

Happenings from
THE HIVE

Spectrum's Fall Magazine

Fall 2019

Spectrum Theatre
showcases somber
Radium Girls

p.8

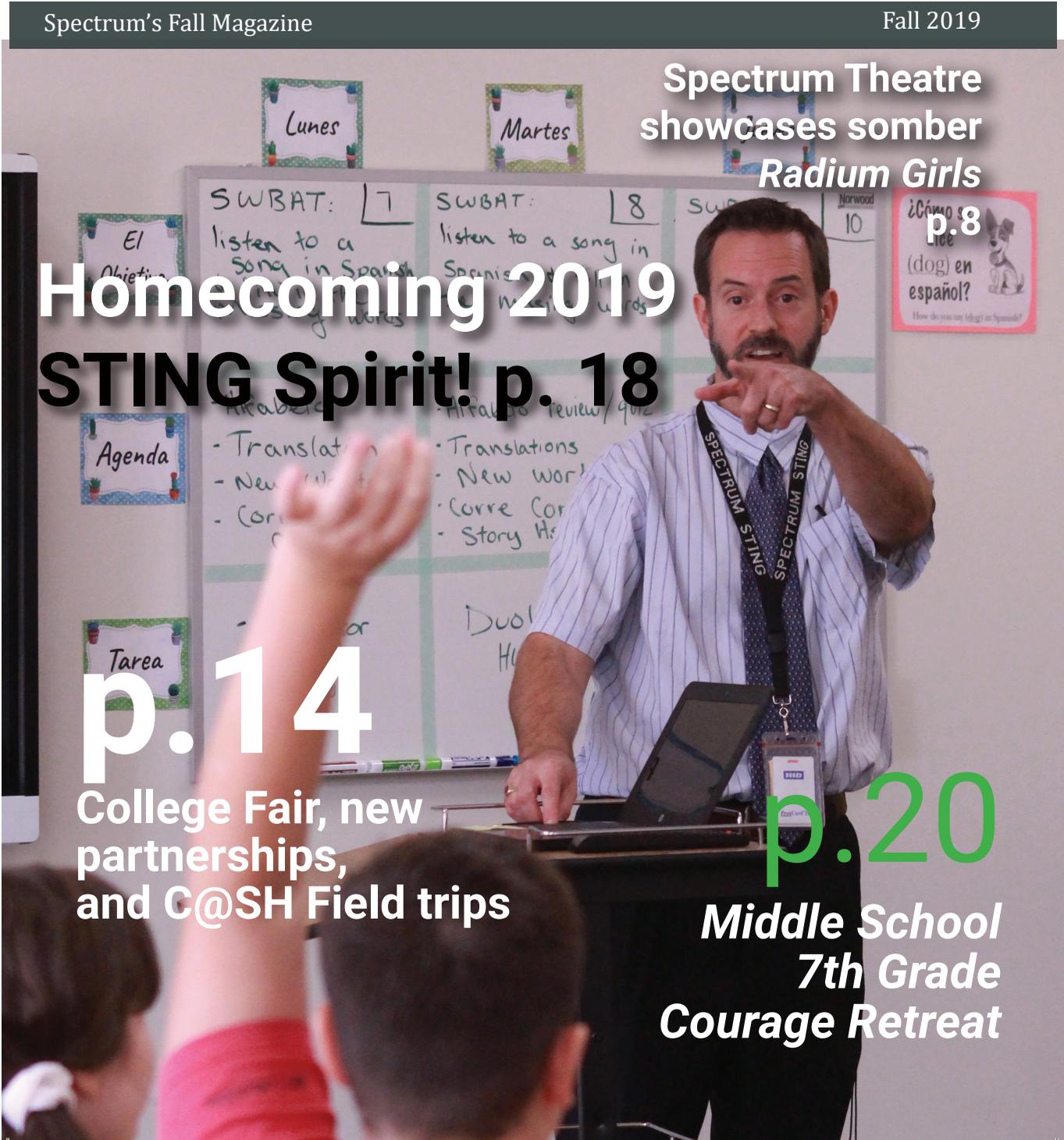
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partnerships,
and C@SH Field trips

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Middle School
7th Grade
Courage Retreat



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Spectrum Annual Meeting Oct. 24th, 2019

On Thursday, October 24th, Spectrum held its Annual Meeting in the College & Career Center of the high school building. At that time, the Board recognized the 2019-2020 Volunteer of the Year, Kirsten Tuckey. Mrs. Dammeier, Spectrum's Volunteer Coordinator, highlighted all of the areas of service to Spectrum in which Mrs. Tuckey has been involved. She stated, "Mrs. Tuckey served well over 100 hours in the classroom in various capacities" and went on to thank her for "being the kind of volunteer who gives so generously of themselves to help make something better – who brings positive energy and enthusiasm to all that she does."

Following the Volunteer of the Year Award, the Board received reports in the areas of academics, finances, and facilities. Spectrum's administrative team provided a detailed and in-depth report on the work being done in the area of academics. In addition, the School's financial advisor, Nick Taintor, from Bergan KDV, provided a detailed report on the School's finances. He shared that the majority of the School's annual budget is allocated for student instruction and is in line with costs associated with salaries, expenditures, and other expenses. Mr. DeBruyn provided a high level historical overview of the School's facilities, noting that all current planned building projects have been completed. Lastly, Mr. DeBruyn reported on enrollment, noting that it is anticipated that the School will reach its enrollment growth goal of 810 students in the 2020-2021 school year as planned.



Volunteer of the Year Award presentation to Kirsten Tuckey

SPECTRUM STUDENTS RECEIVE A HIGH-QUALITY EDUCATION: ALIGNING MCA TEST RESULTS

Spectrum students continue to achieve many great academic successes. The school is working to bring the Minnesota Comprehensive Assessments (MCAs) into better alignment with those accomplishments.

