

PROUDLY EMBRACING THE COMMUNITIES OF:
NEW RICHLAND, HARTLAND, ELLENDALE, AND GENEVA

NRHEG PANTHERS

School & Community Activities and Information
OCTOBER - DECEMBER 2022



NRHEG'S SPOTLIGHT PROGRAM

(INSIDE COVER)



SPOTLIGHT PROGRAM "FFA"

National FFA Organization

The FFA is a student leadership organization that uses Ag Education as its basis for opportunities and learning. The FFA is grounded in our Motto:

**Learning to Do
Doing to Learn
Earning to Live
Living to Serve**

FFA participates in & hosts a variety of events & activities throughout the year including;

- *Regional Leadership Meetings
- *Numerous Regional Contests
- *Corn Drive for Camp Courage
- *Feed My Starving Children Activity with FCCLA
- *National and State FFA Conventions
- *Spring Plant Sale
- *Partners in Active Learning Support (PALS)
- *Staff Appreciation Breakfast
- *Ag Olympics and FFA Week Activities
- *Halloween Costume Contest for the Student Body.



Advisor: Dan Sorum

DISTRICT CONTACT INFORMATION:

Our Mission: Empowering students with knowledge and skills to succeed.

Our Vision: To be the school district of choice, inspiring excellence in academics, arts, and activities.

<p>DISTRICT OFFICE: Superintendent: Michael Meihak mmeihak@nrheg.k12.mn.us Admin. Assistant: Sue Kulseth. skulseth@nrheg.k12.mn.us Phone: 507-465-3206 Fax: 507-465-8633</p>	<p>COMMUNITY EDUCATION: Director: Macy Whiteside mwhiteside@nrheg.k12.mn.us Phone: 507-417-2667 Fax: 507-465-8633 Assistant: Stacy Hutchens shutchens@nrheg.k12.mn.us</p>
<p>ELEMENTARY SCHOOL: Elementary Principal: Craig Kopetzki ckopetzki@nrheg.k12.mn.us Admin. Assistant: Jean Greenwood jgreenwo@nrheg.k12.mn.us Phone: 507-684-3181 Fax: 507-684-2108</p>	<p>SECONDARY SCHOOL: Secondary Principal: David Bunn dbunn@nrheg@nrheg.k12.mn.us Admin Assistant: Teri Kormann tkormann@nrheg.k12.mn.us Phone: 507-465-3205 Fax: 507-465-8633</p>
<p>ATHLETICS / ACTIVITIES: Athletic Director: Dan Stork dstork@nrheg.k12.mn.us Phone: 507-417-2628 Fax: 507-465-8633</p>	<p>We offer many ways to help you to Stay Connected with the NRHEG School District! www.nrheg.k12.mn.us  NRHEG Elementary School, NRHEG Secondary School NRHEG Community Education, NRHEG ECFE</p>

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NRHEG District Newsletter October 2022

A Letter from the Superintendent



What's in it for me?

We have all heard the expression, “you get out of it what you put into it”. This sentiment holds true in many aspects of life and in the world of education, “what you put into it” has the potential to open doors for success now and in the future.

NRHEG continues to provide a wide range of courses and activities for our students. I can confidently say that our teachers and our programs are comparable to or above what other schools our size and in our area are providing. As a staff, we do take pride in the quality of education offered to our students. Students absolutely have the opportunity to grow and be challenged academically. When a dedicated staff works with students that take pride in their school and understand the importance of education, great things happen. We are blessed to see these great things happen on a regular basis.

With all that being said, we also understand that we cannot, and will not, be satisfied with the status quo. We must continue to work to make ourselves better. This is true for all staff and all students. NRHEG pledges to work towards improving the education provided, the facilities of the district, and the experiences offered to our students to create a better “what you get out of it” for them. When students and families also pledge to continue to place value and focus on the “what you (the student) puts into it”, improvement and growth will most surely follow.

I am excited about the endless possibilities of what can be accomplished when we continue to work together.

Thank you for your involvement and dedication to NRHEG School District.
Michael Meihak
NRHEG Superintendent

What can be found on our website, nrheg.k12.mn.us/pages/NRHEG

Important Information for Parents & Students like our: *Back to School Information *Student Handbooks. *School Supply Lists *JMC Parent Access *High School Registration Manual *1:1 Mobile Device Orientation, Forms & Fees *Activities Calendar *Staff Directory with Phone Numbers & Email Addresses *Meet the Teachers *Lunch Payment *Lunch Menus *Announcements *Forms from the Nurse *Inclement Weather Information *Contact Us *Transportation Information *Environmental, Health & Safety Notices *Employment

Select District or Select a School, navigate the site or for assistance call Sue Kulseth at 507-465-3206 for help locating just what you are looking for. It's all **THERE!**



What is Community Education?

Community Education is an opportunity for local citizens, community schools, agencies and institutions to become active partners in addressing education and community concerns. Community Education embraces these beliefs: education is a lifelong process, everyone in the community shares a responsibility for the mission of educating all members of the community and citizens have a right and responsibility to link the needs of the resources to improve their community.



Services



Youth & Adult Programming

Classes provide youth and adults with educational and recreational programs to gain new skills and knowledge while building strong connections and empowering the community

Early Childhood Services

- Early Childhood Family Education (ECFE)
- Panther Preschool
- Early Childhood Screening

Facilities Rental

Need gathering space? We have it!



Facility Scheduling & Requests

Requests for the use of school facilities are made through the Community Education Office. Please contact the office at 507-417-2667 and ask for a facility use form or go to the NRHEG website and find the form under Community Education. A minimum of three week notice for use of facilities is required.

