

Happenings from

THE HIVE

Newsletter of Spectrum High School & Spectrum Middle School

November 2018





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What a great opportunity for our students, staff, and families to honor our veterans for their service. It shaped up to be a very exciting program with participation from our band, choir, student leaders, local community members, military/police personnel, and veterans.

Notice of Student Accomplishments

Spectrum would like to recognize the hard work, dedication, and accomplishments of our students in extracurricular activities done outside of the school (not sponsored by Spectrum).

2018 Annual Meeting

On Thursday, October 25th, Spectrum High School and Spectrum Middle School held its Annual Meeting...

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In October, ninth grade students attended a Respect Retreat put on by Youth Frontiers. Youth Frontiers' mission is to provide schools with experiences that inspire character, civility, and community....

Broadcast/Yearbook students win Awards

Eighteen Broadcast Journalism and Yearbook students attended the National High School Journalism Convention in Chicago...

Service Learning Highlight: S.A.V.E.

Athletic Fall Season Recap

There were many individual and team highlights...

Middle School

Service Learning Highlight: Veterans Support

Throughout their discussions, the students decided to compile care packages to deliver to VA hospitals in the area.

Middle School Winter Club Opportunities

Our Winter session is looking to open registration soon, with projected offerings in clubs such as Basketball, Calligraphy, Speed & Agility development, Backyard Games, and possibly a few others.

Grade 7 Courage Retreat

The day emphasized the need to follow your heart utilizing courage and, despite fears, the need to make responsible decisions.



Personal Devices in 2019-20

The transition to the one-to-one Chromebook program at the high school has been very smooth. Comments from both teachers and students have been positive in nature. With the success of this program, along with Chromebook use at the middle school, it is clear that the Chromebooks are a great digital tool for our students! Spectrum-owned Chromebooks have the appropriate monitoring tools and provide all students equal access to the necessary programs and digital resources. To maintain the consistency and security that school-owned Chromebooks provide, we will be revising the personal device policy for students for the 2019-2020 school year.

This year, students have been allowed to bring personal devices for use at school. Though not encouraged, Spectrum will continue to allow personal devices for the remainder of this school year. The following year, 2019-2020, the intended direction is that student-owned computers, tablets, and devices will be no longer be allowed for use at school. The notice of this intended policy change is being shared now in case families are considering buying a computer or other personal electronic device for the holiday season.

Volunteer of the Month: Kirsten Tuckey

Spectrum is excited to recognize Kirsten Tuckey for her consistent volunteering at both Spectrum Middle School and Spectrum High School! Kirsten has been volunteering regularly for more than four years at Spectrum. During this time she has managed our Sting wear store at various events and has been a weekly classroom volunteer, just to name a few areas she has served. Kirsten has supported our school in countless ways and we are very thankful for her service. Mrs. Kirkpatrick shares, "I have very much appreciated Kirsten Tuckey's involvement with the 6th grade choir this year. She volunteers each A day, during first period, and provides additional leadership and support to each of our choir students. Kirsten is able to draw on her years of experience as a teacher to help our students succeed. Whether it is helping a student find the correct pitch, sit correctly, find their place in the music, or help a student in academic study, Kirsten is willing and more than able to assist in whatever capacity needed." We thank Kirsten for her dedication and service to Spectrum!

November 2018

ALL SCHOOL BELL SCHEDULE

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

Upcoming Events:

November 21-23 - No School
December 7 - Band Fine Arts Concert
December 10 - Early Release
December 14 - Choral Fine Arts Concert
December 21-January 1 - Winter Break

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.*

Fully accredited by AdvancED through June 30, 2021.





Photo Credit: Bailey Brown

Veterans Day Program

Excerpt from Star News Article “Spectrum goes hog wild for veterans” on Nov 17, 2018 by Jim Boyle

Spectrum High School hosted its first Veterans Day program, and organizers of the Nov. 12 event did not disappoint.

The surprise highlight was when a pair of Harley Davidson motorcycles started up in the corner of a packed gymnasium and filled the space with the rumble of their engines and tail-pipes.

