

*Happenings from*

# THE HIVE

Newsletter of Spectrum High School & Spectrum Middle School

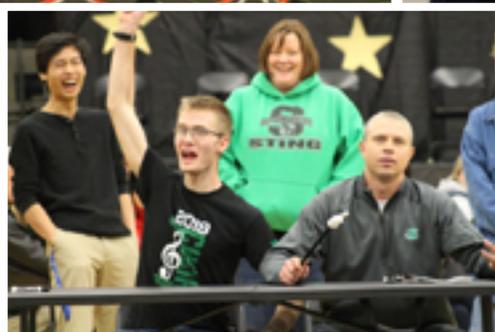
February 2019

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# Volunteer of the Month: Marlys Hipsag

Spectrum is pleased to recognize Marlys Hipsag for her consistent volunteering in the lunch room at all 3 buildings. Marlys has been a regular volunteer for many years at Spectrum. She has been available on short notice and always brings a smiling face. Marlys is truly an AMAZING Volunteer, and we thank her for her dedication and service to Spectrum!



It's never too late to get your SHS Spirit Wear. Maybe you will have a new student starting in the fall and want to get them something special. Stop by the front office at the 9-12th grade building anytime from 7:30 am-3:45 pm on school days. GO STING!

## School Closings/Delays/Early Dismissal Information

This has been an unusual winter for school closings, delays, or early dismissals to say the least. Spectrum's procedures for posting these decisions are included in this newsletter. Please note that Spectrum's decisions take many factors into consideration and do not necessarily align with the local school district. In addition to the school communications, Spectrum encourages families to sign up with local news channels on their websites to receive notifications when Spectrum publishes a weather-related alert.

### ***School Closing Information (from 2018-2019 Spectrum Family Handbook)***

Spectrum will make every effort to post school closing information by 6:00 a.m. in the following locations:

1. Television: Channel 4 – WCCO; Channel 5 – KSTP; Channel 9 – KMSP; and Channel 11 – KARE;
2. Spectrum website [www.spectrumhighschool.org](http://www.spectrumhighschool.org); and
3. A text and email will also be sent through the school's messenger system whenever possible. Note: It is important that parents update their information and mark in Infinite Campus that they wish to receive text messages.

# February 2019

**\*ALL SCHOOL BELL SCHEDULE\***

Monday-Friday 7:55am-3:05pm

## Upcoming Events:

February 25 - "Screenagers" Film Showing  
[Sign Up Here](#)

March 4 - Mandatory Spring Sports Meeting  
March 15-17 - Spring Theatre Production  
"Back to the 80s"

March 18 - No School, Staff Development  
March 21/25 - Parent/Teacher Conferences  
April 1-5 - Spring Break, No School



See the back of the newsletter for information on the upcoming school board election!

### **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.*



# College at Spectrum High Advantages

With class registration right around the corner, students and parents may be wondering about college credit earning opportunities. Spectrum offers College @ Spectrum High [C@SH] course opportunities to students through partnerships with 4 different area colleges. When students successfully complete a C@SH class, they earn “dual credit”, both high school and college credit. The grades for C@SH classes start to build the student’s college transcript.

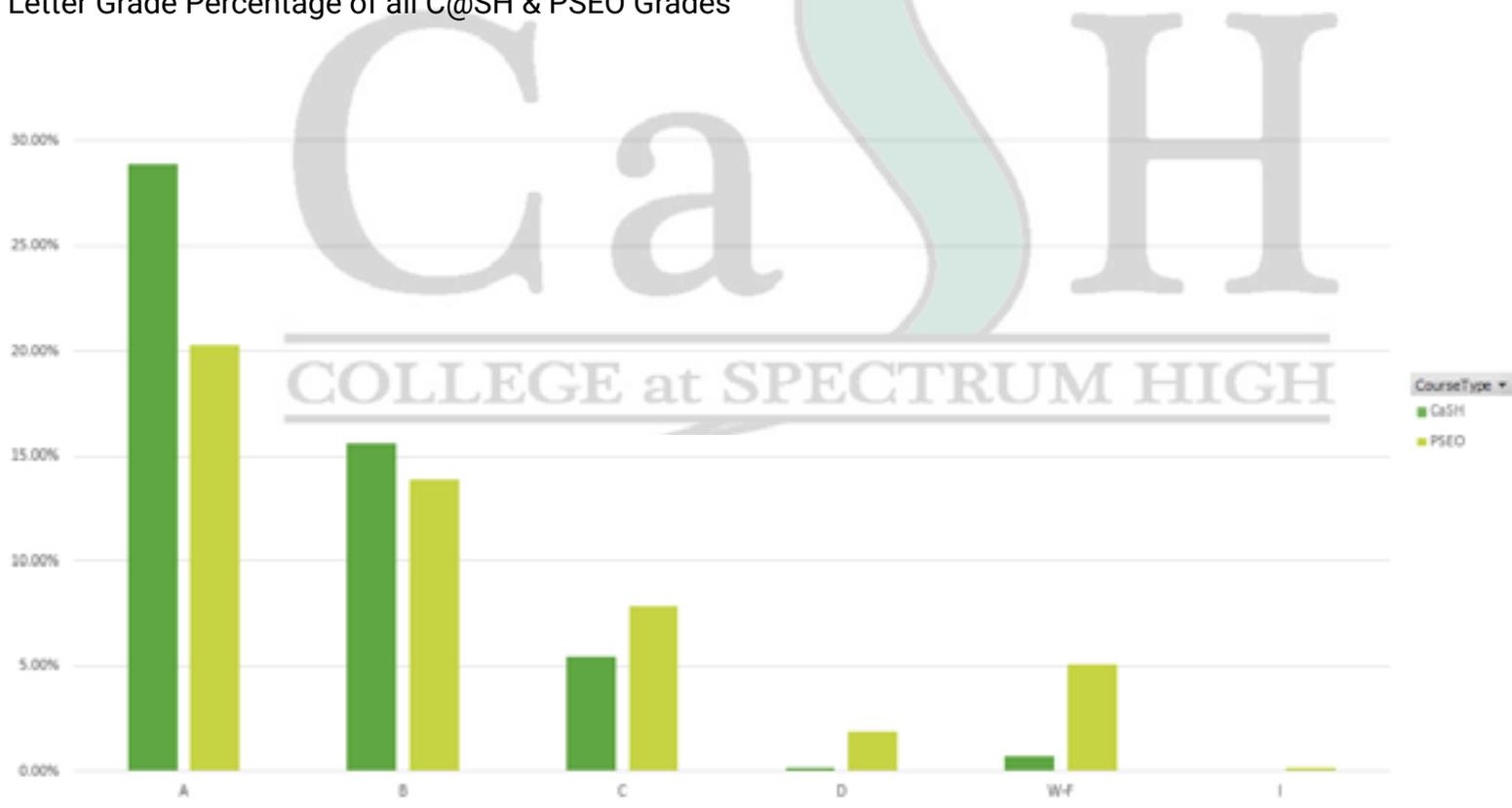
Students in C@SH classes benefit from a high level of interaction and academic support from Spectrum

college/HS teachers. Class sizes are small; teachers and students know each other well. Additionally, the structure of the school environment at Spectrum helps students to maintain consistent effort and quality in their classwork. Parents are able to access course information and grades via Schoology and Infinite Campus.