BECOME AN INSTRUCTOR!!

Share your talents with Community Education.

Community Education classes are flexible and designed to meet the needs of our instructors and the community. Volunteer and salaried positions are available.

For more information call: 507-417-2667

email: mwhiteside@nrheg.k12.mn.us

YOUTH DEVELOPMENT SCHOLARSHIPS: Through the generous donation from the EF Johnson Foundation, we are able to offer \$50.00 scholarships per child for summer & fall programming - visit our website for guidelines and download the application or get one from your school office or email Macy at mwhiteside@nrheg.k12.mn.us! Income eligibility based off of the free/reduced lunch scale.



BIRTHDAY PARTY GYM RENTAL

Is your child having a large birthday party this year and you don't want to host it at home? Then give us a call about renting our school gym & cafeteria! We help clean up the mess and provide your birthday party crew with basketballs, dodgeballs, footballs, a parachute, hoola-hoops, jump ropes, kick balls, etc. Gym Party Rental fee is \$60 for 2 hours of gym time for free play/games and cafeteria time to eat. Call 507-417-2667 or email mwhiteside@nrheg.k12.mn.us to check on gym availability (Ellendale or New Richland) and to schedule your party!

Youth

Dance

OPEN GYM
is back!

PICKUP
BASKETBALL

PICKLEBALL

FREE HALLOWEEN KIDFEST

Monday, Oct. 31st from 5:00-6:30pm (right before trick or treating begins)
New Richland City Hall

Stop in anytime from 5-6:30pm to decorate a small pumpkin (while supplies last), make some crafts, play some games, get some candy, and have your picture taken for our Facebook costume contest all before your big night of trick and treating! Winners will be announced on Wednesday and you can stop by the school to claim your prize!

Pumpkin Decorating
Games & activities
Costume Contest
Arts & Crafts
Treats



You're
Invited

Cookies with Santa

FREE
family
Event!!

Saturday, Dec. 3
Stop in anytime from 9-Noon!

New Richland School
306 Ash Ave. South
(enter door #1E)

Activities will include...

Bring your camera & take a picture with
Santa & Mrs. Claus (10:00-11:30AM)
Letters to Santa Cookie decorating
Crafts Reindeer food
Gift Market Fun games



Sponsored by the New Richland Commercial Club and Community Education



IS YOUR FAMILY INCLUDED ON THE SCHOOL DISTRICT CENSUS?

Has there been a birth in your family? Have you recently moved into your neighborhood? Is there a new family in your neighborhood? ISD 2168 wants all families with young children to know about our programs and activities. Being on the school census also ensures that you will receive information regarding Early Childhood Family Education classes, Early Childhood Screening, and the Panther Preschool program information. In addition, funding for our Early Childhood Programs is based on the number of children on our census.

It is important that everyone be counted! To be added to the census, please call Karla at our school office, 417-2605 or find the form on our Community Education Website at www.nrheg.k12.mn.us under the community education tab.

Early Childhood Screening

Looking for all 3-4 year olds....

Age 3? Time to Screen!

Early childhood screening is mandated by the State of Minnesota for all children entering Kindergarten. The best time to have your child screened is between the ages of 3 and 4.

Early Childhood Screening is FREE and the earlier the BETTER! When your child turns 3, please call 507-417-2667 to schedule a screening appointment.

UPCOMING SCREENING DATES: October 17, 18, 19, 2022.
March 10 & April 21, 2022.

United Methodist Church in Ellendale

EARLY CHILDHOOD Growing the Future. Family Strong.



help me



Are you concerned about your child's development? Help Me Grow is a group of service providers working together to help area families. They provide free early intervention referral services to help families find and coordinate resources for their children aged birth to 5 years old.

- Help Me Grow provides resources for families to understand developmental milestones and learn if there are concerns. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost.
- Help Me Grow is an interagency initiative of the State of Minnesota Department of Education, Department of Health and Department of Human Services. We partner with all local service agencies.

help me CONNECT

A navigator connecting pregnant and parenting families with young children (birth-8 years old) with services in their local communities that empower families to be healthy and safe.

mi MINNESOTA Help Me Connect is an interagency collaboration between Minnesota's Departments of Education, Health and Human Services. For more information, visit <https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>



Sat. Nov 12
7:00pm

IT'S OUR ANNUAL

Turkey Bingo

Join us for an evening of Bingo & win a Turkey for your Thanksgiving Dinner!

****15 Games and a Black Out for \$15 per card****

Where: New Richland City Hall

Time: 7:00pm (doors open at 6:30pm)

Hosted by: the New Richland Commercial Club





Early Childhood Family Education classes recognize that parents are their child's first teacher. The following classes/activities provide excellent opportunities to work with your young child in a learning environment without the distractions of home.



What is ECFE? Early Childhood Family Education (ECFE) is a NRHEG Public Schools program that provides parenting information and support to families whose children are birth to five years old (not yet enrolled in kindergarten). A variety of classes, pre-school options, and activities are offered for all age groups. Most ECFE classes follow a similar format: parent/child activity time followed by parent education time to discuss common concerns and experiences while their children participate in an early childhood classroom. School readiness skills and activities are an important part of all programming.



What does a typical ECFE class include?

Parent-Child Activity Time: Families explore a classroom filled with developmentally appropriate play materials and learning activities planned by a licensed early childhood teacher. These experiences foster a child's social, emotional, cognitive, physical, and language skills.