The first-time event included presentation of colors by the Elk River Police Department’s Honor Guard, the Pledge of Allegiance led by students Sophia Brenna and Lilly Stark, and the school’s chamber choir rendition of “The Star Spangled Banner.” The school’s wind ensemble assisted with an Armed Forces on Parade segment featuring the five military branches.

Chaplain and Maj. John Shay, of the Minnesota Army National Guard, was the keynote speaker for the event. Shay said he wanted to poke around in the hearts of those in attendance and invited them to examine themselves. “Who are you serving?” he asked. “Are you serving yourself or are you serving others?”

DeBruyn closed the program out with something he experienced at church the day before. He had all the veterans in the audience raise their hand, and then he had all the people who were not veterans stand and recognize the veterans who were still seated.



Spectrum's Annual

MEETING

On Thursday, October 25th, Spectrum High School and Spectrum Middle School held its Annual Meeting. The School recognized Jon Bengé as Volunteer of the Year in recognition of his dedication and service to the school. As 2018 Volunteer of the Year, Mr. Mills was asked to provide information on Mr. Bengé's volunteerism to which Mr. Mills stated, "Jon has been an invaluable part of the development of our sports program and has gone above and beyond any expectation that would accompany a volunteer role."

In addition to the awarding of the Volunteer of the Year award, attendees heard update reports on the school's academics, finances, and facilities. Mr. Leland shared the 17-18 Volunteers of America contract goals for the school, along with the outcomes. He stated that the 17-18 Math goal was for Spectrum students to score proficient on MCA tests at 64.5% for which the school scored 66.8%. In the area of Reading, the goal was to score 74.4% proficient for which the school scored 77.7%, and in the area of Science, VOA's goal for the school was 56.4% proficient for which the school scored 67.0%.

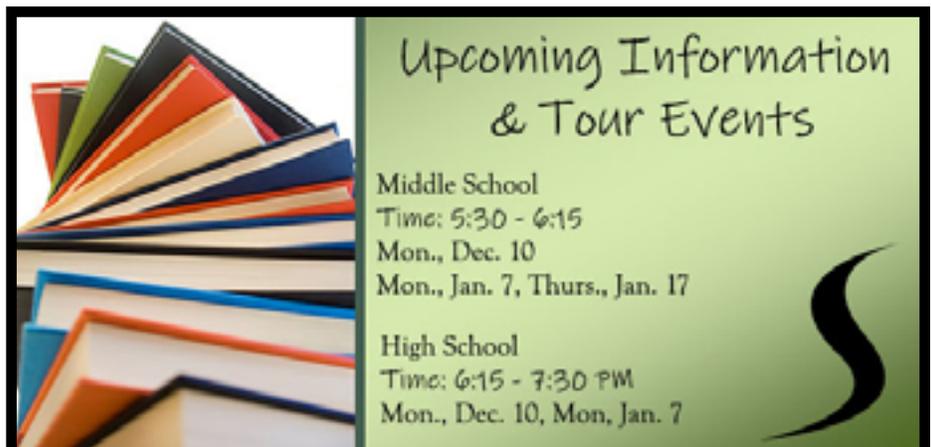
Mr. Leland, Mr. Heinecke, and Mrs. Johnson presented on 4 year trend data, as well as FY18 ACT scores for Spectrum students, which remain higher than the State of Minnesota, as well as the local district. They then went on to describe the changes implemented in the area of instruction (i.e., block schedule and Sting advisory time). Ms. Johnson reported on the work being completed in the area of aligning curriculum to state standards, identifying learning progressions, and developing course maps all while the school continues to work on course scope and sequence.

After hearing an update on academics, Mr. Taintor, from Bergan KDV, presented a financial overview for attendees. He shared that the school maintains a healthy fund balance and continues to remain in compliance with its Finance Policy. He also shared that CliftonLarsonAllen, LLP, the school's auditing firm, is nearing completion of its FY18 audit of the school. He stated that although not yet final, at the time of the report, CLA was reporting a clean audit with no findings.

