

Happenings from

THE HIVE

Spectrum's Winter Magazine

Winter 2021

Spectrum District School Counseling P. 6

Winter Royalty
Coronation
p.10



p.18

*Effective Learning
Environments*

p. 4

Holiday Spirits Bright Via
Virtual Performances

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Spectrum High School

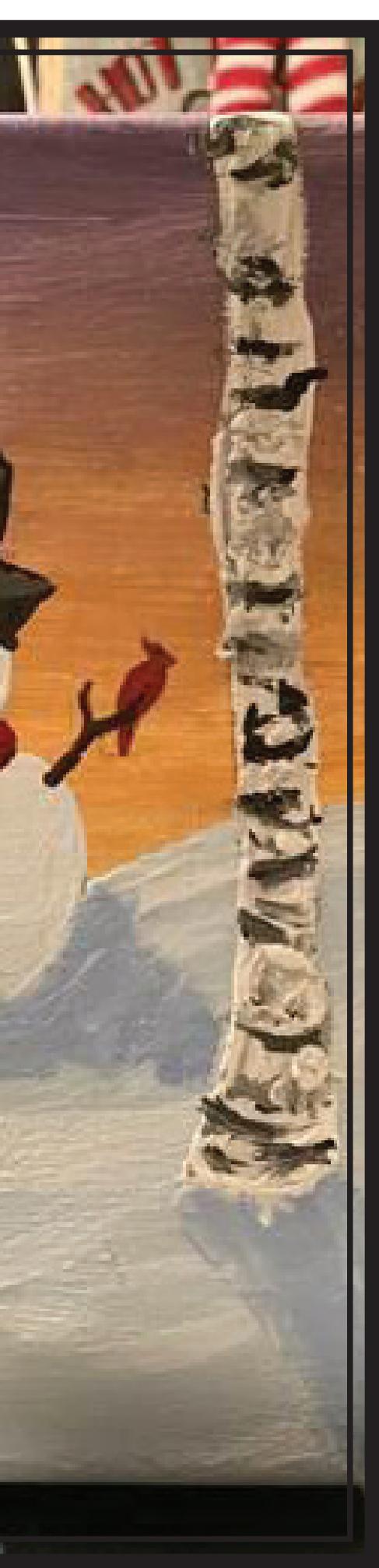
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Winter Wonderland Contest Winner – Savannah Potter, 6th Grade



Friends of Spectrum, Inc. is Up and Running & Seeking a Board Member

501(c)3
Corp.

Friends
of Spectrum,
Inc.

In 2019 Spectrum Middle School and Spectrum High School (Spectrum) began the process of creating a nonprofit corporation as a mechanism to separate donated funds from public funds. This resulted in the forming of Friends of Spectrum, Incorporated (FoSI), a separate nonprofit organization whose sole purpose is to promote and support the activities of Spectrum schools, including providing assistance to Spectrum schools and their entities, providing assistance to pupils at Spectrum schools and their families, based on need, and assisting Spectrum schools with expansion efforts.

The first members of the FoSI board of directors were appointed in the spring of 2019 and met for the first time on June 11, 2019. They have been discussing policy and procedures for accepting, raising, and utilizing funds and will be meeting again this spring.

Current FoSI Board Members:

- Scott Gangl (Spectrum Middle School teacher)
- Jessica Anacker (Spectrum Parent)
- Mary Gattis (Spectrum Parent)
- Dana Carlson (Spectrum Parent)
- Dan DeBruyn, Spectrum's Executive Director (non-voting ex-officio member)
- Rick Peterson, Spectrum's Activities Director (non-voting ex-officio member)

The FoSI board is seeking candidates for one open position!

Any Spectrum parent interested in being a part of a team dedicated to improving Spectrum program offerings and facilities and seeking donations to support their students and the school is encouraged to apply. Please send questions and/or a note of interest and a short biography to info@friendsofspectrum.org.

Spectrum Voted Best Charter School!

Spectrum is the 2021 Readers Choice for Best Charter School in the local Star News readership area. Thanks to its high quality staff, students, and families, Spectrum has a proud tradition of providing exceptional service and educational opportunities. As a result, Spectrum has enjoyed a very positive reputation in the local community. We are humbled by this honor and thankful to all those who voted for Spectrum. We will continue striving to meet the needs of our families, continually improve our offerings, and provide top quality education for our students.





Middle School students perform during the filming of the virtual recording of the Symphonic Band.

Photo Credits: C. Haley



Music Department Makes Holiday Spirits Bright Via Virtual Performances

When winter concerts become online winter wonder!

As you may have noticed, the Winter Fine Arts Band and Choir concerts this past December were not delivered in their normal concert format in what has become a well-loved Spectrum tradition to kick-off the holiday season. Typically, evergreen trees adorned with sparkling white lights and a gym filled to capacity with an anticipatory audience, coupled with the polished and well-rehearsed student performers is what is familiar. Yes, 2020 struck again! However, with many districts choosing to either suspend or drop their arts programs altogether, Spectrum was determined to find creative ways in which to ensure that “the music played on . . .”!

