes
Gravy
Garden Bar
Fruit Choices
Milk

Wednesday, May 8
Breakfast
Pancakes W/Syrup Or Cereal Choice & Yogurt, Fruit, Juice, Milk
Lunch
Spaghetti W/Meat Sauce (Garlic Toast 9-12) Or Sun Butter Sandwich (Meal 9-12), Steamed Broccoli, Garden Bar
Fruit Choices,
Milk

Tuesday, May 7
Breakfast
Cheesy Omelet Or Cereal Choice & Biscuit, Fruit, Juice, Milk
Lunch
Corn Dog Or Spicy Chicken Patty W/G Bun
Carrots
Cole Slaw
Garden Bar
Fruit Choices
Milk

Monday, May 6
Breakfast
Breakfast Pizza Or Cereal Choice & String Cheese, Fruit, Juice, Milk
Lunch
Deli Sub Sandwich W/G Bun Or Carnita Pork W/G Bun
Baked Beans
Garden Bar
Fruit Choices
Milk

What's on YOUR plate!



Q: Where do we get most of the tomatoes we eat?



A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

A QUICK BITE FOR PARENTS

Friday, May 17

Breakfast
Cheesy Omelet Or Cereal Choice & Biscuit, Fruit, Juice, Milk

Lunch
Spicy Chicken Patty W/G Bun Or Cheese Pizza Steamed Corn Garden Bar Fruit Choices Milk

Thursday, May 16

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

Lunch
Taco Burger W/G Bun Or Breaded Chicken Patty W/G Bun, Smile Fries Garden Bar Fruit Choices Milk

Wednesday, May 15

Breakfast
Warm Cinnamon Roll Or Cereal Choice & String Cheese, Fruit, Juice, Milk

Lunch
Chicken Caesar Wrap W/G Flour Tortilla & Chips OR Rib Patty W/G Bun Green Beans Garden Bar Broccoli Salad Fruit Choice, Milk

Tuesday, May 14

Breakfast
Bagels W/Toppings Or Cereal Choice & Yogurt, Fruit, Juice, Milk

Lunch
Hamburger Patty W/G Bun Or Chicken Quesadilla California Veggie Blend Garden Bar Fruit Choice Milk

Monday, May 13

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

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

Friday, May 24

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Garden Bar Fruit Choice Milk

Thursday, May 23

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Garden Bar Fruit Choice Milk

Wednesday, May 22

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Garden Bar Fruit Choice Milk

Tuesday, May 21

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Garden Bar Fruit Choice Milk

Monday, May 20

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Garden Bar Fruit Choice Milk

Friday, May 31

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Fruit Choice Milk

HAVE A GREAT SUMMER!!!

Thursday, May 30

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Fruit Choice Milk

Wednesday, May 29

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Fruit Choice Milk

Tuesday, May 28

Breakfast
Cooks Choice, Fruit, Juice, Milk

Lunch
Cooks Choice Veggie Choice Fruit Choice Milk

Monday, May 27

MEMORIAL DAY
NO SCHOOL TODAY