Spectrum students receive a high-quality education as evidenced by their many successes:

- Spectrum’s senior class of 2019 earned 3,248 college credits (over their high school career) as part of Spectrum’s robust College @ Spectrum High School (C@SH) program, saving approximately \$1,055,000 in college tuition.
- 22 students from the Class of 2019 earned more than 40 credits each over their high school career.
- 20 of Spectrum’s 88 2019 graduates earned their AA degree simultaneous with their high school diploma.
- 80% of Spectrum students who took the Accuplacer test in 2019 passed on their first attempt to qualify for college courses.
- Spectrum students excel on the ACT Test. *The purpose of the ACT test is to measure a high school student’s readiness for college and provide colleges with one common data point that can be used to compare all applicants.*

5-Year Trends – Average ACT Scores										
Grad Year	English		Math		Reading		Science		Composite	
	Spectrum	State	Spectrum	State	Spectrum	State	Spectrum	State	Spectrum	State
2014	23.5	22.1	22.9	23.0	25.8	23.1	24.1	22.9	24.2	22.9
2015	22.6	21.8	22.3	22.8	24.1	23.0	22.3	22.7	22.9	22.7
2016	20.5	20.0	21.6	21.2	22.0	21.3	21.8	21.3	21.6	21.1
2017	22.8	20.4	22.1	21.5	23.4	21.8	22.4	21.6	22.8	21.5
2018	21.7	20.2	22.0	21.4	22.8	21.7	22.2	21.4	22.3	21.3
2019	23.0	20.3	23.1	21.4	24.8	21.7	23.4	21.6	23.7	21.4

- Positive 2019 Parent Survey Results
 - 98% Satisfaction with their students’ education
 - 93% Agree that Spectrum meets expectations to support college readiness
 - 95% Satisfied that Spectrum holds their child to high expectations
 - 95% Agree that Spectrum is a safe learning environment

The Minnesota Comprehensive Assessment (MCA) results were released by the Minnesota Department of Education in August 2019. While Spectrum’s grade level results were mixed, schoolwide results were, unfortunately, lower than expected. While different students are tested annually (complicating yearly comparisons), Spectrum continues to work toward ensuring all students are prepared to be successful on the MCAs. This work includes mapping curriculum to align with state standards, ensuring effective instructional practices, adjusting formative and summative assessments, and working with students weekly through the school’s Response to Intervention (RtI) program on areas where growth is needed.

SUMMARY OF 2019 MCA TEST RESULTS			
Year	(% Proficient) - All Spectrum Students		
	Math	Reading	Science
2017	64.7%	75.1%	64.5%
2018	67%	77.8%	67%
2019	61.3%	69.8%	64.2%

Spectrum is honored by the opportunity to provide a high-quality education and thankful for parent and community support in preparing students for success – including on the MCA tests. The Administration is confident that comprehensive efforts this year will garner positive results!

Spectrum 2019-2020 Staff Theme

UNITY IS STRENGTH, KNOWLEDGE IS POWER, ATTITUDE IS EVERYTHING

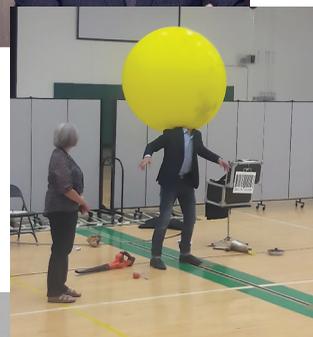
Spectrum staff kicked off the 2019-2020 school year with local entertainer, humorist, and magician, Tim Gabrielson. Tim helped to set the stage for the staff theme of the school year – “Unity is Strength, Knowledge is Power, and Attitude is Everything”. He shared stories, statistics, and suggestions on the importance of coming together as a staff,

seeking out information, and making a choice to be positive daily.

Spectrum is blessed to have an amazing staff who ... work hard together on behalf of students, seek out information in order to make good decisions, and make the choice to be positive and lift up students and each other daily.



Ms. Hyke (Special Education Teacher) helped Mr. Gabrielson find a unique card – without the use of his hands.



Mr. Frenzos (6th grade Physical Education Teacher) was a good sport as he put on his thinking cap and “rolled” out a new concept.



Spectrum Theatre:

RADIUM Girls



Cast & Crew of Radium Girls.
All Photos provided by Mr. David Stelten



The trio of Radium Girls painting dials in the factory. L-R: Isabella Dorval, Veronica Lee, Olivia Selley

Spectrum High School Theatre has just wrapped up another successful run! This year's chosen production was *Radium Girls* by D. W. Gregory. Mrs. Stelten chose this play in order to challenge Spectrum's actors to perform in a new genre: drama. The fact that these characters were based on real life people and events added another facet of complexity to the performance.

The cast of 26 was very ably led by senior Isabella Dorval as Grace Fryer, one of the girls leading the fight against the U.S. Radium Corporation. Other "Radium Girls" were played by senior Veronica Lee and junior

Olivia Selley. Supervising the girls at work was Mrs. MacNeil played by sophomore Emma Bengtson. Junior Zach Knapp led the cast in the role of Arthur Roeder, the president of the company. His role was supported by senior Carter Hansen and junior Joe Kettelhodt. Hansen doubled as an executive in the U.S. Radium Corporation, an industrial hygienist who studied the plant. Kettelhodt doubled as the doctor who invented the process for the paint, counsel for the company, and a "Dr." who examined the girls.

The girls' fight was led by Raymond Berry, played by freshman Preston Pinz (who also doubled as a dentist and the medical examiner for the county) and Katherine Wiley, leader of the New Jersey Consumer's League, played by junior Bailey Brown, who made her Spectrum stage debut with this play.

The plot of the play was moved forward with the announcement of newspaper headlines. Freshmen Isaac Bengtson and Elizabeth Larson played the two reporters for competing newspapers.