Spectrum looks forward to the Annual Meeting every year where it has an opportunity to share the past year's testing results, state the next year's academic goals, and to articulate future hopes and dreams. It was a wonderful evening, and we hope that many people will have the opportunity to attend the next year's annual meeting, which will take place in October of 2019.

Spectrum requests notice of students accomplishments!

Spectrum would like to recognize the hard work, dedication, and accomplishments of our students in extracurricular activities done outside of the school (not sponsored by Spectrum). We are planning a special addendum to the December newsletter for this purpose. If your student has been involved in outside extracurricular summer/fall activities, where they have received recognition for accomplishments, and you would like for the school to recognize them in this way, please complete the form and submit it to the school by Wednesday, December 5. [CLICK HERE](#) for access to form



Upcoming Information
& Tour Events

Middle School
Time: 5:30 - 6:15
Mon., Dec. 10
Mon., Jan. 7, Thurs., Jan. 17

High School
Time: 6:15 - 7:30 PM
Mon., Dec. 10, Mon., Jan. 7

Do families in your area know about Spectrum? Do you know a family seeking a high quality middle school or high school for their child? Help spread the word by sharing these Information and Tour Event dates.

Update Parent Contact Preferences

Spectrum High School and Middle School have the Infinite Campus Voice Messenger feature to enhance communication with parents/guardians. Spectrum sends group messages via email, phone, or text. The voice and text messages are used for important announcements, school cancellations, or delays, as well as to quickly disseminate critical or emergency information. There is no sign-up needed to receive voice messages; parents are automatically included in the contact list. Parents do have the option to change their contact preferences within the Infinite Campus Portal.

NOTE: To receive text messages, parents must enable texting; it is off by default. It is strongly recommended that parents do not remove the option to receive emergency calls. To ensure that they receive Spectrum messages, they should always make sure contact information is accurate and up to date.

To access message contact preferences in the Infinite Campus portal, choose the left-side menu option "Contact Preferences". Set your preferences by checking or unchecking message options.

Example of Infinite Campus Portal (see below)

Message Contact Preferences

Successfully saved contact information.

Email Address:

Secondary Email Address:

Instructions:

For each type of message (Emergency, Attendance, Behavior, General Notification, Priority Notification, Teacher) select how you prefer to receive that message. You may select to receive a message on more than one device. To change or add a phone number you will need to contact your school's administrative offices.

Please check the Text(SMS) check box if you would like to receive text messages sent by the school.

- If Text (SMS) option is enabled message and data rates may apply. Charges are dependent on your service plan which may include fees from your carrier to send and receive these text (SMS) messages.
- To opt out uncheck the text (SMS) box anytime.
- For support contact your district.

		Emergency	Attendance	Behavior	General Notification	Priority Notification	Teacher
Cell Phone (555)255-1996	Voice	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Text (SMS)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email (email@infinitecampus.com)		<input checked="" type="checkbox"/>					

† Your district may send some communications in languages other than English, if you prefer to be contacted in a another language please specify your preferred language.



SCHOOL CLOSING BROADCAST INFORMATION

[WCCO channel 4](#), [KSTP channel 5](#)

[KARE 11 channel 11](#), [FOX9 channel 9](#)

Message Type	Mark checkboxes in this column if the email and/or phone number should be contacted for...
Emergency	emergency messages. It is highly recommended you leave this option checked.
Attendance	student attendance messages.
Behavior	*SHS does not utilize this option for behavior messages.
General Notification	general school or district messages sent between 7am-9pm
Priority Notification	high-priority messages sent by the district or school.
Teacher	*teacher-created messages. Teachers do not use phone messaging as a contact method at this time.

Mrs. Chrest earns Certified Journalism Educator status recognized by JEA

Rachel Chrest, a Language Arts & Journalism teacher at Spectrum High School, has achieved the Certified Journalism Educator status from the Journalism Education Association (JEA). Mrs. Chrest was honored November 3, 2018, at the JEA/NSPA Fall National High School Journalism Convention in Chicago, Illinois.

