

SPECTRUM

HIGHLIGHTS INCLUDE:

- Winter Concerts
- NEW parking lot
- Fall Theatre Performance
- ...and more!



THE HIVE MAGAZINE

March Edition

2023

CONTENTS

District Highlights

Parking Lot Construction Complete	3
Spectrum Alumni Community	3
Winter Band & Choir Concerts	4-5
Veterans Day 2022	5
Foreign Exchange Highlights	6-7
Dorothy in Wonderland - Fall Play	8-9
School Counseling Corner	10-11
School Board Monthly Updates	11-14
Strategic Plan: Small Class Sizes	16
Staff Theme: Onward	17
Success of the Sting	18
Athletics: Fall Sports Recap	19



Spectrum High School

C@SH Course Highlights	20
ACT Online Prep Course	21
School Spirit: Homecoming & Winter Spirit Week	22-23



Spectrum Middle School

Recess Empowerment	24-25
Middle School Athletics & Activities	26-27
WIN Leaders: Students Leaders Help Students win!	26
Homecoming Week 2022	27



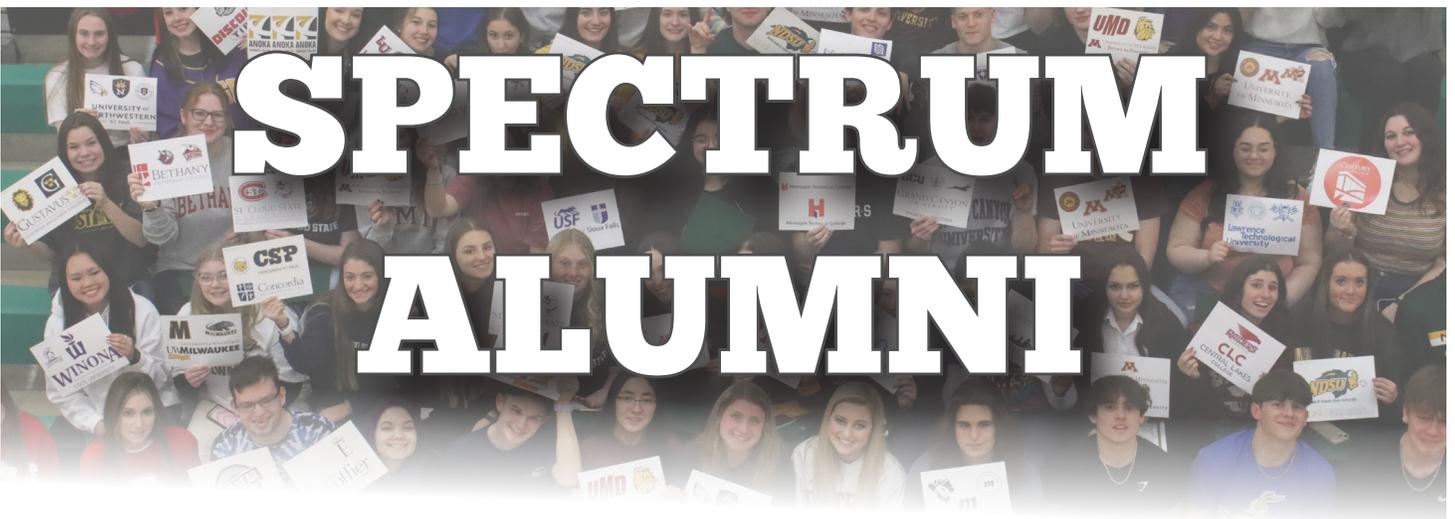
Photos courtesy (P.C.) of : Neighbor Dave Productions, Katy E., Alaina D., & Skylar M.

Parking Lot Expansion Completed!

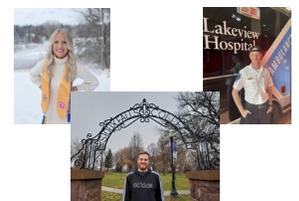
For the past 16 years, growth has been a constant for Spectrum – starting with less than 100 students, Spectrum has now reached just under 900 students, including around 180 student drivers. In order to accommodate student drivers, increase safety, and improve traffic flow (between buses, student pick up, and student drivers), it was determined that additional parking was necessary.

With the support of the Spectrum School Board, administration went to work with the schools architect and engineer, the City of Elk River, and Peterson Construction to make the new high school student and event parking lot a reality. The new lot added 120 new parking spots, making it possible for all student drivers to park conveniently at the high school building. In addition, event parking for athletics, theater, music performances, graduation, and other large events is greatly improved.

Note: While the new parking lot required the demolition of the high school physical education field, Spectrum has recently received a donation of 4 ½ acres to the west of the high school that is planned to serve as a new recreational space in the near future.



With over a decade of growth and graduation ceremonies at Spectrum, the school has recently started the process of developing its communication to the alumni community. There are currently three alumni featured on the school website, and other resources available to the alumni community as a whole. As the school continues to build a legacy of successful graduates, the intention is to also send out occasional publications with updates for Spectrum's alumni community. For more information, check out the "Alumni Relations" section found under the "About Us" tab on the Spectrum website.



Current alumni spotlights include: Jessyca Gleason, Parker Brown, and Camden Goepferd.

WINTER WONDERLAND

Spectrum's Band & Choir Glow

2022-2023 Winter Concert series created heartwarming moments from start to finish!

Both the band and the choir programs put on another successful winter program with raving reviews. Typically, the Spectrum Band program is the first to kick off the holiday season with their concert the first week in December. However, this year, the Choral Fine Arts program was the first to take the stage.

The Choral Fine Arts concert took place on Friday, December 2nd. Directed by their new teacher, Ms. Chloe Peiffer, grades 6-12 choirs performed a variety of holiday music to celebrate the season. The concert included traditional Christmas carols, upbeat and contemporary pieces, and pieces in various languages including Spanish, Italian, and Latin.

A highlight of the concert included the 6th Grade Choir performing the piece titled, "*Parade of the Wooden Soldiers*," which included a surprise Kazoo section. Another highlight was the High School Choir performing, "*The Holiday Tango*," which included a dance break and solo tango couples.

The concert closed with Spectrum's top Chamber Choir performing "Glow," by Eric Whitacre.

The 6-12 Band Fine Arts concert took place on Friday, December 9th. Directed by Mrs. Samantha Pallin and Mrs. Jean McGorry. The 6-12 bands performed a variety of music ranging from holiday songs to traditional band-style pieces, including marches, chorales, and even contemporary music.

This year, the band program was able to have another week of preparation for the concert due to Mrs. Pallin going



Senior Rayna C. directs the 6th grade students in one of their songs during the performance.