Other cast members included Caroline Miltich as Madame Marie Curie (famous for her study of radium), Tyler Cerar in the role of Grace Fryer's fiancée, and Grace Knapp in the role of Grace's mother. Elizabeth McCoy and Gabi Orth played wife and daughter, respectively, to Arther Roeder, the President of the company. The cast was rounded out by Maddie Loewenstein, Lauren Peckham, Joey Caduff, Megan Davey, Gwen Lee, Arona Shaw, Ellie McCoy, Naomi Orth, Keilana Sonntag, and Aislin Tuckey.

The cast was supported by light and sound techies Aaron Ziebarth, Dominic Bitzan, Skylar MacLennan, and Lillian Marberg, as well as stage crew Tori Mercer and Katie Lemcke.

Clint Haley, Technical Director, commented, "I have been so proud of the tech crew and impressed by them during this production. They really stepped up and accomplished more than I ever could have expected. They worked as a team and overcame obstacles with maturity beyond their years!"

Mrs. Stelten was very pleased with the results of more than 8 weeks of preparation and commended the cast on their consistency across all three performances and their ability to both honorably and convincingly tell the story of the "Radium Girls."

Based On The True Story

Radium Girls is a historical fiction drama based on events that occurred in and around Orange, New Jersey between 1918 and 1928. Luminous paint had become all the rage and was used on a variety of products ranging from airplane dials to watch dials. The paint was made luminous with the addition of radium to the paint. In order to paint the detailed dials, the female factory workers who painted these dials would "point" the brushes on their lips to get a fine tip on their paintbrush. As a result of this practice and the radium in the paint, the girls contracted radiation poisoning and suffered from a medical condition termed radium jaw. The girls banded together to sue the company under New Jersey's occupational injuries, which had a two-year statute of limitations. The case was settled out of court in 1928.



Markley delivers papers to Grace Fryer and her mother.
L-R: Joe Kettelhodt, Isabella Dorval, Grace Knapp.



Community OUTREACH: What is Service Learning?

An overview look at one of the components of Spectrum’s curriculum.

As one of the three pillars of our mission statement, Spectrum takes its Community Outreach program very seriously. The school believes that incorporating service learning into its curriculum holds a significant advantage for the students. Shirley Theriot states in the Association for Middle Level Education’s Service Learning Research Summary (2009), that “service learning extends the

Spectrum believes that incorporating service learning into its curriculum holds a significant advantage for the students.

classroom to the community, where young adolescents apply their knowledge in a safe, collaborative, developmentally responsive environment.” By doing so, this enhances the students’ academic achievement by tying subject content

to real world situations, it increases their sense of civic responsibility through exposure to community needs, and it inspires their personal development through the investigation of multiple perspectives.

Staff find that the Service Learning component of the school’s curriculum is essential to providing a rich and relevant education for students at Spectrum. Beginning in sixth grade, students are involved in a variety of service projects centered on specific community needs. Building on these experiences, based on their individual personalities, perspectives, and passions, students begin to develop a personal connection to needs within the community and the organizations and individuals that help to meet these needs. As students move into their high school years, these connections help to create the basis for a more focused individual service experience. As juniors, students make contact with a chosen organization and begin to determine a plan as to how they might leave a “legacy” of service as they move on from their Spectrum experience. Once determined, students individually engage in service activities that support their partnering organization



Spectrum students collected food and supplies for homeless outreach program in May 2019

RICH AND RELEVANT

The service learning component of the school's curriculum is essential to providing a rich and relevant education for students at Spectrum. Beginning in sixth grade, students are involved in a variety of service projects centered on specific community needs.

in their efforts to meet the needs in the community. As seniors, this Legacy comes to a conclusion through their Capstone Course. This course facilitates the reflection and presentation of their "Legacy Experience", which is intended to inspire the perpetuation of service within the community as a whole.