Journalism certification recognizes teachers who meet national standards of preparation to teach high school journalism classes and advise student media. Journalism certification requirements for educators include earning college credit in news reporting and writing, communications, law, and publications advising, that demonstrates the educator's proficiency in those areas.

Mrs. Chrest joins a growing number of teachers (855) who realize journalism is an academic subject requiring a qualified instructor. This honor recognizes Mrs. Chrest as such an educator.

Educators who gain this certification status show evidence of continuing education and professional growth, and knowledge of teaching and advising methods in scholastic journalism and leadership at local, state, regional, or national levels.

JEA, a nonprofit organization, encourages professional standards for journalism programs and student publications. It provides a forum for the interchange of ideas and sponsors workshops, contests and publications to promote and recognize excellence in student media.



(Picture taken at TRCF Grant Event on Wednesday, October 17, 2018)

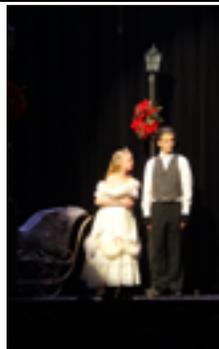
Three Rivers Community Foundation Donates \$1,000 to Spectrum

The TRCF is a non-profit organization that invests, encourages, and improves the Elk River, Zimmerman, Otsego, and Rogers communities through grants, scholarships, community events, and their impact investment program. Spectrum is thankful to be the recipient of a \$1,000 grant for the 2018-2019 school year to support our AVID program - providing AVID students' opportunities to visit colleges as part of their post-secondary planning efforts.

Fall Theatre: 'Twas the success!

Written by
Mrs. Stelen
Photograph by
Mr. Stelten

Spectrum Theatre's production of *A Christmas Carol – A Ghost Story of Christmas* had a successful run in early November. Utilizing a set that felt very minimalized to the audience, the stage was transformed into various locations throughout London with the movement and placement of streetlamps, stand-alone doors, and other furniture. Audience members were further transported to Victorian England by the costumes and British accents. While the story of Scrooge and his ghostly visitors is one that is well-known, this adaptation had a unique twist. The Spirits of Christmases Past, Present, and Future (played by Veronica Lee, Emily Dopp, and Carter Hansen, respectively) were first introduced to the audience as three of Scrooge's debtors in the London marketplace. Each of the market vendors gives a piece of their merchandise to Ebenezer Scrooge (played by Zachary Knapp) when they are unable to pay the full amount due. The items given to Scrooge then bring the magic of the Spirits into Scrooge's home. The classic characters were all there, including the ominous Jacob Marley (played by Marcus Grund) and the impoverished clerk Bob Cratchit (played by Donovan Eidem) and his endearing son Tiny Tim (played by Isaac Bengtson). The cast was rounded out with many Spectrum Theatre veterans, as well as a handful of student actors new to SHS's stage.



2018 VOLUNTEER OF THE YEAR



One of Spectrum’s favorite and most meaningful moments each school year is the time set aside to recognize and honor a parent volunteer, who has served Spectrum passionately and faithfully, with the Volunteer of the Year Award. Each year families are asked to volunteer in direct service to the school. This time often has benefits to both the volunteer and the students. It also has helped to propel students and the school to accomplish many great things over the past 12 years. The staff at Spectrum are grateful that many families volunteering efforts go beyond duty and become a labor of love.

On October 25th, at Spectrum’s Annual Meeting, our School Board, Administration, and Volunteer Coordinator honored Mr. Jonathan Benge as our **2018 Volunteer of the Year**. His dedication and service to Spectrum’s athletics program is second to none. When we asked our varsity head football coach, Seth Mills, to share more about Jon, he had to following to say:

“Jon has had a significant impact on our program. He is a guy who does not need the glory or the name that comes from serving – he simply is generous with his time, energy, resources, and abilities.” Mr. Mills also shared, “Jon has been an invaluable part of the development of our sports program and has gone above and beyond any expectation that would accompany a volunteer role.”

Thank you, Mr. Benge, for being the kind of volunteer who gives so generously of yourself to help make Spectrum even better and for bringing positive energy and enthusiasm to all you do.