PC: Mariana J-H



Members of MeLadies and Harmeniz showcased their dancing skills during HS choir's performance of Holiday Tango.

PC: Kiera A.



Trombone section members shown during the Chamber Winds portion of the band concert. (L-R: Teddy M., Jordan S., and Addie T.)

PC: Carla P.

on leave for a portion of the first semester. The school was very fortunate to have a long-term substitute, Nicholas Berg, step in and take her place the first 8 weeks of school. Mrs. Pallin recognized Mr. Berg's contribution at the concert and even had him participate as the narrator in one of the Concert Band's pieces titled, "*Santa the Barbarian*" written by Randall Standridge.

The concert closed with the varsity band, Chamber Winds' favorite piece titled, "*Earthdawn*" by Randall

Standridge. This piece was exciting because of various percussion instruments emphasized and an unexpected "yell call" said by Junior percussionist, James Paulson.

Save the date for Spectrum's spring concert series in May! Band Concert will be at 7:00 p.m. on May 5 and the Choir Concert will be at 7:00 p.m. on May 19.

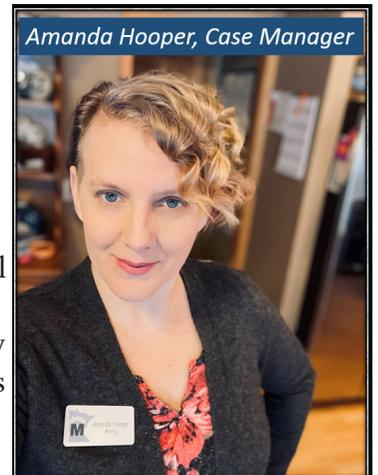


Senior, Noah R., displayed his musical talent with multiple solos throughout the evening.

PC: Carla P.

Veterans Day 2022 Honoring All Who Served

On November 11th, 2022 all students and staff, along with many veterans, special guests, and family members, came together in the high school gym for Spectrum's 5th annual Veterans Day Program. For many, this program is a highlight of the school year. It has been described as a great opportunity for students to hear about and recognize the many sacrifices made on their behalf that allow them to enjoy so many freedoms as Americans. Some have also said it is an inspiring experience that allows students to connect with something bigger than themselves and understand the importance of giving of oneself.



The 2022 program brought together many facets of the Spectrum community. The high school choir inspired patriotism with a beautiful rendition of "The Battle Hymn of the Republic". The high school band honored veterans of all services with "The Armed Forces Salute" as each flag was presented by a veteran or currently serving service member. Amanda Hooper (mother of Spectrum 6th grade student and case manager at Minnesota Assistance Council for Veterans for the metro region (MACV)) share about MACV's service to veterans and their goal to end veteran homelessness in Minnesota. Sergeant George Anderson (grandfather to 2022 Spectrum graduate, Colin Anderson), U.S. Army Veteran, 1st Air Cavalry Division, also inspired the Spectrum community with stories of the lessons he learned through his service and in life. The program was an impactful experience for the students, staff, and greater community!



Foreign Exchange STUDENT HIGHLIGHTS

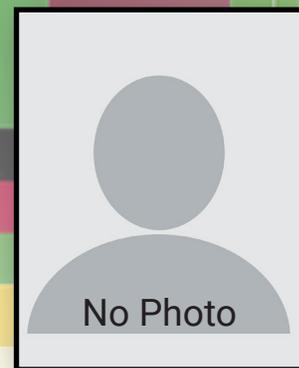
Each year Spectrum welcomes and embraces foreign exchange students into the student body. There are currently a number of foreign exchange students enrolled at the high school.

Here are some fun facts about them!

Not featured: Sofia Marques, Eduardo Loberto, Arene Martin, Maximilian Weiser, and Nada Mansen.

Loyal Aljishi - Sophomore *Visiting from Saudi Arabia*

Loyal arrived in September and she will be staying until June. She described her host family as very caring, and she has been excited to discover that people in America have a lot of personalities and are really nice! Loyal is looking forward to exploring new places and meeting new friends. Her favorite American foods are pop-tarts or tacos. She mentioned that her favorite class is biology, and she might join dance, gymnastics, skiing, or track.



Hanna Eckert - Junior *Visiting from Germany*

Hanna arrived on August 24th and will stay until late June 2023. She mentioned that she doesn't have dogs in Germany, so she loves that her host family owns two dogs. She has been surprised that you can't get hardly anywhere without a car. She is excited to experience Minnesota winter with a lot of snow! Her favorite food so far has been Pumpkin squash. Hanna said her favorite class is Accelerated Net Sports. She hopes to participate in gymnastics while in America.

Carla Pastor Fanega - Sophomore *Visiting from Spain*

Carla arrived on August 19th and will be staying through June. Her favorite thing about her host family is that they always make her feel as one more in the family and not as if she was some stranger; it reminds her of her own family in Spain. She has noticed many differences since coming to America even in simple things like the bathroom or the cars or the supermarket. She hopes to travel to see more places than Elk River. Her favorite food? Cookies! Carla mentioned that school is different here in America because you choose every class you have unlike in Spain where everybody has the same classes. She did mention that there is a lot more homework here! Additionally, all of her sport involvement in Spain isn't organized through the schools. She said her favorite class at Spectrum is Yearbook. So far, she has been a part of volleyball and has been on the dance team at Spectrum.





Adele Julienne - Sophomore *Visiting from France*

Adele arrived on the 24th of August and will be here for 9 months. One of the most surprising things that Adele has noticed is how rarely people use knives when they are eating. She also mentioned that everything in America is so big, she knew it before but it really stands out in person! Adele said she is most excited to go ice fishing! Her favorite American food so far? Corndogs!

Peter Kopp - Sophomore *Visiting from Germany*

Peter arrived to America on August 17, and he will be here for the whole school year. When asked about his host family, he said they have been so kind, and they are showing him everything here in Elk River and around Minnesota. Just like Adele, Peter mentioned that America is way bigger than his home country, Germany. Peter mentioned that his favorite American food so far has been chicken wings. Peter has noticed a big difference between school in Germany and school at Spectrum. In Germany, they do not have A or B-days, and your classes change every single day. He mentioned that school in America is much easier than the school in Germany. His favorite classes so far are Geometry and Study Hall (he noted that there isn't study hall in Germany). In the fall, he was on the JV football team.