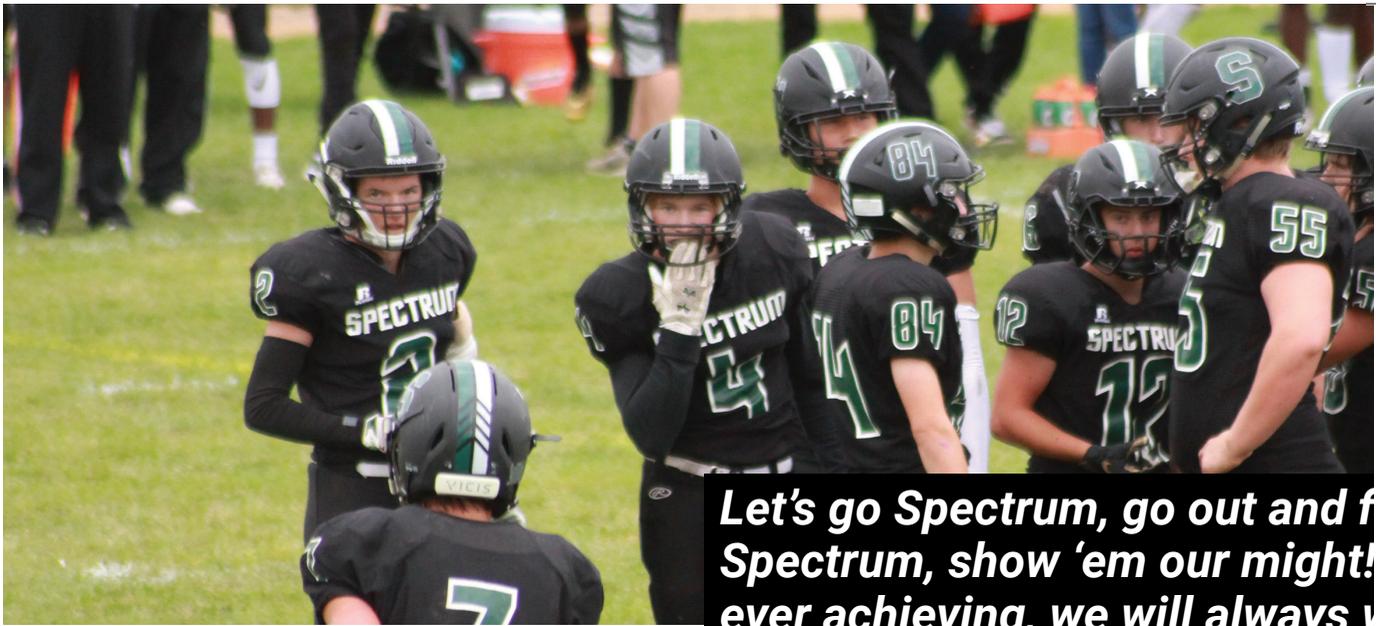


Spectrum student with her reading buddy from Twin Lakes Elementary

Humans are not meant to be solitary beings. Each human needs the support of one another to live to the fullest potential. Spectrum feels that the lessons learned through our Community Outreach Program facilitate this understanding for students. It is the school's hope that through this program, students will enter society with an awareness of real world issues, a sense of civic responsibility, and a heart for those in need.

To see a detailed account of Spectrum's Community Outreach Program, go to the school website at: <https://www.spectrumhighschool.org/school-mission/community-outreach/index>

Source:
Theriot, S. (2009). *Association for middle level education - service-learning research summary.*



**Let's go Spectrum, go out and f
Spectrum, show 'em our might!
ever achieving, we will always v
Strong in spirit, champions are
always bring. S-T-I-N-G. Let's g**

SPECTRUM SCHOOL

All Conference Award Winners

Congratulations to the following:

S

CROSS COUNTRY

MCCA Conference:

Molly Novotny
Makayla Harmer
Martha Bergley
Emma Cerezo
Kyle Haben
Caleb Rogers

T

FOOTBALL

Twin Cities District –
Gold Conference:

Gunner Maas
Jonathan Gertz

I

BOYS SOCCER

MCCA Conference:

Anthony Medina
Dylan Smith



**and fight! Let's go
ht! Always believing,
s win with pride!
re we, honor we
s go Spectrum Sting!**

FOOTBALL SONG

N

GIRLS SOCCER

MCAA Conference:

Addie Westermeyer

G

VOLLEYBALL

MCAA Conference:

Ellie Steihle
Kaylee Betzler
Rachel Johnson
Elise Berry

2019 Fall Sports Season Recap

The past month was a time to celebrate fall sports as each team held banquets to recognize accomplishments. The girls' cross country team won the MCAA conference championship, while boys' cross country and girls' volleyball each came in second. Among those who were honored were our All Conference award winners (see below).

Winter sports at Spectrum offer lots of fun, excitement, and options. The dance team began practices in October; while wrestling, girls' alpine skiing, girls' basketball, and boys' basketball each picked up in November. For those interested in co-op athletic opportunities this winter, options include boys' swimming and diving at Elk River, girls' hockey at Princeton, and boys' hockey at Providence Academy. Be sure to contact the athletic department at Spectrum for more information. Hope to see you cheering for Spectrum athletes this winter. Let's go Sting!

Spectrum is proud of each and every one of the student athletes for their determination and dedication during this fall season!

Spectrum AVID: Middle School Boot Camp



The new year brings lots of change for middle level students and staff alike. To help better prepare our students and staff we are once again doing what is referred to as AVID Boot Camp.

AVID®

Decades of College Dreams

With the move toward creating a stronger school wide approach to AVID at the middle level, Spectrum has developed a curriculum intended to provide a foundational understanding of AVID learning strategies. As the year progresses, with support from teachers and support staff, students can

build on this foundation, developing and honing the skills that will increase the potential for their academic success.

The new year brings lots of change for middle level students and staff alike. To help better prepare students and staff, the school is once

again doing what is called AVID Boot Camp. AVID Boot Camp is done for the first 9 weeks of school during Sting Time on Tuesdays through Fridays. Much like military boot camp, it is intended to change the way that students have traditionally done things. It pushes students mentally and organizationally. It

provides them with the AVID basics that they will need to survive during the struggles of middle school.

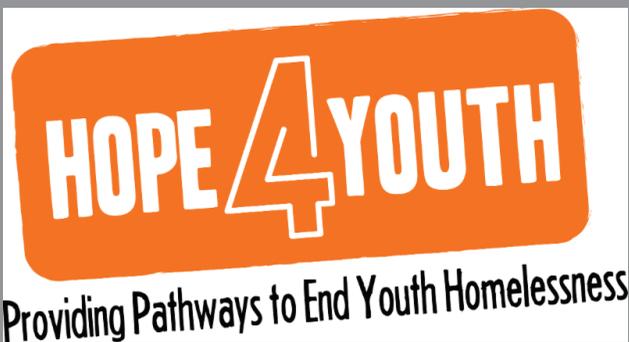
The first and maybe most important thing that it does is help them stay organized. Every Tuesday they are required to look up their grades on Infinite Campus, fill out a grade check document, clean out their binders, and have a discussion about missing assignments and grades with their advisor. This weekly check-in keeps them from falling behind and helps them to take responsibility for their education.

Wednesdays and Thursdays during boot camp is where teachers introduce them to different WICOR strategies. These are the basic AVID survival tactics in Writing, Inquiry, Collaboration, Organization, and Reading. These short, but intense, training sessions help set the expectations for both the students and staff. Each of these days is used to sharpen their skills and understanding of the AVID curriculum.

Fridays are reserved for team building and collaborative activities. After a long week of work, the students and staff need a break to come

together. Often they do activities that help develop trust, foster communication, and promote creativity. Like any Boot Camp there are many challenges that seem overwhelming at first, but

with grit and determination the students come out prepared to tackle whatever comes their way.



