

# Tornado News

Storm Lake Community School District

## Inside this Issue:

Cyberbullying.....	1
Elem News .....	2-3
Menu.....	4
Activity Calendar.....	5
CommUNITY Education .....	6-11
Mentoring.....	12

## *Cyberbullying: New Problems, New Tactics*

Bullying is an old problem that remains difficult to bring under control, in part because technology offers new ways for kids to pick on one another. Indeed, cyberbullying can extend the reach and power of some of the worst bullies, subjecting kids to taunts from beyond their own schools and neighborhoods.

Cyberbullying also means the problem can be constant - gone are the days when kids just dreaded an encounter on the bus or during the schoolday. Through cell phone texts, emails, and social media sites, bullies can torment their victims 24 hours a day. Picked-on kids can feel like they're getting blasted nonstop and that there is no escape.

Because many kids are reluctant to report being bullied, even to their parents, it's impossible to know just how many are affected. But it's estimated that one third of teens have been victims of some form of online bullying. Yet they often don't realize it happens to so many of their peers, adding to their sense of isolation.

As the pressure builds, victims can experience anxiety, depression, and other stress-related disorders. As recent well-publicized cases have shown, some kids and teens ended their lives to escape bullying. Experts say that kids who are bullied - and the bullies themselves - are at an elevated risk for suicidal thoughts, attempts, and completed suicides.

## *What This Means to You*

Parents are often desperate to help when their kids are bullied. It's hard enough to combat the typical schoolyard thug - so what can be done about the sometimes anonymous tormentors who strike from behind a computer screen?

Warning signs of cyberbullying to watch for can include:

- \* emotional distress during or after using the Internet
- \* withdrawal from friends and family members
- \* avoidance of school or group gatherings
- \* slipping grades and "acting out" in anger at home
- \* changes in mood, behavior, sleep, or appetite
- \* wanting to stop using the computer or cell phone
- \* appearing nervous or jumpy when getting an instant message or email
- \* avoiding discussions about computer or cell phone activities

Why don't kids tell their parents about cyberbullying? Despite the torment they might find online, they still want to be connected to friends and are afraid they'll lose their online privileges. So it's important for parents to reassure them that they won't lose their access, though what transpires online should be carefully monitored. When possible, block the bully from your child's online groups and profiles, and on cell phones and email accounts.

Encourage your child not to respond, because doing so just fuels the fire and makes the situation worse. But do keep the threatening messages, pictures, and texts, as these can be used as evidence with the bully's parents, school, employer, or even the police. Also consider involving officials at your child's school, especially if the bully also goes there.

And if your son or daughter is doing the bullying, take steps to end the negative behavior. Explain that joking and teasing might seem harmless but can hurt feelings and lead to serious consequences at home, school, and in the community. If it continues, put tracking or filtering software on the computer, impose restrictions on computer and cell phone use, and consider having your child talk with a counselor.

*March 2011*

## Attention 2011-2012 Kindergarten Parents

A special meeting for 2011-2012 kindergarten students and their parents is scheduled for April 14 and 15 at the Elementary building (1810 Hyland Drive). Parents have a choice of which session to attend. The following sessions will be held: **April 14 at 6:00 pm or April 15 at 10:00 am or 6:00 pm**

Registration will start ½ hour before each session begins. If you are the parent of a child who will be 5 on or before September 15, 2011, and plan to enroll your child in Kindergarten for the 2011-2012 school year, please plan on attending one of these meetings.

At the meeting, parents will have an opportunity to meet teachers, administration, and support personnel. They will hear about the kindergarten curriculum, expectations, and special programs. There will be time provided for questions and answers. Parents will be asked to complete all necessary preregistration paper work during this time. Interpreters will be available to assist parents in completing the forms.

The following documentation (below) must be provided **prior** to your student starting kindergarten. If completed, please bring these items to the meeting. The forms for these requirements may be obtained at the Storm Lake Elementary building.

If you have a child who will be five on or before September 15, 2011, and will be attending kindergarten in the fall, please call Storm Lake Elementary, 732-8074, to receive more information regarding the meeting and the necessary health forms.