Middle School:
Nathan Casey

“Nathan is hard working and dedicated to improving his own education. Nathan is not afraid to go the extra mile and pushes himself to get better everyday.” Mr. Gangl



AVID October Students of The Month



High School:
Ben Bergley

“He consistently takes on leadership roles in the classroom, and his leadership style is positive and welcoming. His engagement and energy in the AVID classroom is contagious, and he helps create a fun and favorable environment.” Ms. Beehler

HIGH SCHOOL NEWS



Spectrum High School Respect Retreat

Grade 9

Spectrum is focused on creating a positive school culture at all grade levels. In October ninth grade students attended a Respect Retreat put on by Youth Frontiers. Youth Frontiers' mission is to provide schools with experiences that inspire character, civility, and community. The day-long program focused on three learning goals for students:

1. Help students realize they matter, others matter, and what they do matters.
2. Understand that disrespectful behavior is harmful and engage bystanders to stand up.
3. Identify ways to improve the culture of respect in the school and community.

Students engaged in fun activities throughout the day. For example, student teams built sculptures out of their shoes, and a team representative explained what the sculpture represented about respect. One of the retreat facilitators performed his own original music. The other facilitator shared a personal story from his own teen years, an experience that taught him about respect.

During the culminating activity, students shared their thoughts and reflections. Many students shared realizations about their own behavior and the effects on others. Some kids spoke about standing up for others when they see disrespectful behavior. Many expressed wishes to respect themselves and others more in the future.

Check out the [Noise News](#) story about the retreat produced by Broadcast Journalism students (story starts at the 4:00 mark).

Spectrum High School Principal Corner

Parents,

'Tis the season of Thanksgiving!!! Therefore, I want to express what a tremendous honor it is to be a part of the Spectrum community. I am so thankful for the dedicated staff, friendly students, and supportive parents that make up SHS. I couldn't ask to be a part of a better school community! It is my hope that all Spectrum families enjoy the upcoming Thanksgiving break. Put your feet up, relax, and create some terrific memories together. "Safe travels" to those going out of town for the holiday celebration.

As you know, the month of October went by in a blur! We had some very unique opportunities that took place last month including our 7th grade Courage Retreat and our 9th grade Respect Retreat. With the help of our fantastic high school leaders (high school students who volunteered to help facilitate) and Youth Frontiers, these grade levels were able to experience engaging activities, testimonies, and conversations about some life-changing topics.

We also want to thank our Spectrum parents/guardians for their participation in our parent-teacher conferences earlier this month. Your support and guidance with your children is imperative to our work in the area of academics and personal growth with them each day. Thank you!

Finally, November 9th, 10th, and 11th marked our Theater Program's fall production dates with the performance of Charles Dickens' "A Christmas Carol - a Ghost Story of Christmas". We hope you had a chance to come out and see the amazing cast and crew in action as we all get ready for the holiday season. A special thank you to our Theater Director, Kathy Stelten, for her incredible work in guiding our students to an unforgettable performance!

Sincerely,

Mark W. Leland



SPECTRUM STUDENTS WIN AWARDS AT JOURNALISM CONVENTION



Spectrum students displaying their awards at the JEA conference in Chicago.

Eighteen Broadcast Journalism and Yearbook students attended the National High School Journalism Convention in Chicago along with over 6,000 other high school journalists from across the country. Eighty-five percent of entrants at the conference also participated in contests, so the competition was tight. Eight Spectrum High School students returned with awards from their contests. Ella Kring was awarded an honorable mention in Sports Action Photography. Cassandra Duthler was awarded the excellent award for Broadcast Newswriting. Zachary Knapp and Elizabeth McCoy were awarded an honorable mention for their PSA/Commercial. Sam Ley and Keagan Wilson were also awarded an honorable mention for their Broadcast News Feature. Parker Gangl and Emma Galligher were awarded with an excellent award for their Broadcast Package. All of the students who attended this rewarding experience came back energized with great ideas to implement in their publications.



