

Happenings from

THE HIVE

Newsletter of Spectrum High School & Spectrum Middle School

March 2019



Medieval Art Project in Art History



The cast of theatre production of *Back to the 80s*



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Volunteer of the Month: Krisie Galligher

Krisie Galligher has been a dependable volunteer with Spectrum High School Theatre since the Fall of 2015 when she was roped into painting hundreds of little squares on the hillsides of Wonderland. Prior to that, she had helped with The Sound of Music in 2014, but it was those squares that helped Mrs. Galligher find a true calling and passion in theatre that was spread outside Spectrum's walls into local professional theatre. She quickly moved from "helping out" to serving as Set Designer and Assistant Director. She has put in countless hours helping with rehearsals, building and painting sets, finding costumes, creating props, and completing any other random tasks that need to be done to help pull amazing productions together.



You will also find Mrs. Galligher each year assisting with Senior Project Presentations. She helps check students in for their presentations and then acts as a calming presence as they anxiously await their turn. After each student presentation, she is honored to be the first to congratulate and celebrate with each senior as they exit the presentation room.

Mrs. Galligher puts her set dressing expertise to good use when she helps decorate the stage for Grand March each spring for Prom. She has successfully brought Hollywood's red carpet and a pirate ship to Spectrum's stage to set the scene for a memorable night for Spectrum's students and parents.

Calendar Changes and Valleyfair

Due to inclement weather, the school calendar had to be adjusted. This included two days, previously scheduled as non-student professional development days, that were converted to school days.

In addition to weather related modifications, the School Board needed to make an adjustment to the last day of school. For a number of years Spectrum has utilized the day after Memorial Day as a day when all students were given the opportunity to attend Valleyfair. Since attendance was not mandatory, Spectrum can no longer consider it as a school day in our calendar. As a result, the last day of school (for grades 6-11) will now be Friday, May 24.

While the Valleyfair trip will not take place this year, we believe an end of year unifying time for students is important as they wrap up their work, strengthen friendships, transition to summer, and prepare to move into the next grade. As a result, in place of the Valleyfair trip, the high school and middle school are each planning special student events that will be more local and stay within the confines of the school day on Friday, May 24th. More information on last day plans will be sent out in early May.

The revised Spectrum 2018-2019 School Calendar can be found on the Spectrum website [here](#).

March 2019

*ALL SCHOOL
BELL SCHEDULE*
Monday-Friday 7:55am-3:05pm

Upcoming Events:

April 1-5 - Spring Break, No School
April 9 - MCA Science Test Grade 10
April 10 - MCA Science Test Grade 10
April 15 - School Board Election
April 16 - MCA Reading Test Grade 10
April 16 - MCA Math Test Grade 11
April 29 - Early Release



School Board candidate profiles can be found on page 10-13!

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.*



Social Media #SpectrumSting



[Facebook - @SpectrumSting](#)



[Twitter - @SpectrumSting](#)



[YouTube - Spectrum High School](#)

We are always excited to celebrate your students' successes and share the great things taking place at Spectrum! To do so, Spectrum has partnered with #SocialSchool4EDU (*a company that specializes in helping schools celebrate their students and connect with the community*) to make a number of positive upgrades to our social media (Facebook, Twitter, Instagram, and You Tube) and we want you to be a part of it!

We are upgrading our social media for the following reasons:

- To celebrate our students;
- To keep parents, students, community, and alumni in the loop of what is happening at our schools;
- To promote events and share information like concerts, no school, or fundraiser reminders; and
- To build an ongoing conversation of the positive impact our school is making in the lives of our students!

Here's how you can help:

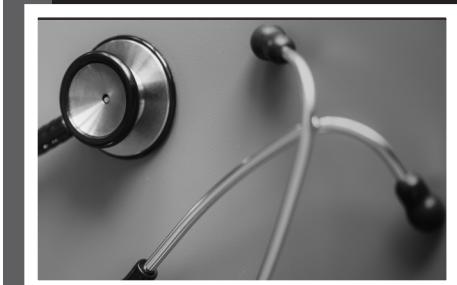
- If you are on these social media sites – follow us!
- Help promote the pages to your family and friends; especially positive comments and sharing!
- If you aren't on these sites, please consider joining. If not, that's OK. The school will continue to provide communication through traditional channels.



You did it!
Congratulations

Congratulations to Mr. Powell for being nominated for the Schmitt Music Educator of the Year Award! Although he wasn't chosen as a finalist, the mere nomination recognizes the exceptional work taking place at Spectrum. Throughout the entire Midwest, only forty-four high school band directors were nominated for this year's award. In Mr. Powell's short tenure, he has grown the instrumental music program to include four concert bands, pep band, and jazz ensemble, all which encompass approximately 190 of Spectrum's students. Again, Congratulations Mr. Powell, and thank you for all that you do to make Spectrum's instrumental music program one of the best in the Midwest – we are proud of you!

Spectrum Health



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 STAFF



*Terri Dlouhy
Lead Health & Attendance Clerk*

Health & Attendance News

The Health office is seeing an increase in nosebleeds with our long, cold winter. Please read the following article to find some helpful tips and relief for this annoying Minnesota problem! <https://www.loyolamedicine.org/news/nosebleeds-common-winter>



Spectrum Additions

Congratulations to Mrs. Holland and her husband on their baby boy! Liam Trenton Holland was born on Friday, February 15, weighing 8lb 8oz and was 21.25 in long. Everyone is doing great. Mrs. Holland is now enjoying her time away with her new baby boy.