An analysis comparing student grades earned in C@SH vs. PSEO (Postsecondary Enrollment Options) demonstrates the impact on student performance. Comparing student grades in C@SH classes to PSEO classes, a higher percentage of

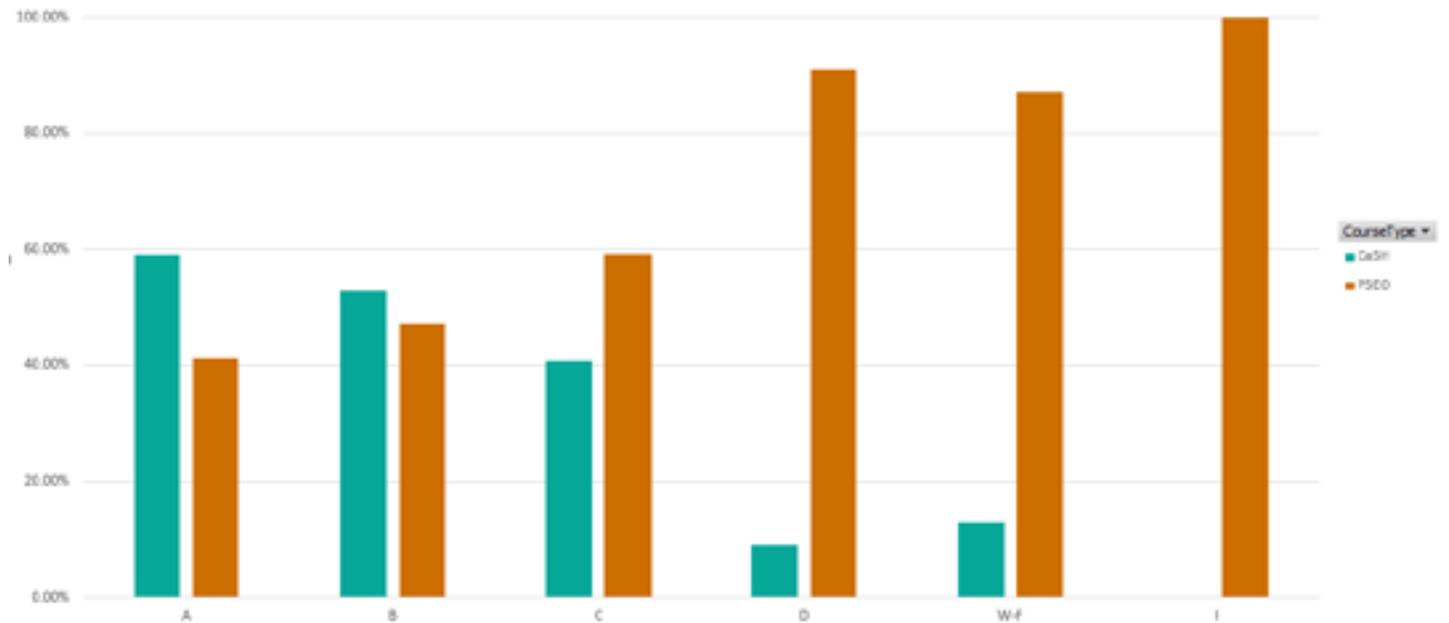
C@SH students earned A’s and B’s compared with the identical PSEO class grades. Breakdown of the data for each of the letter grade categories reveals more C@SH class grades in the A and B grade categories, while more PSEO class grades fell into the C, D, and W/F categories. Overall, Spectrum students perform better in C@SH classes compared to PSEO classes, an important factor for students to consider given the impact of grades on both their high school and college transcripts.

C@SH Class Grades Compared to PSEO Class Grades  
Letter Grade Percentage of all C@SH & PSEO Grades



# C@SH and PSEO Class Grades Breakdown

## Percentage of C@SH vs. PSEO Grades for each Letter Grade



Kierstan Peck, Director of Student Success for Pine Technical and Community College, states, “C@SH classes offer some significant benefits over PSEO. I often describe concurrent enrollment as having the best of both worlds. High school students have access to college-level courses without having to leave their high school. This allows them to remain a ‘normal’ high school student, participating in their various activities, sports, and clubs during and after school, while having the access to rigorous college coursework.” Abbie Huttenberg, Director of K-12 Partnerships at Anoka-Ramsey Community College, echoed this sentiment saying, “I think the biggest benefit [of C@SH classes] is just being able to stay on their high school campus with the instructors with whom they have familiarity.”

Learn directly from SHS students about the benefits of College @ Spectrum High [CaSH] by viewing this video:



## Board Meeting Summary

Each month the Spectrum School Board meets to discuss, review, and approve policies and procedures, and to ensure that Spectrum continues to operate at a high-level.

To see the summary of the January board meeting, please see the last page of this edition of the school newsletter.

# HANDBOOK REVISIONS

At the December 2018 Spectrum School Board meeting, the board considered and approved a handful of modifications to the *2018-2019 Student/Family Handbook*. Those changes are highlighted below. The updated handbook can also be found on the website [here](#). Most of the adjustments were necessary due to the block schedule implemented this school year.

## ***Riding a Different Bus*** (revised language)

Students shall only be allowed to ride their regular scheduled route and only allowed to get on or off at their regularly scheduled stop. Should the student require a temporary ride home, a standardized form shall be issued by the office to the student. The office shall keep a log of the bus passes issued with student, route, date, and reason information. The student shall provide the form to the driver upon boarding the bus.

**Most of the adjustments were necessary due to the block schedule implemented this school year.**

## ***Unexcused Tardy/Unexcused Absence Policy*** (revised language)

Unexcused Tardies/Unexcused Absences/Unexcused Late Arrivals – A student is marked absent unexcused if the school has not been given a reason for the absence and parents cannot be contacted, or the reason given is not excusable. Parents are responsible for contacting the school by calling the attendance office, or by sending a note within 48 hours if the student is absent. A student that arrives to school late or arrives to any class period throughout the day without an acceptable excuse will be marked tardy unexcused. An unexcused tardy/unexcused late arrival is changed to an unexcused absence if the student arrives more than 20 minutes after class begins on an 8-period day or 30 minutes on a block day.

## ***Maximum Absence Policy*** ((revised language)

The Maximum Absence Policy states that in order for a student to receive full credit for a one semester class, a student may be absent no more than 10 class periods (per semester) and no more than 1 day for Service Learning (per quarter), regardless of whether the absence is excused or unexcused. If a student misses more than 20 minutes of class on an 8-period day or 30 minutes on a block day, the student is counted as

missing the entire period. After 10 absences the student will meet with Administration and the student may be withdrawn from the class. A parent and/or student may appeal the school's decision to deny credit by submitting a letter of appeal to the Administrator. In exceptional circumstances, the decision made by administration may be referred to the Spectrum High School Review Board for a final decision. The priority of this policy is to establish a pattern of attending school on a regular basis. In the case of absences due to chronic illnesses, as verified by doctor's note, the Maximum Absence Policy will be reevaluated by administration to see if the student has accomplished enough course work to earn credit for the class. The school will send a

maximum absence policy notification letter to parents if a student reaches 5 absences for the same period. A second notification letter will be sent if a student reaches 8 absences for the same period.

In compliance with Minnesota Statutes, section 126C.05, Subdivision 8, a student who has been absent for 15 consecutive school days will automatically be dropped from enrollment and classified as withdrawn.