Parent Education Time: Parents meet with a licensed parent educator to share support, experiences, and information about child development and parenting techniques. Research on early brain development, parent-child relationships, child development, and guidance techniques are presented in ECFE classes.

Children's Activity Time: Children learn with the early childhood teacher and practice social skills as they interact with one another.

Adventures In Parenting This multi-age class focuses on a variety of family issues and activities. Topics covered in parent discussion time are determined through discussion of parent needs/interests, current research, and teacher suggestions including child development, school readiness, temperament, guiding behavior, and sibling relationships. During separation from parents, children interact with the Early Childhood staff and other children and typically have a snack, crafts, stories, music, and more time playing with peers. These classes are for preschoolers aged 2-5 years old and their parents, grandparents, or caregivers.

WINTER 2022 Session Classes will be held Tuesday evenings in the New Richland or Ellendale Preschool classroom. 5:45-7:15pm. \$15 per family. Class locations may rotate between Ellendale and New Richland depending on participants' preferences – Tuesday October 4th class will be located in New Richland room #C115 (enter south east playground doors #2S). Dates are subject to change. Classes are: October 4, 18, 25. November 1, 15, 22, 29.

GRANDPARENT'S NIGHT

Children Ages: 2 ½ - 5 YEARS OLD

A special time for grandma and/or grandpa (or special grandparent-like friend) to spend time with their favorite preschooler! You can make a project, play a game, read a book, and eat a snack together while making each other feel extra-special, as usual!

Cost: \$5.00 per child **Date:** Tuesday, Jan. 31 **Time:** 6:00-7:15pm. **Location:** New Richland School lower commons

NRHEG Panther

PRESCHOOL



NRHEG Community Education and our School Readiness Programs take pride in investing in our youngest learners and in preparing children and families for success in school.

NRHEG Panther Preschool provides programming designed to help early childhood learners prepare for Kindergarten. Our program is designed for all families. Three year old students are in the New Richland Secondary School or the Ellendale Elementary School and have options of 2 or 3 day a week programming in the morning. Four year old students are located in the New Richland Secondary School or the Ellendale Elementary School and have options of 2, 3, or 4 days a week programming in the morning or afternoon.

Ellendale Elementary School Information

REMINDERS OF UPCOMING DATES & EVENTS:

OCTOBER

20 & 21 - no school (MEA Break)

NOVEMBER

2 - two hour early dismissal

7 & 8 - no school (teacher planning & staff development)

15 & 17 - Parent/Teacher Conferences

24 & 25 No School - Thanksgiving

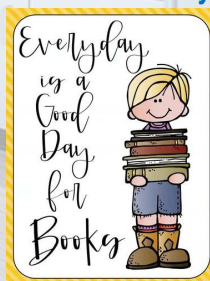
DECEMBER

5 - Christmas Concert, 7:00pm Elementary School North Gym

23- Jan. 1 No School, Winter break

NRHEG
ELEMENTARY
SCHOOL

Parents - Please
take time to read
to or with your
student each day.



School Age Care

AGES: 3 YEARS - 5TH GRADE



STARTING

September 7th 2022

Hours: 6:45am- to 5:45pm Monday-Friday

New Richland & Ellendale Schools

*All day care available for children ages 3-5 years old in New Richland (enrolled in Panther Preschool)

*Before / After School care for B/K - 5th grade in Ellendale and New Richland Schools

Please call or email Rachel at rpowell@nrheg.k12.mn.us 507-416-2137 or 507-417-2626 for more information

*Preschool aged Before & After-School all-day Care

*B/K-5th grade Before & After-School Care.

*Kindergarten Readiness Support

*Homework help upon request

*Fun-Recreational Activities

*Breakfast & Snacks Included

*Care on Non-School & Summer Days

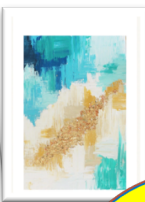
*Arts & Crafts

Cost varies based on your hours
needed per week
visit our website at:
www.nrheg.k12.mn.us/Page/3214

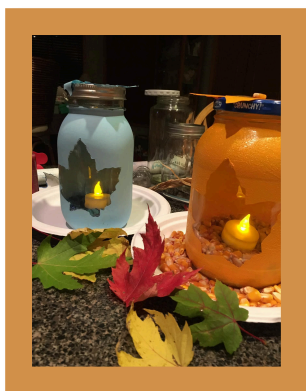
EXPLORING ABSTRACT ART:

Let's try something different! Abstract art conveys concepts you won't find in physical or visual reality. This is an adult or adult/child combo class. You can choose from many color schemes and see various examples to try out during class - the sky is the limit so bring your imagination or an example you'd like to try from Google! Grab a friend, come and meet new people, or make it a special date night with your favorite person! Feel free to bring a snack or that your special person out to dinner beforehand!

Ages: Adult or Adult/Child(3rd grade and older). **Cost:** \$27 per person
Date: Thursday, Oct. 27th **Location:** New Richland Art Room #D153
Time: 5:45-7:30pm **Register by:** Tuesday Oct. 18



\$50
Scholarships
available
(see page 4)



MASON JAR FALL CRAFT CLASS:

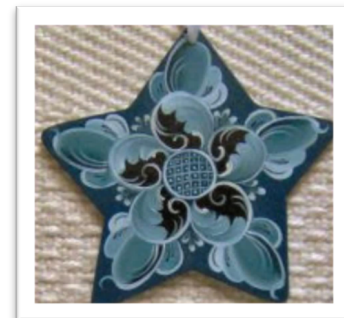
Who loves mason jar crafts? We do! Here's a fun mason jar craft that is not only fun and easy and for people of all ages, but a perfect way to decorate your table or room for the fall season! You will paint and decorate 3 mason jars to bring home with you to proudly display. So grab your friend and have some fun after school!