Spectrum / Tech Tips

eBinders - Teaching Organizational Skills using Google

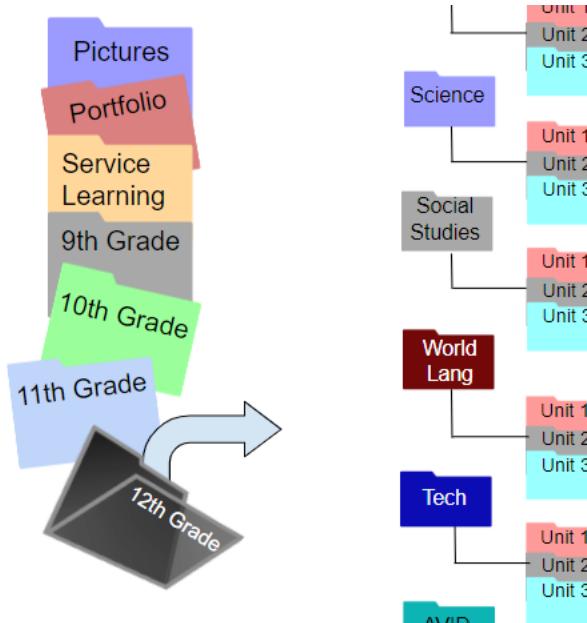
Written by Julie Johnson, Spectrum's Technology & Communications Manager

The importance of teaching students life skills is something that does not escape notice at Spectrum. Spectrum has a focus that includes the whole person and the skills needed to become a successful adult. Evidence of this whole student focus can be seen in Spectrum's Service Learning model. This comprehensive program gives students a solid foundation of serving and participating in their communities in a positive way.

A whole student focus is also evident in Spectrum's new initiative to help students develop great organizational skills. This past fall, Spectrum rolled out a new eBinder organizational method for students. Students were given training on how to set up eBinders in Google Drive as a method to organize their schoolwork in folder structures that are broken down by year and subject. Teachers underwent training on the eBinder system to help support and encourage students in the use of their eBinders. Additionally, time was arranged to include time for students to organize and review their eBinders to keep them in good order.

The eBinder system allows students to organize their work throughout all their school years. Students can then see the progression of their learning as well as determine their best work to add to an eFolio (coming at a later date).

Spectrum doesn't make the assumption that students know how to organize. The school invests time and instruction to teaching students these skills. Honing great organizational skills can definitely help students up their game in achieving lofty goals.



Spectrum / Events

"Screenagers" Recap & Resources

Parents, students, and community members responded enthusiastically to the invitation to the *Screenagers: Growing up in the Digital Age* film showing. Despite rescheduling of the initial date and bitter cold weather on the event night, a sizable group turned out for the event. The film covered themes related to the increased use of digital technology in our society, including reduced amounts of physical activity and sleep, distracted driving, and video game violence. Discussion following the film focused specifically on the effects of screen time on families and relationships. Ms. Matheson, school counselor, shared the following articles with attendees. Each family has different needs, therefore solutions will differ as well. The film and articles help to begin the conversation.

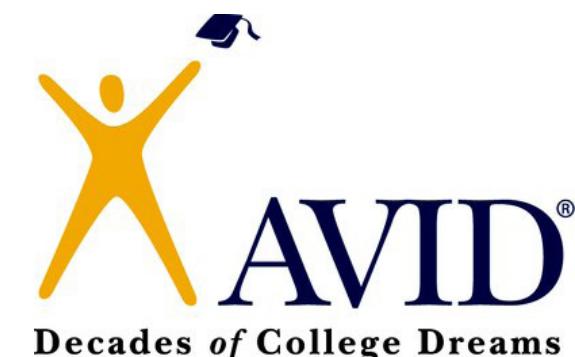
[Screenagers Parent Guide](#)

[10 Strategies to Limit Screen Time](#)

[What Teens Wish Their Parents Knew About Social Media](#)



WELCOME! RECENTLY-HIRED STAFF AT SPECTRUM



MS Grade 7/8
Lunch Coordinator

Bridget Bondeson



Spectrum / AVID District Update

We are revising our AVID Program here at Spectrum. Our district is moving to an AVID Schoolwide Approach, where teaching and utilizing AVID strategies will take place in all of our content areas, exposing every student to the AVID experience. The adoption of the AVID Schoolwide Approach will ensure continued success for our students educational experience and allow for more of an individualized experience in our AVID Elective Sections.

Middle School:
Summer Silguero



Decades of College Dreams

"Summer Silguero, 7th Grade, enriches the AVID Program with her determination and grit. She continues to push herself to do better every day and takes challenges head on with a positive attitude. Her AVID classmates see her as a positive role model and quiet leader. This is what makes her worthy of being AVID Student of the Month." Mr. Gangl

AVID February Students of The Month

High School:
Carter Femrite

"Carter Femrite, 9th Grade, has put his focus into staying on task and maintaining his grades. This is reflected in his contribution to class discussions and thoughtful questioning, that are greatly appreciated, and qualify him for recognition as AVID Student of the Month."

