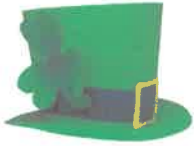


Alden-Conger Public School
215 N. Broadway
P. O. Box 99
Alden, MN 56009
www.alden-conger.org



March 2020



Blood Drive March 4th at the Carlson Gym in the Alden-Conger School. Details are inside this newsletter.

Important Dates:

March 2020

- 2 PTO Meeting 6:00 pm
- 4 NHS/Red Cross Blood Drive
- 6-9 **NO SCHOOL**-Spring Break
- 9 School Board Meeting 7:00pm
- 9 Solo/Ensemble Contests
- 13 Spring Play - 7:00pm
- 14 Spring Play - 7:00pm
- 15 Spring Play - 2:00pm
- 19 Band & Choir Concert - 7:00pm
- 20 **Students Dismissed at Noon**
- 27 **End of 3rd Quarter**
- 30 **NO SCHOOL**- Workshop Day

April 2020

- 10-13 **NO SCHOOL**- Spring Break
- 13 School Board Meeting 7:00 pm
- 27 Kindergarten Round-up—6:30-7:30pm

Upcoming Dates to Remember

Prom - May 2
Graduation - June 5



Parents and Community Members,

One of the most prevalent conversation topics occurring at this time revolves around the Coronavirus disease that is affecting many parts of our world. Fortunately, Minnesota has yet to be affected by this disease but that does not mean we should not be proactive. I have sent informational sheets to all members of the school staff from the Center for Disease Control (CDC). I have heard the mention of closing schools to stop or slow down the outbreak similar to the H1N1 outbreak in 2009. We are nowhere near that level of concern at this time but that doesn't mean we can't take some preventative steps of our own. Although the CDC knows a little about this outbreak, there is much they still do not know.

What is known:

- Symptoms: mild to severe respiratory illness with fever, cough, and shortness of breath

- Virus is believed to have emerged from an animal source

- There is no current vaccine

- There is no current antiviral treatment

The tried-and-true method of handwashing and covering your mouth when coughing/sneezing is the best way to prevent the spread of any germs. Staff members will continue to encourage the use of these methods and we would ask that parents do the same at home. One of the other things that is strongly encouraged anytime you or your children are sick: **STAY AT HOME**. We know this is not convenient for many families, but sending sick children to school will only make things worse.

Contained in this newsletter are the same documents from the CDC that were sent to all staff members. I encourage you to read through them to educate you and your family members on what is known about the Coronavirus.

Right now there is no reason to panic. New information seems to come out every day but we can only control what we can control. If we take some basic, common sense precautions we can hopefully stop the spread of all viruses that occur every year in our school.

Stay positive and think good thoughts! Spring is not too far away!

Superintendent Brian Shanks

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

COVID-19 is spreading from person to person in China, and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with the virus that causes COVID-19. CDC continues to closely monitor the situation.

Have there been cases of COVID-19 in the U.S.?

es. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but now it seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some diseases are highly contagious (like measles), while other diseases are less so. At this time, it's unclear how easily or sustainably the virus that causes COVID-19 is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.





Alden-Conger Public School

March 2020



Red Cross Blood Drive

The National Honor Society sponsored American Red Cross Blood Drive will be held in the LeVerne Carlson Gym on March 4th. The public is invited to donate blood from Noon – 6:00pm. People who take the time to give blood make a vital contribution to the community. You must be at least 17 years old, 110 pounds, and not be sick when donating. You must also bring proper identification.



ALDEN-CONGER

KINDERGARTEN ORIENTATION- Monday, April 27th.



A Kindergarten Orientation for parents and children who will be entering kindergarten this fall will be held on Monday, April 27, 2020 from 6:30pm-7:30pm at the Alden-Conger School. The orientation will give parents an opportunity to register students for kindergarten, meet with school personnel and discuss concerns that they may have. This orientation is open to anyone who is interested in having their child attend Alden-Conger School. Feel free to contact Sheri Opseth in the elementary office at 507-874-3240, option 2, if you have further questions.

Please remember to bring the following items to orientation with you: **Copy of your child's birth certificate, child's immunization records, completed Kindergarten orientation information sheet, Home Language Questionnaire and Student Racial and Ethnic Data Sheet.**

Hope to see YOU at Kindergarten Orientation!



PTO Happenings

Mark your calendars for **March 28th, 2020** for our 12th annual Night of Knights PTO fundraiser. This year's theme is Kentucky Derby.