Ages: 3rd grade and up **Date:** Tuesday, Nov. 22 **Time:** 3:45-5:00pm
Cost: \$17 per person **Location:** New Richland Art Room D153
Register by: Wed. Dec. 16

Christmas Ornament – ROSEMALING for Adults

Rosemaling is the name of a traditional form of decorative folk art that originated in the rural valleys of Norway. Rosemaling is a style of Norwegian decorative painting on wood that uses stylized flower ornamentation, predominantly primary and secondary colors, scrollwork, lining and geometric elements often in flowing patterns. This ornament class will teach the techniques needed to do scrolls, tear drop flowers, and line working using Acrylic paint. You will walk away with a completed ornament to display proudly in your house or on your tree.

Date: Wednesday Dec. 7th **Time:** 6:00-8:00pm **Cost:** \$17 per person
Location: New Richland Art Room D153 **Register by:** Thursday Dec. 1st



Acrylic Painting – the Feather ...enjoy an evening with a friend while your kids are at youth sports!

Did you know that a feather symbolizes **trust, honor, strength, wisdom, power, and freedom**. It is an object that is deeply revered and a sign of high honor. Here is your chance to hang an original piece of your artwork at home while learning the techniques necessary to paint this beautiful picture on a canvas. You will need to bring an apron, smock, or an old shirt. There is a limited on the number of people who will be able to take this class, so sign up early!

Date: Monday, December 19th **Time:** 5:45-7:45pm
Cost: \$47 per person **Location:** New Richland Art Room D153
Register by: Mon. Dec. 12th



Home alone SAFETY For Kids!

Grades: 3-5
Instructor: Macy W.

The school year is already upon us and that may mean your child will be home alone for an extended period of time until you get home from work or an outing. Whether left alone for an hour or a few hours a day, your child should feel comfortable being alone. This workshop for children will address several topics relating to being "Home Alone". You also get your own first aid kit to bring home with you!

Date: Friday, Oct. 14. **Time:** 3:15-5:15pm
Location: Ellendale Media Center
Cost: \$26 per student
Register by: Thursday, Oct. 6



Come on, come all, come play KICKBALL! That's right, this game will have you kicking, running, catching, and throwing. What else can we say... it's just that fun! Wear comfortable clothing and tennis shoes. We will warm up, play hard, and cool down! Snacks included.

Instructor: Macy Whiteside **Grades:** 2-5
Cost: \$10 per person **Time:** 3:30-4:30pm
Date: Thurs. Sept 29, Oct 6 & 13
Location: Ellendale North Gym.
Register by: Friday, Sept. 23

GYM GAMES

Grades: Bridges - 3rd. Join us for some classic and fun gym games you will love including Octopus, Color Tag, Dr. Dodgeball, Steal the Pin, Kickball, and more!

Instructor: Macy W.
Cost: \$7 per person.
Date: Wed. Oct. 26 & Nov. 2
Time: 3:30-4:30pm
Location: Ellendale North gym
Register by: Fri. Oct. 21

Whether your child is shooting free throws every day or is brand new to the sport, you'll find what you need for your child in our basketball program!

YOUTH BASKETBALL PROGRAM

FALL REGISTRATION IS NOW ONLINE

More information coming soon!

Like & follow NRHEG BASKETBALL on Facebook for up to date information

Season runs November 2022 – March 2023

\$50 youth scholarships for classes or activities available (see page 4)

NRHEG Panther Cheer Camp

Learn a cheer and dance from Varsity Cheerleaders and perform at Halftime of the Homecoming Football Game!

Cheer Camp is open to students in grades 1-5. **Fee:** \$40 (includes 2 practices, the halftime performance, and a t-shirt)

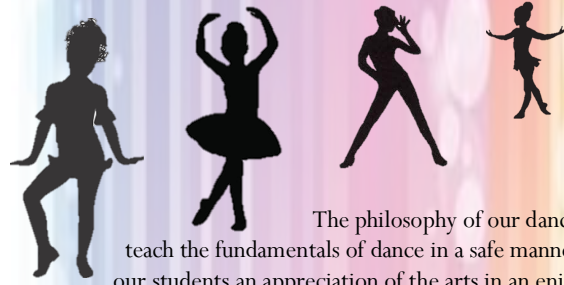
To Register: Register now using the Community Education Registration Form (and write in your child's t-shirt size) in this brochure or wait until the registration form comes home in your child's backpack after school begins – the sooner you register the better because the registration deadline will be enforced so t-shirts can be ordered (late registrations will not receive a t-shirt)! As soon as the Homecoming date is selected we will let you know the dates we will practice and when the performance is!

Practice Dates/Times: practice times will be Wed. Sept 28 & Wed. Oct. 5th 3:30-5:30pm. Be dressed for physical activity, wear tennis shoes, and bring a water bottle and snack! The Halftime Performance will be at the NRHEG Homecoming football game. Please have your child at the gate to the track when there is 5 minutes left in the 2nd quarter of the game. Please wear your t-shirts!!

Please Note: Students will receive free admission to the football game. Family members will need to pay to get in.



Youth Program Dance



The philosophy of our dance program is to teach the fundamentals of dance in a safe manner and to instill in our students an appreciation of the arts in an enjoyable atmosphere.

Our main goal is to teach the love of dance as a performing art. Our goal is to give each student the best possible dance experience, to help them gain poise and confidence, as well as encouraging participation in a healthy physical activity.