Ms. Beehler

Curriculum & Instruction

Every Student Matters

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

At this time of the year, the subject of standardized testing is the topic of many a discussion regarding education. It can conjure up a multitude of opinions and feelings regarding their value. We understand the controversy surrounding the issue, but acknowledge the reality of their place in our educational system. According to the Minnesota Department of Education:

The MCA data is used to find out how well schools have aligned curriculum to and instructed students in the Minnesota Academic Standards in reading, mathematics, and science. The reading and mathematics assessments are also used in federal and state accountability measurements. Schools use the information to improve classroom teaching and learning. Teachers and principals look for areas where students do well so they can reinforce the ways they teach these skills. They also look for areas that need improvement so they can increase instructional time or modify their instruction.

Adopting a positive perspective, as educators, we are able to consider the MCA as a resource and tool that provides valuable data regarding learning trends from year to year. This information influences program planning and curricular revisions. As a result, our school becomes more effective and our students more successful.

With this approach - **every student matters!**

Here at Spectrum we work very hard at aligning our curriculum to Minnesota State Standards and providing purposeful opportunities for students to master those standards. By engaging students in their own learning process through goal setting, consistent feedback, and practice, we hope that students are motivated to "show what they know" on the MCA. Assessment is a beneficial and necessary part of the learning process. We view the MCAs not only as just another step in the process, but as the culminating occasion for students to acknowledge their efforts and accomplishments!

With this approach - **every student matters!**

Here at Spectrum, it is part of our vision to foster "personal excellence." We acknowledge that one MCA score can not accurately represent a student's performance; but when added to a collective body of data, it contributes to a well rounded and comprehensive representation of a student's ability and personal level of content mastery. It provides yet another snippet of

information that enables teachers to differentiate their instruction effectively, according to individual student need. In addition, the MCA score in 8th, 10th, and 11th grade can contribute to a student's eligibility for college level courses in high school.

With this approach - **every student matters!**

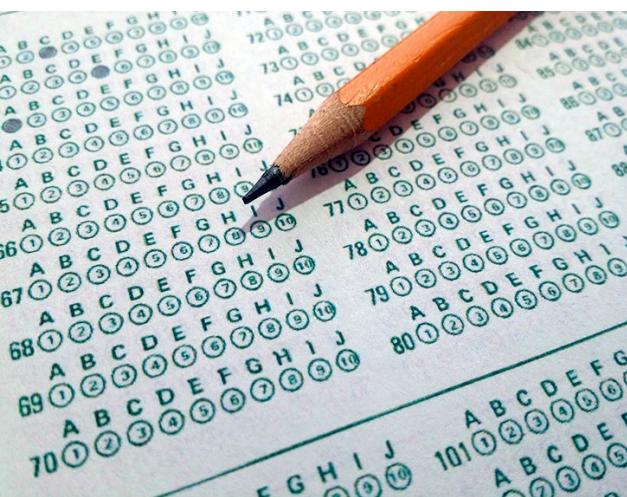
Your student matters! Your student's educational experience drives our efforts and motivates the work we do here at Spectrum. We are an educational community and as in any community, the actions of one influences the experiences of others. As we strive to provide a positive and productive learning environment, we reach out for your support. Families are an integral and essential part of this educational community. As we look forward to the upcoming testing season, please help us convey a positive message surrounding the MCA. Your student's individual participation is important in creating an accurate and comprehensive representation of your educational community. We have included some links that will provide additional information and resources for you and your student. When the MCA date comes round, we hope that all students are allowed the opportunity to celebrate their accomplishments and "show what they know" because here at Spectrum,

EVERY STUDENT MATTERS!

Test Preparation Resources:

[Test Taking Strategies](#)

[MDE: Student Resources Page](#)



Friends of Spectrum, Inc. (FoS, Inc.)

Spectrum is very grateful to parents, staff, and the community for their ongoing generous financial support in helping to meet the school's needs. In order to ensure that donated funds continue to go toward their designated need and meet the guidelines of raising such funds, the Spectrum School Board has been discussing a solution for separating donated or fundraised revenue supporting Spectrum's activities (e.g. academics, athletics, performing arts, and facilities) from public funds. As a result, a new non-profit charitable organization has been formed, Friends of Spectrum, Inc. The intended purpose of FoS, Inc. is to support the educational needs of Spectrum High School and Spectrum Middle School. This includes, but is not limited to: (1) funding programs such as music, fine arts, competitive sports, and other academic enrichment opportunities, (2) subsidizing teachers' classroom needs, (3) supporting technological and innovative advancements, and (4) promoting the common good through inspired philanthropy.

A message was sent recently to gather interest from parents to serve on the initial board of FoS, Inc. A number of people have answered the call and the Spectrum School Board will be appointing the initial board in the near future.

More information will be shared once FoS, Inc. is up and running.

Strong Families, Strong Schools

March 2019

We are five weeks from Mental Health Awareness Month in May – the time of year when schools like to remind parents and students about the importance of maintaining their mental health.

Psychologist, Kevin Leman, in his article "**How to Respond When Your Teen is Hurting**" ([here](#)) shares a number of ways that parents can help their teens to deal with hurt, which we hope you find encouraging and helpful this month.

No parent likes to see their child in pain. When your teen is hurting, Dr. Leman recommends the follow three simple principles to help him or her work through the hurt and develop strength and resilience.