High School Service Learning: Teens Helping Teens

Teens Helping Teens Service Learning course focuses on the needs of local homeless youth. Lessons learned in this course enable students to empathize and support their peers who struggle with the complexities of homelessness.

In this course, students research the factors contributing to homelessness in our community as well as the scope of need in the greater Twin Cities area. This group partners with the local organization, Hope 4 Youth. Based upon the information they provide regarding specific needs, students organize a school-wide donation drive for these items. As a result of their research, discussion, and activities, students leave this course with a sense of empathy toward those dealing with day to day hardships.

Spectrum High School

The Class of 2023: Focus on Respect

As the song goes, “R-E-S-P-E-C-T, Find out what it means to me.” The origin of the word RESPECT is from Latin. The prefix “re” means again or back. The root word “spect” means to look or see. Placed together, the word literally means to take another look. Spectrum freshmen spent the day on October 24th considering this topic at the Youth Frontiers Respect Retreat. Joshua Johnson, YF Retreat facilitator, stated the retreat goal that morning - “to have one day where we can see what it would be like if everyone in this room truly

respected each other and by the end of it, walk out of here committed to one thing that could make that a reality every day.” Spectrum student leaders kicked off the event with a boisterous, positive welcome setting the tone for the day. Freshmen were encouraged to engage in large group and small group activities, participate in discussions, and be active listeners. Small groups facilitated by student leaders reflected on the Class of 2023’s attitude in regards to respect, what an outsider might think after



spending a day at Spectrum, ways people show respect, and more.

The retreat wrapped up with an impactful culminating activity. Students were asked to set a goal and identify the area of respect they most needed to work on: respect of themselves, respect of others, or standing up for others. Students recorded their goal on an individual card. The facilitators brought the whole group back together in a circle around a lit candle, creating a campfire atmosphere. Students were invited to take a turn and share what was written on their card. Ms. Pickar, SHS Math teacher, stated, “It was inspiring to see students share their intent to make a change, whether it be to respect themselves, others, or stand up.”

Upper classmen help the YF Retreat Facilitator during an activity.



“With the challenge for the day being ‘to take another look’ I witnessed many students reevaluating the way they treated both themselves and others. The junior and senior leaders also lead by example and took the words we shared to heart! Switch and I had an amazing day. Possibly one of the best Respect retreats I will lead this year.”

-Joshua Johnson. YF Retreat Facilitator

The Class of 2023- A Fresh Mix For Spectrum!

Spectrum High School's 2019 freshman class (aka 2023 graduates) is a unique blend of demographics and personalities. The class is the biggest in the high school - about 130 strong, approximately 60% male and 40% female: 29 of these students are brand new to Spectrum as well, coming in from public, private, and homeschool settings.

This group of freshmen is active. This fall, there were 10 freshmen on the varsity and junior varsity football teams, 10 freshmen on the Spectrum cross country team (9th grader Molly Novotny went to State in cross country), 11 freshman girls in junior varsity and varsity volleyball, 8 freshmen on the girls and boys soccer teams, and multiple freshmen in both the Yearbook and Noise News crew! Our fall play, Radium Girls, featured 8 freshman actors and 2 freshman crew members - a full 1/3 of the cast. Our upcoming winter and spring sports and activities should also include a good chunk of this class (basketball, baseball, drama, and more). This is an active group, and that means good things for Spectrum High School's school spirit and team rosters!

A few things about high school surprised them. Sage B. asserts that they "have more fun activities to do and classes to take" here at the high school; a few of them remark that they were surprised how quickly first quarter had gone by. Some say that 9th grade has been challenging, and others claim it's easier than they thought it would be. Several of the 9th grade class (Grace B, Gabby, and J.D.) remark that they are excited to take C@SH classes in their future and get some college credits before

graduation. Overall, many in this class are proud of the fact that they are welcoming to others and connected as a group. Elle insists, "We all seem to get along really well. There is really no division...it really is just a positive group!"

Finally, students were asked about how Spectrum High School may be different from other schools. Students replied:

- more engaging
- more homework
- smaller school with more rules which is appreciated to just keep peers responsible
- we do better athletically and academically
- and "more learning opportunities... more focused on our success...Spectrum motivates you to get good grades."

"On behalf of all the staff here at Spectrum, I welcome this new freshman* group to our school and look forward to seeing what you freshmen* can do! Go Sting!" -Ms. L. Johnson

**Fun English teacher fact: When do we use freshmen vs. freshman? Use freshmen to indicate a plural set of students; use freshman as an adjective or in the singular case. You're welcome!*

National College Fair Field Trip

COLLEGE PREP



A group of 11th grade students were all smiles after visiting the MN National College Fair

Students were given the opportunity to visit with representatives from hundreds of Colleges and Universities from Minnesota, other states, and even from around the globe!

In conjunction with College Knowledge Month, a statewide effort which encourages prospective students to take a significant step towards college, Spectrum High School went to a National Association for College Admission Counseling (NACAC) event and hosted a Financial Aid Night. Early in October, Spectrum took forty-one eleventh grade students to the

Minnesota National College Fair at the Minneapolis Convention Center. This is an annual event presented by the NACAC. Students were given the opportunity to visit with representatives from hundreds of colleges and universities from Minnesota, other states, and even from around the globe.

This event brings awareness

to the volume of possibilities that await each student, and is a great way to explore the steps towards selecting a college. Spectrum's Financial Aid Night, held on Nov. 10th, then gave students and their families a moment to reflect on the means necessary to navigate the college experience both from financial and program pathway perspective.

Central Lakes Partnership



Spectrum High School's C@SH program has a new addition! Spectrum is proud to announce a partnership this school year with Central Lakes College. Spectrum will be

offering three college level Spanish courses over the next two years through the university located in the Brainerd - Motley area. Spectrum's new Spanish teacher, Ms. Hamernick, will be instructing the courses at Spectrum High School.