Each season-ending recital is designed to teach our students what it would be like to be a real performer. They learn teamwork and stage directions, experience dressing in costume, as well as seeing the workings of a theatre.

*We recommend tan for jazz or ballet shoes.
Practice clothing should be form fitting.*

Classes are held on Mondays: Sept 19 & 26. Oct 3, 10, 17, 24. Nov 7, 14, 21, 28. Dec 5, 12, ??(recital – date TBD)

**\$50 youth scholarships available!
See page 4**

Ellendale Elementary Cafeteria

1-2nd Grade: 3:30-4:10pm. Price: \$143 (payment plans also available)

This combo class will be full of cute jazzy dancing and sweet ballet dancing. We will explore the fundamentals of ballet and jazz dance along with moving creatively to the music. Students will be moving and grooving to upbeat music in jazz and then in ballet we will focus on graceful and precise movements as we tell a story through ballet dance. This class will be full of grooves and tunes!

3-4th Grade: 4:20-5:00pm. Price: \$143 (payment plans also available)

This class will be full of spunky jazz moves and graceful ballet fluttering. We will explore the fundamentals of both ballet dance and jazz dance. Be ready for lots of fun movement and great music all while learning the technique of dance.

Tiny Dancers (prek-K): 5:00-5:30pm. Price: \$108 (payment plans also available)

Preschool and kindergarten age students will explore movement creatively through learning the fundamentals of ballet and jazz dance along with dancing along to fun music. In class students will also work to strengthen fine and gross motor skills needed in the early years! This class will be full of smiles, twirls and tunes!!

Parent & Me (12mo to 3 yrs): 5:30-6:00pm. Price: \$35 (3rd Monday of each month).

This class is for your little one and you to move and groove together! We will dance to fun music, learn fun finger plays and work on our fine and gross motor skills together. This class will be full of giggles and wiggles! (Parents will participate the whole time. Socks or bare feet are needed for this class)



My name is Laura Garlow. I am excited to get to share my passion for music and dance with the Panther community! I have been dancing since I was 6 years old-dancing for 12 years through school and did 2 years of competitive dance! I loved music-also participating in choir, plays and musicals. I can't wait to get to move and groove with some of our Panther students!

New Richland City Hall

Tiny Dancers(prek-K): 4:15-4:45pm. Price: \$108 (payment plans also available)

Preschool and kindergarten age students will explore movement creatively through learning the fundamentals of ballet and jazz dance along with dancing along to fun music. In class students will also work to strengthen fine and gross motor skills needed in the early years! This class will be full of smiles, twirls and tunes!!

1-4th Grade: 4:50-5:30pm. Price: \$143 (payment plans also available)

This combo class will be full of cute jazzy dancing and sweet ballet dancing. We will explore the fundamentals of ballet and jazz dance along with moving creatively to the music. Students will be moving and grooving to upbeat music in jazz and then in ballet we will focus on graceful and precise movements as we tell a story through ballet dance. This class will be full of grooves and tunes!

Parent & Me (12mo to 3 yrs): 5:30-6:00pm. Price: \$35 (1st Monday of each month).

This class is for your little one and you to move and groove together! We will dance to fun music, learn fun finger plays and work on our fine and gross motor skills together. This class will be full of giggles and wiggles! (Parents will participate the whole time. Socks or bare feet are needed for this class)

5th grade & up: 6:00-7:00pm. Price: \$143 (payment plans also available)

In this class we will learn the basics of jazz and lyrical dance. We will learn technique and work on flexibility as dancers. We will dance to upbeat music, as we learn to kick, leap and turn! . We will also be learning how to tell a story through soft and flowing moves in the new popular dance style of lyrical dance. This class will be full of glamorous, precise and flowing new moves.



My name is Devin Redman and I am so excited to be sharing my love for dance with students in the NRHEG community! I started taking dance lessons at age five and continued through high school. Through the years I studied ballet, jazz, lyrical, contemporary, danceline, pointe and tap dancing. After high school, I danced with the Minnesota Dance Collaborative adult performing group for three seasons. I have taught dance for eight years to students ranging from eighteen months through high school. I have a passion for the movement, storytelling and structure of the art of dance. I also really enjoy sharing my passion with students! I look forward to creating, teaching and dancing with the students in the NRHEG community!

Because this program is a new addition to Community Education, please know that it is a new program and will be evolving to fit the needs of our dancers & communities! As popularity builds, so will our class offerings. If you have suggestions please let us know! Minimum class size is 6 participants.

The goal is to constantly improve as dancers, as individuals, and as a team. Above all, we must always give it our best effort.

The effort matters as much, if not more, than the results.



NRHEG CLAY TARGET TEAM

Grades: 6-12. Available in both fall and spring, this league is for students who have a valid gun safety certificate and have an interest in shooting sports. This is the fastest growing high school sport in MN! The State Class Championship represents the largest youth trap shoot in the nation and the MSHSL State Tournament is currently the only one of its kind in the nation.

Fall League: begins in mid-September and goes for 6 weeks with no state shoot at the end. It's a great way for students to introduce themselves to the sport before the Spring League. Registration for the Fall League begins in August so being on the mailing list before school starts is very important. Shoots are held at the Owatonna Gun Club. Registration covers 2 rounds of targets per week for the 6-week season, the cost of league registration, a meal at our fun shoot, and a team shirt.

Spring League: involves weekly shoots one night per week starting the first week of April and going through the MSHSL State Tournament in late June. Shoots are held at the Owatonna Gun Club. Registration covers 2 rounds of targets per week for the 10-week season, the cost of league registration, state shoot registration, a meal at our fun shoot, and a team shirt.