Did you know that...

you can earn free college credits through the C@SH program at Spectrum High School?

Spectrum offers 23 C@SH classes for a total of 79 credits, allowing students to earn their AA degree without ever leaving campus

the Class of 2018 earned 1,537 college credits- that's an approximate savings of \$499,063.90 in tuition!

High School September Students of the Month (Sponsored by NHS)



Ellie Steinle (L)
Bailey Brown (R)

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



High School Service Learning: 9th Grade: S.A.V.E.



S.A.V.E. Stands for Suicide Awareness Voices of Education. This service learning class focuses on raising awareness about teen suicide and providing resources for those who might be in a vulnerable state. So far this year, the class time has been spent researching the warning signs of suicide and strategies to help deal with the stress factors that may contribute to thoughts of suicide. Later this school year, S.A.V.E. hopes to participate in the Just One event. This event raises awareness of teen suicide and to provide resources to those dealing with depression. There will be a speaker and performances by local musicians.

Spectrum / Athletics

The Fall season is now completed for sports. In addition to six athletic teams hosted by Spectrum, student-athletes also participated in girl's tennis at Big Lake and girls swimming and diving at Elk River. There were many individual and team highlights including the following:

The football team completed the regular season with a record of 7-1 and repeated as Twin City District – Blue Conference Champions. Fisher Margberg became the 3rd leading rusher in state history with 5,878 yards.

***“Congratulations and way to go to all of our incredible student-athletes at Spectrum this Fall. Be sure to contact the athletic department if you have questions about sports or winter sports registration. Go Sting!”
Rick Peterson, Athletic Director***

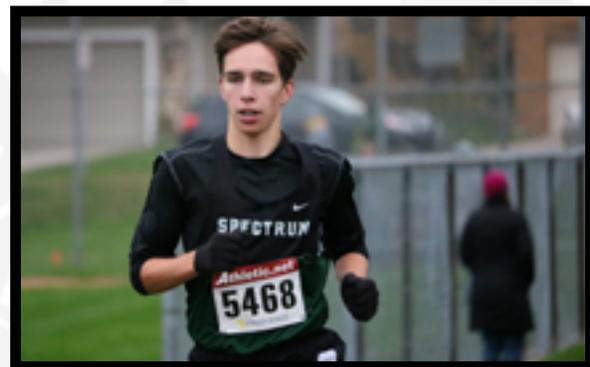


Fisher Margberg received achievement recognition at Homecoming. Photo Credit: Bailey Brown

The boys' cross country team took 2nd in the conference and 4th at the section meet out of more than 20 schools. Junior Matt Helser qualified for the state meet. The girls' cross country team also took 2nd at the conference meet and was 8th at sections.

Both girls' and boys' soccer teams had great seasons on and off the field. The girls had impressive wins over Legacy and Brooklyn Center and the boys came within the narrowest of margins to host a section playoff game.

The volleyball team had an amazing season under the leadership of first year coach Erika Kelly. The enthusiasm of the girls quickly spread to the spectators and the Spectrum gym was loud and positive to support the team. The annual Dig Pink event raised awareness and funds for breast cancer.



Junior Matt Helser who qualified to represent Spectrum at the state cross country meet.

The winter sports season begins in mid-November for girls' dance team, boys' and girls' basketball, and wrestling. Spectrum also participates in co-ops for boys' hockey at Legacy Christian Academy and Boys Swimming and Diving at Elk River High School.

Congratulations and way to go to all of our incredible student-athletes at Spectrum this Fall. Be sure to contact the athletic department if you have questions about sports.

MIDDLE SCHOOL NEWS

Spectrum Middle School Principal Corner



Spectrum Middle School Families,

Mid-semester has just passed and a quarter of the year is already complete. We have established a nice routine with winter weather and the holidays soon upon us. Besides a few sixth grade classes and our Service Learning rotation, classes continue and so does grading for the next nine weeks. It is critical to keep up the study habits that have been created or to start them today. It is also important to utilize Academic Study if one has that option and Sting Time to get additional support from teachers. Hopefully conferences allowed for collaborative dialogue around these two opportunities.