## Head Start & Early Head Start Recruitment Begins for the 2011-2012 School Year

We are currently taking applications for children ages 3 to 5 years old for the 2011-2012 school year. We are also taking applications for expectant mothers and children 0 to 3 for Early Head Start. For information about the programs please call 732-1358 or stop by the Head Start office at East Early Childhood Center to pick up an application. Our office is in the East School Building located at 930 East 5th Street.



1. A birth certificate or official hospital certificate
2. Names and phone numbers of emergency contacts
3. **REQUIRED** health records
  - A. Completed immunization certificate
    1. **DPT**: 5 doses, the last one after the 4th birthday if born on or after Sept. 15, 2003
    2. **Polio**: 4 doses, the last one after the 4th birthday if born on or after Sept. 15, 2003
    3. **MMR**: 2 doses, one must have been given after 12 months of age.  
A second shall have been received no less than 28 days after the first dose
    4. **Hepatitis B**: 3 doses if born on or after July 1, 1994
    5. **Varicella**: 2 doses if born on or after Sept. 15, 2003 unless there is a reliable history of natural disease
  - B. A Mantoux TB Test is required of students meeting specific criteria
  - C. A physical examination by a doctor within the last year (Preschool physicals accepted)
  - D. A Dental Certificate from a dentist, dental hygienist, physician, physician assistant, or nurse
  - E. Documentation of one Blood Lead test
4. **RECOMMENDED** Health Record
  - A. A Vision Card signed by an optometrist



## Atención Padres de kinder del 2011-2012

Habr  una junta especial para los estudiantes y padres de kinder del 2011-2012 ser  el 14 y 15 de abril en la Escuela Elemental. Los padres podr n escoger la sesi n que puedan asistir. Las siguientes sesiones ser n: 14 de abril 6:00 PM o 15 de abril 10:00 AM o 6:00 PM. Las registraciones van a empezar media hora antes que empiecen las sesiones si usted es un padre de un hijo que va cumplir 5 a os para o antes del 15 de septiembre 2011, y esta planeando en escribir a su hijo en kinder para el a o 2011-2012, por favor haga arreglos para poder asistir a una de estas juntas.

En la junta los padres van a tener la oportunidad de conocer a las maestras, administraci n, y el personal de apoyo. Van a escuchar sobre el curr culo de k nder, expectativas, y programas especiales. Va ver tiempo para preguntas y repuestas. Les vamos a pedir a los padres que llenen las formas de inscripci n. Vamos a tener int rpretes disponibles para ayudarles a llenar las formas.

Los padres necesitan traer los siguientes documentos de su hijo para la junta.

1. Acta de Nacimiento
2. Nombre y n mero de tel fono de contacto en caso de emergencia
3. Requisitos de Salud
  - A. DPT: Cinco (5) dosis, la ultimo despu s de cumplir 4 a os si nacieron el o antes del 15 de septiembre 2003
  - B. Polio: Cuatro (4) dosis, la ultima despu s de cumplir 4 a os si nacieron el o antes del 15 de septiembre 2003
  - C. MMR: Dos (2) dosis, una tiene que ser despu s de los 12 meses de edad. La segunda dosis la tienen que recibir 28 d as despu s de la primera dosis.
  - D. Hepatitis B: Tres (3) dosis si nacieron el o antes del 1 de julio 1994.
  - E. Varicela: Dos (2) dosis si nacieron el o antes del 15 de septiembre 2003 o solo que tengan una historia de la enfermedad.
4. Examen de Tuberculosis: requerido para estudiantes que no pasan los requisitos del criterio

5. Examen F sico: la forma la tiene que completar su doctor entre el a o pasado. Les aceptan el examen f sico que tuvieron cuando entraron a pre-kinder.
6. Certificado Dental: Debido con la Ley Dental de Iowa, todos los estudiantes de kinder tienen que completar el Certificado Dental indicando que tuvieron un examen dental entre la edad de 3-6 a os, por un dentista, higienista dental, m dico, asistente del m dico, o enfermero(a).
7. Examen del Plomo: Un documento del Examen del Plomo.
8. Records Recomendable de Salud
  - A. Una tarjeta de Visi n por el oculista.