All students provide their own firearms, ammunition, and safety gear. Students from neighboring school districts without a team or who are home schooled are also welcome to join us!

For more information contact Dan Sorum at 507-417-2627 or email him at dsorum@nrheg.k12.mn.us. If you wish to be placed on the team mailing list email Mr. Sorum your contact information ahead of time.

ALL FEES need to be sent to Mr. Sorum (306 Ash Ave. South, New Richland, MN 56072) with checks made out to NRHEG Community Education with Clay Target in the memo. Registration is set in January so getting on the mailing list is important for up to date information.

SUNDAYS

OPEN GYM

SCHEDULE

E.O. Sunday Nov - March
2:00-4:00pm

New Richland

Nov. 6 Dec. 4
Jan. 8 Feb. 5
March 5

Ellendale

Nov. 20, Dec. 18
Jan. 22, Feb. 19
March 19

EQUIPMENT AVAILABLE:

2 pickleball courts (first come first serve)
Basketballs
Kickballs & bases
Misc. equipment

Additional days may be added based on popularity

Children under the ages of 8 years must be accompanied by a responsible adult/older sibling. NO STREET SHOES (tennis shoes only). Enter door #6 in New Richland & Door # 8 in Ellendale to sign in

FEES

Daily Admission = \$1.00
Season Admission = \$8.00



Parent's Supplemental Course

For students enrolled in Driver's Education

If you are the "primary driving supervisor" who will supervise a teen driver for the majority of their required driving hours, you will benefit from this 90 minute class. Effective January 1st 2016, every driver under the age of 18 who completes behind the wheel instruction and is testing for a provisional driver's license must submit a driving log.

Parent/guardians have two options regarding the supervised driving log:

1. Complete this supplemental parent class and then submit a supervised driving log showing their teen has completed at least 40 hours (2,400 minutes) of supervised driving, 15 (900 minutes) of which are night time hours
2. If the parent/guardian chooses to not complete this supplemental parent class, the driving log must show that their teen has completed at least 50 hours (3,000 minutes) of supervised driving, 15 (900 minutes) of which are night time hours.

This course will cover the graduated driving license law information, safety risks for teen drivers, potential adult influence on teen driving behavior, and additional resources.

Class dates and information will be announced during the classroom portion of Driver's Ed.

SECONDARY SCHOOL INFORMATION

REMINDERS OF UPCOMING DATES & EVENTS

OCTOBER

3rd Homecoming Coronation in HS gym at 7:30pm

7th Homecoming Game at 7pm versus Medford

11th Parent/Teacher Conferences, 4-8pm

20 & 21 No school, MEA break



NOVEMBER

21st Marching Band Indoor Concert at 7:00pm in the HS gym



DECEMBER

12th Jr. High Band & Choir Christmas Concert 6:30pm

12th Senior high Band & Choir Christmas Concert 7:30pm



WINTER SPORTS



Information for 7-12TH Grade Students

BOYS BASKETBALL

GIRLS BASKETBALL

WRESTLING

SIDELINE CHEER

BOYS/GIRLS HOCKEY (co-op with Waseca)

GYMNASTICS (co-op with Waseca)

DANCE (co-op with Albert Lea)

Registration information will be sent out through JMC email for all 9-12th grade families the end of September. Watch for more details and this email soon!

More information can be found at:
<https://www.nrheg.k12.mn.us/domain/732>



What's New with the NRHEG School Nutrition Program for 2022-23?

Below are some exciting things you will see this school year!

More Choices

We will offer 2 hot and 1-2 cold entrée choices at lunch for high school and 2 entrée choices for elementary. Fruit & Veggie Bar, 2nd chance/Grab & Go breakfast, and Special event days.



A la carte Options

Students will have the option to purchase a second entrée for lunch or breakfast for an extra \$1.25. We will also sell Smart Snack compliant drinks, granola bars, muffins, chips, and other snacks that meet or exceed the USDA guidelines.



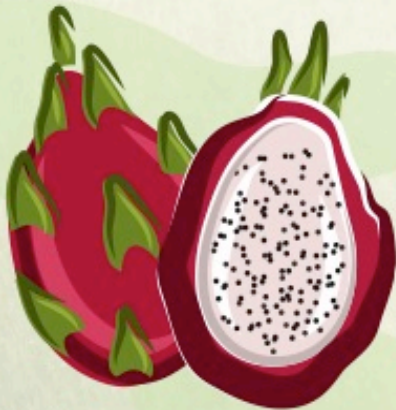
New Menus

Scratch homemade Cooking, Exciting new entrées, Taste Tests, Farm to School - purchasing locally grown food, Harvest of the Month Fruits & Vegetables.



Healthy Classroom Birthday Treats

For grades Bridges-5th!
Let NRHEG School Nutrition do the work of providing a healthy birthday treat to your child's classroom for their birthday or special event. Fill out a Google Form on the Food Service/Nutrition webpage and the kitchen staff will deliver the snacks right to the classroom along with a birthday balloon. We will charge the family lunch account directly.



Grants

We have received the following Grants for 2022-23 SY
*Farm to School - \$5,000 to purchase MN grown & raised foods.
*Dairy Grant - \$3,500 of equipment to incorporate yogurt/fruit smoothies onto the menu.
*Dairy Grant - \$3,500 of equipment to support a new milk latte/coffee program.

Meals Are No Longer Free

The Free Meals for All program is ending. This means that your child will not automatically receive free school meals this year. You must apply for the Educational Benefits to qualify. You can find the Educational Benefits Information link towards the bottom of NRHEG's Homepage or under Food Service/Nutrition.