Nick Steinfeldt - Junior *Visiting from Germany*

Nick arrived on August 10, and will be heading back home sometime in late June. His favorite part about his host family is having "siblings". Nick mentioned that he doesn't have siblings in Germany so it has been a great experience so far! What surprised Nick the most is how greasy and oily American food is, and that there is too much sugar and there are way too many chemicals everybody eats. He did mention that his favorite food so far has been Chipotle. Nick mentioned he had looked forward to spending Christmas, Thanksgiving, and New Years in Minnesota. He said that back home the sports aren't a part of schools; it is all through local clubs. Nick's favorite class is Health with Mr. Slechta. Nick played both Varsity Soccer and Varsity Football with Spectrum in the fall.

Gabriel S Zanicchi - Senior *Visiting from Brazil*

Gabriel arrived on August 23rd, and he will be staying until June. He is thankful for his host family and the way they do everything they can to help him out during his time in Minnesota. Gabriel has been surprised at how cheap everything is compared to Brazil. He mentioned that he was excited to experience a Minnesota winter! His favorite American food? Donuts! Gabriel mentioned that high school is much easier in America, even though there's a lot more homework. He said that his school back in Brazil ends earlier in the day. His favorite class at Spectrum has been Accelerated Net Sports. Gabriel plans to be involved in Wrestling and Tennis while at Spectrum.



Spectrum Theatre: Dorothy in Wonderland



All Photo Credits: Neighbor Dave Productions

The White Rabbit relays a message to the new visitors of Wonderland.

November 4th, 2022. A lovely fall day when the cast and crew of Spectrum High School's theatre group were running about working on polishing up last-minute details for their production of *Dorothy in Wonderland*. Everything needed to be just right to set the scene for Dorothy's adventures while she

desperately tries to make her way back to Kansas, and find her friends Scarecrow (Isaac Bengston), Lion (Evan Stottlemeyer), and Tin Man (Aric Randolph) along the way. But that's not all! Throughout her journey, Dorothy meets the lovely Alice (Rayna Cabak) in quite the same predicament.

Both girls, played by Caroline Miltich and Rayna Cabak, need to work together to defeat the Queen of Hearts, played by Grace Knapp, to get home. They meet friends and foes along the way, such as the Mad Hatter (Megan Davey) and March Hare (Natalie Fischer), the Wizard (Tyler Cerar), and more!



The Lion sets the stage for a battle between Tweedle Dee & Tweedle Dum. (L-R: Ava H., Evan, S., & Marin B.)

The amazing cast, comprised of Spectrum students from 7th to 12th grade, had been working tirelessly from late September to early November to put together this exciting cross-over story. From late nights to early Saturday mornings, the kids dedicated themselves to the production entirely. Throughout the rehearsal process, the cast and crew also welcomed a new assistant director to the theatre family, Mr. De Haan. Ms. Tyler, Mr. De Haan, Mrs. Mehrer, and Mr. Haley all worked together to bring this performance together in time, from finding costumes, giving stage

directions, and spending countless hours working with lights and sound to bring Wonderland to life.

Opening night was an absolute hit for the audience. It was a proud moment for every actor and actress to hear the laughter and applause from behind the curtain, as all of their efforts came together to create a truly wonderful experience for the crowd. The weekend went along with two more performances, both of which brought in returning and new faces to the chairs, with each performance being even better than the last.

The cast and crew did such an amazing job putting on yet another performance. The veterans of the program, many of whom were in their 6th or 7th show at that point, worked to take the younger kids under their wing, showing them the ropes and encouraging them throughout the process. The ensemble did an amazing job of laying the foundation for the show and gave an impressive supporting performance. They show immense promise for the future of the theatre group.

The cast and crew couldn't have done it, though, without the help from the amazing parents who volunteered to make sure meals were brought to the late rehearsals for cast dinners, and our hard-working group of custodians here at Spectrum, and we are forever grateful for everything they do for us. It takes a village, and the theatre family here is just that.



The Scarecrow was quite uncomfortable at the tea party with the Mad Hatter and March Hare. (L-R: Natalie F., Isaac B., and Megan D.)



The full cast & crew of the fall production, *Dorothy in Wonderland*.

Counseling Corner:

Spectrum Counseling Department

The Spectrum Counseling Department is here to offer developmentally appropriate support to students in all grades. The department consists of three licensed School Counselors. Both Ms. Alexis Peterson and Mrs. Heather Trieu joined the team this year. Ms. Peterson works as the middle school School Counselor for students in 6th-8th grade. She is also Spectrum's District Assessment Coordinator. Mrs. Heather Trieu joined the team as the 11th and 12th grade School Counselor and Master Scheduler. Mrs. Stephanie Kobes has been the 9th and 10th grade School Counselor since the fall of 2021 and is the Lead School Counselor for the district. They work alongside teachers, staff, and administration to meet the academic, career, and social-emotional needs of students.

Counseling services can look different depending on student needs. At the middle school support often includes relationship and conflict resolution skills, organization and homework support, and self confidence building skills. In high school, the support is often focused on college and career planning, graduation and C@SH program requirements, and academic support. However, Spectrum counselors are skilled in working with all students to ensure they have the support they need.

Many new and exciting opportunities have been happening in the counseling department. This year, Spectrum was chosen to participate in a pilot program called Direct Admissions Minnesota. This program is led by the Office of Higher Education and helps connect students to local colleges and universities. Spectrum seniors were given the opportunity to opt-in to this program. Once opted in, students receive a list of colleges to which they have received "direct" admissions. The direct, or automatic, admission is based upon the students academic record and successful graduation in the spring. Students still need to complete the free college application, but they can do so with the guarantee of acceptance. It is an exciting opportunity!

Another new and exciting opportunity is the ACT Online Prep program that is being offered during Sting Time RTI. The program is free of charge to students and runs for 16 weeks. The groups meet during RTI on Thursdays for individualized ACT prep. This program is available through ACT and we are excited to offer it to our students. *(See more about the ACT Online Prep program on page 21 of this magazine.)*

Belief Statement:

Spectrum High School Counseling Department staff members believe and support:

The Mission and Vision of Spectrum.

Every student is a unique individual and will be supported as such.

Every student can succeed.

Being an integral part of each student's education.

Maintaining an open door policy to meet the needs of students as they arise.



Ms. Alexis Peterson
School Counselor
Grades 6-8
&
District Assessment
Coordinator



Mrs. Stephanie Kobes
School Counselor
Grades 9-10
Spectrum High School



Mrs. Heather Trieu
School Counselor
Grades 11-12
Spectrum High School

School Board

OVERVIEW

Spectrum School Board meetings are held (at least) monthly on Thursday evenings and utilize Minnesota Open Meeting Law and Roberts Rules of Order to complete business. The Board is made up of three parents of Spectrum students, two teachers employed at Spectrum, and two community members. The Executive Director serves in an ex-officio capacity. As elected officials serving the school community, it is important to the Board that Spectrum staff and families remain informed about decisions that impact them. This section of the HIVE is dedicated to updating the school community on the work of the Board. More information on these and other items covered by the Board, including agendas and approved minutes, are posted on the school website [here](#).