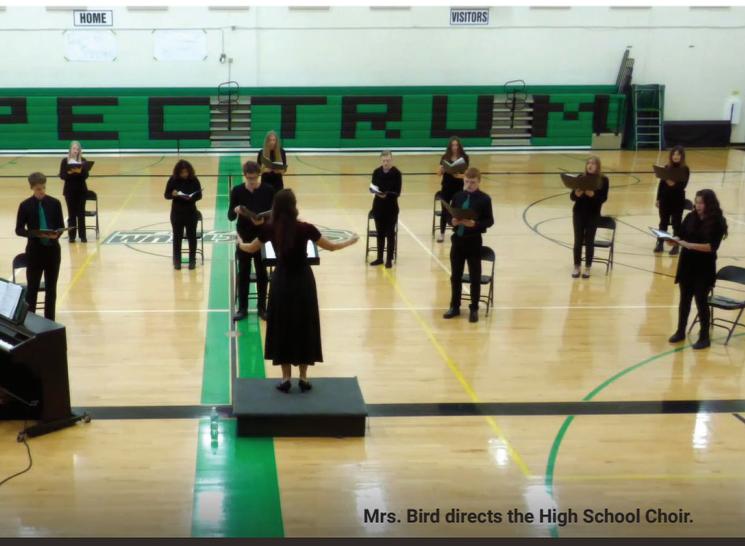
Ms. Grace, 7-12th grade band director, and Mrs. Bird,

6th-12th grade choir director, approached Spectrum administrators at the beginning of the school year to begin a conversation around the possibility of holding in-person rehearsals and recorded performances while ensuring socially distancing, sanitization, and properly donned protective attire. Clint Haley, Spectrum’s A/V Technical Director, along with students Skylar MacLennan and Aaron Ziebarth, got to work laying out the details of how to record and film the performances. They worked tirelessly and without their efforts it wouldn’t have been possible.

Both band and choir students held rehearsals on Mondays leading up to a recording date. Due to alternating school days and distance learning, Mondays were the only time

students were able to come together as a full ensemble to work on their music. A specific recording day was set and students came dressed in their concert attire to record the final performance. To serve as transitions and introductions for each musical number, students were assigned speaking parts that were recorded as a part of the overall virtual concert.

The first virtual performance produced was that of Spectrum's band students with each ensemble performing one to two holiday pieces. The Concert Band, which includes second year players, performed "Santa's Angry Elves" and "Reindeer Paws." Next, the Symphonic Band, which includes third year band students, performed a piece featuring the low brass section titled, "Low Brass on the Housatop." Following the Symphonic Band was the Intermediate Band, which included third and fourth year band students, and they performed a fun Latin-tune titled, "Deck the Halls with Chips & Salsa", which featured the percussion section. Next up was Spectrum's Wind Ensemble, which consisted of freshmen and sophomores, and they performed "The Grinch" and "Canon of Peace." Lastly, the Chamber Winds performed "Themes from the Nutcracker" and "All Is Calm" which featured soloists Samahra Sprague on piano, Noah Raivala on alto saxophone, Holly Ponto on flute, and Noelle Hensel on trumpet.



You can find Spectrum Chamber Choir's cover music video of "Hallelujah" on YouTube!

Once the recording of Spectrum's band students was complete, work began in earnest on recording the choirs. Each choir ensemble performed two pieces for the virtual performance, consisting of a wide variety of genres, including well-known carols and contemporary hits. In addition, the high school Chamber Choir created a music video (within the virtual concert) to the well-known tune of "Hallelujah." This was a new and unique experience, and one that choir students are hoping to make an annual occurrence. Be on the look-out for "mini concerts" coming this spring, which will be posted throughout the months on the Spectrum Facebook and YouTube pages.

Finally, when the last bit of recording was complete, the band concert was released to view on Monday, December 21st followed by the choir concert on Wednesday, December 23rd., and both videos remain available for viewing on the Spectrum Facebook and YouTube pages.

Although not as hoped or originally planned, Spectrum was grateful to be able to celebrate our students' talents and accomplishments by producing music even in the midst of adverse circumstances. Here's hoping for "normal" come spring!

// School Counseling



Spectrum School Counseling Department

Providing Support Beyond The Classroom

Spectrum is filled with a team of educators, administrators, and staff who strive to provide excellence in education and to foster a love for learning through positive relationships with all students. One key component of this team outside of the classroom is Spectrum's School Counselors.

“School Counselors work to address the academic, career, and social needs of students through direct and indirect services”

School Counselors work to address the academic, career, and social needs of students through direct and indirect services, which may look different depending on student age and population. For example, middle school counselors assist students with navigating through the often

complicated and confusing pre-teen years, which can be a time when students are searching for their own identities and are experiencing new social situations as they strive for independence. In the high school, counselors provide support to students as they prepare to transition to adulthood. This transition includes

high school planning, navigating through college and career opportunities, along with facing additional social and peer pressures. Although different focus areas, there is much that middle and high school counselors have in common in that they possess a desire to support

// Middle School

Mrs. Sadie Snodgrass
Grades 6-8
763.450.9807

// High School

Mrs. Angie Scott
Freshmen and Sophomores
763.450.9022

Mr. Blake Mayes
Juniors and Seniors
763-450-9853



Mrs. Sadie Snodgrass



Mrs. Angie Scott



Mr. Blake Mayes

students through their educational and personal journeys. School counselors are charged with advocating for the individual needs of their students and to provide short-term crisis support to those struggling with mental health.