## ***Leaving School Early*** (revised language)

For the security of our students, parents/guardians should follow these guidelines when their student needs to be excused early from school:

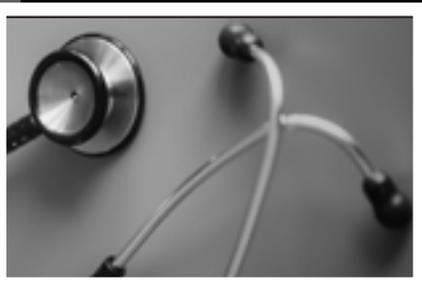
1. The school will accept a phone call (with verification of identity), a note from home, or the parent/guardian coming in when the need arises to excuse a student from school early. In all cases the student must be signed out when leaving. Verification of the person requesting the student be excused early may be done by asking specific questions (i.e., child's birth date, child's middle name, showing I.D.).
2. If a student misses more than 20 minutes of class on an 8-period day or 30 minutes on a block day, the student is counted as missing the entire period.

3. Students must be picked up from the office area and not from the classroom.
4. All students will need written permission or phone confirmation from the parent/guardian if the child is to be picked up by someone other than their parent or legal guardian.
5. No student is allowed to ride a bus other than the bus to which he/she has been assigned. Students may not ride a bus for means of transportation to other students' homes. Students can only be dropped off at their designated spot on the bus route.

### ***Dropping a PSEO Course (revised language)***

Students considering PSEO are encouraged to speak directly with a college counselor at the institution(s) with which they are registering. Once the student has determined courses they plan to take, they should check with their high school counselor to ensure they are also meeting Spectrum graduation requirements. This will help them to avoid possible negative implications for dropping courses at the college once the semester begins. PSEO students who drop a college course must follow the college's protocol. PSEO courses dropped after the add/drop deadline for the college (typically 5 days into the semester) will result in a failing grade on the student's high school transcript, regardless of what appears on the college transcript. Students must notify their high school counselor as soon as possible if a drop occurs.

## Spectrum Health



## HEALTH & ATTENDANCE STAFF



*Terri Dlouhy, 9-12 Grade  
Health & Attendance*

All three Spectrum school buildings have a dedicated health office and attendance clerk to keep all students in a healthy state from the start of the day until the last bell sounds!

# Health & Attendance News

FRIDAY, Feb. 8, 2019 (HealthDay News) -- Though much of the United States is in the grip of [the flu](#), the season hasn't peaked yet, health officials said Friday.

As of Feb. 2, flu is widespread in 47 states, and 24 states are experiencing high levels of the disease. In addition, hospitalizations are increasing, according to the U.S. Centers for Disease Control and Prevention.

"Flu activity has continued to increase this week," said Lynnette Brammer, the lead of CDC's domestic influenza surveillance team.

To read the full article, visit:

<https://www.webmd.com/cold-and-flu/news/20190208/flu-season-far-from-over-cdc-says#1>

Please follow the school guidelines regarding fever and illness before having a student return to school after being sick.

# Spectrum / Tech Tips

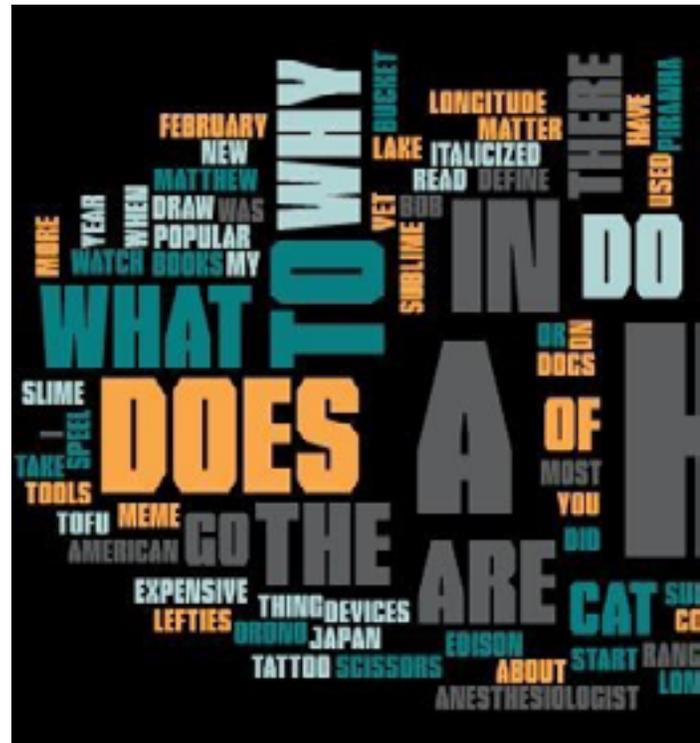
## Boundaries & Safety on the Internet

Written by Julie Johnson, Spectrum's Technology & Communications Manager

The word cloud to the right is compiled from some actual search results from students at Spectrum. As a technology manager, I have a window into the way students use the internet. Students often go to the internet to look for advice, entertainment, connection, and a place to express themselves. The internet does provide all of the above; but it also includes everything imaginable at a click of a button. All the elements of society: the positive, negative, harmful, helpful, scary, and empowering are there to wade through; a difficult task for an adult and an overwhelming task for a teenager. It's important that we offer our kids protection and guidance in this arena to make the internet a safe and beneficial place. For many parents, this is a challenge because our students have grown up with the internet and we did not. The good news is there are a lot of resources to help and here are just a few ideas to get you started:

- 1) Be aware – [Commonsensemedia.org](http://Commonsensemedia.org) is a great resource for parents. A portion of their mission statement states that they strive to empower parents by providing unbiased information to harness the media and technology as a positive force in kids' lives.
- 2) Be involved – [Talk to your student about the internet](#). Encourage open communication and ask questions to foster dialog about online activity.
- 3) Use digital tools to help provide a safer online experience for your student. There are a variety of options for parents which can limit or allow supervision of online activity. Check with your internet or cell service provider to see if they offer parental controls. Set [parental controls on devices](#) and use a content filter on your home wifi.
- 4) Utilize the [Securly parent account](#) that Spectrum offers to parents. The parent account allows parents to see their student's online activity when he or she is using a Spectrum owned device. If you have questions about how to sign up, email [helpdesk@spectrumhighschool.org](mailto:helpdesk@spectrumhighschool.org).

Lastly, model good behavior and be willing to have family discussions about boundaries. Work as a family to monitor how much time you and your student are spending online. Establishing a healthy balance can benefit everyone.



Middle School:  
Caroline Miltich

"Caroline Miltich, 8th Grade, displays the definition of grit, "courage and resolve; strength of character", in the face of some of life's most difficult challenges. Caroline has an unwavering spirit and determination in her life and education. If I could take her desire for learning and share it with all my students they would all be much better off." Mr. Gangl



### AVID January Students of The Month



High School:  
Katherine Lemcke

"Katherine Lemcke, 11 Grade, consistently has a positive attitude, is a natural leader who listens well and attempts to make the best decisions possible for everyone involved."

Ms. Beehler

# Spectrum / Theatre

Theatre presents Back to the 80's



Back to the 80's tells the story of the senior class of William Ocean High School, as remembered through the eyes of now thirty-something Corey Palmer. Seventeen-year-old Corey is madly in love with his next-door neighbor, Tiffany Houston, one of the coolest girls in the school, but she is too busy mooning over Michael Feldman, the hottest guy around. Michael and his friends are athletic and good looking – the kind of guys that Corey and his two best friends dream of being. However, while they may not be the coolest guys in school, they are still one up on Feargal McFerrin, III, whose best friend is his computer and who believes the crazy notion that one day, CDs will replace cassette tapes. (Synopsis provided by Music Theatre International.)

Join the class of 1985 as they experience the fun and heartbreak of growing up in a totally awesome decade!!