This last month we supported our self-advocacy growth by attending the Youth Frontiers Retreat. Its focus was on courage and how important it can be in one's life. The day helped build community while learning about an important topic.

Finally, snow will soon be here as daylight saving time for the year has since passed. Please be mindful at Student Drop-Off in the morning as visibility will diminish. We ask that you pull all the way forward and drop off your child in the left lane at the Event Entrance -- the outside lane is for slowly passing and exiting. The same holds true at Pick-Up: please pull all the way forward in the left lane or park in the outer-lane slots so as to not back traffic up onto Industrial Circle. These minor adjustments will help keep all students safe while making Drop-Off and Pick-Up pain free.

Happy early Thanksgiving! We have many blessings for which we are truly thankful, one of which is our great families that help make Spectrum Middle School a great place to learn.

Gregory M. Heinecke

Middle School Athletic Spotlight

Alaina Dorval is an 8th grade volleyball player who stated all season at the JV level. She was the most consistent and effective server on the team. She finished the season practicing with the varsity team!





Middle School Club Opportunities!

The winter session will be open for registration soon. Dates are December 3 through February 15.

The Middle School Clubs have officially gotten off the ground, with three clubs running currently. Those include Chess, Art, and Performing Arts. Chess is taught by Mr. Brunt, Art is taught by Mrs. Helena Johnson, and Performing Arts is led by Mrs. Vaala. There have been some great things going on in these clubs, and a lot of student involvement with over 50 students participating!

Our Winter session is looking to open registration soon, with projected offerings in clubs such as Basketball, Calligraphy, Speed & Agility Development, Backyard Games, and possibly a few others. The dates of the Winter Session will be starting the week of December 3rd and running until the week of February 15. There will be no clubs over Christmas Break.

It will be a similar format for the Winter session clubs, with each being a fee of \$50 to participate. It is very exciting to see the growth that is taking place already at Spectrum Middle School! Please don't hesitate to reach out with any questions you may have about the current or future development of clubs, and also if you have any ideas or passions you would like to see.

Seth Mills,
Middle School Dean
& Spectrum Activities Director

SERVICE LEARNING: Veterans Support

Service Learning: Veterans Support has been a unique adventure in first quarter, one that has led to great ideas and an exciting project. The class started out the year talking about what a veteran is and why he or she is important to our country. They have looked at history, shared literature, had fascinating discussions, and had the good fortune to listen to and talk with a wonderful speaker as he shared his knowledge and experiences with the class.

Throughout their discussions, the students decided to compile care packages to deliver to VA hospitals in the area. They've worked together to research the VA, veterans' needs, and decide what should be included in these care packages. The quarter two Service Learning: Veterans Support group will pick up where the quarter one group left off with advertising, collecting, and arranging these care packages. It will be exciting to see what these creative and compassionate students come up with next.

To end the quarter, Sherburne County Veterans Service Officer Bruce Price joined us. He shared about his experiences as a soldier, a federal officer, a veteran, and now a Veterans Service Officer and had fascinating stories to tell. He enjoyed talking to and with the students, and took the time to answer each and every question that they had. The students were captivated by his stories and ideas, and we are anxiously awaiting his next visit later in November.



COURAGE RETREAT

In October, the 7th grade class attended the Youth Frontiers retreat focusing on the topic of courage. The day emphasized the need to follow your heart utilizing courage and,

despite fears, the need to make responsible decisions. The 7th graders reflected in small groups about these topics: personal fears, committing to an act of

courage to better Spectrum, and how to break down social barriers.

In addition to small groups, there were a number of large group activities to foster stronger relationships. Over the course of the school year, students will dedicate a day once a month during their Sting Time to continue the conversations

from the retreat and encourage students to continue making Spectrum a positive place. Each student made a commitment to one act of courage at the end of the retreat. The monthly follow-ups will reinforce the students' Act of Courage pledge.

October Middle School Students of the Month

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

JOHN BOZICH



7

ARIANNA BECHTHOLD



8

GIAVANNA FEIST



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