Las formas para esto requisitos los pueden obtener en la Escuela Elemental de Storm Lake.

Si tiene un hijo que va cumplir 5 a os el o antes del 15 de septiembre 2011, y va asistir a k nder en el oto o, por favor hable a la Escuela Elemental de Storm Lake, 732-8074, para recibir m s informaci n sobre la junta y los requisitos necesarios de salud.

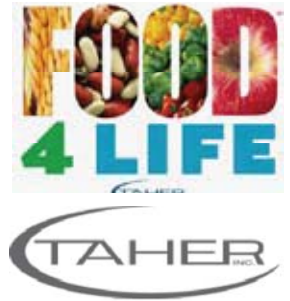
## Head Start y Early Head Start Empieza a Reclutar para el A o 2011-2012

Estamos aceptando aplicaciones para los ni os de las edades de 3 a 5 a os de edad para el a o escolar 2011-2012. Tambi n estamos aceptando aplicaciones para las madres que estan embarazadas y ni os de las edades de 0 a 3 a os de edad para el Early Head Start. Para m s informaci n sobre el programa por favor hable al 732-1358 o venga a la oficina de Head Start en el Centro de Temprana Ni ez de East para agarrar una aplicaci n. Nuestra oficina esta en la Escuela East localisada en 930 East 5th Street.



# Classic Cafe - March 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Breakfast Sandwich</b> Italian Meat Stromboli Caesar Salad Chocolate Chip Cookie  <b>Alternative Entrées:</b> Salad Bar Buffalo Chicken Wrap	<b>2</b> <b>Pancake on a Stick</b> Beefy Nachos with Homemade Cheese Sauce Corn and Rice Bake  <b>Alternative Entrées:</b> Salad Bar Italian Sub	<b>3</b> <b>BFK Pizza</b> Roasted Ham Mashed Potatoes & Gravy Mixed Vegetables Wheat Dinner Roll  <b>Alternative Entrées:</b> Taco Salad Turkey Ranch Wrap	<b>4</b> <b>Cereal / Muffin</b> Homemade French Toast Scrambled Eggs Warm Cinnamon Apple  <b>Alternative Entrées:</b> Salad Bar Yogurt Pak
<b>7</b> <b>Cereal / Donut</b> Oven Roasted Beef Hot Dog Baked Beans Kettlechips  <b>Alternative Entrées:</b> Salad Bar Chicken Salad on Wheat Bun	<b>8</b> <b>Breakfast Sandwich</b> Spaghetti with Meat Sauce or Marina Sauce Garden Salad Garlic Toast  <b>Alternative Entrées:</b> Salad Bar Turkey Sub	<b>9</b> <b>Pancake on a Stick</b> Parmesan Crusted Fish Filet Butter Noodles Sweet Peas Wheat Dinner Roll  <b>Alternative Entrées:</b> Salad Bar Italian Sub	<b>10</b> <b>BFK Pizza</b> Oven Roasted Chicken Barley Pilaf Fresh String Beans Birthday Cake  <b>Alternative Entrées:</b> Salad Bar Ham & Swiss on Bagel	<b>11</b> <b>Cereal / Muffin</b> Cheese Bread with Marinara Sauce Broccoli Salad  <b>Alternative Entrées:</b> Salad Bar Yogurt Pak
<b>14</b> <b>Cereal / Donut</b> Hamburger with Cheese on Wheat Bun Lettuce & Tomatoes Oven Fries  <b>Alternative Entrées:</b> Salad Bar Chicken Salad on Wheat Bun	<b>15</b> <b>Breakfast Sandwich</b> Chicken Alfredo over Pasta Vegetable Medley Garlic Bread Stick  <b>Alternative Entrées:</b> Salad Bar Turkey Sub	<b>16</b> <b>Pancake on a Stick</b> Tater Tot Casserole 7 Layer Salad Wheat Bread  <b>Alternative Entrées:</b> Salad Bar Italian Sub	<b>17</b> <b>BFK Pizza</b> Early Dismissal	<b>18</b> <b>NO SCHOOL</b>
<b>21</b> <b>Cereal / Donut</b> Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Whole Grain Bread  <b>Alternative Entrées:</b> Salad Bar Chicken Salad on Wheat Bun	<b>22</b> <b>Breakfast Sandwich</b> Italian Whole Grain Pasta Bake Marinated Vegetable Salad Garlic Bread  <b>Alternative Entrées:</b> Salad Bar Buffalo Chicken Wrap	<b>23</b> <b>Pancake on a Stick</b> Soft Shell Taco Mexican Corn Assorted Toppings Ice Cream Treat  <b>Alternative Entrées:</b> Salad Bar Italian Sub	<b>24</b> <b>BFK Pizza</b> Turkey a la King Brown Rice Homestyle Biscuits  <b>Alternative Entrées:</b> Taco Salad Turkey Ranch Wrap	<b>25</b> <b>Cereal / Muffin</b> Grilled Cheese Sandwich Tomato Soup Fruited Jell-O  <b>Alternative Entrées:</b> Salad Bar Yogurt Pak
<b>28</b> <b>Cereal / Donut</b> Mini Corn Dogs Mac & Cheese Broccoli  <b>Alternative Entrées:</b> Salad Bar Chicken Salad on Wheat Bun	<b>29</b> <b>Breakfast Sandwich</b> <b>Early Dismissal</b>	<b>30</b> <b>Pancake on a Stick</b> Pork Roast Roasted Potatoes Apple Sauce Dinner Roll  <b>Alternative Entrées:</b> Salad Bar Italian Sub	<b>31</b> <b>BFK Pizza</b> Chicken Tenders Mashed Potatoes & Gravy Vegetable Medley  <b>Alternative Entrées:</b> Salad Bar Ham & Swiss on Bagel	