**Spectrum High School Theatre will be performing Back to the 80's, a nostalgic romp through the greatest hits of the decade, on March 15, 16, & 17.**

**Friday/Saturday - 7:00pm  
Sunday - 2:30pm**

## WELCOME!

## RECENTLY-HIRED STAFF AT SPECTRUM

**MS/HS**

**Art  
Teacher**

Katie Caldwell



**MS**

**Grade 7/8  
Lunch Server**

Nicole McCoy



## “BLENDED LEARNING”

Written by Jill Johnson, Spectrum's Coordinator of Curriculum & Instruction

I'm pleased to introduce the first of continuing articles in the “Learning Laurels” section of our newsletter. This section will highlight the innovative and engaging methods, strategies, activities, and events going on in our classrooms at Spectrum.

As Coordinator of Curriculum and Instruction, I spend a great deal of time in dialogue with teachers about teaching and learning. We have a wealth of knowledge and talent in our teaching staff that facilitates the growth and success of our Spectrum students. They are committed to creating a classroom environment that provides opportunities for learning that remain on the leading edge of educational philosophies. I look forward to sharing the many meaningful and noteworthy educational experiences of our Spectrum students and staff.

I begin this month, with our math program. As Spectrum continues to expand and grow, so must our programs expand and grow to accommodate the dynamic needs of our students. One developing element this year is the “blended classroom” approach to our math instruction at the high school level. Teachers, Andy Nyquist and Cassidy Cook, have researched this approach and have revised their curriculum and instructional strategies in their Algebra II and Geometry classes, respectively, to incorporate this philosophy of teaching into their daily practice.

So, what is the “blended classroom?” Some background information is beneficial in order to understand the positive impact it can have on student achievement. The blended approach to teaching and learning combines face to face classroom instruction with technologically based platforms. These platforms may include, but are not limited to, YouTube, Khan Academy, Voicethread, BrainPop, PhET, and teacher created videos. Within this approach, learning is self-paced and student centered. As noted by Stanley (2016), in conjunction with the International Society for Technology in Education, students are allowed to design their own learning experiences according to their own learning styles. Time in the classroom becomes more purposeful as teachers assume the role of facilitator and coach, allowing students the benefit of collaboration with peers and offering one-on-one scaffolded support based upon individual student need.

Research shows that this approach is successful. In their report, *Evaluation of Evidence-Based Practices in Online Learning*, the Center for Technology in Learning in conjunction with the United States Department of Education (2010), states that “in studies contrasting

blends of online and face-to-face instruction with conventional face-to-face classes, blended instruction has been more effective” (p. xviii). Because students are able to choose their mode of instruction, they are more engaged in the process. Resulting in a more focused and effective learning experience. The self-paced nature of the blended learning approach allows students time to work through content intentionally, taking the necessary time to fully understand and master the content before moving forward. In addition, those students who master the concepts, can move on to new ones, regardless of whether their peers are ready to do so. As a whole, the classroom becomes more meaningful for all.

At Spectrum, we are moving in a positive direction with blended learning. Assessment data indicates that students are maintaining a mastery level that is consistent with traditional teaching and learning. As familiarity with the blended learning approach increases, so will student achievement. (Both Mr. Cook and Mr. Nyquist are committed to the development of our math program as one of excellence and innovation.) They keep the needs of their students at the forefront of their curriculum planning practices and strive to provide an environment that celebrates the individual and promotes the success of all. When asked about this approach to learning, students overwhelmingly support the self-paced nature of their math class. Students, Emily Wilder and Alexis Israelson note the willingness of Mr. Cook to “pull up a chair” and sit down next to them ready to discuss questions and work through concepts together. Even though students are working independently, according to student, Titus Skistad, his teacher is “always available to help out.” “I can move on to other things when I finish,” mentions student, Tim Duthler. Other students noted the value of collaboration with their peers. Being allowed the opportunity to discuss questions with others in a collaborative study group rather than having to “wait for their teacher” increases student independence and confidence. As Alexis Israelson puts it, “those are the skills we will need in college.”

Spectrum High School’s vision statement asserts that we strive “to be a leader in fostering academic and personal excellence through programs emphasizing high academic standards.” An approach such as blended learning, that allows for students to take ownership of their learning, promotes intrinsic motivation. Students aspire to succeed and naturally hold themselves to a standard of high degree. Learning becomes authentic, and students emerge from their educational experience equipped with the skills to interact with the world around them in positive and meaningful ways.

## References

Stanley, Catherine. (2016). 5 surprising results of a self-paced classroom. International Society for Technology in Education. Retrieved from <https://www.iste.org/explore/articleDetail?articleid=697>

United States Department of Education. (2010). Evaluation of Evidence-Based Practices in Online Learning. Retrieved from

<https://www2.ed.gov/rschstat/eval/tech/evidence-based-practices/finalreport.pdf>

# Strong Families, Strong Schools

## February 2019

Spectrum considers it an honor to work with parents in educating children. We all continue to grow and learn and want to share resources we find helpful along the way. Psychology Today had such an article entitled *Top 10 Parenting Tips – Accept that life changes when you have a child* (September 19, 2015) that caught our eye this month.

Raising a family while keeping your life balanced is an art form. Psychology today author, Barton Goldsmith, Ph.D., shared ten tools he has seen make life in the family lane a much nicer ride.

1. *Identify your child's strengths.* You can use them to build your child's self-esteem, helping to provide the confidence he or she needs to tackle whatever seems difficult.
2. *Punishing a child is not as effective as using praise and rewards.* Find ways to assist your child in developing to his or her full potential.
3. *Avoid negative emotional reactions,* such as anger, sarcasm, and ridicule. If your child has problems with control, negativity will only make him or her feel worse.
4. *Try not to compare siblings.* If a child thinks his or her brother or sister is favored, it can create a rivalry that may last the rest of their lives and cause problems in your family. Make sure your kids know that they are loved equally.
5. *Get support if you need it.* Life with children can be a roller coaster ride. Understanding that there will be negative aspects to child rearing and getting some professional advice when necessary will help you maintain your sanity and enjoy the experience.
6. *Children need positive attention.* If they do not receive positive attention from family, they may choose to seek out negative attention. This is because negative attention is still attention, and any attention is better than being ignored. Remember to communicate with your child. Love and care are the greatest healers.
7. *Monitor your child's use of the Internet.* The stuff kids can access in cyberspace can be dangerous. Get a program that will let you see the web sites they visit and monitor their chats.
8. *Accept that life changes when you have a child.* Lazy Saturday mornings in bed are replaced by soccer games and recitals. Remember, parents still need to make time for each other – date nights and weekend getaways are important for relationship building.
9. *Parent by example.* Think of your kids as little bipedal copy machines who will mimic everything you do. If you behave badly, you are giving them permission to act in the same ways. Check in with yourself and don't lose it in front of the children.
10. *Don't give up on your child, ever!* All of your child's problems can be worked through with humor, goodwill, and perseverance. With proper parental support, even the most troublesome teens can become amazing people.

Dr. Goldsmith notes that the mystery of what your children will be and how you can affect that outcome is what family life is all about. He encourages us to give all that we can, keep our cool, and stay in the game. The results and your own joy will surprise and reward you.

The logo features the words "JUST ONE" in large, white, bold, sans-serif capital letters. Below it, the words "JUST ONE LIFE MATTERS" are written in a smaller, teal, sans-serif font. The text is centered within a dark blue circular background that has a glowing white border. The overall background of the top section is a dark blue space with some light effects.

# JUST ONE

## JUST ONE LIFE MATTERS

Spectrum High School – Wednesday, April 10 (6:30-8:00 p.m.)

*While this event is not sponsored by or endorsed by Spectrum, it is a large community event with an important message about suicide awareness that takes place in our building.*

Just one life can impact the lives of many.

Just one decision.

Just one moment.