1. Acknowledge the hurt and show your support. This may include showing that you understand and possibly connect them with some of your experiences.
2. Listen without judgment – emotions are not right or wrong. They're simply what your hurting teen feels. If you want him or her to talk, sometimes the best thing to say is nothing.
3. Discover your strengths and weaknesses as a parent. Good parents aren't perfect. In order to be a great parent, it is important to first know and evaluate how you are doing. Strategizing how to handle situations. For example, rather than solving the problem for your teen, encourage him or her to strategize a path to healing, helping them to brainstorm their next move.

Not addressed in his article, but also important in helping teens through hurt, is to remember that there is help available. This help might be in the form of other encouraging adults in their lives (e.g. counselors, religious leaders, family).

Dr Leman concludes his thoughts with a brief statement that speaks volumes – "Your belief in your child means more than you will ever know."



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

Spectrum's Annual Board of Directors Election – Monday, April 15, 2019

The annual election for Spectrum's Board of Directors (School Board) is scheduled for **Monday, April 15, 2019**. Again this year, the Board has chosen to utilize an electronic online means to conduct its election using the service of **Election Buddy**. On Monday, April 15, 2019, all eligible voters (please see the school's website for more information on Eligible Voters by clicking [here](#)) will receive an email message containing a link to the election. You will have from Monday, April 15, 2019 (beginning at 7:30 a.m.) through Tuesday, April 16, 2019 (ending at 3:30 p.m.) to cast your vote. If you do not have an email address, you may vote in person at the high school building **only** on Monday, April 15, 2019 from 7:30 a.m. to 3:30 p.m.



Let's Meet the 2019 Board Election Candidates



Spectrum needs a strategic Board to ensure that the School continues to grow and thrive. We have two open seats this year, each for three year terms, beginning June, 2019 through June, 2022.

Spectrum High School and Spectrum Middle School School Board CANDIDATE PROFILE: Dave Lucas

CANDIDATE NAME: Dave Lucas (incumbent), running unopposed for an open seat

CONTACT INFORMATION

E-mail address: dlucas@spectrumhighschool.org

MY CONNECTION TO SPECTRUM: Community Member

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



Serving on the Spectrum High School Board of Directors for the last 12 years has truly been a "labor of love" for me. I began serving on the Board in February of 2007, which was within the School's first year of operation. The following year, I was elected to the position of Board Chair and I continue to serve the School today in this capacity. We have experienced tremendous growth during my tenure. From just over 60 students meeting in the Boys and Girls Club, to our current enrollment of over 730 students, a multi- million-dollar budget and multiple facilities. That's a lot of growth in a very short period of time!

I have always possessed a true passion for this school and believe strongly that our community is best served by citizens stepping forward to volunteer their time, energy, and talent. I have invested countless hours into its growth and success and would very much enjoy the opportunity to continue to serve the School and the community in this capacity.

THE KNOWLEDGE AND EXPERIENCE THAT YOU BRING TO THE BOARD:

For the past 27 years I have worked for Sherburne County in a management position. I understand proper governance procedures, manage large budgets, and work with the general public, townships, cities, and various state agencies. Additionally, I possess a unique understanding of how boards function and work to achieve intended goals, both in working for boards, and serving as this school's Board Chair.

From that first year in the Boys and Girls Club, to the temporary modular units, to our now existing campus, I have been part of vital negotiations, and facilitated important agreements that have been part of the school's growth and success. The Board is responsible for approving and overseeing Spectrum High School's budget and ensuring that the school remains compliant with state statutes that govern charter schools.

In addition to attending regular monthly Board meetings, occasional special meetings, and Board workshops, as a board member and Chair, I attend various meetings with our School's Executive Director, Volunteers of America (Spectrum High School's authorizer), our legal counsel, and the city and school community.

Board members have both a legal duty and an ethical obligation to ensure that Spectrum High School carries out its mission, vision, and goals. As such, I have been involved with developing and refining the school's policies and procedures to ensure that the above is obtained.

Continued on pg. 12

Spectrum High School and Spectrum Middle School School Board

CANDIDATE PROFILE: Dave Lucas (Cont.)

As a charter school, Spectrum High School is required to have in place a building company (Spectrum Building Company). The Spectrum Building Company is a separate entity from the high school, and currently I hold the position of Chair. I have experience with the bonding projects for the purchases of our high school building, athletic complex, 6th grade building, and our new 7/8 facility.

AREAS OF EXPERTISE:

I provide overall expertise that I have learned by serving on the Spectrum High School Board since 2007, as well as knowledge gained from my position with Sherburne County. I understand what it means to lead a successful growing school. Some areas of expertise that I bring to the board are:

- Board governance and leadership skills
- Consistency and longevity
- Institutional memory which is vital to all organizations
- Great working relationship with our current sponsor, Volunteers of America
- Managing large and complex budgets
- Understanding of contracts, and building projects
- Familiar with various state statutes that govern charter schools
- Understanding of the policies and procedures that have been adopted by the School Board
- Trained facilitator and experienced negotiator



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

This is a difficult question to respond to as our school has and continues to take advantage of "opportunities" provided to ensure that we continue to grow and evolve into the best school that we can be. That always has been and continues to be the objective of the school board, and as long as I serve, I will ensure that this school will continue to explore each and every opportunity to further the schools' advancement towards excellence in education, such as (but not limited to):

