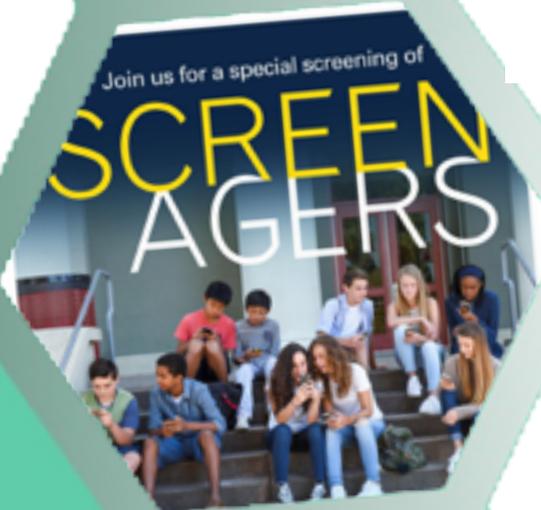


Happenings from

THE HIVE

Newsletter of Spectrum High School & Spectrum Middle School

January 2019





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Spectrum's Participation in Free and Reduced Lunch Program



Friendly Reminder – Spectrum High School participates in the Free and Reduced Lunch Program, your child(ren) may qualify for free or reduced price lunches. To apply go to the Spectrum website, For Parents, Lunch Program, Lunch Benefit Application. A new application must be submitted each year. Your application also helps the school qualify for educational funds and discounts. State funds help to pay for reduced-price school meals, so all students who are approved for either free or reduced-price school meals will receive school meals at no charge. Contact Jennifer Russell at jrussell@spectrumhighschool.org with any questions or to return your completed application.

Spectrum has traditionally been out of school during MLK Jr Day. However, all Spectrum schools will be in session on January 21 during the observance of the U.S. holiday this year.

"We must remember that intelligence is not enough. Intelligence plus character—that is the goal of true education." MLK Jr.

****MLK Jr. Day Notice****



Volunteer of the Month: Daniel Eck

We are pleased to recognize Daniel Eck for his consistent volunteering at Spectrum High School! Daniel has been a regular volunteer for many years at Spectrum. Dan even used several of his vacation days last Summer to come in to unbox, assemble, and place furniture for our new Middle School building. He then returned to assemble 28 more tables from another shipment of furniture.

Dan shows up whenever he is needed and even unannounced. Like after concerts, he regularly assumes there is work to be done and shows up to help!

Dan is truly a Super Volunteer, and we thank him for his dedication and service to Spectrum!

January 2019

***ALL SCHOOL
BELL SCHEDULE***

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

Upcoming Events:

- January 21- School in session on MLK Jr Day
- January 21-25 Winter Spirit Week
- January 26 Winter Dance
- January 28 Early Release
- January 28 - Showing of the film "Screenagers"
- February 11 CaSH Information Night
- February 11 Early Release
- March 3-15 2019-2020 Registration Window Open
- March 4 Spring Sports Meeting

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.*



SCREENAGERS: HOW SCREEN TIME IS AFFECTING OUR TEENAGERS

While Spectrum's mission emphasizes the integration of technology into instruction and students have ready access to the internet through use of Chromebooks, Spectrum supports families finding a healthy balance in regards to screen time. Limits on screen time help to preserve students' time with friends and family, interacting, building and maintaining relationships, as well as time for self-care such as getting enough sleep and physical activity.

Spectrum invites families to watch the film Screenagers at the high school building on January 28, 2019 at 6:00 PM. Screenagers is the first feature documentary to explore the impact of screen technology on kids and offer parents and families proven solutions that work. Make time for this important viewing opportunity aimed at helping teens and their families navigate growing up in a world with instant access to screens. Check out the film's trailer at <https://www.screenagersmovie.com/trailer/>

RSVP for this event at: <https://impactflow.com/event/presented-by-spectrum-high-school-9931>

Parents, please visit the following link for an additional resource:

<https://drive.google.com/file/d/0BxknSvdXxOhyc1ZSZXIMR0ZqUkhJN3NVT2pvUTQ3MUZSY05Z/view>