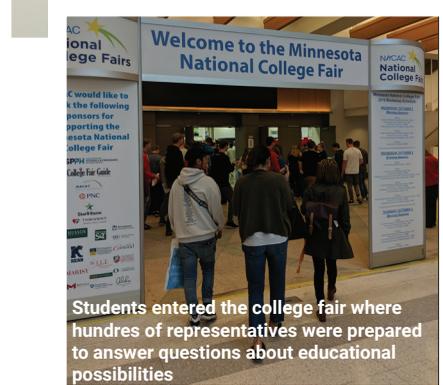
Click [here](#) to find out more about Central Lakes College.

Field Trip Continued...

The dual presentation model was designed to allow a grade level tailored approach so information pertinent to students could be addressed.

The FAFSA (Free Application for Federal Student Aid) representative, Alexander Hintz, Director of Student Financial Services from North Central University, familiarized students and their families with the basics of paying for college from introductory knowledge of the FAFSA, through scholarships, and loans.

Kelsey Johnson, Spectrum's very own Anoka-Ramsey Community College representative, helped students and their families view their college journey through the lens of a program pathway; advising that each program is unique and not all courses/degrees are the necessary means to an end. Although the 2019 College Knowledge Month has concluded, Spectrum encourages everyone to continue exploring the possibilities that a post high school education has to offer.



Students entered the college fair where hundreds of representatives were prepared to answer questions about educational possibilities

Anoka-Ramsey Field Trip

Hewitt's C@SH United States History and C@SH Modern Civilizations classes participated in Social Studies Concurrent Enrollment Day at Anoka Ramsey Community College (ARCC) campus in Coon Rapids. The purpose of the day was to introduce students to the many perks that come along with participation in a C@SH class at Spectrum.

The day began with a tour of the Coon Rapids campus, and the opportunity to learn about the campus, programs available, advising, tutoring center, and other ways that they are supported as college



Dr. Dardery speaks to students about on his experiences in Egypt.

students. Additionally, they had the chance to get their college ID's.

The day ended with the opportunity to listen to keynote, Dr. Abdul-Mawgood Dardery, speak about the religion of Islam and his experience as a former member of the Egyptian

parliament. Dr. Dardery is a professor at ARCC, and had many stories to tell about his experiences growing up in Egypt near the Great Pyramids, coming to the United States while in college, returning to Egypt, his participation in the Arab Spring protests, and how he was forced to flee his homeland due to threats against his life. His message of peaceful dialog and learning about people of different cultures was incredibly relevant to today.



Spectrum School **Spirit - Homecoming 2019**



Photo Credit: E. Bengtson

The Sting brought home a big win against Howard Lake-Waverly-Winsted for the packed bleachers full of an excited Homecoming crowd with a final score of 40-24.

This year's Homecoming week had all of the staples that make a successful, school-spirit experience! This included "coast-to-coast" dress-up days, crowning royalty, a football complex filled with fans and alumni, and a pepfest full of games and athletic recognitions.

The Sting had it all, except that is for a victory in a quiz battle against the teachers. The team of teachers (Hyde, Roddin, Ruzek, and Stelten) held on for a close win in the contest against the students at the pepfest.

In addition to the contest between students and teachers, the pepfest hosted a dance-off contest between grade levels. The Juniors dominated the event, led by the enthusiasm of Rachel Johnson. The dance moves presented at the pepfest were only a warm-up for the evening that the Student Council provided with the Homecoming Dance set to a New York City theme.

From start to finish and coast-to-coast, Homecoming 2019 was full of excitement and set the tone for school spirit for the rest of the year!

Homecoming Royalty Court

Congratulations to Max Lawrence and Mackenzie Alders on being this year's homecoming king and queen! Read the full list of the homecoming royalty court below.



Photo Credit: M. Henry



Freshmen: Sage Behnken and Dominic Dick
 Sophomores: Brook Larsen and Elijah Hoehn
 Juniors: Adrienne Foell and Judah Rogers
 Senior Candidates:

Girls: Kaylee Betzler
 Lauren White
 Bethanie Hinkley
 McKenzie Alders
 Emily Fearing

Boys: Ryan Brown
 Maxwell Lawrence
 Jacob Swaja
 Braydon Ashfeld
 Bryce Bozich



Spectrum SOCIAL MEDIA

What: Spectrum High School is growing our Facebook, Twitter, Instagram & YouTube channels.

Why:

1. Celebrate our students
2. Keep parents, students, community, and alumni in the loop on what is happening at our schools
3. Promote events and share information like concerts, no school, or fundraiser reminders
4. Build an ongoing conversation of the positive impact our school is making in the lives of our students!

What do I need to do?

- If you are on these social media sites – follow us!
- Help promote the pages to your family and friends.
- If you aren't on these sites, please consider joining.

Notes: The school will continue to provide communication through traditional channels.

7/8 Grade Gym Hosted Middle School Pepfest!

School spirit was everywhere during homecoming week and that included in the 7/8 grade gym where the Middle School hosted its own pepfest!

The Middle School student body started the pepfest with a round of the Spectrum school song. After that, Spectrum's high school football team visited and spoke to the middle schoolers before heading off to the athletic complex to prepare for their showdown against Howard Lake-Waverly-Winsted. Additionally, all of the middle school student-athletes from each of the fall sports were recognized for their participation in the fall season!

The students then had a blast playing minute-to-win-it games, and an exciting game of human Hungry Hungry Hippos. The pepfest finished out with Mr. Heinecke leading a trivia game. Spectrum Middle School students showed that they have high levels of school spirit during this year's homecoming pepfest!



Foreign Exchange STUDENT HIGHLIGHTS

Each year Spectrum welcomes and embraces foreign exchange students into the student body. This year there are currently five foreign exchange students enrolled at the high school.

Here are some fun facts about each of them!