- Continue to explore further opportunities to expand upon college courses at Spectrum High School. This separates our school from most other schools, and we need to ensure that we market ourselves accordingly.
- Our school has experienced steady and robust growth each and every year. We need to ensure that we continue to market our school to ensure that we maintain a healthy enrollment.
- Our school has and continues to have some of the best and talented teachers and staff. We need to ensure that we retain our most talented teachers and staff and continue to attract other talented teachers and staff as we continue to grow

Spectrum High School and Spectrum Middle School School Board

CANDIDATE PROFILE: Anthony Brunt

Tony Brunt is running unopposed for an open teacher seat on the Board:



CANDIDATE NAME: Anthony Brunt

CONTACT INFORMATION

E-mail address: tbrunt@spectrumhighschool.org

MY CONNECTION TO SPECTRUM: Middle School Teacher

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

I am in year eight of working at Spectrum as a 7-8th grade Social Studies teacher. I have a tremendous interest in the success of our students. I want to serve on the board because I want to assist the mission of Spectrum. It is not just the students I care about – it is a tremendous amount of trust for a parent to send their child to school and expect a high-quality education. I want to continue to keep the high-quality, high-expectations environment that people expect from Spectrum.

THE KNOWLDEGE AND EXPERIENCE THAT YOU BRING TO THE BOARD:

I have been here for many years. I helped open Spectrum Middle School 6-8 and contributed to the successful launch of the first day. An outsider would be hard-pressed to know that it was indeed our first day of a new Middle School. I also was here for the launch of the 7-8 building, with similar success. I know what our students need and our community expects.

AREAS OF EXPERTISE:

I have served on two school boards. Most importantly, one of those was a previous term of three years on the Spectrum School Board. I have been through the mandatory board training and annual refresher training. Of course, serving on the board brings a lot of practical experiences and insight as to the importance of the oversight role. I attended 35 out of 36 meetings – missing only one because of my 10-year wedding anniversary. I understand experience and expertise is important, but dedication to the seriousness of the task is also a factor. I played a small, but important, role as a team member during expansion projects.

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

Now that Spectrum has an entire campus, I would like to help with increasing/refining opportunities for our students. Financial duties are important as well – helping to ensure funds are spent in ways that help our students grow. Also, maintaining a quality school environment will ensure the larger community views Spectrum positively and is an attractive college preparatory option for students.

HIGH SCHOOL NEWS



SERVICE LEARNING Highlight: Passion Pursuit Grade 11

The purpose of the 11th grade Passion Pursuit course is to determine each student's personal passions and areas of interest in preparation for the senior capstone service project. Through the exploration of how the philanthropic actions of individuals can have a positive effect on the community as a whole, they are considering how their efforts can help to meet the needs of others. At this point in the year, the class has considered personal passions, developed ideas for their projects, and have presented ideas for approval.

Now the work begins! These students now look forward to growing as individuals as they continue to develop relationships with community organizations in connection to class project goals. The coming months will bring many opportunities to build confidence and organizational skills as the class works towards the completion of projects early next school year. Some projects include creating bird habitats at a local nursing care center to improve the quality of life for residents by providing a more engaging interaction with wildlife, organizing a community river clean up initiative, and creating care baskets including essential items for new teen moms. This class is excited to see these creative ideas come to fruition!

Spectrum High School Principal Corner

Welcome to spring! Well, the month of March might indicate this as accurate, but the weather is definitely not. When students think of the month of March they often times make the connection that the school year is winding down. Some things to remember and remind your student(s) of as we get closer to the end of the year include: staying diligent about their study habits, ensuring the completion of all homework assignments, and continuing to put forth the maximum amount of effort necessary to reach academic goals. Don't let your student(s) be a victim of the "spring slide".



Parent/teacher conferences occurred on Thursday, March 21st and Monday, March 25th from 4 - 7 pm on both evenings. We are grateful for the face-to-face conversations that parents were able to have with teachers about where their student's current academic progress stands. We thank each of you for taking time out of your schedule to meet with us!

With the season of spring also comes many events and happenings here at Spectrum High School. These events include such things as our spring theater production, MCA testing, choir tour, and various field trips. Please check our school calendar for events you may have questions about or need more information on.

Lastly, I want to publicly recognize and thank our special guest from the MN State Patrol who joined us on Thursday, March 14th. In an effort to educate and inform teen drivers, the MN State Patrol developed, *Lasting Impact*, a film about a teen driver who made a fatal mistake. The film was shown to all Spectrum High School students along with a short presentation by a State Trooper. As a follow up to this film, we would ask that you please make sure to engage in conversation about this important topic with your student(s).

Sincerely,

Mark W. Leland



High School January & February Students of the Month (Sponsored by NHS)

January Recognition:
Fisher Marberg (Bottom Left)
Maddie Loewenstein (Top Left)

February Recognition:
Alyson Hovda (Top Right)
Will Koch (Bottom Right)

These students have been recognized by their teachers and peers for displaying excellence in character and academic achievement during the last month.