Movie Themes

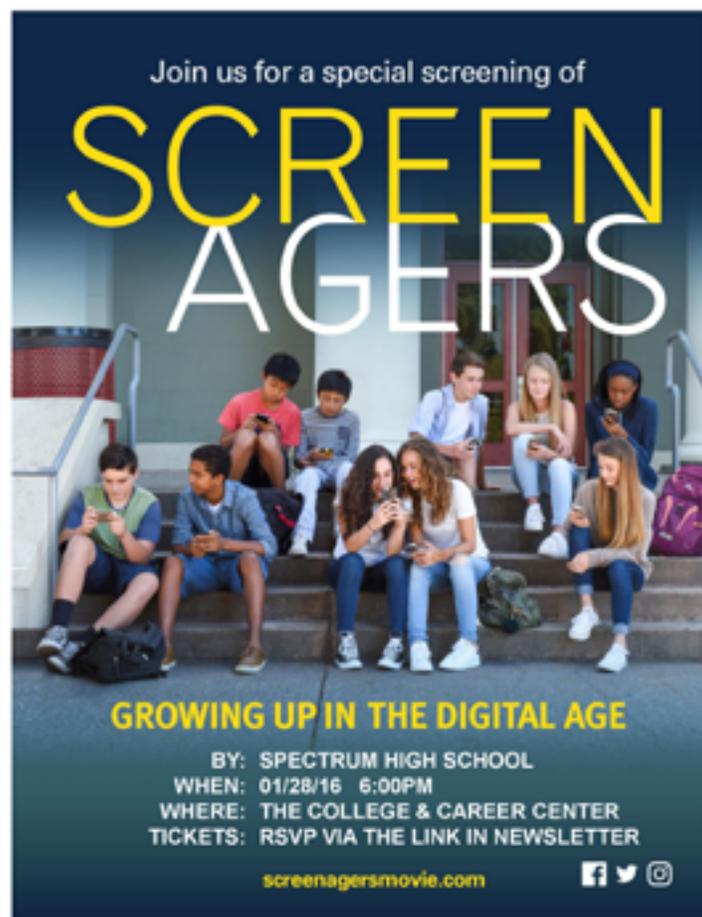
- Use of screens in school
- Boys and video games
- Girls and social media
- Risk of addiction

Stats

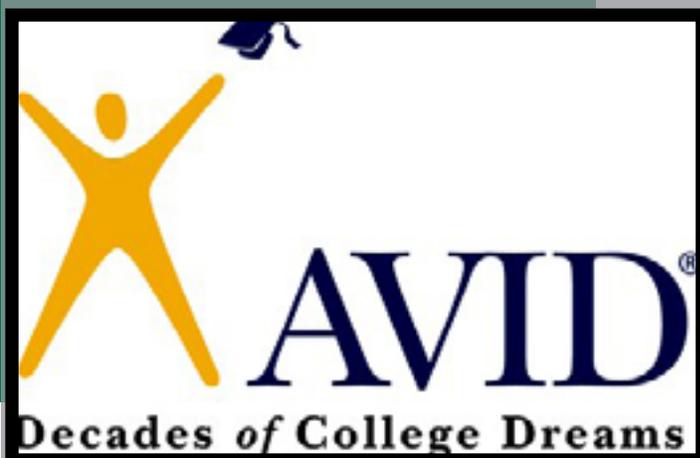
Kids spend on average 6.5 hours a day on screens and that doesn't include classroom or homework screen time.

Boys spend on average the equivalent of 1.5 days on video games every week

Some recent studies show us that screen time increases dopamine production and causes behavior that mimics addiction.



SPECTRUM AVID HIGHLIGHTS



As we work toward the continued development and maintenance of the AVID program at Spectrum, a number of aspects warrant highlighting. The ongoing efforts of the AVID Site Team this year are driven by goals set at the beginning of the year. Three goals have been determined as areas of "focus" this year. First, refine the middle school AVID program to ensure a smooth transition into high school. Second, develop a plan for the intentional use of AVID strategies, language, and assessment, leading to deliberate best practices school wide. Finally, develop a scope and sequence for the AVID program school wide by Summer 2019. A commitment to regular site team meetings and the support provided to faculty by site team members will ensure the continued use of AVID strategies that will ultimately facilitate the success of Spectrum students.