Spectrum prioritizes students' needs and provides for three school counselors. Sadie Snodgrass, who came to Spectrum two years ago, supports 6-8th grade students and also serves as the District Assessment Coordinator. Last winter, Blake Mayes joined the high school team as the 11th and 12th grade counselor and master scheduler. Angie Scott completed the trio in the fall of 2020 as the 9th and 10th grade counselor and who also provides marketing support for the school. These personnel changes have presented the Counseling Department with an opportunity to evaluate current practices and to find new and creative ways in which to meet the ever challenging needs of students. As a part of the school climate survey in the spring of 2020, parents were asked to share responses in relation to their experience with the School Counseling Department. Based on the results of the survey, the Counseling Department began taking steps to evaluate its current programming and determined areas for growth and additional opportunities for connection and program education with students and families. As the Spectrum community has evolved, so does the need for further social/emotional, academic, and college and career support for students.

At the high school level, several action steps were put in place beginning with sending out a Student Needs Assessment to all high school students. Based on survey results, the high school counselors were able to assess and

create a plan on how to best meet student needs. A similar check-in form was sent to middle school students as a means to help identify students who wished to receive more support with various school and personal topics, including organizational support, study tips, coping strategies, and anxiety.

To continue meeting the needs of students during COVID, Spectrum counselors have been meeting with students via Google Meet, Zoom, and communicating through email. Schoology groups have been created at the high school and middle school levels to help foster positive interactions with students in a virtual setting. Counselors have also attended Advisory classes to promote Spectrum's current programming and inform students about upcoming opportunities like C@SH nights, Financial Aid Night, and college entrance exams. In addition, Google Meet groups were created via Schoology for various student groups as a means to connect with one another during Distance Learning.

In addition to revamping the way Spectrum identifies student needs, the counselors have been actively working to update the district school counseling webpage. These changes will provide prospective families, current families, and students with information about middle school and high school programming, mental health resources, college and career opportunities, and community resources. For example, students now have access to a Virtual Calming Room, which is an online resource that provides ways to deal with stress and anxiety.

Lastly, families may anticipate receiving an annual Climate Survey in the Spring of 2021 specifically focused on the school counseling department as it continues to self evaluate in its effort to meet the needs of Spectrum students and families.



The counseling department is shown during National School Counselor Week in January. L-R: Sadie Snodgrass, Blake Mayes, and Angie Scott.

Spectrum SOCIAL MEDIA



What:

Spectrum is growing our Facebook, Twitter, Instagram, & YouTube channels.

Why:

- Celebrate our students
- Keep parents, students, community, and alumni in the loop on what is happening at our schools
- Promote events and share information like concerts, no school, or fundraiser reminders
- 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.

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



You shop. Amazon gives.

SUPPORT SPECTRUM THROUGH AMAZON SMILE

AmazonSmile is a convenient, cost-free way for you to support Spectrum! When you shop at smile.amazon.com, everything is the same as shopping at Amazon.com. You'll find the exact same low prices, selection, and convenient shopping experience - with the added bonus that Amazon will donate a portion of the purchase price to Friends of Spectrum, Inc. (a 501(c)3 organization started by Spectrum whose sole purpose is to support Spectrum High School and Spectrum Middle School). Amazon Prime also works on Amazon Smile.

How do I shop at AmazonSmile?

To shop at AmazonSmile, simply go to smile.amazon.com from the web browser on your computer or mobile device. You may also want to add a bookmark to smile.amazon.com to make it even easier to return and to start your shopping at AmazonSmile.

How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile, you need to select Friends of Spectrum, Inc. to receive donations from eligible purchases before you begin shopping. AmazonSmile will remember your selection, and then every eligible purchase you make will result in a donation. *Note: If you currently have Spectrum High School as your organization, please change it to Friends of Spectrum, Inc.*

Any questions about setting up an AmazonSmile account should be directed to Amy White, Spectrum's Business Assistant, at (763) 450-9861 or awhite@spectrumhighschool.org.

Thank you for supporting Spectrum High School and Spectrum Middle School!

SPECTRUM MIDDLE & HIGH SCHOOL (DISTRICT #4160)