AVID Highlight: College Study Group Skills

AVID 10 is continuing to work with college study groups and ACT preparation. They have also revisited goal setting for the semester and conducted group research on viable scholarships for the student population at Spectrum. AVID 11 is creating peer led college study groups and has just completed ACT prep for the semester (ACT administration was on March 12 at Spectrum). Currently, students are creating a self-directed research project that will contain an essay and a speech. AVID 12 began a new process to replace college study groups called self-directed study groups which has been successful. Next up- learning about personal finance.

New Course & C@SH Eligibility

New Course for 2019-2020: Intro to Digital Photography C@SH

Spectrum is excited to announce a new C@SH course that is open for registration in the 2019-2020 school year.

Intro to Digital Photography C@SH (course number 565) introduces students to the basic process and techniques of digital photography. The course covers camera operation, shooting styles, image adjustments, and correction using image-editing software. Students will learn how to use photography as a creative tool for self-expression, social exploration, and documentation. Students will address the social impact of photography in history. A course fee is required and students need a (DSLR) Digital Single Lens Reflex camera. The Art department has a limited supply of cameras for student check out. Students should be prepared to work in the studio outside of class during the semester.

This course meets one of the two required categories in Goal Area 6 for obtainment of an AA/MNTC.

Please note: Students must meet eligibility requirements for courses offered through Anoka-Ramsey Community College per grade level.



Ms. Johnson's Sting Time club is called "Creative Writing". Students who enjoy writing in any genre are welcome to join. Each week they do activities related to writing (poetry, short stories, etc.), and also edit and produce the all new "The Buzz" at Spectrum High School. "The Buzz" is a place for Spectrum students (7-12) to submit original creative writing or art. Find the link on the Spectrum home page, then choose "for students", then "extracurriculars".

C@SH class Eligibility

"How do I know if I can take a C@SH class?" Many questions arise during class registration about eligibility requirements to take C@SH classes. Fortunately, your school counselors have answers. First, students need to know that there are 4 partner colleges, and eligibility differs by college. For Anoka-Ramsey Community College and Pine Technical & Community College, the requirements also depend on the student's grade level. Sophomores must meet a higher requirement to ensure they are prepared for the rigor of the college class. Requirements are gradually reduced for Juniors and Seniors, making the opportunity more widely open. Students and parents are encouraged to view the [College Credit Opportunities at Spectrum](#) document for these details. The majority of C@SH classes also involve a qualifying Accuplacer placement score, which will be the topic in next month's newsletter.

Magnetic Poetry
Discover friends by love
Remember the art
Ask guidance of a moon
Listen to history
Pass your spirit
Kiss the crush

By Hannah D & Kass A

Theatre Department

Brings the 80s to Full House!

Spectrum High School Theatre played to a full house for each of their three performances of Back to the 80's on March 15, 16, & 17.

Back to the 80's starts with an adult Corey Palmer, played by Spectrum High School math teacher Mr. Andy Nyquist in his stage debut, looking back on his senior year at William Oceans High School. He shares memories of the election for Senior Class President, the cool guys, the class nerd, his first love, and prom.

The cast was led by senior Donovan Eidem as a young Corey Palmer, freshman Emma Bengtson as Tiffany Houston, and sophomore Zachary Knapp as cool guy Michael Feldman. Sophomore Jacob Aune played Mr. Stevie Cocker, while junior Veronica Lee played his love interest, Miss Sheena Brannigan. Senior Marcus Grund played the quintessential class nerd, Feargal McFerrin, III. Corey's best buds were played by senior Jonah Sellee and junior Carter Hansen.

The brightly colored set featured two Rubik's cubes that served as everything from dancing blocks to outside benches to a bed and a couch. Corey's living room featured a classic 80's print as wallpaper and his bedroom featured a Star Wars mural. Outside scenes took place with an LED light up classic 80's grid and sun in the background.

After the final performance on Sunday, seniors were honored with Spectrum's Final Bow tradition. The Seniors who were honored were: Kayla Brown, Donovan Eidem, Emma Galligher, Marcus Grund, Sam Ley, and Jonah Sellee. Due to special circumstances, this year's final bow also included Assistant Director Krisie Galligher (leaving to pursue other theatre opportunities) and sophomore Jacob Aune (finishing high school at a performing arts high school).



High School Activities: Spring Update

The Theater department finished up their spring musical on March 15-17. It was another excellent show that was full of talent from the Spectrum Theater!

Currently, Student Council is winding down the year trying to plan a few fun events throughout the spring months. There will possibly be another "Powder Tuff" Boys Volleyball Tournament in April after Spring Break. In addition, "Breakfast with Joe" is every third Friday of the month. "Breakfast with Joe" is 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. All students in grade 9-12 are invited to gather and share their thoughts in a productive and positive manner through intentional listening, reflective thinking, and constructive brainstorming! Student Council Treasurer, Joe Kettelholt, is the facilitator for these meetings.

Along with the meetings, there have also been Student Council discussions about ways to improve Homecoming, new ways to conduct the royalty voting process, and how to get nominations and votes for the next round of Student Council Executives.

Stay tuned for more updates from Student Council, and make plans to attend "Breakfast with Joe" to let your ideas be heard!

Spectrum / Athletics

Spring Sports - Hope Springs Eternal

It's been a long winter and, if last year is an indication, we may not be done yet. With that in mind, we decided to give our Spring sports a bit of a jump start by clearing the infields and track the old fashioned way; with a bobcat and snow plow. It's no guarantee that the fields will be ready in time for the March 28 softball home opener, but at least the snow removal provided a temporary cure for our Spring fever.