Giannone, Martino (Italian) Grade 12
Visiting from: Modena, Italy

Martino arrived to his host family on August 17 and is staying through the first semester, leaving sometime in January. Martino is looking forward to celebrating Christmas with his host family. He has been most surprised by how differently Americans approach food and mealtimes compared to Italians. Martino is looking forward to the basketball season.



Walter, Michel J (German) Grade 10
Visiting from: Essenheim, Germany
Michel visited New York prior to meeting his host family on Aug 17. He is staying through the first semester, leaving sometime in January. Michel was able to experience some of what makes Minnesota great by attending the MN State Fair. At Spectrum, he is involved in the band, jazz band, and played football. The weather? Michel says the temperature here is colder than what he is used to in Germany!

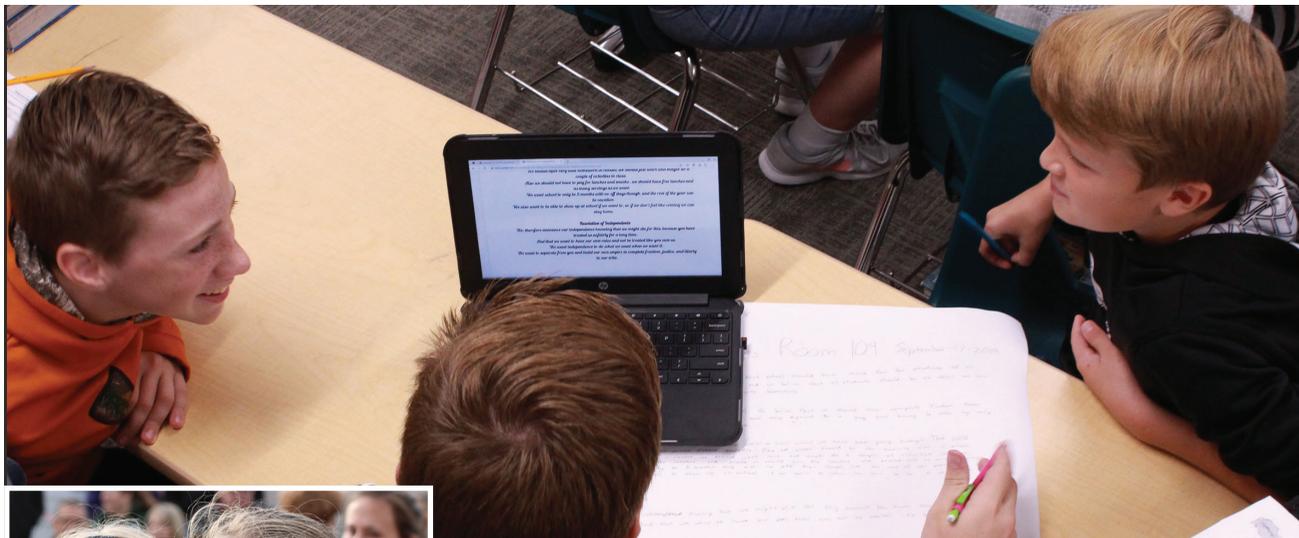
Margeit, Ben (German) Grade 11
Visiting from: Siegen, Germany
Ben had the opportunity to spend three days in New York prior to joining his host family on August 18. He is staying for the entire school year, and leaving Minnesota sometime in May. Ben enjoyed drinking all the milk he could at the MN State Fair. Ben was on the Cross Country team and plans to be on the Basketball and Tennis teams in their respective seasons.



Ohlerich, Finja (German) Grade 10
Visiting from: Tornesch, Germany
Finja arrived to meet her host family on August 14 and will complete the entire school year. She has plans to travel in the U.S. with her mother and brother during her stay before heading back to Germany. Finja played on the Tennis team, is looking forward to participating in the Winter Running Club, and wants to be a part of a team this spring, possibly Lacrosse. One of her MN experiences? Weekend traveling/camping trips all over the upper midwest with her host family.

Salomao, Julia F. (Portuguese) Grade 11
Visiting from: Para de Mines, Minas Gerais Brazil
Julia arrived on August 17 and will remain through the entire school year. The seasons in Brazil are opposite, so the school year is from February to November with December and January being the summer months. Julia is not looking forward to winter in Minnesota, because the lowest temperature she is used to is 59 degrees fahrenheit, but she is excited to try downhill skiing, sledding, and ice skating. Speaking of weather, the humidity in Minnesota really bothered her. Julia has been active at Spectrum being in Cross County and is now looking forward to Track and Field in the spring.





Students show off their school spirit at Spectrum's homecoming game!

SPECTRUM MIDDLE SCHOOL

Grade 7: COURAGE RETREAT Building Community through Character and Courage

Audiences across America have all seen their favorite superheroes triumph over the villains in huge cinematic productions on the big screen. Using their courage and overcoming their fears to save the world from impending doom. These large productions and actors create a perception where only those with special superpowers and sidekicks have the courage to fight their fears and create a positive culture. When in fact, each person has the ability to act courageously every day.

To inspire students to follow their hearts and use moral courage, Spectrum seventh graders had the opportunity to attend the Youth Frontiers Courage Retreat. Youth Frontiers is a nonprofit organization that provides schools with experiences that inspire character, civility, and community. The courage retreat staff, along

with seventeen student leaders from Spectrum High School, focused on building positive community to enhance self-confidence, empathy, and connectedness. Students were able to participate in high-energy, engaging activities to build community and practice self-reflection for their own personal growth.



Students had a ball at the Youth Frontiers Courage Retreat!



In small groups, students were asked to brainstorm how peer pressure affects their class, the fears they are facing at school, and acts of courage that can make a difference at school. Mongo Volleyball, jump rope activities, and get-across games were just a few of the interactive moments students were able to share together.