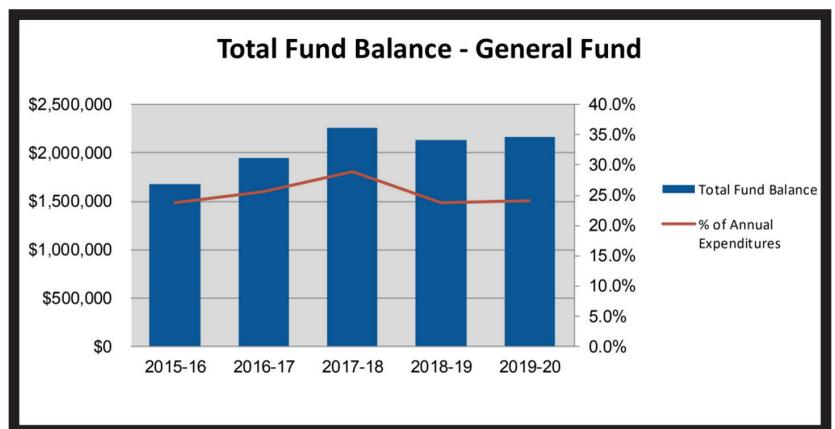
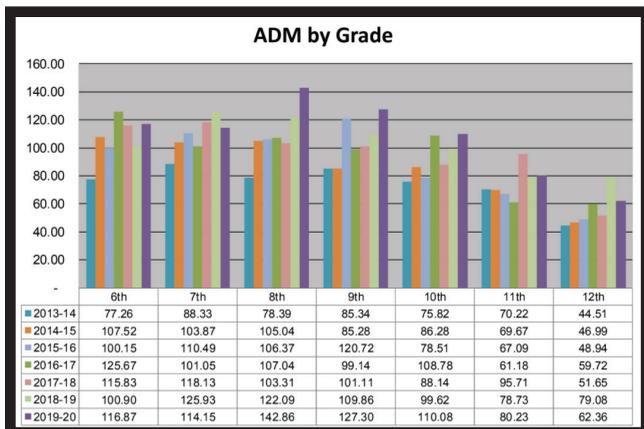
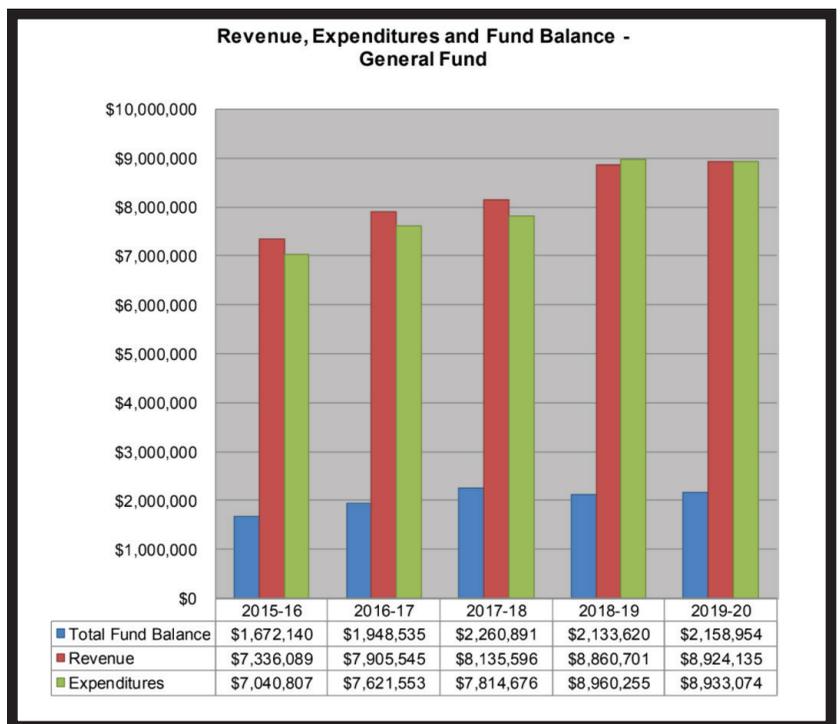
FINANCIAL STATEMENTS AND SUPPLEMENTARY INFORMATION

YEAR ENDED JUNE 30, 2020

Spectrum Financials: Very Strong

As a public school, Spectrum hires an outside firm to audit the school's financials on an annual basis. The 2019-2020 (FY20) audit was completed by Clifton Larsen Allen, LLP, who presented at the November 2020 School Board meeting. It was reported that Spectrum's balance sheet is exceptionally strong and well within the required 20-25% fund balance minimum. Clifton Larsen Allen rendered a clean unmodified opinion without findings for FY20, which is the highest opinion that can be received.

The following charts indicate some financial trends noted by Clifton Larson Allen as part of the audit process. The full audit report is available on Spectrum's [website](#).



SPECTRUM HIGH SCHOOL

Let's go Spectrum, go out and fight! Let's go Spectrum, show 'em our might! Always believing, ever achieving, we will always win with pride! Strong in spirit, champions are we, honor we always bring. S-T-I-N-G. Let's go Spectrum Sting!

SPECTRUM SCHOOL SONG



Photo Credit: Clint H.

Spectrum's winter royalty nominees introduced themselves during the virtual coronation ceremony.

Spectrum's Student Council planned and executed yet another great Snow Daze (Winter Fest) week in 2021! President Joe Kettelhodt and Vice President Emma Medina, along with advisors Ms. Beehler and Ms. Johnson, as well as the entire Student Council, worked tirelessly to make Snow Daze fun and filled with school spirit even while Spectrum remained in distance and hybrid learning.

Students were able to show their spirit by dressing up in pajamas on Monday, crazy masks on Tuesday, meme outfits on Wednesday, flannel on Thursday, and class colors or school spirit clothing on Friday. Teachers nominated students for best dressed each day and prizes were awarded during the Coronation, which took place on Friday.

Students voted for royalty by grade level as follows:

9th graders selected *Etta Glinsek and Ethan Howe*;
10th graders selected *Brianna Schreffels and Ben Klingelhofer*;
11th graders chose *Rachel Schleuter and Max Reis*;
and the 12th graders selected 5 royalty candidates: *Addison Westermeyer, Isabel Armstrong, Frances Dahl, Isabel Dillon, Emily Dopp, Eli Aberra, Logan Schumacher, Thomas DeBoer, Caleb Gangl, and Joseph Kettelhodt.*

On Thursday, the entire school voted for the Snow Daze king and queen, with Addison Westermeyer and Thomas DeBoer being chosen as this year's royalty.

Since school was still not yet back to normal, and with many students still doing distance learning, Student Council planned a virtual coronation with each candidate recording a short video introducing themselves while virtual emcees kept the show moving. Mr. Clint Haley helped produce the video, which was then shown during Advisory. Snow Daze was a great example of how Spectrum students continue to maintain school spirit regardless of circumstances. Way to go, Spectrum!

School Spirit on Display



Joe. K's school spirit was on display with this flannel day fasion.



Noelle H, Oliva G, and Brooke S. show off their flannel during winter spirit week



Several Spectrum staff members participated in Meme day with the popular meme of Bernie Sanders from the recent inauguration



**Spectrum Skating Rink
OPENED TO THE PUBLIC!**

In addition to fall sports, Spectrum opened its first full-sized hockey rink in partnership with the City of Elk River. Spectrum's rink was open to the public and is the only full sized, lighted, outdoor rink with a warming house in Elk River!