SPECTRUM EARNS

2018

Silver Medal Award from U.S. News Rankings



[CLICK HERE TO SEE THE FULL RANKINGS](#)

Spectrum High School has been named one of the best high schools in the state and the country by earning the 2018 U.S. News & World Report Best High Schools Silver Medal.

U.S. News & World Report uses a four-step criteria to determine their Best High Schools rankings. To be considered for the awards, a school must accomplish each step in sequence:

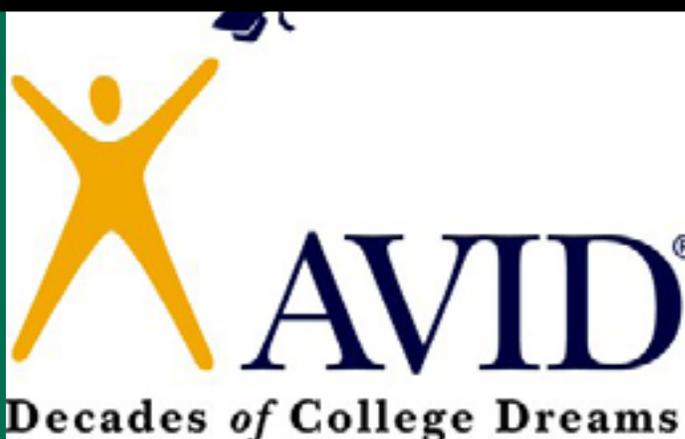
1. Students must exceed expectations in state math and reading tests.
2. Underserved students must perform better than the state average on these tests.
3. Graduation rates must exceed U.S. News & World Report's standard threshold of 80%.
4. Students must demonstrate they are prepared for college-level coursework. This is exemplified through student participation in AP exams.

Thank you students for always giving your best effort! We are proud of your accomplishment!



Middle School:
Kaleb Williams

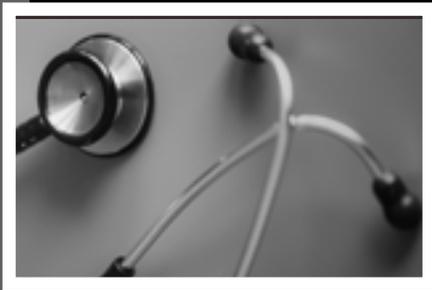
"Kaleb Williams 7th Grade is a student that exemplifies the characteristics of the ideal AVID student. He continually seeks to gain knowledge on a subject even after the lesson is done. He sees difficulties as a challenge to be overcome not as a failure." Mr. Gangl



High School:
Alexis Israelson

AVID December Students of The Month

"Alexis Israelson 9th Grade is the December AVID Student of the month recipient. This is her first year in AVID and she demonstrates her eagerness to learn, grow, and develop her skills on a regular basis." Ms. Beehler



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

In our Health Tips section, we will try and give you information from the Health Department and other sources about what is happening with adolescents in our community and state. Vaping is becoming more and more popular among youth and has serious health ramifications for them. We hope the [article](#) below from the MN Department of Health is informative and helpful.

Terri Dlouhy
Lead Health & Attendance Clerk
Spectrum High School

DID YOU KNOW?

Did you know that Mrs. Dlouhy has 20+ years of experience in school health & attendance career field? We are so grateful to have her on the Spectrum staff!

HEALTH & ATTENDANCE STAFF

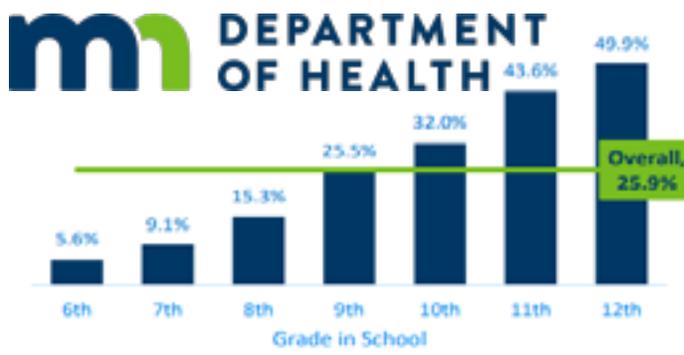


Terri Dlouhy, 9-12 Grade Health & Attendance

Which Minnesota Teens Try Vaping?