Speaking of Spring sports, there should be plenty of fun action ahead on the fields, links, and track. Softball is coming off their best season in school history posting a 12-2 record and winning a share of the MCAA conference championship. Coach Rob Rogers returns for his 7th season with a strong balance of talent that spreads through each grade. Though only 3 players return, the team has good depth and lots of promise. The top experienced players include Juniors Natalie Duerr, Sierra Anderson, and starting shortstop, Isabella "Red" Dorval.

New head coach Dan Zurbey will take the reins of the boy's baseball team. Coach Zurbey has been an assistant coach with the baseball program for the past four years and brings a spark of enthusiasm with his successful background as a member of two state baseball championship teams and a MIAC conference championship. The baseball team returns 6 starters including captains Preston Holmes and Parker Brown. All five infielders have varsity baseball experience. Seniors Chandler Gapinski and Parker Brown return as the top two pitchers. Junior Nick Schomaker will continue to pace the Sting offense coming off of a season in which he batted .346.

The girls and boys golf team had a record 25 participants last season. Coach Richard Sonterre, who also doubles as the boy's soccer coach, has seen strong momentum build for the past two years and has indicated that there are several JV players who will have a good opportunity to make an impact on the varsity team this Spring. Sidney Brenteson and Sidney Plonske are expected to lead the girls, while Cody Hanson, Brandon Ashfeld, and Isaac Opay should be among the top golfers for the boys.

The Spectrum girls and boys track& field team includes about 90 participants, including a strong nucleus who captured their second consecutive MCAA conference championship for both the girls and boys and brought 12 runners to the state meet last spring. The top state meet finishes included a 4th place for the boys 4 x 400 relay team, 7th place for the boy's 4 x 800 relay team, and 11th place for the girls 4 x 800 relay team. Hailey Johnson, Martha Bergley, Adrienne Foell, Molly Novotny, Grace Beck, Makayla Harmer, and McKenna Ritter will anchor the girls team. Caleb Rogers, Desmond Orton, Connor Reed, Matt Helser, Kyle Haben, Zach Reese, Noah Ritter, Caleb Sorensen, and Zach Kopp were among the leading boys last year. The head coach is Rick Peterson (9th season).

Coop sports this Spring offer a great opportunity for Spectrum students to participate in clay targets at PACT Charter School, girl's lacrosse at Big Lake High School, and boy's lacrosse at Providence Academy. We are exploring the opportunity to join a girl's hockey coop at Princeton next Winter and a boy's tennis coop at Big Lake High School. Be sure to contact the athletic office right away if either sound interesting to you.

Best wishes to all of our Spectrum student athletes and coaches this Spring for a fun season and dry fields!



Rick Peterson
Athletic Director



Rick Peterson
Director of Athletics

MIDDLE SCHOOL NEWS

Spectrum Middle School Principal Corner



Spectrum Middle School Families,

We made it! February is in the books and spring is upon us. I have spoken and met many of you this last month, and I wanted to say publicly that I appreciate how collaborative you all are. It truly makes a difference in student lives when we are in a partnership. I also wanted to thank you, for those that drop off or pick up each day. I appreciate the demonstrated patience, kindness, and safety shown in the parking lot. With the record snowfall, it has been extremely critical to be mindful of safety.

Last month, Spectrum was able to hold a viewing of Screenagers, which was well attended. As brain research continues in this important area, some of you and I have spoken about the brain and learning. John Medina, a developmental molecular biologist and professor at the University of Washington School of Medicine, writes in "Winning the Battle for Students' Attention 10 Minutes at

a Time" of the importance of having quality hooks for success. He identifies three qualities: a trigger to an emotional response, related to the topic being learned, and the amount of time between areas as 10-minute modules. Essentially, when learning something new, learning has a greater likelihood of happening if completed in that 10-minute dosage, along with an emotional connection. Back to screen time, not all has to be bad: If the content is appropriate and the amount of time is "chunked" properly, whether for school or just for fun, there can be a positive side.

Speaking of positives, the spring middle school clubs are up and running, and the WEB (Where Everybody Belongs) program continues to connect students. WEB leaders recently met with their sixth grade buddies and talked about setting goals and steps for accomplishing them. Applications for next year have been accepted from this year's seventh graders, and a whole new set of leaders and buddy connections begin again in August with our new sixth graders. It is another exciting area for Spectrum Middle School.

Finally, MCAs begin the end of the month as SMS starts its annual "March Madness" in assessing our growth in science, reading, and math. We appreciate everyone's role in these, and look forward to using the data as feedback in helping make Spectrum Middle School a great place to learn.

Gregory M. Heinecke

Middle School Activities Highlight: Show up for spring!



Round three of Middle School After School Activities is getting ready to start to close out the school year! For this spring session, there will be four offerings: Art Club, Backyard Games Club, Vietnam Club, and Crypto Club. These clubs will start the week of March 11th, and run every week (except for spring break) until the last week of school, May 24th.

Art Club will be led by our new Art teacher, Ms. Katie Caldwell. Students will learn new techniques, new art activities and ideas, and sharpen the skills that they already possess. Most of all, they will have fun! They will meet in the Art Room in the 7-8 Building on Tuesdays, from 3:15 - 4:15 pm.