Just one more opportunity to choose to live today.

Let's talk about suicide.

Let's talk about hope.

Let's talk about life.

Let's talk about how important just one conversation can be.

Just One: Just One Life Matters is an event designed to start a movement and make a statement that just one life lost to suicide is too many. Just One hopes to help start a community-wide conversation about depression, suicide, warning signs, and how to get help. The content of the event is geared toward middle and high school students, but parents, educators, youth leaders, and religious leaders will also find the content relevant – it's a message for anyone who knows someone.

Doors open at 6 to connect with local resources available. The main event runs from 6:30-8:00 p.m. Hip Hop artist, Kaboose, will kick off the night with a concert. Sam Eaton (from Just One 2018) will emcee the evening and share warning signs of depression and suicide. Catie Levenick will share her story of finding light in the darkness of depression and suicidal thoughts. It's a night designed to start a conversation, equip people to find help, and inspire hope for the future.

Just One is a movement fueled by Thumbs Up 5K, area ministries, and student suicide prevention organizations.

# Spectrum is currently seeking School Board candidates!

- Do you believe strongly in the mission and vision of Spectrum High School and Spectrum Middle School?
- Do you have financial, educational, business, human resource, or other experiences you feel would add value to the School Board?
- Do you have connections within the community that may bring benefit to the school?
- Would you like to be part of the governance team of our growing organization, providing policy oversight and assisting with the long-term strategic planning?

Spectrum needs a strategic board to ensure that the school continues to grow and thrive. We will be electing two seats this year, each for a three-year term. The terms begin June, 2019 and run through June, 2022.



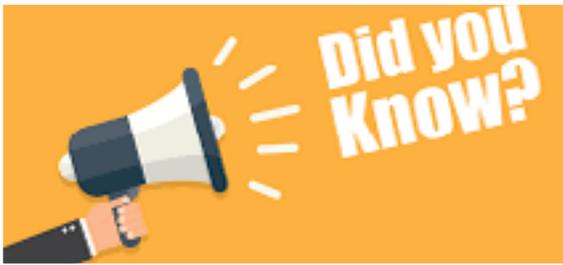
- Open Seat #1: Parent/Community Member (There is an incumbent candidate running for this open seat.)
- Open Seat #2: Teacher (There is no incumbent candidate running for this open seat.)

If you are interested in having your name included on the ballot as a potential School Board member for the upcoming election, please click [here](#) to go to the Spectrum website, fill out the Candidate Profile, and return it to the Board Development Team via Dawn Sorenson in the Spectrum High School Office or at [dsorenson@spectrumhighschool.org](mailto:dsorenson@spectrumhighschool.org) no later than **Friday, March 15, 2019**. The School Board Election will take place on **Monday, April 15, 2019**.

Please consider your interest in becoming a School Board member and/or encourage others you may know to consider this volunteer opportunity. To determine your eligibility to run in the election, please see the Spectrum Bylaws located on the School's website [here](#). The Bylaws quote Minnesota Statutes, section 124E.14. This conflict of interest law governs who is and isn't eligible to sit on Spectrum's Board of Directors.

If you have any questions about responsibilities, roles, or commitment required of a School Board member, please do not hesitate to contact Tom Sagstetter, Board Vice Chair (Spectrum parent) at [tsagstetter@spectrumhighschool.org](mailto:tsagstetter@spectrumhighschool.org), Kathy Reed, Board Secretary (Spectrum parent) at [kreed@spectrumhighschool.org](mailto:kreed@spectrumhighschool.org), or Dawn Sorenson, Executive Administrative Assistant to the School Board, at [dsorenson@spectrumhighschool.org](mailto:dsorenson@spectrumhighschool.org).

# HIGH SCHOOL NEWS



## SERVICE LEARNING Highlight: Awareness Campaign

In the 10th grade Awareness Campaign service learning group, students research needs that are impacting Elk River and the surrounding areas. They are challenged to dig deep and discover more about the area of need. Then, they are tasked with finding a local non-profit that works with the need. Finally, students create a PSA (Public Service Announcement) video that informs about the need and highlights the non-profit. One purpose of the Awareness Campaign service learning group is to help prepare students for the Senior Project; this is a small-scale rendition of the research and work they will be doing on that project. Students may choose to come back to this area and organization when they are working on their Senior Project.

## AVID Highlight: College Study Group Skills

So far this year, AVID 9 students have been working on perfecting their College Study Group (CSG) skills, using the Socratic method to assist their classmates. As the new semester starts, they are focused on how to analyze research sources to judge their credibility and honing their critical thinking skills through Socratic Seminars and discussions. With guest speakers and field trips on the horizon, they've got a lot happening!



## Spectrum High School Principal Corner



During the month of March, Spectrum students will have the opportunity to register in classes for the upcoming 2019-20 school year. Prior to registration it is extremely important for students to gain a clear understanding of graduation requirements and available courses. Spectrum provides some important tools that can aid parents and student's awareness of requirements as well as decisions on courses to enroll in for next year. Please check out our Campus Portal Planning Tools by clicking on this [LINK](#). In the coming weeks, our updated course catalog will also be available online for your perusal, which will be communicated via email from our counseling department. Ms. Matheson and Mrs. Sitron, our school counselors, are always willing and able to help you or your student(s) understand graduation requirements or answer questions you might have about registration.

As we move closer to these important dates, I would encourage you to begin having conversations with your student(s) about courses they plan to enroll in next year. We would love to see all of our students be challenged in their coursework while maintaining a healthy balance. If your student is specifically interested in a subject area, encourage them to take an AP or C@SH course in that area. It is important for all students to challenge themselves academically. In fact, there is more and more literature surfacing that describes how college admissions officers are just as focused on the rigor level of courses taken than the grade earned by the student. It is also an important life skill for our students to be challenged in a class or two. Life for all of us is full of challenges that require us to ask for help and struggle through. It can be extremely beneficial for students to experience a class where they work extremely hard, learn, and perhaps even end up with a lower grade. Through these challenges, students can learn who they truly are as a student and more importantly, as a person.

Finally, I would like to take a moment to publicly thank our student council members and their advisor, Ms. Brunkow, for putting together a fun and entertaining "Winter Fest" week here at Spectrum in January. Everything from our themed dress-up days to the coronation program was put on with tremendous precision. As a result, school spirit is at an all-time high!

Sincerely,

Mark W. Leland

# All Night Senior Grad Party

## Donations Needed!

**DONATIONS NEEDED:** Attention all SHS parents and/or business owners, the Spectrum HS Grad/Senior Party Committee (a separate non-profit organization) is looking for any type of donation for raffle and game prizes for the 2019 All Night Grad/Senior Party! Money (checks made payable to "Spectrum HS Senior Party"), gift cards, physical gifts, swag bag trinkets, or coupons (91 please for each graduate) ... accepted. Please contact Tammy Johnson, Spectrum HS Senior Party Fundraising Committee parent volunteer, at [BNBaubles@hotmail.com](mailto:BNBaubles@hotmail.com), for ideas or questions. Donations may be dropped off at SHS with Amy White at the front office.



**SENIORS:** Don't forget to register for and buy your ticket to the 2019 All Night Senior Grad Party! May 23rd-24th (10:30 p.m.-4:30 a.m.) at Monticello River City Extreme Bowling Alley & Event Center. Tickets are \$100 per student. Final deadline is May 13th to register & pay. Contact Julie Betzler, Committee parent volunteer, at [betzlerj@gmail.com](mailto:betzlerj@gmail.com) or 612-597-8020, for info or to get a registration form.