Tickets are \$15.00 in advance and \$20.00 at the door. Tickets will be available at Alden American Legion, Alden School, Somewhere Else and from PTO members.

Raffle tickets are now on sale for a suggested donation of \$5.00

Prizes include:

1st place: Apple Watch donated by Stone Werx

2nd place: Twins Tickets donated by Heath Reindal

3rd place: ½ hog and it's processing donated by Kris and Shane Christensen and Jeremy & Darcy Johnson/Conger Meats

4th place: 2 Chanhassen Dinner Theater Tickets donated by KATE Radio




5th place: \$100.00 cash

*Drawing will take place March 28th but you do not need to be present to WIN

We are always looking for donations for our silent auction.. The list is growing. Please follow us on Facebook for updated pictures and auction items.

Alden Conger Families~

Each grade level will be creating a basket to be auctioned off at the PTO "Night of Knights" fundraiser on March 28th . Elementary teachers will be asking for money or donations from families. Middle School and High School advisors will be helping those students.

	Spring Sports 2020	
Visit the athletics website at https://aldencongerhs.schoolteams.com/ for information regarding registration for spring sports.		
Track and Field begins March 9 in Wells		
Baseball conditioning begins March 9 in Alden from 3:30-4:30 pm.		
Regular practice begins March 16 in Glenville.		
Softball for grades 7-12 begins March 1- in Glenville		
Golf begins March 16		
Check the activities calendar for the most up-to-date information regarding practices and competitions.		
		



Postsecondary Enrollment Options

Postsecondary Enrollment Options (PSEO) is a program that allows 10th-, 11th- and 12th-grade students to earn both high school and college credit while still in high school, through enrollment in and successful completion of college-level, nonsectarian courses at eligible participating postsecondary institutions. Most PSEO courses are offered on the campus of the postsecondary institution; some courses are offered online. Each participating college or university sets its own requirements for enrollment into the PSEO courses. Eleventh and 12th-grade students may take PSEO courses on a full- or part-time basis; 10th graders may take one career/technical PSEO course. If they earn at least a grade C in that class, they may take additional PSEO courses.

There is no charge to PSEO students for tuition, books or fees for items that are required to participate in a course. Students must meet the PSEO residency and eligibility requirements and abide by participation limits specified in Minnesota Statutes, section 124D.09. If a school district determines a pupil is not on track to graduate, she/he may continue to participate in PSEO. Funds are available to help pay transportation expenses for qualifying students to participate in PSEO courses on college campuses. Schools must provide information to all students in grades 8-11 and their families by March 1, every year. Students must notify their school by May 30 if they want to participate in PSEO for the following school year. For current information about the PSEO program, visit the Minnesota Department of Education's Postsecondary Enrollment Options (PSEO) webpage.

March is Music in our Schools Month—and the Music Department is busier than ever!!

On Monday, March 9th, high school band and choir students are involved in the area's Solo/Ensemble Contest held at Riverland in Austin.

The music and drama departments will be presenting

Hot Rod: Cruisin' Back to the 1950s on March 13 and 14 at 7 p.m. and March 15 at 2 p.m.

Admission is \$4 for students and senior citizens and \$6 for adults.

On Thursday, March 19th the Middle School and High School bands and choirs will be presenting their spring concert at 7:00 pm.



ALDEN-CONGER DRAMA PRESENTS....



CRUISIN' BACK TO THE 1950S

WRITTEN BY FLIB KOBLER AND CINDY MARCUS
LYRICS BY BILL FRANCOEUR

ON THE ALDEN-CONGER STAGE

PRODUCED BY SPECIAL ARRANGEMENT WITH PIONEER DRAMA SERVICE, IN., DENVER, COLORADO

MARCH 13 & 14 AT 7PM

MARCH 15 AT 2PM

ADMISSION:

ADULTS - \$6

STUDENTS/SENIOR CITIZIENS - \$4

March 2020

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 College Planning Night Gr. 10 6:30-8:00 pm	3	4 NHS Blood Drive Noon-6 pm Carlson Gym	5	6 NO SCHOOL - Spring Break Reg 7 FFA Spring Leadership Mtg	7
8	9 FFA Mtg 7 pm NO SCHOOL - Spring Break School Board Mtg 7 pm Solo Ensembles @ Austin Track & SB Practices Begin	10	11 NHS Blood Drive 12-6 pm	12	13 Spring Musical	14 Spring Musical
15 Spring Musical	16 Bb & Golf Practices Begin	17	18	19 Gr. 12 Graduation Orders Delivery Date-Lunch Time Spring Music Concert 7 pm Jof MN AgriSciences Fair & Ag Comm. CDE	20 MN LDE Previews/State Prof & Degree review PreACT Test Gr. 11 Students Dismissed @ Noon	21 VarsityTrack Conf. Meet @ MSU
22	23 Speech Subsection	24 Supermeage Team to Sonoma CA	25	26	27 End of Qtr 3	28 Night of Knights Fundraiser
29	30 NO SCHOOL Teacher Workshop	31 7/8 BB & SB @ Cleveland				