The 2017 Minnesota Youth Tobacco Survey (MYTS) revealed that one in four middle school and high school students in Minnesota had tried e-cigarettes (teens call it vaping or juuling). Half of high school seniors reported having tried e-cigarettes at least once (**Figure 1**).

Figure 1. Percent of students that tried an e-cigarette, by grade in school



THE PROBLEM WITH TEEN VAPING

E-cigarettes contain nicotine, and no amount of nicotine is safe for youth.

Nicotine exposure puts youth at risk for lasting deficits in attention, learning, and memory, and may increase their susceptibility to addiction to other substances.

In addition, youth who use e-cigarettes are two times more likely than non-users to start using conventional cigarettes in the future.



Schoolology Supports Learning

Schoolology (pronounced “Skoo-luh-gee”) is the learning management system used in all of Spectrum’s classrooms. This online platform is loved by teachers because it is so beneficial for class management. Schoolology can house all relevant course materials in one place; show student progress; and facilitate collaboration and communication in the classroom. Teachers share materials on Schoolology such as handouts, links to relevant websites, class announcements, presentations, assignments (including homework), and online tests. Students can access the content from anywhere there is internet access so encourage your students to use Schoolology daily.

This year, Spectrum has been transitioning to a standard course layout to help students stay organized and learn. Here are some items included in the layout:

A Welcome Page or folder will list the teacher office hours and the course syllabus.

Agendas: Most courses have the current agenda posted on the main course page and also the Agendas folder containing previous and future agenda pages. The agendas contain information about what is being covered in class along with the objective(s) for the week.

Homework: Homework is highlighted in yellow on the Agendas and it is also added to the course calendar by due date.

In addition to student access, Schoolology has parent accounts. Parents can see their student’s course materials and view their student’s activity on Schoolology. If you haven’t accessed your parent account in Schoolology, contact helpdesk@spectrumhighschool.org today for steps to sign-up. It’s a great tool to stay involved in your student’s learning.

SPECTRUM ATTENDS LEGISLATIVE PRIORITY SESSION

with Governor Tim Walz

As a member of the Elk River Chamber of Commerce, on Wednesday, January 9th, Spectrum had the opportunity to attend the Minnesota Chamber of Commerce 2019 Legislative Priority Session at the St. Paul River Center with our local legislators, many state legislators, and Governor Tim Walz.

(Picture left to right: Representative Eric Lucero, Senator Mary Kiffmeyer, Representative Nick Zerwas, and Dan DeBruyn, Spectrum Executive Director)



MS & HS STUDENT COUNCIL PREPARE FOR WINTER SPIRIT WEEK

Snow Daze January 21 - 26

Student Councils for both the High School and Middle School have been working hard on organizing the Snow Daze festivities for Winter Homecoming. This will occur the week of January 21-26. There will be dress up days for each day of the week, and the theme will be “Old Hollywood”.



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 December board meeting, please see the last page of this edition of the school newsletter.

Parenting Tips

January 2019

Spectrum recognizes that we have the privilege of working with parents in educating their child(ren). Raising children is one of the most important roles in our lives. It takes intentionality and hard work and is often most effective with the influence of many positive role models and support systems. This new area in *The Hive* is intended to provide encouragement and access to resources of interest that we hope will help in your parenting journey.

The Minnesota Department of Education provides helpful resources for parents as it relates to their child(ren)'s education. One such resource, found on their website under *Just for Parents* is entitled "[Ways Families Can Support Their Children's Education](#)". It summarizes eight things parents can do to support their child(ren)'s education at home and offers suggested strategies to enforce them.