August

School Board Update

The Board reviewed and approved the unaudited preliminary June financial report indicating an average daily membership (ADM) of 813. The Board had budgeted a surplus of \$100,000 with a projected cumulative fund balance of \$2,437,380 or 24% of expenditures at fiscal year-end. The Board acknowledged that some of the realized surplus came from planned expenditures that were unable to be purchased or constructed during the 2021-2022 (FY22) school year due to supply chain issues.

The Board reviewed and approved the July 2022 financials with a projected ADM of 840. The cumulative fund balance is projected to be 24% of expenditures at fiscal yearend.

The Board received the Executive Director's Report where, in addition to the written report, Mr. DeBruyn reported on staffing changes, ALICE training, and facility modifications at the high school to accommodate a future athletic trainer.

The Board heard an update on the proposed 4 ½ acre land donation located to the west of the high school, including the required 60' of road frontage, the requested easement for access, and the need to communicate with the bond holders. The School Board and the Spectrum Building Company Board expect to have the donation completed prior to the end of December. Use of the land is yet to be determine, but will likely include some type of play space for physical education classes.

The following items were reviewed and/or approved by the Board:

- 3-year PSAT/ACT testing contract
- 2022-2023 (FY23) Student/Family Handbook – including adjustments to the student cell phone use policy
- Annual Directory Information to Be Released – FERPA Statement
- FY23 Student Activities Handbook – including increases in activity fees
- FY23 Employee Handbook – including adjustments to suspension of email while on extended leave and adding President's Day as a paid holiday

SEPTEMBER

School Board Update

The Board approved the August financials, including a budgeted ADM of 840.

The Board received the Executive Director's Report, including updates on large-ticket items (lockers needed in the high school, upgraded security on exterior doors, and an additional section of bleachers and digital sign at Spectrum's Athletic Complex). Mr. DeBruyn also reported on the successful hockey camp in the summer. However, a decision was made to postpone the program for one year.

The following items were reviewed and/or approved by the Board:

- 2022-2023 MDE Annual Charter School Assurances
- 2022-2023 Signature Lawn Care, LLC Snow Removal Contract
- FY23 Annual Approval of Staff Roster
- FY23 Annual Approval of MDE IOwA Resolution
- Updated Preparedness Plan
- Amended Finance Committee Description
- FY23 Board and Executive Director Goals
- Amended Executive Director Job Description and the Executive Director Performance Evaluation Policy, Procedure, and Timeline
- Amended Executive Director Succession Policy
- Amended Data Practices Policies
- Direct Admissions Pilot Program

OCTOBER

School Board Update

A number of parents spoke to the Board during Open Mic about concerns regarding vehicle and pedestrian traffic and safety on Twin Lakes Road, especially in light of the recent student accident. Parents mentioned they also spoke at a recent City Council meeting.

The Board reviewed and accepted the September financial report. The FY23 budget is based on 840 Average Daily Membership (ADM) and actual ADM is currently 881.65. As of month end, 25% of the year was complete with a cash balance, as of the reporting period of \$2,650,179.

The Board received and accepted the Executive Director's Report. In addition to the items presented in the written report, Mr. DeBruyn highlighted some enrollment and program changes taking place at local private

OCTOBER continued

School Board Update

and charter schools. Spectrum is increasing its marketing efforts to include Big Lake and St. Francis areas, in addition to current marketing in the Elk River, Ramsey, and Anoka areas.

The following items were reviewed and/or approved by the Board:

- FY23 School Board Academic and School-wide Q-Comp Goals
- Infinite Campus OLR Prime Proposal
- \$250,000 loan with First Bank of Elk River – to offset the costs for the high school parking lot construction
- Clay target shooting and cheerleading activities (if numbers are met)

NOVEMBER

School Board Update

The Board reviewed and accepted the October Financials including a current ADM of 883. As of month end, 33% of the year was complete with a cash balance of \$2,891,152. An inter-fund transfer for FY22 of \$49,647.65 from General Fund to Food Service Fund was approved by the Board to offset a loss to the food service program.

The Board received and accepted the Executive Director's Report. In addition to the items presented in the report, Mr. DeBruyn complimented staff for their flexibility and support in working through staffing adjustments this fall. He thanked the Board for their support in the construction of the new parking lot, which has freed up parking and overall traffic congestion around all three school buildings. He also reported on Spectrum's unique C@SH program in comparison to other high school options across the state. Lastly, Mr. DeBruyn spoke about the great turnout for the Veterans Day Program (with over 80 visitors).

The Board received a report regarding plans for the Online Program during the 2023-2024 school year, which includes plans to expand to additional C@SH courses if interest dictates.

The following items were reviewed and/or approved by the Board:

- Strategic Plan 2026 (expanded version)
- Jostens Yearbook 2-year Contract (2024-2026)
- FY23 Revised Signature Lawn Care Snow Removal Contract (accounting for new parking lot)
- FY22 Audit Report – including a clean opinion with no findings as presented by CliftonLarsonAllen, LLP
- Parent Involvement Plan – needed for Title applications
- 2023 Medica Employee Health/Dental Insurance Proposal – including continuation of the employer's portion of the health savings account
- Minnesota School Boards Association membership – including policy review access

School Board Update

The Board received and accepted a summary of the November financials, including a current ADM of 881.

As of month end, 41.7% of the year was complete with a cash balance of \$3,072,682.

The Board received the Executive Director's Report for the month of December, including a plan to shift 6th grade from 6 to 5 sections in an effort to support staffing at the 7/8 building, while also maximizing time for all teachers to prep.

The Board received and accepted a report from the Board Development Team, including three seats that will be open in the spring. Cory Taylor, Joshua Zehoski, and Nancy Moe are all planning to run for re-election.

The following items were reviewed and/or approved by the Board:

- FY22 Annual and World's Best Workforce Report
- Employee Retention Credit Review Contract
- Revised Title IX Policy – in compliance with updated federal regulations
- Revised Harassment Policy
- Final agreement between ER Ventures, LLC and the Spectrum Building Company for the donation of land to the west of the high school

Spectrum Principal Blogs

Spectrum has bi-weekly communication from both principals that can be found on the Spectrum website!