Feb-2020

S	M	T	W	T	F	S
	2	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		

Apr 2020

S	M	T	W	T	F	S
			1	2	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				



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MARCI 2020

ALDEN-CONGER PUBLIC SCHOOLS

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



Monday

2
Grab & Go Breakfast
Bread
Assorted Fruit
Assorted Juice
Milk

NO SCHOOL

16
Cereal Bowl & Yogurt
Or
Breakfast Fudgel
Assorted Fruit
Assorted Juice
Milk

23
Cereal Bowl & Yogurt
Or
Pancakes W/Syrup
Assorted Fruit
Assorted Juice
Milk

NO SCHOOL

Tuesday

3
Cereal Bowl & Cheese Stick
Or
Bagel W/Toppings
Assorted Fruit
Assorted Juice
Milk

10
Cereal Bowl & Yogurt
Or
French Toast Sticks W/Syrup
Assorted Fruit
Assorted Juice
Milk

17
Cereal Bowl & Cheese Stick
Or
Breakfast Pizza
Assorted Fruit
Assorted Juice
Milk

24
Cereal Bowl & String Cheese
Or
Breakfast Bread
Assorted Fruit
Assorted Juice
Milk

31
Cereal Bowl & String Cheese
Or
French Toast Sticks W/Syrup
Assorted Fruit
Assorted Juice
Milk

Wednesday

4
Cereal Bowl & Yogurt
Or
Warm Cinnamon Roll
Assorted Fruit
Assorted Juice
Milk

11
Cereal Bowl & Cheese Stick
Or
Breakfast Bread
Assorted Fruit
Assorted Juice
Milk

18
Cereal Bowl & Hard Boiled Egg
Or
Warm Cinnamon Roll
Assorted Fruit
Assorted Juice
Milk

25
Cereal Bowl & Yogurt
Or
Breakfast Sandwich
Assorted Fruit
Assorted Juice
Milk

Thursday

5
Cereal Bowl & Cheese Stick
Or
Breakfast Sandwich
Assorted Fruit
Assorted Juice
Milk

12
Cereal Bowl & Yogurt
Or
Pancakes W/Syrup
Assorted Fruit
Assorted Juice
Milk

19
Cereal Bowl & Cheese Stick
Or
Pancake On A Stick W/Syrup
Assorted Fruit
Assorted Juice
Milk

26
Cereal Bowl & String Cheese
Or
Warm Cinnamon Roll
Assorted Fruit
Assorted Juice
Milk

Friday

NO SCHOOL

13
Cereal Bowl & Cheese Stick
Or
Yogurt Parfaits W/Granola & Graham Crackers
Assorted Fruit
Assorted Juice
Milk

20
Cereal Bowl & Cracker Crisp
Or
Bagel W/Toppings
Assorted Fruit
Assorted Juice
Milk

27
Cereal Bowl & Hard Boiled Egg
Or
Bagel W/Toppings
Assorted Fruit
Assorted Juice
Milk

ASSORTED FRUIT MAY INCLUDE THE FOLLOWING : PEACHES, PEARS, SLICED APPLES, APPLESAUCE, MANDARIN ORANGES, MIXED FRUIT, DRIED CRANBERRIES, FROZEN BERRY FRUIT CUPS,(FRESH FRUIT AVAILABLE IN SEASON) APPLES, ORANGES, BANANAS, GRAPES, STRAWBERRIES, BLUEBERRIES, KIWI, ASSORTED JUICES MAY INCLUDE : APPLE, FRUIT PUNCH, GRAPE, ORANGE, MILK CHOICES: SKIM, 1 %, FAT FREE CHOCOLATE SECOND CHANCE BREAKFAST AVAILABLE UNTIL 10 A.M. FOR GRADES 9-12