Spectrum Athletics: HONORS Fall Student-Athletes

This fall, there were numerous challenges in the area of athletics in the face of COVID with new sport guidelines and competition schedules seemingly changing as quickly as the weather in Minnesota! A sense of normal was nowhere to be found, but with the exception of Spectrum's student-athletes and teams continuing to demonstrate strength and resilience all while earning top honors in their sport. Congratulations to each of Spectrum's fall sport award winners for 2020.



VOLLEYBALL ALL- CONFERENCE

Rachel Johnson
Adrienne Foell
Carli Elrod
Jessica White



FOOTBALL ALL-SECTION

Tanner Gangl
Eli Orton



GIRLS CROSS COUNTRY ALL- CONFERENCE

Molly Novotny – State Meet
Qualifier
Makayla Harmer
Hope Beck



BOYS CROSS COUNTRY ALL- CONFERENCE

Kyle Haben – State Meet Qualifier
Ethan Evans
Zach Reese



BOYS SOCCER ALL- CONFERENCE

Jacob DeMond
Thomas DeBoer
Joe Sweet (Honorable
Mention)

FOOTBALL ALL- DISTRICT

Tanner Gangl
Elias Aberra
Brady Jakubiec
Eli Orton
Jon Greig (Honorable Mention)
Eli Hoehn (Honorable Mention)
Brandon Riddle (Honorable
Mention)
Jairus Sorensen (Honorable
Mention)



GIRLS SOCCER ALL- CONFERENCE

Maddie Fritel
Addie Westermeyer
Arianna Bechtold (Honorable
Mention)



GIRLS SWIMMING & DIVING ALL- CONFERENCE

Rachel Schlueter

It is said,
**“Challenges
 are what make
 life interesting.
 Overcoming them
 is what makes
 them meaningful.”**
(Anonymous)



Olivia S. stands before a panel of judges during her Senior Legacy presentation.



Will O. delivering his Senior Legacy presentation.

Leaving a Legacy: The Spectrum Capstone Experience

A look at one of the components of Spectrum's curriculum

Photos provided by Mrs. Chrest

Negativity and need has been a reality for us recently as seen in the lives of others, and in our daily life experiences. We have an opportunity every day to offer goodness, whether small gestures or large endeavors, the choice remains. Will we choose to seize that opportunity or will we simply sit still and perpetuate the status quo?

At Spectrum, we choose to embrace the opportunity to do good in our community. A demonstration of this is most vivid in our Senior Capstone Legacy experience. Building on their service experiences throughout their years at Spectrum, senior students identify a need within their sphere of influence and develop an action plan to help meet that need. Partnering community organizations help to focus the work; however, it's the students who, through their actions, produce the results.

Tutoring students and bringing meals, donating iPads to those who are quarantined due to COVID, making sensory stations for the Minnesota Historical Society, and "busy bags" for children in the hospital are just a sampling of the truly good deeds that Spectrum seniors carried out through their Legacy experience. Not only do these good deeds positively impact those in need, it does so for Spectrum seniors as well.

Addie Westermeyer, says this about her experience, "I had so much

fun and I really grew as a person. I learned so much about how giving back to the community can be so beneficial to not only others but also yourself. I really enjoyed completing my senior legacy because it was something that was close to me and it was incredible to see so many people who were involved gain something out of the experience. This project really developed my skills in communicating, managing money, organizing, and even writing. Capstone is a great class that helps you realize more about your community and addressing issues or awareness within it."

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world."
~ Desmond Tutu

CLOSER TO A COMMUNITY

"It really makes you thankful for the people that spend their lives dedicated to helping others."

Dominic B. 2021 Senior

NO MORE TRAINING WHEELS

“Ultimately, I now feel as though I can confidently go forward as an adult and into my career because of the skills and practice I gained from this experience.”

Bailey B. 2021 Senior

Dominic Bitzan shares his thoughts as well. “My capstone experience has made me grow closer to a community that I was already close to. My Capstone was about helping the residents and staff of BeeHive Homes of Elk River [BeeHive Homes is an assisted living and memory care facility in Elk River]. BeeHive has helped me through them helping my grandfather shortly before he passed, and being able to help people who’ve helped us sparks an innate desire within our souls. It really makes you

thankful for the people that spend their lives dedicated to helping others, which is what made me appreciate the teachers here at Spectrum even more.”

Bailey Brown summarizes her Capstone experience. “Now that I have completed my Capstone experience, I feel more equipped to enter into both the adult and the professional world. The Senior Legacy process and Capstone class gave me a supportive and safe setting in which I could develop my skills as an