Mark Leland
High School Principal



Greg Heinecke
Middle School Principal

Spectrum continues to improve its communications to ensure students, parents, and staff have access to accurate and timely information regarding all of the exciting events and happenings throughout the school. Spectrum is blessed to have two seasoned communicators at the helm of both the middle and high school programs. In the 2019-2020 school year, the HIVE officially became a quarterly magazine to reach a broader audience. At the same time, both schools implemented bi-weekly Principal Blogs. All Spectrum families receive an email when the blogs have been updated. Information on subscribing to the blog(s) can be found on the Spectrum website at

<https://www.spectrumhighschool.org/schools/high-school/blog/subscribe> (high school), and

<https://www.spectrumhighschool.org/schools/grades-7-8/blog/subscribe> (middle school).

New SPECTRUM STAFF 2022-2023



Allison Bailey
MS Mathematics



Bridget Brower
MS Phy-Ed/Health



Mitchell De Haan
Social Studies &
College/Career Read.



Jessica Hegseth
Instructional Coach



Jenna Jeffers
Grade 6
Language Arts



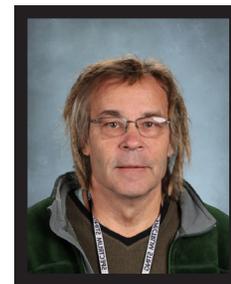
Jacob Johnson
MS Technology
Teacher



Jess Lingbeek
Lead Health &
Attendance Clerk



Jennifer Linn
Executive Admin.
Assistant



Bruce Mattson
MS Mathematic



Chloe Peiffer
Vocal Music



Alexis Peterson
MS Counselor &
DAC



Laura Presley
Visual Arts



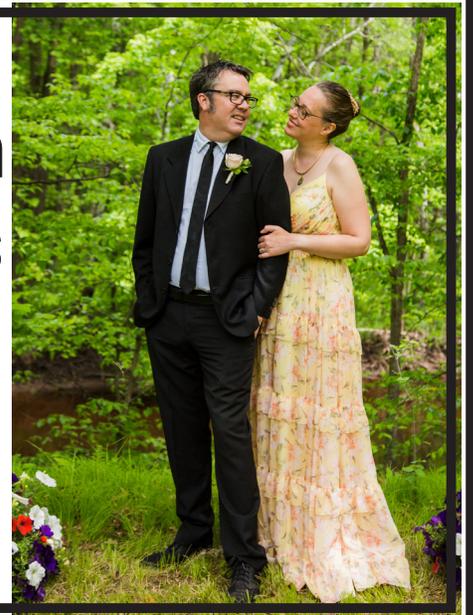
Heather Trieu
HS Counselor



David Turner
EMT, Acad. Support

Spectrum Additions

Congratulations to Jeff Rupert and his wife, Diane, who were married on June 5th, 2022 at their new home in Princeton.



Strong foundation of small class sizes



Spectrum’s Board of Directors, administration, and staff are committed to continuous improvement in our efforts to be a leading college preparatory school of choice committed to high standards and exceptional programming. In order to reach this vision, Spectrum equips students with the knowledge, skills, and attributes to successfully navigate the college and career of their choice and positively impact the world around them. Strong foundational beliefs drive Spectrum's efforts each day. Over the next handful of HIVE magazines, the school will highlight those belief statements that are foundational to the work Spectrum does.

Spectrum believes that ... small schools/class sizes meet individual needs, foster relationships, and provide a safe and supportive learning environment. Spectrum is committed to maintaining reasonable class sizes when compared to other public school districts. Predicting student numbers in each grade level can be challenging with open enrollment in a school of choice. Spectrum plans for 25 students per class (while the numbers may fluctuate a little lower or higher in different grade levels or sections depending upon unique student schedules). Logic dictates that a lower number of students allows teachers to know students better – therefore better understanding their needs, personalities, interests, etc., which leads to stronger relationships and a safe and supportive learning environment.

S	<u>Small schools/class sizes meet individual needs, foster relationships, and provide a safe and supportive learning environment.</u>
P	<u>Staff who are trained, caring, and effective</u> are essential to meeting the unique needs of our students.
E	<u>Parents/guardians</u> are the students’ primary educators.
C	<u>Participation in co-curricular activities</u> leads to increased leadership, teamwork, self-discipline, and academic achievement.
T	<u>Engagement in learning and challenging coursework</u> lead to increased self-confidence and high academic achievement.
R	<u>College and Career readiness</u> is achieved through rigorous coursework, targeted support, and individual determination.
U	<u>Technological competency</u> is vital to students’ future success.
M	<u>Reaching the community</u> through service creates positive change in oneself and others.
	<u>Upholding high expectations</u> builds self-discipline, self-respect, and self-reliance.
	<u>Modeling collaboration and continuous improvement</u> leads to a healthy and sustainable organization.

Onward! (2022-23 Staff Theme for Spectrum Schools)

Entering the 17th year since its humble beginnings in 2006 and the second year of its current strategic plan, Spectrum is moving *Onward* from last year's staff theme of *reVision*.

Still dealing with challenges from the pandemic, learning is one answer to those challenges, and *onward* is the only direction that one can go! The school wants to keep up the momentum, stay engaged, and continue growing. As the school moves *onward*, Spectrum staff are working together to stay motivated and resilient as new challenges come their way.

One inspirational saying that has provided the motivation for this year's theme reads, "You will never finish what you don't start, and you can't get better at something you haven't tried!" (author unknown).



Spectrum constantly looks for convenient ways to communicate to the Spectrum community. One of the ways the school distributes information is through various social media platforms. This allows the school to celebrate and showcase activities that happen around the school on a daily basis. Beyond assignments and grades, the school's social media accounts are a way to keep parents, students, community members, and alumni in the loop on the exciting events at Spectrum. Whether that is promoting events and concerts, sports recaps, or stories of the success of our students, the school utilizes the platforms of Facebook, Instagram, Twitter, and YouTube each week! Discover more stories on these accounts and follow along as Spectrum posts about the ongoing positive impact in the lives of its students!

How can you join in?

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

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



The SUCCESS of the STING

RESILIENT JOURENY TO QUALIFY FOR STATE MEET BY STING SENIOR

Spectrum High School senior Molly Novotny capped off an improbable cross country season by overcoming injury to qualify for the state meet. In the process, Molly serves as a role model to other student-athletes who may face adversity.

Novotny started running cross country after her seventh grade year and this cross country season Molly was rewarded for that decision made more than five years ago. On Saturday, Oct. 27, after starting the 2022 season in a boot due to an ankle stress fracture, she finished fifth at the Section 5AA Meet qualifying her for state.