1. Read together – Children who read at home with their families perform better in school.
2. Know the grade level content standards for your child – Minnesota has developed grade level content standards for all grades to prepare them for college or careers
3. Keep in touch with your child's teachers – Families who stay informed about their children's progress at school have higher-achieving children.
4. Express high expectations for children by enrolling them in challenging courses – Research has shown children will rise to parents and the classroom teacher's expectations.
5. Use media wisely – Media can be very influential in children's lives and how they treat other people. *Note: Please consider attending the showing of [Screenagers](#) at Spectrum High School at 6 p.m. on Monday, January 28th.*

6. Establish a daily family routine with scheduled homework time – Studies show that successful students have parents who create and maintain family routines
7. Talk to your children and teenagers – and listen to them, too

Talk directly to your children, especially your teenagers, about the dangers of drugs and alcohol and the values you want them to have.
8. Use community resources such as community and religious organizations, health services, housing assistance, libraries, museums, etc.

“Children are apt to live up to what you believe of them.” – Claudia Alta “Lady Bird” Johnson (Wife of 36th President Lyndon B. Johnson)

HIGH SCHOOL NEWS

SERVICE LEARNING Highlight: Understanding Others

Grade 9

Through developing relationships with older adults with disabilities at Options, Inc., students broaden their understanding of others with various disabilities. The time spent with new friends and nurturing these relationships reduces the fear and apprehension that often accompanies the unknown. Teachers report that after their visits the students feel more comfortable with the prospect of developing relationships with those who may be different from themselves.



A College @ Spectrum High (C@SH) Information Meeting will be held Monday, February 11 at 6:00 PM in the high school gymnasium. All families are welcome to attend the event. Students newly identified as meeting the eligibility requirements for CaSH will receive an email notification the first week of February. Students who wish to register for their first C@SH class in 2019-20 are required to attend the meeting.

Spectrum High School Principal Corner

I hope this edition of Spectrum's monthly newsletter finds you well and enjoying the calm after the busy holiday season. As our first semester comes to a close, I want to reflect, honor, and celebrate the amazing work that has been done in our school this year. Our students continue to rise to the occasion and their academic performances are an indication of the hard work and effort they put forth this past semester. Our teachers continue to grow in their individual capacities working to expand their repertoire of strategies and techniques used within their classrooms. Finally, our support staff members remain extremely committed to doing whatever is necessary to make our school function and help our students achieve success. Thank you to all of these parties for a great year so far!



Much research has been done and literature published on the prevalence of mental health issues surfacing in teenagers this time of year. Please take the time to talk to your child about this topic and gain some personal insight into their mental state of being. I also want to point out that our school counselors, Ms. Matheson and Mrs. Sitron, are always available to help your child navigate any and all mental health challenges they may be experiencing. Please make sure to remind your child of these services and supports Spectrum provides.

Looking ahead, on Monday, January 28th at 6 pm, Spectrum High School will be hosting a community showing of the documentary film, Screenagers. This film explores the negative impact of screen time on adolescents and offers parents and families proven solutions that work. Please plan ahead and reserve the night for what promises to be a very educational and impactful evening.

As always, I thank you for your continued support in helping Spectrum High School be a great place to learn!

Sincerely,

Mark W. Leland

Fall Wrap Up and Winter Fest Preview



Rick Peterson
Athletic Director

The past month was a time to celebrate fall sports as each team held banquets to recognize accomplishments. Among those who were honored were our All Conference award winners. Congratulations to the following:

Football: Twin Cities District – Blue Conference

Fisher Marberg, Sam Cooper, Sam Koppendrayer, Carsten Cross, Blake Smith, and Cole Elrod.