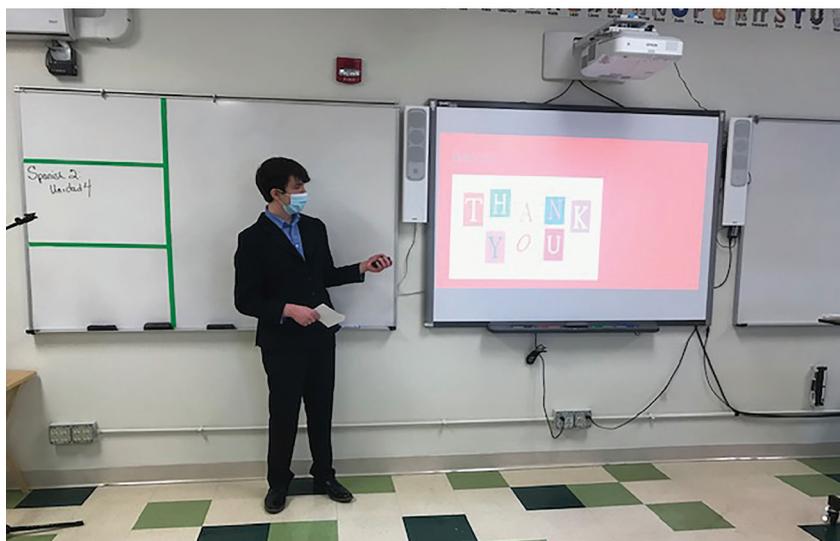
individual. At the beginning stages of the Legacy, the curriculum and staff members served as training wheels supporting us as we set out to operate on our own. Then the training wheels were taken off, and it was up to me to follow through with my plan and meet whatever challenges came up along the way. I am grateful to have had this opportunity to practice doing big things on my own in a less-threatening environment, like riding a bike with grass beneath me instead of concrete. Ultimately, I now feel as though I can confidently go forward as an adult and into my career because of the skills and practice I gained from this experience.”

As Spectrum students work independently to recognize and meet the needs of our community, collectively they are making a significant impact. Spectrum seniors are leaving a legacy of service. In the words of Desmond Tutu, “their little bits of good put together will [help to] overwhelm the world.”

GIVING BACK

“I learned so much about how giving back to the community can be so beneficial to not only others but also yourself.”

Addie W. 2021 Senior



Dylan E. shown completing his Senior Capstone Legacy presentation.

C@SH Course Highlights

Spectrum's C@SH 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.

College Prep

C@SH American Government and Politics

(Offered in partnership with Pine Technical College)

The United States political lens is forever changing and ever evolving, which drives the *American Government and Politics* course to take on a different focus each semester. Through this lens, the evaluation of key rights and responsibilities of all American citizens are explored. In addition, discussion participation of key topics and current events is a main course component, which are the discussions that help students to understand various perspectives and how to conduct civil conversations. Learning how to conduct civil conversations is a skillset that may be applied to all aspects of adulthood.



Mrs. Hewitt
Spectrum High School
Social Studies Teacher



Pine
Technical
College

College Algebra II

(Offered in partnership with Anoka Ramsey Community College)

Second semester marks the start of *College Algebra II*, which focuses on Trigonometry. Trigonometry is an exciting topic as it builds a bridge, connecting Algebra with Geometry, and takes the student into the realm of Calculus. Many physical, and not so physical, phenomena can be described or modeled through Trigonometry. For example, Over 2,200 years ago, before the existence of many of the technologies available today, a Greek Mathematician by the name of *Eratosthenes* was able to estimate the circumference of the Earth to be 40,250 to 45,900 kilometers (it is actually approximately 40,000 kilometers), and was able to do so with nothing more than a stick, a shadow, and a basic understanding of Geometry and Trigonometry.

The mathematics of sound waves, simple harmonic motion, whisper galleries, satellite dishes, space telescopes, and bridges, are some of the topics explored in College Algebra II. Students who are planning on majoring in some sort of STEM-related field are strongly encouraged to take Geometry in high school in order to be successful in future Calculus classes.



Mr. Roddin
Spectrum High School
Math Teacher



Key Components of Spectrum's C@SH program:

- 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, Central Lakes College

Student Voice Collaborative (SVC)



Members of the Student Voice Collaborative meet virtually to discuss various topics and perspectives.

The group has already provided diverse perspectives from students, which have guided decision-making in the areas of culture, academics, systems, and activities.

This fall, Spectrum High School launched the Student Voice Collaborative (SVC), which is designed to give students representation in decision making and to provide an opportunity to directly impact the development and improvement of the school. While staff members help guide conversations, the group is intended to help aid student development in the areas of leadership, citizenship, teamwork, respect, professionalism, communication, collaboration, and representation. Because this is a unique program that is being developed by Spectrum staff, the hope is that student voices will increasingly be heard and students will know that their ideas and feelings are valid and valuable. While school staff must make the best decisions for the benefit of the whole student

body, student input is highly valued at Spectrum High School and this group is a way to increase and formalize the opportunity to gain these perspectives. Three representatives from each grade level were chosen by the staff who help facilitate the group. Staff members include Mark Leland, Blake Mayes, Angie Scott, Darrell Skog, Dan Roddin, Sheri Pickar, and Jessica Kemnitz. Each of the student members of the group were chosen to represent the student body as a whole. The uniting theme of the group is being passionate about the school while being willing to gather diverse viewpoints and work together to make necessary improvements. So far, the group has met three times and collaborated on topics such as student challenges during distance learning, student mental health during

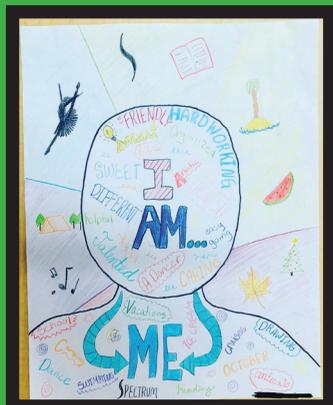
the COVID-19 era, and how school staff can better support students. Between each meeting, SVC student members are charged with the task of reaching out to their peers to gain a broader perspective and understanding of the whole group. The SVC works together to not only raise awareness to issues, but also to gather important student perspectives on potential solutions and action steps that staff and students can take. The group has already provided diverse perspectives from students that have guided decision-making in the areas of culture, academics, systems, and activities. The Student Voice Collaborative will continue to be an invaluable component of Spectrum High School for the remainder of this school year and for years to come.