The other Tuesday club will be the Backyard Games Club, led by Mr. Cassidy Cook, who is a High School Math Teacher, as well as an Assistant Football Coach. This club will focus on the popular "Backyard Games" that are typically played during the spring and summer months. These games include, but are not limited to: bag toss, kuub, frisbee games, etc. To sharpen your skills or learn a new game before summer, check it out!

Vietnam Club will be led by Mr. Tony Brunt, Middle School Social Studies Teacher. Vietnam Club will expand the students' knowledge in regards to the Vietnam War. There are many benefits of learning about this historic event.

Lastly, is the Crypto Club, led by Ms. Rebecca Guimont, Middle School English/Language Arts Teacher. This is a club that will teach students how to decode ciphers and secret messages, along with several activities that will help hone their skills, and have fun! These activities could include things such as: treasure hunts, relay races, etc. There will be some deep thinking involved, and students will use math concepts as a tool to enhance their overall learning!

We are extremely excited for this last round of Middle School Activities for the 18-19 school year. Please don't hesitate to reach out with any questions you may have regarding these clubs, or MS clubs in general. Also, if there are any ideas for next school year, please email me at smills@spectrumhighschool.org.

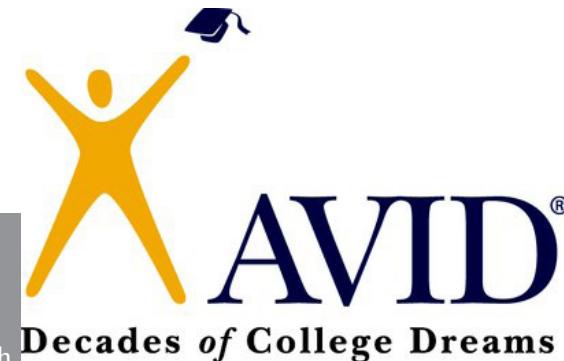
Seth Mills,
Middle School Dean
& Spectrum Activities Director

Middle School Service Learning: Healthy Heart



The Healthy Heart Service Learning group strives to bring awareness to those in our community to leading a healthy lifestyle through improved diet and exercise habits. To do this, our students have created posters, announcements, and even memes to help affect small, but consistent changes to people's everyday lifestyle and choices. The Healthy Heart Service Learning group pairs with the American Heart Association and has plans to raise funds in the future to help further their awareness efforts.

Middle School AVID Highlight: Excitement in AVID



Middle School and High School is a time of physical and academic growth. Time seems to be moving at different speeds for every student. For some students time cannot go fast enough while for others it may seem that the days are flying by and they cannot catch up no matter how hard they try. The exciting thing about AVID is it can help all these students. AVID is an educational philosophy, but the AVID elective is something a little deeper. [The AVID elective assists students in owning their education.](#)

So what do students do in the AVID elective that makes it unique? First, all of the students that are in it are individually driven to push themselves to be the best they can be. However, just because they are driven does not mean they have the skills to accomplish their goals and this is where the elective really kicks in. It gives the students the "why" behind the education process and allows them to develop their higher level thinking skills in a fun and interactive environment.

Finally, the AVID elective is about polishing student skills and preparing them for a postsecondary educational experience. That is why High School students get opportunities to visit college campuses. If you are a student that has the drive and determination, but feels like you are not living up to your fullest potential, the AVID elective can help you become the student you always dreamed you could be.

February Middle School Students of the Month

We are excited to let you know that the following students have been selected as February'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
**ZIAH
BELCHAK**



7
**JB
KOLBY**



8
**WARREN
SCHWIEGER**



Spectrum School Board Meeting Summary – February 2019

The Spectrum Board of Directors met on February 28, 2019 for their regular monthly meeting. The items before the Board were as follows:

- Acknowledgement of receipt of CSP Grant Monitoring Update
- Acceptance of the FY20 Enrollment Lottery Results
- Approval of the January 24, 2019 Board meeting minutes as presented.
- Received an update on the Phase V Expansion Project Update
- Received an update on the College & Career Center Update
- Accepted the minutes of the February 22, 2019 Finance Committee Meeting
- Reviewed in detail and approved the January, 2019 Financials and Management Report
- Approved a mid-year FY19 Revised Budget
- Approved the opening of a Charles Schwab investment account for the school
- Heard and accepted the February Executive Director Report
- Approved an FY19 Calendar Change. The dates of Monday, March 19th and Friday, April 19th were changed from Professional Development/Non-student contact days to student contact days to make up 2 of the 6 days lost to weather related school closures.
- Heard and discussed a draft proposal for a Flex Time Donation Policy. No action taken at this time.
- Received and approved a marketing proposal with Captivate Media + Consulting to aid the school in its marketing efforts.

Once approved, the minutes of the February 28, 2019 Board meeting will be posted to the Spectrum website located [here](#).



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: SHSmesssage@spectrumhighschool.org

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

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

Attendance/Health Office

Spectrum High School
Terri Dlouhy, 763-450-9804
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Spectrum Middle School, Grades 7-8:
Sara Burfeind, 763-450-9860
email: sburfeind@spectrumhighschool.org

Spectrum 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
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KellyAnn Lockrem
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Transportation

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