## High School Activities: Quiz Bowl!

Some exciting news has been happening with the Quiz Bowl Teams. In the High School, Jonah Palm and Isabella Dorval qualified for the Individual National Tournament to be hosted the first weekend in April in Chicago. Jonah will be going to represent Spectrum at this tournament.

These National Tournament qualifiers added to our two high school teams who also qualified for their National Tournament, so we are looking at raising funds to help send these players. The team will be bagging groceries at Cub Foods in Rogers March 2nd and 3rd. If you are interested in helping or donating, please contact the Quiz Bowl Coach, Emmie Lee.

## WINTERFEST - A Grand Entry



Those who attend our girls and boys' basketball games during our annual Winter Fest celebration have grown accustomed to the grand entry of each team with lights, music, video, confetti, smoke, and loud explosions of excitement. This is just one way to recognize our student-athlete's accomplishments in both competition and the classroom. Of course, there were many other fun events during the week; including the coronation, pep band, half-court shot contest, dance team performance, alumni – staff game, and a special recognition of our announcer Karl Diekman, the voice of the Sting.



Rick Peterson  
Athletic Director

One additional feature of Winter Fest this year was the addition of a faculty sumo wrestling exhibition during our wrestling meet

held on Thursday. Social studies teacher, Chris Hyde, challenged former sumo wrestler and current math teacher, Kassidy Cook. Each combatant put on a special sumo wrestling suit and kept the crowd in stitches during a match that changed momentum several times in favor of each wrestler. The match was finally ruled a draw after the official threw each sumo wrestler to the mat and declared himself the winner.

The fun continued during the athletic contests as well. Our wrestlers were very competitive against a powerful team from Sibley East and scored an exciting win over Columbia Heights. The girls' basketball team beat rival Legacy Christian Academy and the boys' basketball team was victorious over Eagle Ridge Academy. In girls alpine skiing, Sidney Brenteson was once again awarded all-conference honors. The dance team scored their highest marks to date at the Goodhue Invitational.

The action continued with our coop sports athletes. Our boys' hockey players (coop with Legacy Christian Academy) lost a heartbreaker in overtime to La Crescent at their homecoming game on Saturday. The boys swimming and diving team (coop with Elk River) repeated as conference champions. Zach Kopp and Connor Reed were each recognized as student-athletes of the week by the Elk River Star News.

Be sure to get out to cheer for our student-athletes as the winter season winds down and teams prepare for section competition. With Spring right around the corner, mark your calendar for the Spring Sports Meeting to be held on March 4 at 6:30 pm. This meeting is required for students (and at least one parent) who are interested to learn more about baseball, softball, golf (girls and boys), and track & field (girls and boys).



# MIDDLE SCHOOL NEWS

## Spectrum Middle School Principal Corner



Spectrum Middle School Families,

The cold, long days are here as evidenced by the record-low temperatures at the end of January. The desired routines that are beneficial most months can turn to “cabin fever,” so it might be a good time to do something different. What are your routines for middle-school success? If your child does not have any to disrupt, making routines can be the “disruption.”

Norman Edwards, in his July 2017 article “Home Supports and Routines for Middle School Success”, offers the structure and routines he used as a parent. He shares six essential elements, on which I added a Spectrum-twist, to be used as a guide for supporting academic success.

- 1) Agenda Book - this is our daily Planner. Edwards explains that this is critical for all the other areas as it helps to create student ownership. The student not only knows what needs to be done each day, but the Planner also serves as a reminder for what is to come. It is an excellent communication tool as well as parents have a sense of what is happening each day at school.
- 2) Completing Homework - this is our daily and weekly assignments that reinforce learning. While there is an element of completion with this work, these tasks are to help students confirm their understanding. Parents can have the student teach them the content, prompting them with questions to make connections. Struggling is okay, and if a student has a point of confusion, s/he can write that down in the Planner and then receive clarification in class the next day.
- 3) Study Skills - with or without nightly homework, students need to review the day’s content. Engaging with their notes through summaries and highlights helps students solidify their learning. When students put the content into their own words, it supports them in really knowing it.
- 4) Leisure Reading - fortunately most middle-schoolers still have time in their days to read each night. The benefits of reading 30 minutes each day are tremendous. Before using a technology device, students should spend some time reading, and February is a great month to do so.
- 5) Bedtime - sleep. It is critical that students get enough sleep each night of the week. Period.
- 6) Family Time - a balance of work and play. With everyone’s busy schedule, it is important to make time to connect. If it cannot be spontaneous, add it to a family calendar to play a game, get outside, or just sit and talk. Not only is it beneficial in the moment, but it creates memories for the future.

Regardless of your structures and routines -- no matter if you are trying to establish them or take a break from them this February -- consistency is the key. As always, SMS is here as a collaborator, helping each student on the middle-school journey.

Gregory M. Heinecke



## Middle School Service Learning Highlight: WeRecycle

**A**t the 6th grade building, WeRecycle Service Learning Team meets four times a quarter. Students research recycling and community environmental topics to present to their classmates. In the fall and spring students break into two groups, one group cleans the park and beach around Lake Orono. The other group of students clean the watershed areas around Walmart and Home Depot. In the past, we were fortunate to visit Great River Energy to learn how discarded materials were used to create energy. Finally, students learn about planning. Students cut apart plastic bags that would go into the landfills. They wind the strips into balls that will be donated to a local organization who crochets the plastic into mats to keep warm those who are homeless.

## Clubs & Quiz Bowl!

Middle School After School Activities will be wrapping up this week. It has been another successful cycle of activities, despite some weather cancellations or delays. Stay posted for the spring cycle of Middle School Activities, which will be starting up in mid-March. We are excited for another broad set of options for the Middle School students that will challenge their skills, mental and physical capacities, and they will have a lot of fun doing it!

At the February 2nd middle school Quiz Bowl tournament, Nolan Miller, Lillian Marberg, Addan Schmidt, and Marin Burg qualified for the National Tournament. They will be representing Spectrum the second weekend in May in Chicago. With this qualification, we will now have THREE teams competing at the National Tournament in Chicago! This is yet another example of how Spectrum is developing high expectations across the board. Go Sting!

Seth Mills,  
Middle School Dean  
& Spectrum Activities Director

# January Middle School Students of the Month

We are so excited to let you know that the following students have been selected as January's Students of the Month! They have demonstrated excellence in academic performance, character, behavior, effort, attendance, and social relationships. This group of students will have their picture posted in the cafeteria as a part of this recognition. We are very proud of them and are excited that they help make Spectrum Middle School such a great place to learn.