Want to learn more? Watch the NOISE news story about the SVC here: [Click Here](#)



Screenshot of a recent NOISE news segment with anchors Ellie. F and Preston P. at the desk.

“I am me...” Portraits - Unit: *Self-Esteem*



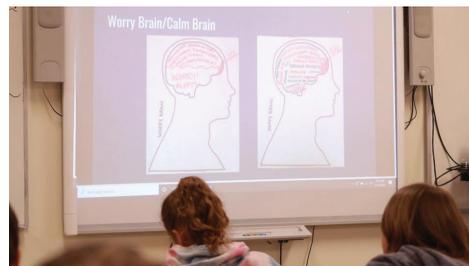
Life Skills

Photos provided by Ms. Honn

“Please teach Life Skills” . . . is often heard as a request amongst parents who wish for their students to be taught skills that are applicable to everyday life. At Spectrum, 6th grade students have the unique opportunity to take a course specifically designed with teaching life skills in mind and aptly named, “Life Skills”.

In this course, students learn various life skills in the area of mental/emotional health, physical health, and social health. Specific topics include self-esteem, taking responsibility, empathy and compassion, healthy friendships, conflict resolution, regulating emotions, and personal hygiene. These topics are delivered through the structure of an Art class, which provides students with the opportunity for creative expression in an artistic format.

Within the newly designed and combined Art/Life Skills course, students have the opportunity to create such things as, “I am me ...” portraits to promote positive self-esteem, design “responsibility coupons” for household tasks of help to members of the family, or write a story about showing



“Worry Brain... Calm Brain...” - Unit: *Regulating Emotions*

2019-2020 Projects



19-20 School Year - A visit from the American Heart Association to discuss the dangers of Vaping

19-20 School Year (Left right) - Eliza (Grace) C., Amy L., Noah V. - Unit: *The Dangers of Energy Drinks & The Importance of Sleep*

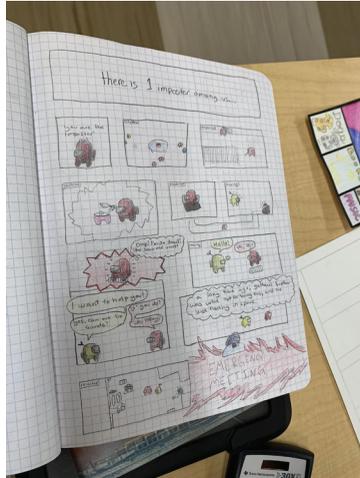


empathy and create an original comic to accompany the story. These types of projects have helped students to further understand the various topics and also has provided a creative outlet to use their imagination as a tool rather than a distraction. Typically, these types of life skills are learned later in life and through life experiences; however, at Spectrum, time is being dedicated to teach these valuable skills while students are still young so they are equipped to be able to handle a wide range of situations and navigate well through life.

2020-2021 Empathy



20-21 School Year
- Cameron D. -
Unit: *Empathy*



20-21 School Year -
Savannah P. - Unit: *Empathy*



1st Place –
Savannah
Potter, 6th
Grade, Ms. Moe

Winter Cheer This Time of Year

While all were in Distance Learning this winter, Spectrum's Middle School Student Council set their sights on bringing out the best in student creativity. One of the goals for Student Council leaders was to celebrate their classmates as a whole, which became the inspiration for the **Winter Wonderland Contest!** All students in grades 6th through 8th were given the opportunity for expression by creating a winter scene through the use of various mediums. They could either draw, paint, create a collage, or use photography. Over 30 students submitted entries, which were then judged by middle school teachers, staff, and Student Council members who cast a vote for 1st through 3rd place. Congratulations to all who participated!

Contest Winners

Honorable Mention: Ethan Barton, 8th Grade; Isabel Bohlsen, 8th Grade; and Hans Burfeind, 7th grade

1st Place – Savannah Potter, 6th Grade

2nd Place – Lilian Carlson, 8th Grade

3rd Place – Bella Schluender, 7th Grade

2nd Place – Lilian
Carlson, 8th Grade,
Ms. Strand



3rd Place – Bella
Schluender, 7th
Grade, Ms. Nelson

2020-2021 Personal Hygiene

Health Triangle Poster
Template, Focus Notes
Template, Personal
Hygiene Checklist - Unit:
Personal Hygiene



Spectrum Middle School: Creating a Meaningful and Effective Learning Environment



The kitchen table, a comfortable chair, the mattress of one's bed, or maybe even a beanbag in a corner with soft lighting: these are the many possibilities that have come to define a key piece of furniture for one's "learning environment." While that furniture can be important, it rarely affects the effectiveness of the environment. Instead, "effectiveness," maybe even what can be called "success," comes from what occurs while the student is on or in that piece of furniture. It is not magic, and everyone can achieve it when deliberate.

Distance learning has drawn attention to the importance of a quality learning environment, but learning environments have been around since the first teacher assigned the first set of homework problems. Some of those students were able to be productive in completing those problems in the kitchen while those same problems would end up being unsolved for a different student sitting at that same table. 21st Century learning recommends that students find what works best for them.