Photos provided by: R. Peterson, R. Chrest

During the latter stages of the section race, unfortunately, she reinjured the stress fracture site putting her back in a boot and she was unable to compete at the state meet.

“It has been a bit of a roller coaster”, said cross country coach Rick Peterson. “While injured early in the season, Molly worked very hard at cross training and put herself in position to excel once her ankle healed. Then after an incredible season, reinjuring her ankle during the section meet brought her back to where the season began, in a boot”.

“Molly has handled the season well”, said Peterson. “She is an example to others about how to work through challenges and celebrate victories with grace and honor. To finish the section meet race and qualify for state showed courage and resilience. She is leaving a positive legacy for others here at Spectrum.”

Competing at a high level is not new to Molly. Earlier in October she won the individual championship at the MCAA Conference Cross Country Meet in a school record time of 18 minutes, 55 seconds for the 5000-meter race. Last spring, Molly finished sixth at the state track & field meet as a member of Spectrum’s 4x800 meter relay team and second as a member of the 4x400 meter relay.

As a student, Molly excels in math, so much so that she is planning on majoring in accounting in college. In November, Molly signed an NCAA National Letter of Intent to participate in cross country and track & field at the University of North Dakota in Grand Forks, ND. Congratulations, Molly!

MULTIPLE AWARD WINNERS AT NATIONAL CONVENTION

Congratulations to the yearbook and broadcast students for a successful National High School Journalism Convention! There were over 3,000 students in attendance from across the nation, and The Accolade placed 10th in Best of Show! This is a great honor for a national competition! Broadcast student Ellie Fox received an excellent award for her Broadcast Newswriting contest. Aric Randolph and Isaac Bengtson received an honorable mention for their Broadcast Sports story on sports injuries.



Spectrum ATHLETICS



Let's

Let's



FALL SPORTS UPDATE



The summer sunshine extended to Spectrum athletics this fall with outstanding team and individual accomplishments. Girls' soccer and girls' cross country each repeated as conference champions, and two of the girl cross country runners extended their season all the way to the state meet.

The girls' soccer team made a play-off run and finished their season ranked 9th in the state. The girls' cross country finished 3rd in the highly competitive Section 5AA meet. Senior Molly Novotny and freshman Hannah Boese each qualified for the state meet as individuals. Novotny was unable to race at state due to an injury and Boese finished with an impressive 44th place finish.

Let's go

"Our athletic team numbers were great", said athletic director, Rick Peterson. "Last summer we had 370 students participate in camps and the momentum carried through to the fall. Middle school sports continue to grow. There were 28 students in grades 6-8 that played football and another 27 out for volleyball."



A new athletic program will accompany the growing participation numbers. Clay Target has been added as a school sport for this spring and will be led by Coach Doc Sontag. "We had over 20 students participate in a co-op for clay target at another school", said Peterson. "We are excited to add another athletic opportunity for our students".

Let's go Spectrum

The school also recently announced that four new head coaches will take over the reins this year. Spectrum teachers Jennifer Hamernick and Mark Slechta will lead the girls' and boys' golf program. Each previously worked as assistant coaches with Spectrum's athletic department. Physical education teacher, Faith Faatz, will bring her decade of experience coaching soccer to the boys' program next fall. Finally, long-time area football coach, Dave Hamlin, will bring his leadership to the football program.



Let's go Spectrum Sting!

The growth of Spectrum activities also led to the creation of a new position to help support the increase. Katy Erdman joined Spectrum's staff last spring as its new Activities Coordinator. Ms. Erdman provides oversight to non-athletic activities, middle school sports, and game workers. "We are so grateful for the experience and hard work that Katy brings to her position", said Peterson. "She joins Mrs. Bondy to register hundreds of student-athletes for sports. Each year we schedule about 650 athletic contests and host half that many as well."

Let's go Spectrum Sting!

C@SH Course Highlights

Spectrum's C@SH (College @ Spectrum High) highlights focus on some of the course offerings within its concurrent enrollment program, Spectrum's highly qualified instructors who teach these courses, and the university affiliates. Check out the information below to learn more about current happenings within this unique program at Spectrum.

C@SH Intro to Psychology

(Offered in partnership with the University of Minnesota)



Throughout the course, the Intro to Psychology students have grappled with the difficult question of what makes them who they are. The age-old question of nature versus nurture has been the underlying theme as they try to break down the many facets of their behavior, their biology, and their personality. Students have engaged with the perspectives of the behaviorists Pavlov and Skinner, humanists Maslow and Rogers, and cognitivists Piaget and Vygotsky. Who and what is responsible for what makes them who they are; parents, society, neurochemicals, ancestors, etc....They would like to know! Students have been very open and reflective as they address the weekly discussions and it would appear that they have gained some useful insights in discovering the details of the different perspectives.



Mr. Hyde
Spectrum High School
Social Studies Teacher

C@SH Caculus I

(Offered in partnership with Anoka Ramsey Community College)



Calculus recently wrapped up its unit on Limits and Derivatives. Towards the end of the previous unit, students started calculating Derivatives of Functions.

Derivatives are the instantaneous rate of change, or slope, of a function. This can be directly applied to scenarios such as measuring the velocity or acceleration of an object simply by knowing how the object's position changes with respect to time.

Over the next unit students will be learning a wide variety of Differentiation Rules, which will allow them to start working with more complex functions and applications. Then they will move on to look at topics such as designing roller coasters, when an airplane pilot should start their descent, the calculus behind rainbows, and more!



Mr. Roddin
Spectrum High School
Mathematics Teacher

Key Components of Spectrum's C@SH program:

- All courses necessary to earn an AA degree while remaining on the Spectrum High School campus.
- 25 C@SH courses
- Taught by 10 credentialed teachers
- 3 AP courses
- 4 partner colleges: Anoka-Ramsey Community College, Pine Technical and Community College, University of Minnesota-Twin Cities, and Central Lakes College

College Prep

College Prep: ACT ONLINE PREP COURSE



In October, Spectrum High School was excited to announce a new initiative aimed at helping prepare its high school students for the ACT exam. Performance on the ACT exam has always been an important measurement tool for Spectrum students. Whether assessing a student's college readiness, or using an ACT score to gain access to the student's college of choice, it is important to the school that students are well prepared to succeed on the ACT exam.

In consideration of this initiative, Spectrum purchased 50 licenses from ACT Online Prep in the fall. ACT Online Prep is an interactive test prep software that was developed by the makers of the ACT. The software provides personalized learning paths for students. It is responsive to where students need to improve their skills and provides support through assigned learning tasks in response to individual performances on previous tasks/lessons.