6

**AVERY  
RADDE**



7

**EMMA  
GUSE**



8

**EMILY  
HATTLING**



**A HONOR ROLL**

## Middle School

Grade 6

Uzziah Belchak, Ella Beltrand, Evan Blanchard, John Bozich, Marin Burg, Lilian Carlson, Leah Carter, Ethan Edgar, Garek Garcia-Galindo, Matthew Hanchar, Ava Heide, Elliot Hustvet, Ava Johnson, Brycen Jones, Jeremiah King, Evan Koncsol, Emma Kotrba, Paul Lemmermann, Meisha Person, Avery Radde, Ava Rain, Daniel Rasmus, Jitranan Saengsudham, Sophie Schmidt, Jordyn Shear, Sarah Smith, Rhys Snyder, Jacob Tanner, Samuel Theisen, Aislin Tuckey, Gustavus Wuollet

Grade 7

Brady Anacker, Kiera Anderson, Samantha Angrimson, Kaylee Ashmore, Arianna Bechthold, Sophia Brenteson, Megan Conroy, Emery Deusterman, Jezabel Dimaze, Roman Egge, Blake Femrite, Daniel Grib, Beck Guse, Amelia Halverson, Katelyn Hanson, Elisha Harvey, Ingrid Herstad, Benjamin Hubler, Easton Johnson, Jeramyah Johnson, Kallyn Johnson, William Kassem, Allie Koch, Hannah Larsen, William Lawrence, Samantha Lemke, Adrianna Lund, Jacob Neid, Emma Nelson, Naomi Orth, James Paulson, Ellen Peckham, Caroline Person, Elizabeth Rooney, Addan Schmidt, Ethan Schmidt, Natalie Sims, Sophia Vinlove, Tai Warnke, Tara Wuollet

Grade 8

Morgan Alders, Julina Anderson, Grace Bauer, Grace Beck, Grace Beltrand, Isaac Bengtson, Tyler Bergsten, Nathan Casey, Megan Davey, Isabelle Dehmer, Domanic Dick, Isabella Dols, Alaina Dorval, Reece Fish, James Freeby, Zoe Freeby, Daniel Greenberg, Jonathan Greig, Emily Hattling, Elizabeth Hill, Vanessa Jasso-Hernandez, Hanna Juare, Gabrielle Kappes, Abigail Klingelhofer, Evan Kopp, Katarina Kotek, Elizabeth Larson, Jake Larson, Alexis Lemcke, Sydney Mackenthun, Skylar MacLennan, Grady Magruder, Lillian Marberg, Isabella Marts, Samuel Matthews, Noah Miller, Mary Moudry, Samantha Neiss, Jaden Nemeth, Molly Novotny, Noah Raivala, MacKenzie Scholer, Brianna Schreifels, Warren Schwieger, Arona Shaw, Zakya Siegler, Emma Staupe, Gracie Steffes, Sophia Steinle, Adeline Wells, William White, Brionna Wuollet, Teia Wuollet

## High School

Grade 9

Elianna Aberra, Colin Anderson, Emma Bengtson, Madison Bentley, Kristen Borchert, Avae Burfeind, Abby Castle, Janelle Christopherson, Keely Duell, Timothy Duthler, Carli Elrod, Kyle Haben, MaKayla Harmer, Noelle Hensel, Phoebe Holmes, Alexis Israelson, Mekenna Johnson, Madison Klein, Katelyn Kolyer, Brooke Larsen, Gabriella McDonald, Emma Medina, Grace Negus, Gabrielle Orth, Brendan Perkins, Ashley Phillippi, Holly Ponto, Ethan Raivala, Max Reis, Gabrielle Rinowski, Jordyn Risse, McKenna Ritter, Jenna Schaible, Rachel Schlueter, Sophia Schomaker, Sophia Shamp, Leah Sharp, Landon Siegel, Titus Skistad, Ella Sontowski, Liliana Stolte, Marissa Sutton, Brooke Swaja, Joseph Sweet, Audrey Tice, Gavin Tuckey, Gracie Vinlove, Jessica White, Emily Wilder, Alexa Zuniga

Grade 10

Lisa Algaard, Anastasia Benassi, Dominic Bitzan, Shelby Bray, Sidney Brenteson, Bailey Brown, Ella Burfeind, Leah Burney, Tracelyn De Haan, Abigail Debes, Emily Dopp, Cassandra Duthler, Xavier Groth, Ellaine Henry, Rachel Johnson, Zachary Knapp, Klara Kondrak, Peter Larson, Madeleine Loewenstein, Isabelle Martin, Ellie Matthews, Kayla Niedzielski, Morgan Novotny, Katherine Olson, Lauren Peckham, Jaiden Preston, Reinier Radtke, Olivia Selley, Grace Sepulveda, Addison Westermeyer, Callie Wuollet

Grade 11

McKenzie Alders, Sierra Anderson, Elizabeth Berry, Kaylee Betzler, Kelly Blancett, Tristan Christiaansen, Isabella Dorval, Isaiah Drew, Natalie Duerr, Julia Fahrner, Jonathan Gertz, Nolan Gillen, Matthew Helser, Mallory Henry, KayLee Johnson, William Koch, Maxwell Lawrence, Katherine Lemcke, Hailey May, Connor Opay, Shayla Schaible, Jenna Schreifels, Ellie Steinle, Cameron Sundstrom, Jacob Swaja, Abigail Thompson, Lauren White

Grade 12

Carter Allard, Annamarie Andreasen, Ethan Aune, Charles Averill, Sophie Brenna, Kayla Brown, Parker Brown, Paige Buley, Elizabeth Chaffin, Adam Devine, Donovan Eidem, Brea Fahrner, Emma Galligher, Adam Giddings, Tara Gleason, Marlene Henry, Hailey Johnson, Kyla Johnson, Noura Kassem, Zachary Kopp, Gretchen Larson, Fisher Marberg, Meghan McClay, Victoria McCoy, Alicia Moening, Huy Nguyen, Maria Novotny, Kirsten Olson, Camden Sharp, Blake Smith, Alexander Staricka, Josie Sumner, Evelyn Szakatits, Gabriel Uecker, Ellen Voiss, Sophia Zimmerman

**HONOR ROLL**

## Middle School

Grade 6

Chloe Allard, Zachary Altringer, Ethan Barton, Jolee Becker, Haviland Berg, William Bollinger, Tobias Brummond, Andrew Burquest, Sophia Dan, Morgan Dellwo, Siena DeMarco, Ella Ericson, James Greeninger, Aiden Henz, Evan Henz, Levi Herstad, Ezekiel Hipsag, Addison Kirkpatrick, Benjamin Kolyer, Kaitlyn Kopp, Emalie Kostron, Addison Lazarz, Jackson Lewis, Peter Matushenko, Theodore Mau, Fatima Melgar, Luke Moudry, Dima Nakonechnyy, Garrett Olson, Lillian Parks, Hannah Pfeifer, Devin Rocklin, Frederick Rocque, Ezekiel Ruzek, Jordyn Schumacher, Jack Sims, Keilana Sonntag, Ruby Sundquist, Addison Thompson, Xander Topel, Diezel Vagle, David Vainelovich, Johnathan Vick, Natalie White, Jesse Yuqui

Grade 7

William Ambrose, Odelia Becker-Munter, Matthew Benson, Megan Bondy, Anastasia Brown, Carson Christiansen, Lily Clarine, Kathryn Cornelius, Ruby Curtis, Trystan Daley, Julie Denker, Kelly Denker, Alexander Frischholz, Madisen Fritel, Marissa Gifford, Etta Glinsek, Gabrielle Gould, Augustus Grotte, Emilia Guse, Grayson Hepfl, Mason James, Jacob Jeske, Sophie Jones, Aden Khamdamov, Tristin Kolby, Gabrielle LeBrun, Samuel Lerom, Lucia Markey, Grace Martin, Eleanor McCoy, Ethan Mielke, Aidan Murphy Newberger, Faith Olsen, Elijah Orton, Cailyn Paulson, Emma Paulson, Jada Plucinak, Aidan Rizk, Aurek Rung, Autum Rung, Joshua Sandberg, Hannah Sanders, Zackary Scholer, Cara Scott, Lance Siegel, Summer Silguero, Madilyn Smith, Violet Sorensen, Lilly Stark, Benjamin Steinle, Jesse Suiter, Amelia Szakatits, Tucker Thein, Kyra Tvedt, Kaleb Williams, Olivia Zander, Ryan Zieba