MARCH 2020

ALDEN-CONGER PUBLIC SCHOOLS

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Monday

2
General Tso's Orange Chicken
Or
Sweet & Sour Chicken
Brown Rice, Fortune Cookie
Asian Veggies
Garden Bar
Frozen Fruit Cup
Applesauce, Milk

NO SCHOOL

16
Turkey & Cheese Sub Sandwich
Or
Rib Patty W/G Bun
Baked Beans
Garden Bars
Fresh Fruit Choice
Applesauce
Milk

Tuesday

3
Beef Hot Dog W/G Bun
Or
Italian Chicken Patty W/G Bun
(Chips & Salsa 9-12)
Baked Beans
Garden Bar
Fresh Fruit Choice
Peaches, Milk

10
Walking Beef Taco
W/G Chips & Toppings
Steamed Corn
Garden Bar
Fresh Fruit Choice
Peaches
Milk

17
French Toast Sticks
W/Syrup, Sausage Patties
Tater Rounds, Baby Carrots,
Applesauce Cup, Orange
Juice, Milk

Wednesday

4
Spaghetti W/Meat Sauce & Garlic
Or
Assorted Sub Sandwich
Steamed Broccoli
Caesar Salad
Garden Bar
Fresh Fruit Choice
Pears, Milk

11
Corn Dog
Or
Tater Tot Hot Dish W/G Dinner Roll
Green Beans
Garden Bar
Fresh Fruit Choice
Applesauce
Milk

18
Hot Ham & Cheese W/G Bun
Or
Pizza Power Lunch Box
Green Beans
Garden Bar
Fresh Fruit Choice
Mixed Fruit
Milk

Thursday

5
Cheese Burger W/G Bun
Or
Chicken Chipotle Rice Bowl
Green Beans
Garden Bar
Fruit Choices
Milk

12
Sloppy Joe W/G Bun
Or
Meat Ball Sub Sandwich W/G Bun
Baked Beans
Macaroni Salad
Garden Bar
Fresh Fruit Choice
Pears, Milk

19
Hot Dog
Or
Hamburger Patty W/G
Bun, Ranch Fries, Chips,
Garden Bar, Fresh Fruit
Choice, Applesauce, Milk

Friday

6
NO SCHOOL

13
Breaded Chicken Patty W/G Bun
Or
Big Daddy's Cheese Pizza
Steamed Carrots
Garden Bar
Fruit Choice
Milk

20
Hangry Bear Cheese Pizza
Or
Breaded Fish W/G Bun
Steamed Broccoli
Coleslaw
Garden Bar
Fruit Choice
Milk

23
Chicken Alfredo W/Pasta
Garlic Toast
Or
Sun Butter Sandwich
Green Beans
Garden Bar
Fresh Fruit Choice
Peaches, Milk

30
NO SCHOOL

24
Beef Taco Or Chicken Fajita
W/G Flour Tortilla & Toppings
Refried Beans
Spanish Rice
Garden Bar
Fresh Fruit Choice
Applesauce, Milk

31
Fiestada Pizza Or Turkey
Cheese Sub W/G Bun,
Steamed Corn,
Garden Bar, Fresh Fruit
Choice, Applesauce, Milk

25
Spicy Chicken Patty W/G Bun
Or
Cheeseburger W/G Bun
Ranch Fries
Garden Bar
Fresh Fruit Choice
Pears
Milk

26
Chicken Nuggets W/G Dinner Roll
Mashed Potatoes
Gravy
Garden Bar
Fresh Fruit Choice
Strawberry Applesauce
Milk

27
French Bread Pizza
Marinara Sauce
Steamed Broccoli
Garden Bar
Fruit Choices
Milk

FRESH GARDEN BAR SERVED DAILY MAY INCLUDE THE FOLLOWING: TOMATOES, SALSA, BABY CARROTS, CELERY STICKS, BROCCOLI, CAULIFLOWER, CUCUMBERS, GREEN PEPPERS, RADISHES, DARK GREEN LETTUCE, ONIONS, REDUCED FAT DRESSINGS SERVED WITH GARDEN BAR, CANNED FRUIT OR FROZEN FRUIT MAY INCLUDE APPLESAUCE, PEACHES, PINEAPPLE, STRAWBERRIES, FRESH FRUIT MAY INCLUDE, GRAPES, BANANAS, ORANGES, APPLES, STRAWBERRIES, MELONS AND OTHER SEASONAL FRUIT. *1% MILK, SKIM MILK, AND FAT FREE CHOCOLATE MILK ARE SERVED WITH BREAKFAST AND LUNCH DAILY