Registration in October revealed a great deal of interest for the program. Junior students filled up most of the open positions in about a week. Following the junior registration period, a lottery was held after gauging interest amongst our 10th grade students to fill the last remaining spots.

Students who secured a position then committed to, and attended, 16 sessions during RTI (Sting Time) on Thursdays. The sessions began on November 3rd and concluded March 2nd, right before the ACT is administered to junior students here at Spectrum. So far, the feedback from both the students and teachers has been positive as they work together through the responsive curriculum. As this pilot year unfolds, Spectrum Administration is keeping an open mind for what this new initiative might mean for the future. We know this a great opportunity for our students and there's a lot of potential that this first experience might lead to; including the possibility of an ACT prep elective course being offered in the 2023-24 school year.



Student section showing off school spirit at the football homecoming game!

Dress-up days this year were:

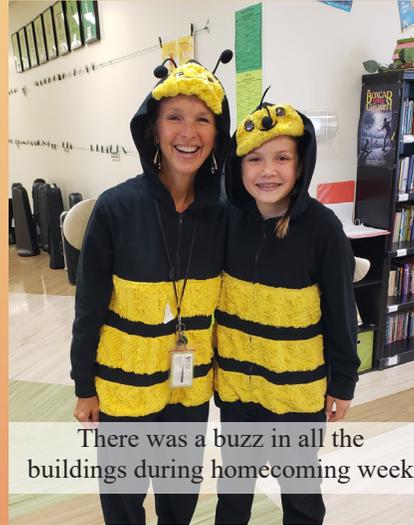
- Monday: Pajama Day and/or Stuffed Animal Day
- Tuesday: Teacher-Student Swap Day
- Wednesday: Country vs. Country Club Day
- Thursday: Bikers vs. Surfers
- Friday: Class/Grade Colors (9th - Gray, 10th - White, 11th - Dark Green, 12th - Black)

Spectrum High School's Homecoming took place the week of September 26th. The Student Council organized, planned, and advertised all the events for the week, which included students showing their school spirit by dressing up each day.

HOMECOMING 2022

Students in grades 9-12 voted for royalty and each class selected two people to represent their grade level.

- Freshmen - Corrine Mach and Logan Peterson*
- Sophomores - Addison Kirkpatrick and Peter Kopp*
- Juniors - Arianna Bechthold and Ethan Howe*
- Seniors - Morgan Alders, Grace Beck, Arona Shaw, Sage Behnken, and Sydney Mackenthun, Isaac Bengtson, Matthew Burquest, Jairus Sorensen, Jamison Waknitz, and Asher Koch*



There was a buzz in all the buildings during homecoming week

After all the votes were counted, Grace Beck and Matthew Burquest were crowned Queen and King during a fun and eventful pep fest on Friday. In addition to coronation, fall sport captains provided team highlights, which was followed by several different games being played that included both staff and students. The week concluded with record-breaking attendance at this year's Homecoming dance! It was a great week and Spectrum students and staff really showed their school spirit!



School spirit was in full swing as Broadcast students dress up for country vs. country club!

2022-2023 Student Council membership is: President, Domanic Dick; Vice President, Natalie Fischer; Secretary, Etta Glinsek; Treasurer, Jaramyah Johnson; and Student Outreach Coordinators, Amelia Halverson and Sarah Smith. Other members include Addy Wells, Ingrid Herstad, Quinntin Berry, Marin Berg, Sarah Smith, Addison Thompason, Aislin Tuckey, Jezebel Dimaze, Morgan Alders, Brady Anacker, Katie Hanson, Natalie White, Lillie Danis, Caroline Person, Danica Orth, Molly Novotny, and Allie Koch. Student Council Faculty Mentor is Ms. L. Johnson.

WINTER SPIRIT WEEK 2023



Lynae W. and Micah M. pose for a photo after being crowned.

Near the end of January, Spectrum held its annual Winter Spirit Week, filled with events and activities including dress-up days, pepfest, winter coronation, winter athletic homecoming games, and more. As tradition, students in grades 9-12 voted for royalty and each class selected two people to represent their grade level.

Freshmen - Corrine Mach and Logan Peterson

Freshman - Alyssa Fisher and Joshua Jeske

Sophomore - Lilian Carlson and Andrew Burquest

Junior - Madilyn Smith and Alexander Ericson

Seniors - Caroline Miltich, Molly Novotny, Lynae Walker, Abigail Klingelhofer, Samantha Neiss, Preston Pinz, Caiden Tuckey, Domanic Dick, Micah Matthews, Alex Rolloff

At the end of the week, Lynae Walker and Micah Matthews were crowned Queen and King during the coronation that was held on Friday afternoon during the pepfest. Another highlight of the pepfest was Family Feud organized by the Student Voice Collaborative (SVC) and hosted by students Zakya Siegler and Caiden Tuckey.

The spirit week closed out on Saturday night with students dancing the night away at the SnowBall Dance hosted by Spectrum's National Honor Society members.



These BBQ dads are here to master the grill. (L-R: Lyla G, Aislin T, Sara S.)



All the colors were on full display on Tye Dye Tuesday

Winter Dress-up themes were:

- Monday: Pajama Day
- Tuesday: Tye Dye Day
- Wednesday: Wednesdays we wear pink
- Thursday: Barbeque Dad vs. Soccer Mom
- Friday: Class/Grade Colors (9th - Gray, 10th - White, 11th - Dark Green, 12th - Black)



Pink was everywhere on Wednesday!



SPECTRUM MIDDLE SCHOOL



Photo Credits: C. Haley

The Empowerment of RECESS

There are very few shared community experiences any longer. Those that are shared are often negative unfortunately. Yet one does remain, at least in a school setting, and that is recess. Everyone can recall the times in elementary school when after lunch students got to go outside to play. Thirty minutes – was that the length?! – with limited supervision, running, jumping, throwing, swinging, chasing, laughing, doing whatever one wanted to within the boundary of the schoolyard with school equipment. We were given the independence and trust to make our own choices with what to do and with whom to



All smiles on the middle school phy-ed field during recess, complete with a warm October day!



football in the fall is always a go-to pastime.

do it. Some days linked into others, like swinging or playing football day after day after day. Choice or the desire to change disrupted the routine to something else: playing tag or just sitting and talking. Boys were with just boys, girls with just girls, or boys with girls and girls with boys. Most adults look back on recess as a time that they enjoyed.

In the 2020-21 school year, schools struggled because of Covid. When students were physically in the classroom, a mask was required to be worn. Those were long days. Those were days that teachers and students took mask breaks, which at Spectrum Middle School (SMS) typically included going outside. It was not for thirty minutes, nor were the students empowered to make any choices with even the



Middle school students shown above enjoying the fresh air with some bubble fun during recess!

limited amount of time, but it still was looked back on as a time that they enjoyed in the larger context of the not-so-enjoyed structure of the day.