For questions, feel free to reach out.
Sara Meihak - Food Service Director
smeihak@nrheg.k12.mn.us
507-417-2633.



OPEN GYM

SCHEDULE

Sundays

E.O. Sunday Nov – March.
2:00-4:00pm

New Richland

Nov. 6
Jan. 8.
Jan. 8
Feb. 5
March 5

Ellendale

Nov. 20
Dec. 18
Jan. 22
Feb. 19
March 19

EQUIPMENT AVAILABLE:

2 pickleball courts (first come first serve)
Basketballs
Kickballs & bases
Misc. equipment



FEES

Daily Admission = \$1.00
Season Admission = \$8.00

Additional days may be added based on popularity

Children under the ages of 8 years must be accompanied by a responsible adult or older sibling. NO STREET SHOES (tennis shoes only). Enter door #6 in New Richland & Door #8 in Ellendale to sign in



Ages 16+

Schedules will vary each week dependent upon Ellendale & New Richland gym availability and participants' schedules. Please join our Facebook group

"NRHEG Pickup Basketball"

to find the times/dates/locations each week

Cost: \$5 at the door
Leader: Aaron Sarvey

Interval training

Cardio training

Strength training

POWER HOUR

Adult Fitness Classes with Emily Schultz



ALL FITNESS LEVELS ARE WELCOME!

Join me for a unique & customized group workout experience! I understand that every person is unique and every goal is personal, so by working together we can build healthy, happy people! Our unique personalized workout classes offer a wide variety of movements, routines, and challenges based on the strengths of the coach, the equipment available to us and the spaces we are provided. This is a truly customized group fitness class that offers multiple workout options 3 days a week so eventually you will discover multiple options/pathways within each of our workouts to help you achieve your goals!

LOCATION: Meet in the NR Secondary School weight room, enter through door #17

Session 2

Dates: August 29– Oct 28 M-W-F
Time: 5:00–6:00am
Fee: \$85 per person / 9-weeks

Session 3

Dates: Oct. 31– Dec. 23 M-W-F
Time: 5:00–6:00am
Fee: \$75 per person / 8-weeks

Session 4

Dates: Jan 2 – Feb. 24 M-W-F
Time: 5:00–6:00am
Fee: \$75 per person / 8-weeks

Join us for the walking program in the New Richland or Ellendale building!



Indoor Walking

You will need a Panther walking badge, which must be worn while walking. They can be picked up when you register at the Ellendale or New Richland School District Office or call 507-417-2667.

Time: 6:45-7:30am and/or 3:30-7:30pm

Dates: Only available on school-days

Cost: \$5 per person each year to join regardless of when registering.

NEW RICHLAND



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CLUB

Visit our
FaceBook page
for event
information
year round!



New Richland Commercial Club Events

November 12TH : Turkey Bingo at the City Hall. Starts at 7:00pm

November 26TH : Shop Local Small Business Saturday.
Check out all the holiday deals at your local small businesses!

December 3RD : Cookies with Santa is at the NRHEG Secondary School, 9:00-12:00PM.
Take your picture with Santa & Mrs. Claus anytime from 10am-11:30am..... Bring Your Cameras!



Saturday October 1st
10:00-3:00 on Main Street!



Santa Bingo

Saturday, December 10th
Time: To Be Announced
(watch for flyers)

To find more events be sure to...
[facebook](#) Like & Follow "City of Ellendale Minnesota"

Sunday October 30th
Check in starts at 1:00pm
Run Starts at 2:00 pm



Pre-Register on our FB page
 at the New Richland Ambulance by Oct. 15th to guarantee a
 medal! Fee is \$25, Late and same day registration is \$30

Bring a Pumpkin to Carry!! (not required to do the
 run but can make things a little more interesting!)
Dress up!! (again...not required to do the run but can
 make things a little more fun!)

Pumpkin Carrying Rules:

1. Bring a pumpkin to carry on the run.
2. We will weigh the pumpkin before the run – if you
 finish with the pumpkin we will subtract the # of
 pounds in seconds from your total time.
3. If you do not finish with your pumpkin we will add
 the # of pounds in seconds to your run time.

Sponsored by the New Richland Ambulance!



FLEXIBLE SCHEDULING IS AVAILABLE.

Morning routes, afternoon routes, morning and afternoon routes, evening routes, spring routes, fall
 routes, winter routes, summer routes, van routes, bus routes...

We can make any schedule work!!

Regular routes typically average 2 hours from start to finish.
 Evening routes can run as long as 6 hours.
 A great way to supplement your income as much or as little as you want.

TRAINING IS AVAILABLE

Don't be frightened away!
 We will provide training for new drivers and make sure you are comfortable and confident behind the
 wheel.

We believe in working together as a team and helping each other out in any way that we can.

Come talk to us to learn more about how we can help you become a school bus driver!

BENEFITS AVAILABLE

- Competitive hourly pay
- Free NRHEG Activity Pass
- Flexible scheduling
- Take your students to work, eliminate childcare expenses
- Supplemental income
- Giving back to our schools and our communities
- Working with some pretty awesome people!

I'm a
Bus Driver
what's your
super power

NRHEG



Have questions? Need more information?
 Talk to any bus driver or call Karla at 507.417.2605 or Mike at 507.417.2602

Now hiring!

Substitute teachers and aides



A Kelly Company



- Make a difference in the local community
- Flexible schedule
- Great pay and bonus opportunities
- Prior teaching experience not required

Call or visit us online
 to learn more.