Cross Country: MCCA Conference

Matt Helser, Desmond Orton, Martha Bergley, and Phoebe Holmes

Volleyball: MCAA Conference

Ellie Steihle

Boys Soccer: MCAA Conference

Anthony Medina

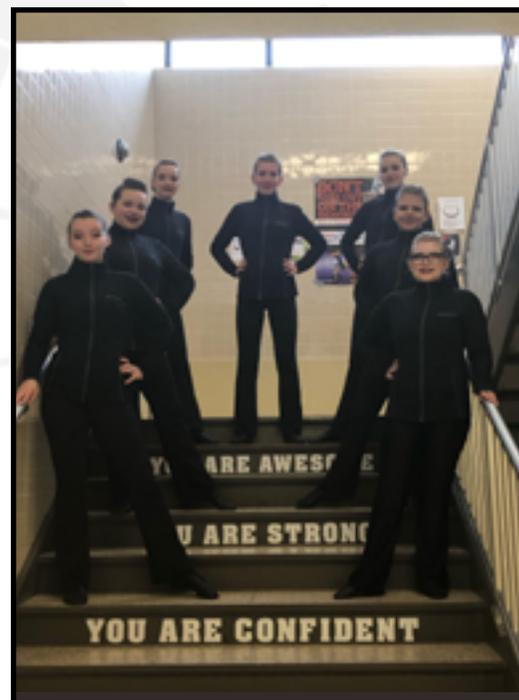


January not only brings snow and ice, but also our annual school WINTER FEST celebrated the week of January 21. Each year we attempt to raise the bar as we celebrate our winter sports. Our school pep fest will be on Friday, January 25 at 2:00 pm. Athletic events usually include a dazzling light show and the amazing sound of our pep band and chamber choir. Of course; you don't want to miss the fun of an alumni – staff basketball game on Saturday. We hope that you will come out to cheer for our Sting athletes at one of the following WINTER FEST athletic events held at Spectrum:

Thursday, January 24: Girls Basketball at the high school gym (5:30 for JV and 7:00 for varsity). The pep band and chamber choir will be performing!

Thursday, January 24: Wrestling at the middle school gym (5:00 pm for varsity). Two for one night. Get into both girls' basketball and wrestling for the same price!

Saturday, January 26: Boys Basketball will play at the high school (11:00 am for C, 12:30 for JV, and 2:00 pm for varsity). The dance team will perform at halftime along with an alumni-staff basketball game. Be sure to contact Mrs. Bondy in the school office if you would like to play.



Spectrum / Student Council

"Breakfast with Joe"



The Student Council wants your voice to be heard at Spectrum High School and we prioritize gathering feedback from the student body in order to improve the school. Therefore, Student Council has decided to create a way to collect these thoughts, ideas, and opinions in a more consistent manner. Introducing "Breakfast with Joe," a morning meeting where students can have a muffin, sip on some orange juice, and discuss future improvements for the school. If you have a brilliant idea that you would like heard, please consider joining us in the CCC at 7:15am on the 3rd Friday of every month. We welcome all students to gather and share their thoughts in a productive and positive manner through intentional listening, reflective thinking, and constructive brainstorming! Student Council Treasurer, Joe Kettelhodt, has offered to facilitate these meetings so look for him by the fireplace! See you there!

Chamber Choir visits local business for holidays

On Tuesday, December 18, the Chamber Choir students gathered around their choice of Christmas trees and had their picture taken to commemorate caroling in the community. Each year, around this time, the Chamber Choir works as ambassadors for our school singing at area businesses sharing holiday cheer. Thank you students, you did a great job!



MIDDLE SCHOOL NEWS

Spectrum Middle School Principal Corner



Spectrum Middle School Families,

Happy belated 2019! The start of a new calendar year includes the start of a new semester. While not many major changes occur in a typical middle-schooler's schedule, it does provide some shifts to a new teacher or two and a fresh start with content in each disciplines' units. It is a good opportunity

to re-evaluate goals -- or set some goals -- and begin work on daily, measurable habits. Two areas that have leverage in most classes are studying and reading. Dedicated time reviewing and connecting what was taught that day, along with 20-30 minutes of reading each night can make a huge impact. It is through small, incremental habits that positive results can happen. I challenge all middle school students to dedicate themselves to giving it a try and then letting me know the outcome.

Winter Fest is the last week of the month. At the middle school, we will celebrate with our annual Spirit (dress up) Days and are looking to have the week culminate with a Friday-Fun Schedule as we did this fall during Homecoming. It is a nice time to break up the typical routine. I anticipate we will attempt to do some similar things in the long month of February in Minnesota.

Finally, I hope you will take the opportunity to attend the showing of Screenagers (January 28 @ 6:00 pm) and discuss its content with your son or daughter. There is a lot to talk about in regard to screens. This movie can prompt the discussion on screen time and help make decisions that are best for your family. Please know that Spectrum Middle is here to support those decisions.