Years before the pandemic, in 2013, John J. Ratey, M.D., bestselling author and renowned psychiatrist, wrote in *Spark* about the fascinating investigation into the transformative effects of exercise on the brain. *Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: Aerobic exercise physically remodels our brains for peak performance. Spark is about how exercise is truly our best defense against everything from depression to ADD. He writes, We all know that exercise makes us feel better, but most of us have no idea why. We assume it's because we're burning off stress or reducing muscle tension or boosting endorphins, and we leave it at that. But the real reason we feel so good when we get our blood pumping is that it makes the brain function at its best, and in my view, this benefit of physical activity is far more important – and fascinating – than what it does to the body. Building muscles and conditioning the heart and lungs are essentially side effects. I often tell my patients that the point of exercise is to build and condition the brain.*

Finally, depending on the source, current research on mental health shows that among teenagers, their mental health is seen to be in either a *crisis* at its most severe or as a *concern* for many others. Rates are rising in depression and suicide, and there are large, consistent, and alarming trends for girls in the USA and the UK (as well as in Canada, Australia, and New Zealand). The trends are less consistent for boys, but they too are doing worse today than before 2010. ...and so Recess was created at SMS.

Whether from our memories, science, or research, SMS took these ideas and brought play into the middle school day. SMS believes that play, occurring regularly each week during Sting Time, will make a positive difference on our learners. Currently it is only one day a week on a rotation with advisory lessons and Response to Intervention support, but it is thirty minutes with limited supervision, running, jumping, throwing, chasing, laughing, doing whatever one wants to within the boundary of the schoolyard with school equipment. Students are given the independence and trust to make choices with what to do and with whom to do it. Some days linked into others playing football or shooting baskets or using chalk to draw on the sidewalks, playing tag or just walking and talking: boys with just boys, girls with just girls or boys with girls and girls with boys. It is a time that they are enjoying themselves. And if it *lifts moods, fights memory loss, sharpens intellect, and helps students function better*, those are the wonderful added benefits.



Volleyball is always a hit during recess.

2022-2023

MS Athletics & Activities

Offering more opportunities than ever before!

Spectrum Middle Schoolers are offered numerous opportunities to be involved. These activities range from a variety of school councils, to joining an after school club, to being a part of an athletic team.

Starting with the different councils that the students can join to help make an impact on Spectrum Middle School, Students can be a part of Student Council, Student Advisory Crew (SAC), and What I Need (WIN). Student Council allows any student to join and help plan events and activities for the middle school. The Middle School Student Council has already hosted their first open gym and are planning the next event. SAC is a group of students that are picked by the teachers and administrators to help share thoughts and ideas from the student body. WIN consists of 8th graders who had the opportunity to help lead this year's incoming 6th graders into middle school. This has made for a smooth transition into Spectrum Middle School.

Another way Spectrum Middle School students can be involved is through Sting Clubs. These clubs start after school and have a total of ten sessions. Sting Clubs are designed to bring together groups of students who share common interests. In the fall, the two clubs that were offered were Technology Club and Art Club. The Technology Club introduced students to beginner level coding, website development, and digital design. The Art Club allowed students to experience and explore different types of materials, projects, and styles that are personally picked by each student.

Joining an athletic team is another way to become involved at Spectrum. The middle school students have the opportunity to try out a variety of sports during all three



WIN (What I Need) Student Leaders Helping Students Win!

WIN (What I Need) is a program at Spectrum Middle School to help 6th grade students make the adjustment from elementary school to middle school. A WIN group consists of two 8th grade WIN Leaders and eight to ten 6th grade students. The work for WIN Leaders begins at 6th Grade Orientation. The goal of the 6th Grade Orientation is to help incoming 6th graders feel comfortable and prepared for their first day of middle school. At the 2022 orientation, the WIN Leaders worked with their 6th graders on some practical skills such as setting up their binders, using their Chromebooks, and becoming familiar with the learning management systems of Schoology and Infinite Campus. Students also played some games to help them get to know their fellow 6th graders. One of the biggest benefits of the orientation was that most 6th graders left feeling like they had made some new friends and were prepared for the first day of middle school.

Throughout the school year, WIN Leaders meet once a month during Sting Time with their groups. During this meeting time, the leaders check in with their 6th graders, teach a short lesson, and play a team-building game. Some of the topics students discuss are responsibility, friendship, perseverance, teamwork, and integrity. The 6th grade students really benefit from having an older peer mentor to talk to and learn from and the 8th graders learn strong leadership and communication skills. It's a win-win for all!



Spectrum Middle School Homecoming Week 2022

The Middle School Student Council this year made sure their classmates had a memorable Homecoming week!

Each day they provided a dress-up theme;

Monday – PJ/Hat Day,
Tuesday – Hawaiian Day,
Wednesday – Western Day,
Thursday – Jersey Day; and
Friday – Sting Day. (8th grade wore black, 7th grade wore white and 6th grade wore green.)

The halls were festive each day with their classmates enjoying their creativity. The week ended with a pepfest, which was a monumental experience for each middle school student. This event was the first time this school year that over 400 middle schoolers were in the gymnasium at the same time! Students and teachers competed against each other in relays that included scooters and workout mats. Cheering and screaming was a constant as students encouraged their classmates on to victory. Overall, Homecoming week was a success and one that middle school students will remember for a lifetime.



Middle School Football players gather in the Vikings' endzone!

Photo provided by: Katy E.

seasons. In the fall, students in 6th-8th grade can participate in middle school volleyball and middle school football. 7th and 8th grade students can also participate in cross country. During the winter season, 6th-8th graders are able to play middle school (boys or girls) basketball and middle school wrestling. 7th and 8th graders can also participate in dance. During the spring, Spectrum hosts a middle school track meet, which allows 6th graders the opportunity to see first-hand what is involved in the sport of track. 7th and 8th graders are able to participate in baseball, softball, golf, and track and field.

A highlight for many of the Spectrum Middle School football players this school year was getting invited to play in the US Bank Stadium, home of the Minnesota Vikings. They played against the Forest Lake middle school team.

LOOKING TO DISCOVER MORE?



Vision Statement

Spectrum's vision is to be a leading college preparatory school of choice committed to high standards and exceptional programming.

Mission Statement

Spectrum's mission is to equip students with the knowledge, skills, and attributes to successfully navigate the college and career of their choice and positively impact the world around them.

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

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