### Fruit & Vegetable Bar

Fresh, canned or frozen vegetables, plus fresh and canned fruits are available daily with lunch from our Fruit & Vegetable Bar.

### Prices:

Elementary:	
Breakfast:	\$ 1.10
Lunch:	\$ 1.65
Secondary:	
Breakfast:	\$ 1.10
Lunch:	\$ 1.70
Reduced:	
Breakfast:	\$.30
Lunch:	\$.40
Adult:	
Breakfast:	\$ 1.70
Lunch:	\$ 2.70
Extra Entree:	\$.90
Milk:	\$.35
(Choice of Skim, 2%, Whole & Chocolate)	

To check the balance in your account or for additional information, contact:

Cindy Pedersen, FSD  
712-732-8065

# March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Elem ELDA Testing (Mar 1-11) 7/8 Lg Group Choir Clinic @ Hawarden EPIC 6:30 pm	<b>2</b>	<b>3</b> DS All Iowa @ DM (Mar 3-5) BB Banquet 6:30 pm	<b>4</b> MS Family Night @ MS 5:30-7:00 pm	<b>5</b>
<b>6</b>	<b>7</b> BB State (Mar 7-12) 48th Annual Parade of Bands Concert @ HS 7:30	<b>8</b> <b>Elem Group Pictures (K-1)</b> Speaker's Cafe @ HS 7:00-9:00 pm	<b>9</b> Athletic Boosters 7:00 pm	<b>10</b>	<b>11</b> <b>Elem Group Pictures (2-4)</b> College Fair @ HS gym 9:00-11:30 am DS Night @ HS 7:30	<b>12</b> State Ind Speech @ Algona CE 3 on 3 Tourney @ MS AAU VB Tourney H @ Elem & MS
<b>13</b>	<b>14</b> Practices Begin: GGF, BSC, GTN GTR ISU Indoor Music Boosters 7:00 pm	<b>15</b> <b>MS Group Pictures (5-6)</b> BTR ISU Indoor Elem Music Concert @ Elem 7:00 pm	<b>16</b> <b>East PreK Group Pictures</b> School Board Mtg 7:00 End of 3rd Qtr (49 days)	<b>17</b> 11:10 / 11:20 / 11:30 Dismissal - Prof Dev Adv Club 11:10 USD Coyote Jazz Fest @ Vermillion	<b>18</b> <b>NO SCHOOL</b> G/BTR BVU Indoor 4:00	<b>19</b>
<b>20</b>	<b>21</b> Practices Begin: GSC, BTN, BGF DS Banquet @ HS 6:30 pm BTR State Indoor @ UNI	<b>22</b> GTR State Indoor @ UNI B/GTR Lakes Indoor @ BVU 4:30 pm	<b>23</b>	<b>24</b> HS Vocal Concert @ Schaller Chapel 7:30 pm	<b>25</b>	<b>26</b> State Solo/Ensemble Music Fest
<b>27</b>	<b>28</b> All State Ind Speech @ Cedar Falls GTR Dan Lennon Inv @ USD Driver Ed Registration @ MS 6:00 pm	<b>29</b> 11:10 / 11:20 / 11:30 Dismissal Adv Club 11:10 P-T Conf 1:00-7:30 pm Cheer Tryout Practice 1:00-3:30 pm BTR Quad @ Cherokee 5:00 Cheer Parent Mtg 6:00 pm	<b>30</b>	<b>31</b> 11:10 / 11:20 / 11:30 Dismissal Adv Club 11:10 P-T Conf 1:00-7:30 pm DS Tryout Practice 1:00-3:30 pm 6-8 Vocal Solo Fest @ MS 3:30 pm BSC Denison H 5:00 pm DS Parent Mtg 6:00 pm		