Gregory M. Heinecke

Middle School Service Learning Highlight: Go RAKE (Random Acts of Kindness Encouraged)

In the RAKE Service Learning class, students learn how simple acts of kindness can have a significant influence on the experience of others. They also research how these acts can have a positive physical impact on those who carry out random acts of kindness through the release of the chemical dopamine into the system. Students this year have visited local thrift stores to help stock shelves and organize donated items. They have been welcomed by both thrift store staff and patrons alike.





Middle School Activities Highlight: Winter Months

The Middle School Winter Activities are well underway. With offerings in Basketball, Wrestling, Cursive/Calligraphy, and Wars & Technology, there are multiple options in different areas. Students are learning and growing in these areas, and able to ask questions while learning in different ways than the normal classroom environment would necessitate. Over 40 students are participating in the winter session of clubs.

The Middle School Quiz Bowl team has enjoyed success this season as well. Currently there are 12 Middle School players, and Spectrum hosted the first ever Middle School Quiz Bowl tournament last weekend in the 3/8 building. The High School Quiz Bowl team is having another great year so far, with two teams qualifying for Nationals, which will take place in Chicago during the first weekend of May. Currently there are 16 High School players. Both the Middle School and High School have several tournaments coming up in February and March.

We are very excited at Spectrum to have such a well-rounded experience for our students. Teams are having success and growing at a healthy pace, and students are learning new skills as well as sharpening others. It is our hope to continue to grow in our offerings. We are working hard to help develop well-rounded individuals who set goals and aren't afraid to try new things.

Seth Mills,
Middle School Dean
& Spectrum Activities Director

December Middle School Students of the Month

We are so excited to let you know that the following students have been selected as November'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

Garek Garcia-Galinda



7

Jezabel Dimaze



8

Grace Bauer



December 2018 Board Meeting Summary

The Spectrum Board of Directors met on December 20, 2018 for their regular monthly meeting. The items before the Board were as follows:

- Approval of a three-year contract with Jostens for the School's yearbook
- Annual Membership in the Association of Charter Schools
- Received a brief update on the Phase V Expansion Project
- An update on the construction of the College & Career Center
- Reviewed the minutes of the December 14, 2018 Finance Committee meeting
- Reviewed and approved the November, 2019 Financials
- Reviewed and approved the draft Articles of Incorporation and Bylaws for a separate 501(c)(3) non-profit fundraising organization to be titled Friends of Spectrum, Inc.
- Approved the appointment of parent Annalise Marberg to the Finance Committee
- Reviewed the minutes of the December 7, 2018 School Improvement Team/World's Best Workforce Committee meeting
- Reviewed the minutes of the November 29, 2018 Board Development Team meeting
- Discussed the upcoming Board election (April, 2019) and the two seats up for election:
 - Dave Lucas, Chair, community member – will run as an incumbent candidate
 - Scott Gangl, teacher member – will run as an incumbent candidate
- Received an update on the MCAA athletic conference
- Reviewed, discussed, and approved a language change to the 18-19 Student/Family Handbook as it relates to Late Arrival/Early Release and Senior Release
- Reviewed, discussed, and approved a language change to the 18-19 Student/Family Handbook as it relates to Spectrum Graduation Requirements
- Reviewed, discussed, and approved a language change to the 18-19 Student/Family Handbook as it relates to Post-Secondary Enrollment Option (PSEO) Off Campus dropping of courses
- Noted the upcoming VOA-MN Network Annual Conference to take place January 10-11, 2019

Once approved, the minutes of the December 20, 2018 meeting will be posted to the Spectrum website located http://www.spectrumhighschool.org/about_us/board_of_directors/board_meeting_minutes/f_y19_board_of_directors_meeting_minutes



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. - 4:00p.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

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

MS: Sara Burfeind, 763-450-9860
email: sburfeind@spectrumhighschool.org

6th Grade: 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: klockrem@spectrumhighschool.org

Transportation/Dean of Students

Darrell Skog, 763-450-9806
email: dskog@spectrumhighschool.org

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