Students were asked to choose one act of courage that they will focus on this school year in order to build a stronger school culture. To close out the day, students were given the opportunity to share their acts of courage in an activity called Pebble in the Pond. Students dropped a pebble into a large fish bowl and shared their personal act of courage. The ripples from the pebble represented the huge impact their small act of courage can have on their Spectrum community.

“The Courage Retreat really built a sense of camaraderie between the students. There were moments of high energy and of honest reflection. Overall, our students grew from the opportunity to learn how to be courageous in everyday situations,” *Mr. Briggs, Middle School Language Arts teacher.*

The Courage Retreat mission is simple, “Be you. Make a change. Stand up. Courage has a ripple effect.” Students don’t need to be actors playing superheroes to stand up and make a change. Spectrum students, staff, and families can act with courage through kindness, support, and acceptance.

These ideals are school-wide, and 9th grade students also had the opportunity in the fall to attend the Respect Retreat where they were empowered to respect themselves and others. More information about Youth Frontiers can be found on their website at www.youthfrontiers.org



Service Learning: Animal Rescue Friends (A.R.F)

Through participation in the Animal Rescue Friends (A.R.F.) Service Learning course, 6th grade students learn about how they can improve the welfare of animals. By doing so, they will better understand the relationship between people and animals and how the lives of each can be enriched by that of the other. Students research the pet adoption process and learn first hand from representatives from Ruff Start Rescue of Princeton, MN just what it takes to bring a new pet into the family. Through these experiences, students begin to understand the commitment one must make when deciding to provide a forever home for an animal in need. Students in the A.R.F. Service Learning course make toys and blankets that provide comfort for the animals waiting to be adopted. These items go with the animals to help create a smooth transition from their foster home to their forever home. Even the furry members of our community need our support!



A group photo of "The Crew" during one of their first meetings of the school year.

Middle School: "The Crew"

The Crew is 15 members strong, five from each grade, meeting twice a month during Sting Time to discuss how to positively impact the school.

With the start of the 2018-19 school year, Mr. Heinecke began a student advisory group, affectionately called "SAC" or "The Crew." According to Russell J. Quaglia, Executive Director of the Quaglia Institute for School Voice and Aspirations, "Students have plenty

of opinions when it comes to school, and they're not all about free ice cream in the cafeteria." When adults take the time to listen, they find students' aspirations and perspectives that can drive schools toward exciting new goals and strategies. And when students know





and these student-leaders not only grow themselves, but at the same time, they help all students to be heard and to feel that Spectrum is a place they belong. Students have shared that they want to make an impact at their school. They want to help make their school better. They want their peers to have a voice through them while sharing their own.

This year, The Crew is 15 members strong, five from each grade, meeting twice a month during Sting Time to discuss how to positively impact the school. They are charged with creating action steps to transform the school. They collaborate with Mr. Heinecke, along with feedback received from teacher-leadership, to decide on topics, which they ask their peers for feedback. This feedback is brought to the next meeting and then an action plan is created. The plan's result could be as simple as validating students being heard, students needing more information for greater understanding, or ideas on how to make changes. Examples include how the school supports students in their social-emotional development (topics like bullying or anxiety) or in their academic development (topics like

homework or studying).

Research has shown that students who are provided leadership opportunities are more engaged in their learning communities, in learning, and in sharing leadership opportunities with others. They will develop confidence, advocacy and leadership skills, engage more deeply in their learning, and achieve at higher levels. Mr. Heinecke is very excited to have SAC at SMS and is looking forward to its development. He shares his pride for these student-leaders in helping create a culture that makes Spectrum Middle School such a great place to learn.



they're being heard, they develop self-worth, engage meaningfully in their own academic success, and become purposeful in their education. This is what is happening at Spectrum Middle School (SMS).

Mr. Heinecke has a passion for elevating student voices,

Mr. Heinecke and students working together during a brainstorm session.

Veterans Day

November 11, 2019



Honoring All Who Served



va.gov

Honoring All Who Served

Spectrum Veterans Day Program

– November 11th, 2019

Close to 1,000 students, staff, veterans, and community members gathered in the Spectrum High School gym to honor Veterans at our 2nd annual Veterans Day Program on Monday, November 11. What an amazing celebration!



Sergeant Joe Gacke

A special thanks to the following contributors:

- Elk River Honor Guard;
- Spectrum band and choir students;
- Spectrum’s American Sign Language (ASL) students who assisted with the presentation of the National Anthem;
- Detective Sergeant Joe Gacke speaking on behalf of Beyond the Yellow Ribbon, Elk River;
- Military personnel who presented their colors;
- Keynote speakers, Retired U.S. Marine Sergeant Bill Lee and his wife, Dr. Suzanne Lee (introduced by their granddaughter and Spectrum senior, Veronica Lee);
- 6th grade Spectrum student, Alaina Burney, sharing her “What Makes America Great” VFW essay;
- Mr. Brunt, Mr. Gangl, Mr. Heinecke, and Mr. Leland for their special presentation of “Ragged Old Flag”; and
- Spectrum senior, Brendan Schroeder, closing the ceremony by playing Taps.



Military personnel presenting their colors



Retired U.S. Marine Sergeant Bill Lee and his wife, Dr. Suzanne Lee

LOOKING TO DISCOVER MORE?

Visit us at:
www.spectrumhighschool.org



Vision Statement

The vision of Spectrum High School and Spectrum Middle School is to be a leader in fostering academic and personal excellence through a program emphasizing high academic standards in a small-school setting.

Mission Statement

The mission of Spectrum High School and Spectrum Middle School is to encourage students in attaining their maximum potential through a 3-dimensional strategy emphasizing:

- College preparatory curriculum;
- A technology-integrated environment; and
- Community-based outreach

Authorized By Volunteers of America-Minnesota. *Stephanie Olsen, Senior Manager.*

Contact us:
Spectrum High School/District Office
17796 Industrial Circle NW
Elk River, MN 55330
763-241-8703
www.spectrumhighschool.org