## February 2011

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					

## April 2011

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

Events subject to change without notice



# MARCH 2011 OPPORTUNITIES



Pat Fisher  
Geoff Eddie, Patti Todd

## Community Education

712.732.5711 Office  
712.732.5712 Fax

### Yoga/No Floor Yoga

Kathryn McKinley will continue offering the following classes every Tuesday. Participants may begin classes at anytime:

#### Yoga

Tuesdays, 5:45-7:00 pm  
SL Middle School Music Room

#### No Floor Yoga

Tuesdays, 10:00-11:00 am  
South School (1st floor)

These classes use stretching, yoga postures, yoga breathing & relaxation to develop flexibility, balance and strength. The No Floor Yoga class is designed for people with mobility issues - postures will be done standing and sitting and will be adapted to your abilities. Stretchy clothing and a towel/yoga mat are helpful.

### Pilates

Beginning March 1st, Pilates will transition to a punch card system. **Punch cards are available at the COMMUNITY Education office at 419 Lake Ave** in either a 10 class card for \$50 or a 5 class card for \$25. To "pay" simply present your card at each class you attend.

Rachel Franklin leads this on-going Pilates class for all ages. The class includes warm up, strenght training, many different exercises, and a cool down. Participants are asked to bring a towel or an exercise mat.

Date/Time: Tues/Thurs, 5:30-6:30 pm

Location: South School (1st floor)

### MARCH CALENDAR:

- Yoga (ongoing)
- No Floor Yoga (ongoing)
- Pilates (ongoing)
- 6 Summer Sign-ups
- 7 Summer Sign-ups
- 10 Dance Squad Clinic
- 10 Teen Link Book Club - *Birthmarked*
- 12 Burger King/Coca Cola 3 on 3 Tournament
- 14 Emeritus University - "*Beauty of Peru: History, Culture and Inca Civilization*"
- 15 Introduction to Excel
- 17 Women's Studies Book Club - "*The Immortal Life of Henrietta Lacks*"
- 24 CommUNITY Book Club - "*Moby Dick*"

#### REMINDER:

Yoga & Pilates punch cards are available at the CommUNITY Education Office

10 class (\$50) or 5 class (\$25) denominations

#### Emeritus University:

##### Beauty of Peru: History, Culture and Inca Civilization

This presentation highlights a rich history of ancient civilizations of Peru. The country is rich in different climates and terrains from the mountains, plains, beaches, the jungle, and the desert. The landscape is steeped in history, beauty, and myth. During the presentation, the discussion will be situated around pictures of the world-famous "lost city" at Machu Picchu, the flora and fauna of the Amazon jungle, colonial cities that echo the legacy of Spanish conquistadors, and condors in the Colca Canyon, considered the deepest canyon in the world. This lecture will be presented by Dr. Katya Koubek, BVU Associate Professor of Education/TESL.