800.713.4439
teachersoncall.com

Teachers On Call is a Kelly company
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Stay Active & Independent for Life

Do you wish you could improve your strength, balance and flexibility?

Do you want to decrease your risk of falling?

This free exercise program is for you.



Stay Active & Independent for Life (SAIL)
 is an evidence-based exercise program
 proven to prevent falls and improve
 health and well-being.

Designed for older adults, SAIL classes include
 strength, balance, flexibility and moderate aerobic
 training. Performing exercises that improve
 strength, balance and fitness are the most
 important activity that adults can do to stay active
 and independent. Exercises can be performed
 seated or standing.

NEW RICHLAND

EVERY WEDNESDAY AND FRIDAY
 9:00 – 10:00 A.M.

TRINITY LUTHERAN CHURCH
 204 FIRST STREET NW

Walk-in Registration
 This is a FREE program



Contact Marlene with questions
 or to pre-register:

507.450.1518
mlevine@ccsomn.org



COMMUNITY EDUCATION REGISTRATION FORM

1 registration form per child please

Participant Name: _____

Address: _____ City: _____ Zip: _____

E-mail address: _____ Cell phone: _____ Work: _____
(email is NECESSARY for updates and notifications of class info.)

1. Class/Activity: _____

Date: _____ Time: _____ Fee: _____

2. Class/Activity: _____

Date: _____ Time: _____ Fee: _____

3. Class/Activity: _____

Date: _____ Time: _____ Fee: _____

How will your child be getting home after class/activity is complete(who will pick up)? _____

Where will my child be picked up & dropped off at (bus trips only)? _____

TOTAL AMOUNT ENCLOSED: _____ CHECK #(s) _____ *Checks payable to: Community Ed*

***** Field trips will require an additional form & waiver to fill out - located in a school office or on our website.**

PARTICIPANT EMERGENCY CONTACT INFORMATION

STUDENT GRADE: _____ AGE: _____ ALLERGIES: _____

PERTINENT MEDICAL INFORMATION : _____

1. PARENT/GUARDIAN/RELATIVE/FRIEND NAME: _____

PHONE: _____ CELL: _____

2. PARENT/GUARDIAN/RELATIVE/FRIEND NAME: _____

PHONE: _____ CELL: _____

RETURN FORM TO:
NRHEG Community Education
306 Ash Ave. South
New Richland, MN 56072

MAKE CHECKS PAYABLE TO:
NRHEG Community Education. Please
send separate checks for sports/trips &
enrichment classes.

You will be registered when the payment
is received. If the class is cancelled, all
checks will be returned or shredded.

COMMUNITY ED. REGISTRATION POLICIES

REGISTRATION INFORMATION

- *Prompt registration is encouraged as space is limited and classes may fill quickly. Additional class times may be added if needed.
- *Classes without enough participants will be cancelled
- *Classes are filled on a first-come, first-served basis. Waiting lists will be formed once classes are full.
- *Confirmations of class registrations are NOT sent. Please assume you are registered unless otherwise notified.
- *At this time phone and email registrations cannot be accepted. Please register via mail or in person. Include fee payment with registration form, as registrations will not be taken without payment

REGISTRATION FEES

- *Fees for ALL activities are due at time of registration. Please register by the deadline. Make checks payable to NRHEG Community Education. Please use a separate check for each activity & put the name of the class in the memo line.

TRANSPORTATION

- *Parents are responsible for their student's transportation unless noted otherwise. When picking up your student from class, please be prompt, as additional supervision is not provided.

CANCELLATIONS

- *In the event of school cancellation (late start, early out, or all day) classes/activities scheduled during this time will be cancelled. All programs that are cancelled or partially cancelled due to the weather will be attempted to be made up at the convenience of the instructor and facility schedules. No refunds will be given on classes that are cancelled or partially cancelled due to the weather.

SCHOLARSHIP INFORMATION

- *Families who qualify for the free/reduced price meal program may receive a reduction in class fees. Families may call NRHEG Community Ed to determine if they meet the criteria.

South Country Health Alliance (SCHA) members may take up to \$15 discount per class on most classes, limit of 5 discounted classes per year. If a class is less than \$15, the member may take the class free of charge. Members must be on SCHA at the time of registration, and through the duration of the class(es). Members must register in person at the Community Ed office and show SCHA card at the time of registration.

REFUNDS

- *If a class is cancelled due to low enrollment, fees are refunded or credited to your account. No refunds will be given 72 hours prior to class start date. Refunds will not be made after the first class meeting. Bus trips are non-refundable after the registration deadline and some classes may be non-refundable due to registration requirements.

- *In the event that a class is filled or cancelled, you will receive a cancellation notice by mail, email, or telephone – your registration fee will be refunded.

PHOTOGRAPHY DATA

- *Candid photos of participants in class or an activity may be used in NRHEG media and publications. You may decline authorization by contacting the Community Education Office at 417-2667



NRHEG Public School District #2168
Community Education
Macy Whiteside, Director
<https://www.nrheg.k12.mn.us/domain/49>
507-417-2667
mwhiteside@nrheg.k12.mn.us



NRHEG School District 2168
306 Ash Ave. South
New Richland, MN 56072

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Permit No. 1
New Richland, MN 56072

Postal Customer



NRHEG COMMUNITY EDUCATION

2022-2023 District Brochure



School 2022-2023 Office Hours:

District Office: School year: Monday-Friday 7:30-4:00pm

Elementary School Office: School year: Monday-Friday 7:30-4:00pm

Community Education Office: School year: Monday-Friday 7:30-4:00pm