Grade 8

Cody Amiot, Cody Anderson, Tessa Baken, Sage Behnken, Cullen Brown, Tyler Brown, Matthew Burquest, Alexandra Collins, Conner Englund, Jaxon Fagerberg, Liliana Fearing, Giavanna Feist, Jackson Gillen, Alexander Hubbard, Gibson Irwin, Elle Johnson, Jack Kisch, Benjamin Klingelhofer, Grace Knapp, Asher Koch, Raymond Koch, Grace Landberg, Micah Matthews, Nolan Miller, Olivia Miller, Sharon Pan, Shirley Pan, Preston Pinz, Dawson Pixley, Jack Suiter, Wyatt Thompson, Caiden Tuckey, Maya Vojta, Hagan Westermeyer

## High School

Grade 9

Kailiee Beck, Sophia Bernard, Michael Brown, Roan Buchholz, Joseph Caduff, Matthew Castle, Ashlyn Ditschler, Isabella Ebner, Carter Femrite, Marissa Frischholz, Gavin Gould, Ilyssa Gutierrez, Elijah Hoehn, Riley Johnson, Martin Le, Gwendolyn Lee, Samuel Lemcke, Mark Matthews, Grace Mielke, Madeline Mitchell, Samantha Morrison, Cayetana Murset, Elizabeth Norberg, Jackson Plucinak, Abigail Romero, Alexander Russell, Lauren Sandberg, Zoie Schaefer, Marlo Sumner, Jaxson Tesser, Greta Topel, Wyatt Ward

Grade 10

Gavin Anderson, Jacob Aune, Carly Benge, Benjamin Bergley, Erica Brueckner, Kalie Clark, Brenden Conroy, Frances Dahl, Thomas DeBoer, Jacob DeMond, Isabel Dillon, Nolan Egge, Amara Greenberg, Olivia Guse, Abram Harvey, Andrew Hipsag, Brady Jakubiec, Jack Kaluza, Joseph Kettelhodt, Cole Killeen, Lucas Landberg, Olivia Larson, Molly Majeres, Elizabeth McCoy, Bridget McNeff, Morgan Mertz, Olivia Moravec, Jonah Palm, Zachary Reese, Kieran Riley, Judah Rogers, Faith Roley, Logan Schumacher, Genevieve Sexton, Samahra Sprague, Adam Trampel, Ari Wilson, Aaron Ziebarth

Grade 11

Braydon Ashfeld, Martha Bergley, Ryan Brown, Andrew DeBoer, Emily Fearing, Rachel Greeler, Carter Hansen, Savannah Henning, Bethanie Hinkley, Ross Hoehn, Marissa Hoffarth, Alyson Hovda, Veronica Lee, Diego Loewe, Gunner Maas, Tori Mercer, Kylie Omariba, Nicholas Schomaker, Brendan Schroeder, Carter Smith, Anita Staupe, Usa Stiller, Zachary Szakatits, Tate Thein

Grade 12

Paul Andreasen, Zoe Behnken, Matthew Behrens, Callie Bernardson, Conner Christiansen, Toben De Haan, Shayla Dellwo, Hannah Dertinger, Alexander Ebner, Cole Elrod, Emily Fonder, Parker Gangl, Marcus Grund, Emily Halverson, Cody Hanson, Preston Holmes, Jacob Kettelhodt, Samuel Koppendrayer, Matthew Kruse, Samuel Lawrence, Glen Lee, Samuel Ley, Kaitlyn Morrison, Emily O'Connell, Zachary Olson, Connor Reed, Chloe Roley, Cole Schwinghammer, Caleb Sorensen, Devin Trampel, Courtney Waterhouse, Miranda Wenndt, Keagan Wilson

# Spectrum School Board Meeting Summary – January 2019

The Spectrum Board of Directors met on January 24, 2019 for their regular monthly meeting. The items before the Board were as follows:

- Acknowledgement of membership in the Minnesota Association of Charter Schools
- Approval of the December 20, 2018 meeting minutes as presented
- A brief update on the Phase V Expansion Project (7/8 building project) and the College & Career Center construction project
- Accepted the January 18, 2019 Finance Committee meeting minutes as presented
- Approved the December 2019 Financials and Management Report as presented
- Received an update on the separate 501(c)(3) fundraising organization called Friends of Spectrum, Inc., which is in development. Next step, determining a slate of potential Board members for the organization, of which the Spectrum school board must approve 51% of the 3-5 person Board.
- Accepted the January Executive Director Report as presented
- Accepted the January 4, 2019 School Improvement Team/World's Best Workforce Committee meeting minutes as presented.
- Approved an amended 2018-2019 school calendar as presented. Last student day will be Friday, May 24, 2019 instead of Tuesday, May 28. Student contact days go from 173 to 172.
- Approved 2019-2020 Key Calendar Dates as presented. Waiting on ISD #728 to approve their 2019-2020 calendar before finalizing Spectrum's in the hopes of aligning most breaks as a convenience to families and staff.
- Discussed and accepted the 2018-2019 Board Self Evaluation Results
- Reviewed and approved the 2017-2018 World's Best Workforce Summary Report as presented
- Received an update on the work done to date for the teacher salary analysis

*Once approved, the minutes of the January 24, 2019 Board meeting will be posted on the Spectrum website ([here](#)).*



# Spectrum High School and Spectrum Middle School School Board Candidate Profile

Directions: If you are interested in becoming a candidate for the Spectrum School Board, please complete this Candidate Profile and submit it to Dawn Sorenson, Exe. Administrative Assistant, by Friday, March 15, 2019.

CANDIDATE NAME:

CONTACT INFORMATION

Phone:

E-mail address:

MY CONNECTION TO SPECTRUM:

- CommunityMember
- Parent
- Teacher

INTEREST STATEMENT – WHY DO YOU WANT TO SERVE ON THE BOARD OF DIRECTORS:

THE KNOWLDEGE AND EXPERIENCE THAT YOU BRING TO THE BOARD:

AREAS OF EXPERTISE:

WHAT OPPORTUNITIES DO YOU ENVISION FOR SPECTRUM AND HOW WOULD YOU HELP FACILITATE THIS VISION?



We're here to help! If you have any questions or concerns, don't hesitate to contact us.

## **OFFICE HOURS**

Monday through Friday,  
Spectrum High School: 7:30 a.m. - 3:45 p.m.  
Spectrum 7/8: 7:15 a.m. - 3:45 p.m.  
Spectrum 6: 7:15 a.m. - 3:45 p.m.

Spectrum HS District Office: 763-241-8703  
email: SHSmessage@spectrumhighschool.org

Spectrum Middle School 6 Grade Office:  
Cathy Durkot, 763-450-9868  
email: cdurkot@spectrumhighschool.org

Spectrum Middle School 7/8 Grade Office:  
Christy Siegel, 763-450-9859  
email: csiegel@spectrumhighschool.org

## **Attendance/Health Office**

### **High School**

Terri Dlouhy, 763-450-9804  
email: tdlouhy@spectrumhighschool.org

Middle School, Grades 7-8:  
Sara Burfeind, 763-450-9860  
email: sburfeind@spectrumhighschool.org

Middle School, Grade 6:  
Joyce Emmel, 763-450-9857  
email: jemmel@spectrumhighschool.org

## **School Counseling Office**

Amanda Sitron  
11-12 Grade School Counselor, 763-450-9853  
email: asitron@spectrumhighschool.org

Susan Matheson  
9-10 Grade School Counselor, 763-450-9022  
email: smatheson@spectrumhighschool.org

KellyAnn Lockrem  
6-8 Grade School Counselor, 763-450-9807  
email: kloclkrem@spectrumhighschool.org

## **Transportation**

Darrell Skog, Transportation Director,  
763-450-9806  
email: dskoq@spectrumhighschool.org

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