Date/Time: Monday, March 14, 3:30-5pm

Location: United Methodist Church Sanctuary

#### Introduction to Excel

This Excel course is for the beginner to learn about the parts of the Excel screen, freezing panes, entering data, using formulas, formatting spreadsheets and making charts. Tracey Bailey, Instructor, will also teach you about Excel headers and footers.

**Date/Time:** Tues. Mar. 15 &  
Thurs. Mar. 17, 5:30-7:00 pm

**Location:** SL High School, Room 52

**Fee:** \$25

**Registration Deadline:** Friday, Mar. 11

#### READERS CORNER

The book clubs meet at the Storm Lake Public Library at 7 pm on the dates noted. Books and discussion guides are available at the library. Everyone is welcome!

##### Teen Link Book Club

Mar 10: *Birthmarked* by Caragh M. O'Brien

##### Women's Studies Book Club

Mar 17: *The Immortal Life of Henrietta Lacks* by Rebecca Skloot

##### CommUNITY Book Club

Mar 24: *Moby Dick*

#### NO CHARGE

#### NO REGISTRATION REQUIRED

MAIL TO: COMMUNITY EDUCATION  
419 Lake Avenue • PO Box 638 • Storm Lake, IA 50588

Name: \_\_\_\_\_

Street: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Course Title: \_\_\_\_\_ Fee: \_\_\_\_\_

#### \*FOR OFFICE USE ONLY\*

FEE \_\_\_\_\_ CASH \_\_\_\_\_ CHECK # \_\_\_\_\_

Received By \_\_\_\_\_ Date \_\_\_\_\_



# Recreation Update



## Start Smart Golf

A parent/child program for  
5, 6 & 7 year olds

Sponsored By:

**Sunrise Pointe Golf Course & Lake Creek**

Start Smart Programs offer the  
opportunity for parents to work  
one-on-one with their child

While helping them to develop the motor  
skills necessary to eventually golf.

The program will be held on the  
following dates:

**April 4, 5, 7, 11, 12, and 14**  
6-6:45pm

SL Middle School Gym

Registration Fee: \$15

Registration Deadline: **April 1**

## Dance Squad Clinic

Grades 1 - 6

**Thursday, March 10**

3:30 - 6:00 pm

SL High School Gym

Please provide your own transportation  
to the High School

Participants will perform on

## Dance Squad Night



**Friday, March 11**

SL High School

Arrive at the High School by 6:30 pm

Performances begin at 7:00 pm

Registration Fee: **\$15.00** includes T-Shirt

Registration Deadline: **Thursday, March 3**

## Summer Recreation

Sign-Ups

**Sunday, March 6th 3-6:00 pm**

**Monday, March 7th 6-8:00 pm**

SL Middle School Commons

**Storm Lake Baseball Association**

Grades 1-8

**Storm Lake Softball Association**

Grades 1-7

**Whitecaps Swim Team**

Boys & Girls ages 6-18

**Beginner Ball**

Boys & Girls ages 5-6

**King's Pointe**

Season Passes & Swim Lessons

**Sunrise Pointe**

Golf Memberships

## Start Smart Baseball

A parent/child program  
for 3-6 year olds

Sponsored By:

**American Family Insurance**

Jan Worthan Agency, Inc.

Start Smart Programs offer the opportunity for parents to  
work one-on-one with their child in learning the basic skills  
of a sport. They will learn skills such as throwing,  
catching, batting, running and agility

The program will be held on the  
following dates:

**March 7, 9, 14, 17, 21 and 24**  
6:00-6:45 pm

SL Elementary School Gym

Registration Fee: \$15

Registration Deadline: **March 4**



# Summer Recreation Sign-Ups



Sunday, March 6 3:00-6:00 pm

Monday, March 7 6:00-8:00 pm

Storm Lake Middle School Commons

## Storm Lake Baseball Association

Questions? Call Pat Fisher @ 712-229-9477

Scholarships Available

### Leagues:

Pee Wee	Grades 1 & 2	\$20 *
Minors	Grades 3 & 4	\$15
Majors	Grades 5 & 6	\$35
Seniors	Grades 7 & 8	\$35