Flexible Space Choice is important when determining the learning environment. As with the table example, the learning environment may be different for each learner and often should be different based on the discipline/what is being done in that environment. Critical reading can easily occur while lying on a bed or surrounded by pillows on a

couch, but completing an art project on that same bed with those same pillows only creates a challenge to overcome. Any distractions should be removed so the learner is set up for success. *Match the environment to the desired outcomes.*

Breaks Brains need breaks, especially when the rigor level is high. The skills of analyzing and connecting in order to retain and transfer knowledge require intentional times of focus with just as important times of rest. Research states that the brain is still processing information while in the resting mode: It is cleaning up what it was taught, moving critical learning from short term memory into long term memory. The learning must be a permanent change (to help to remember this, think of the cliché *one never forgets how to ride a bike*). It is not "learning" if the retention is just for the moment (think memorizing for the sole reason of gaining points on a test). *Structure the time spent in that space for productivity, managing breaks in between the 20 to 30 minute chunks for the best results.*

Purpose The brain also likes to know *Why* the body is doing whatever it is doing. A dedicated space with a dedicated set of time should lead to a purpose being identified for that environment. The dedicated work and what happens when one is in that space helps train the mind to recognize that when the learner is in this particular chair,

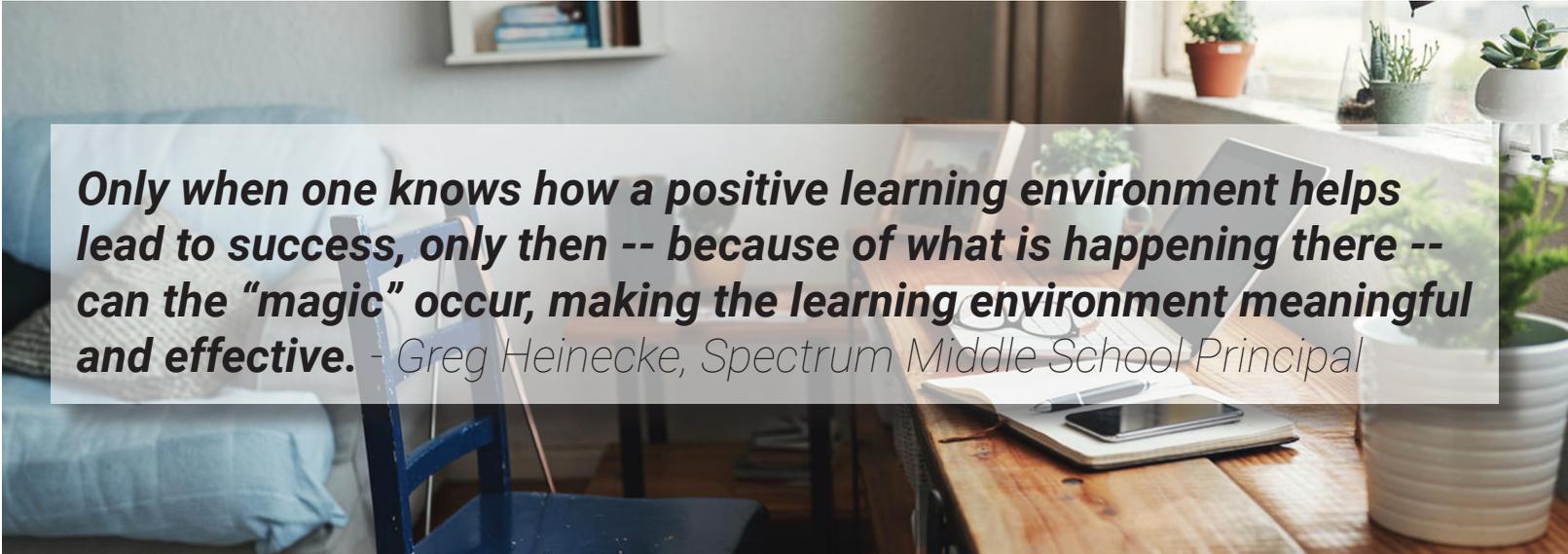
that it is to comprehend the novel, versus when the learner is reading on her bed, she is now enjoying a good book. With the younger learner, the purpose will be on a more basic or foundational level than for the older learner. But as the years pass and the rigor rises, it is valuable for the brain to recognize going into a particular space that the time spent should be on a productive struggle. For example, learning to read the words on the pages of the novel changes from comprehending those words to analyzing them in order to use their ideas to write an argumentative essay or give a speech. This productive struggle and depth of learning match the rigor levels over a student's school years. While in one's learning environment, questions are identified, problems are solved, and answers are achieved. *Maintain the space only for purposeful outcomes, knowing the What and Why to support not only work completion but the quality as well.*

In the end, especially for our college-going students, it is important that students are able to adapt to various learning environments by knowing what is done and why it should be done. In college, it may no longer be a kitchen table but a table in the library. It may not be a comfortable chair but a hard chair in the student union; it will have changed from the comfortable mattress at home to the uncomfortable mattress in a dorm. Achievement and success are possible when students know how to learn. Critically reading, studying, analyzing, writing, and reviewing content at a high level of sophistication comes from a lot of practice and hard work. Only when one knows how a positive learning environment helps lead to success, only then -- because of what is happening there -- can the "magic" occur, making the learning environment meaningful and effective.

1. Flexible Space

2. Breaks

3. Purpose



Only when one knows how a positive learning environment helps lead to success, only then -- because of what is happening there -- can the "magic" occur, making the learning environment meaningful and effective. - Greg Heinecke, Spectrum Middle School Principal

LOOKING TO DISCOVER MORE?



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.*

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