\* includes \$5 in concession tickets for Field of Dreams

## Beginner Ball

Questions? Call  
CommUNITY Ed @ 732-5711

Fee \$15

Boys and Girls

Ages 5 & 6

Skills will be taught on

Saturdays,

May 7, 14, 21 & June 4

Games will be held on

Sundays

June 5, 12, 19 & 26

## Storm Lake Softball Association

Questions? Call Pat Fisher @ 712-229-9477

Fees for Softball will be \$30 (includes concession fee and fundraiser)

Scholarships Available

### Leagues:

Beginners	Grades 1 & 2
Juniors	Grades 3 & 4
Majors	Grades 5 & 6
Seniors	Grade 7

## King's

## Pointe

## Waterpark



Family Season Pass

\$225 until 4/30/11

then \$249

Individual Season Pass \$125

American Red Cross

Swim Lessons

Levels 1-6 & Parent/Tot Class

\$30/session

9:30-10:20 am

Session A July 11 - 22

Session B July 25 - Aug 5

Questions? Call

King's Pointe @ 213-4500

## Whitecaps Swim Team

Questions? Call Dan Berglun @ 732-7087

Sign-ups are for boys and girls ages 6-18

Participants must be able to swim across the pool

\$25 per swimmer

Family max of \$50

If you cannot make either of the Sign-up Days, registration forms will be available starting **March 8th** at CommUNITY Ed, 419 Lake Avenue

Please register for Baseball and Softball by March 31st



# Start Smart Golf

Sponsored By:

**Sunrise Pointe Golf Course & Lake Creek**



**WHAT:** Start Smart Golf is a six-session instructional program that helps parents work one-on-one with their children while helping them to develop the motor skills necessary to eventually golf. This is done by utilizing positive reinforcement, FUN activities and exciting equipment.

**WHO:** Start Smart Golf is open to children 5-7 years old who can attend each session **with a parent or another significant adult** and want to prepare for future organized sports competitions.

**WHERE:** Start Smart Golf will be held at Storm Lake Middle School on the following dates: April 4, 5, 7, 11, 12 & 14 from 6:00-6:45 pm.

**COST:** **Each Parent-Child group** will be charged \$15 which will include a Start Smart shirt for each participant.

***Registration Deadline: April 1 - Enrollment Limited***

## Start Smart Golf

Storm Lake students return to your school secretary or CommUNITY Ed Office by April 1, 2011

Name (Parent) \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Registering for (student name)	Age	T-shirt Size	Left or Right Handed	Cost \$15
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Shirt Sizes: YS (6/8) YM (10/12) YL(14/16)  
Adult S

Make checks payable to:  
**CommUNITY Education**

\*FOR OFFICE USE ONLY\*

FEE \_\_\_\_\_ CASH \_\_\_\_\_ CHECK # \_\_\_\_\_  
Received by: \_\_\_\_\_ Date: \_\_\_\_\_  
Amount Refunded: \_\_\_\_\_ Date: \_\_\_\_\_

### Liability/Waiver Agreement

I agree to participate, or to allow my child to participate, in the program sponsored by the Storm Lake COMMUNITY Education Department. I understand that participation in the program is completely voluntary.

I agree that all activities undertaken by me or my child as part of the program are undertaken at my or his/her sole risk and that the Storm Lake COMMUNITY Education Department shall not be liable for any claim, demands, injuries, damages, actions or causes of action. I have read this agreement carefully and know and understand its contents.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent signature required)

# Dance Squad Clinic

Grades 1 - 6  
 Thursday, March 10  
 3:30-6:00 pm  
 Storm Lake High School Gym

Please provide your own transportation to the High School

Participants will perform on  
**Dance Squad Night**

Friday, March 11  
 Storm Lake High School  
 Arrive at the High School by 6:30 p.m.  
 Performances begin at 7:00 p.m.



Registration Fee: **\$15.00** includes T-Shirt  
 Registration Deadline: **Thursday, March 3**

## Dance Squad Clinic

Storm Lake students return to your school secretary or CommUNITY Ed Office by Thursday, March 3, 2011

Name (Parent) \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Registering for (student name)	School / Grade	Boy / Girl	Shirt Size	Cost \$15
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Shirt Sizes: YS (6/8) YM (10/12) YL(14/16)  
 Adult S M L

Make checks payable to:  
**CommUNITY Education**

\*FOR OFFICE USE ONLY\*

FEE \_\_\_\_\_ CASH \_\_\_\_\_ CHECK # \_\_\_\_\_

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

Amount Refunded: \_\_\_\_\_ Date: \_\_\_\_\_

**Liability/Waiver Agreement**

I agree to participate, or to allow my child to participate, in the program sponsored by the Storm Lake CommUNITY Education Department. I understand that participation in the program is completely voluntary.

I agree that all activities undertaken by me or my child as part of the program are undertaken at my or his/her sole risk and that the Storm Lake CommUNITY Education Department shall not be liable for any claim, demands, injuries, damages, actions or causes of action. I have read this agreement carefully and know and understand it contents.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (Parent signature required)

# Start Smart Baseball

Sponsored by:  
**AMERICAN FAMILY INSURANCE**  
**JAN WORTHAN AGENCY, INC.**



**WHAT:** Start Smart Baseball is a six-session instructional program that helps parents work one-on-one with their children while helping them to develop the motor skills necessary to play baseball or softball. This is done by utilizing positive reinforcement, FUN activities and exciting equipment.

**WHO:** Start Smart Baseball is open to children 3-5 years old who can attend each session **with a parent or another significant adult** and want to prepare for future organized sports competitions.

**WHERE:** Start Smart Baseball will be held at Storm Lake Elementary School on the following dates: March 7, 10, 14, 17, 21, & 24 from 6:00-6:45 pm.

**COST:** **Each Parent-Child group** will be charged \$15 which will include a Start Smart shirt for each participant.

**Registration Deadline: March 4 - Enrollment limited to 20**

## Start Smart Baseball

Storm Lake students return to your school secretary or CommUNITY Ed Office by March 4, 2011

Name (Parent) \_\_\_\_\_ Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Registering for (student name)	Age	T-Shirt Size	Cost \$15
_____	_____	_____	_____
_____	_____	_____	_____

Shirt Sizes: YS (6/8) YM (10/12) YL(14/16)  
 Adult S

Make checks payable to:  
**CommUNITY Education**

\*FOR OFFICE USE ONLY\*

FEE \_\_\_\_\_ CASH \_\_\_\_\_ CHECK # \_\_\_\_\_  
 Received by: \_\_\_\_\_ Date: \_\_\_\_\_  
 Amount Refunded: \_\_\_\_\_ Date: \_\_\_\_\_

### Liability/Waiver Agreement

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Signature \_\_\_\_\_ Date \_\_\_\_\_  
 (Parent signature required)

I became a **mentor** because I wanted to give.  
The thing I didn't realize was how **much** I'd get.



To learn more about mentoring opportunities contact:

*Angie Woodford*

Connections Mentoring Coordinator  
Storm Lake Middle School  
732-8080

**Give a little time, get a lot in return.** It only takes a few hours to make a huge difference in the life of a child. Mentoring helps keep kids off drugs, out of gangs and in school so they can fulfill their dreams. And the best part is, you'll not only see what it does for them, you'll feel what it does for you.

**connections**  
MENTORING PROGRAM

**connections**  
MENTORING PROGRAM

**connections**  
MENTORING PROGRAM

The Buena Vista County Family Nutrition Program (FNP) has a lot to offer. You can learn to use the food you eat for better health. Learn how much of each food you really need. Find ways to balance food and activity for a healthy lifestyle. Money saving strategies can help you save up to 15% on your grocery bill each month.

Learn how to cut back on time spent preparing meals and cooking. Someone from FNP will come to your home and teach free lessons for those who qualify. Don't miss this awesome opportunity for your family.

For more information or to set up an appointment contact:

*Sarah Gore*  
(712)732-5056