

JANUARY - APRIL 2020

White Bear Lake Area School District COMMUNITY SERVICES & RECREATION



WB
624
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Flip book to see
Bear's Bulletin!

Bear's Bulletin, a White Bear Lake Area School District publication, can be found on the reverse of this catalog. The piece covers District and school news, accomplishments, 624 Facts and notice of upcoming events.
Flip this book to see the District updates!



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REGISTER  whitebear.ce.eleyo.com



WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

We would like to welcome you into
winter with a heartfelt **THANK YOU!**

Earlier in November, the community voted to approve a \$326 million dollar bond request to address building needs across the district by 57.4%. This voter approved bond will fund a Comprehensive Facilities Plan that was based on a nearly year-long facilities planning process. We are extremely grateful for the support from the community and look forward to begin the planning process for building our district's future.

The Community Services and Recreation Department underwent a strategic planning process to guide our work moving forward for the next five years. Our team has been hard at work moving this year's strategic priorities forward. At the core of our strategic plan lies a community needs assessment. We look forward to connecting with the community and increasing our outreach for your feedback to assist in guiding our programming going forward. Whether you are participating in our Early Childhood Program, Extended Day or FLEX, Youth Enrichment Classes, a Youth Recreation Activity, Adult & Senior Programs, renting a facility, volunteering, or collaborating with us in any capacity, we look forward to connecting with you. Our building bond referendum will provide us an opportunity to re-shape and expand our programming and services to the community and we hope for your continued participation to guide us.

There is no way around it, winter is on its way. The entire Community Services & Recreation team hopes you stay engaged, warm, and connected by participating in any of our lifelong learning and enrichment opportunities. See you soon!

-Tim Maurer, Director of Community Services & Recreation



That's Community Ed!

Bundle Up Bears!

FREE Community Event!



Celebrate winter in true Minnesota style!

Bring the whole family for music, hayrides,
photo ops, ice skating and more!

Dress for the weather and bring your own skates.

**Sat, Jan 25
11:30 am - 1:30 pm
WBLAHS - North Campus**

Register online at whitebear.ce.eleyo.com
Course #: 8000.500

White Bear Lake Area Schools Community Services & Recreation

4855 Bloom Avenue, Room 106, White Bear Lake, MN 55110
www.isd624.org/CommunityServices

Information & Registration (651) 407-7501
FAX (651) 407-7502
community-services@isd624.org

Online Registration www.whitebear.ce.eleyo.com

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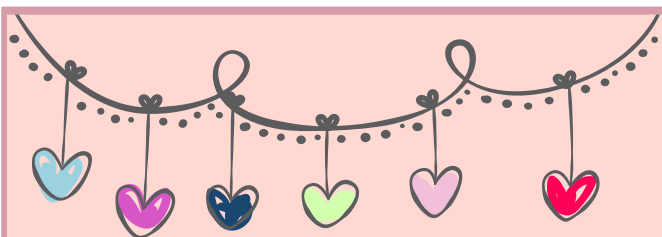
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Sweetheart Dance

Family Dance / Grades K-5

Dress up your bear cubs and join us at our
Sweetheart Dance! Families are invited to move and
groove with dancing, a light snack, and activities!

Attendees must register in advance - and early.

Event open to all WBL families.

**Fri, Feb 7 / 6 - 8pm
The Armory
2228 4th St, WBL**

Register online at whitebear.ce.eleyo.com
Course # 1617.200

NEW this year!

The Hippodrome is OPEN for graduation parties!



Rental cost:
\$280

What's included?
4 hour block
with seating up to
150 people.

Tables and chairs included!

*Tobacco, alcohol, and vaping
are prohibited on school grounds.*

For more information or to reserve a date,
contact Jon Anderson at 651-407-7508 or Jon.Anderson@isd624.org.



GET PAID TO PLAY!

We are accepting applications for
before and after school activity assistants!

To apply, visit
www.isd624.org/employment

Questions? Contact Anne at anne.vail@isd624.org

SUMMER IS COMING.

Registration opens mid-February.
More information to come in our
Youth Summer Guide and online at
communityservices.isd624.org.

**MAKE THIS SUMMER
YOUR BEST SUMMER YET!**

SNEAK PEEK OF SUMMER 2020 SITES

Extended Day:
Oneka (K-6), Otter Lake (K-4), Lakeaires (K-4)

FLEX:
Sunrise (5-8)

Need Financial Assistance?

WBL Community Services & Recreation is dedicated to providing learning opportunities for people of all ages.
Limited financial assistance is available. For details and to apply, call 651-407-7501.

Important dates to remember:

- ☐ **December 15:** Last day to register for Youth Rec Basketball, grades 9 -12
Volunteer coaches are needed!
- ☐ **December 18 - January 4**
NEW Winter Break A+ Driver's Ed Class
- ☐ **January 2:** Last day to register for Youth Rec Basketball, grades 9 -12
Volunteer coaches are needed!
- ☐ **January 21:** Bear FUNdamentals 2020 - 2021 enrollment opens
- ☐ **January 21:** Preschool registration opens for 2020 - 2021
- ☐ **January 25:** FREE Community Event
Bundle Up Bears
- ☐ **February 7:** Sweetheart Dance @ The Armory
- ☐ **March 9 - 12:** FLEX Spring Break
Attend all 4 days - save \$10! See page 35
- ☐ **March 6:** FREE Travel Show informational meeting
- ☐ **April 8:** FREE Many Faces Community Workshop:
Power, Privilege and Identity
- ☐ **April 22:** FREE Community Baby Shower
- ☐ **May 1:** FREE Many Cultures of White Bear
Early Childhood - *More info coming soon!*

REGISTER 

whitebear.ce.eleyo.com

Stay connected!
Follow us on social media.



@wblasrec



@WBLCommunityEdu



Adult Enrichment Classes Open to Youth

Handmade Greeting Cards (16+)

Learn to Knit (16+)

Fun with Epoxy (10+ w/adult)

Macrame Feather (16+)

Bake & Take Cookies (8+ w/adult)

Pound (16+)

Ballroom Dance (16+)

Instant Guitar (17+)

Easy Ethiopian/Eritrean Cooking Class (16+)

South East Asian Cuisine (Hmoob):
Pad Thai (16+)

South East Asian Cuisine (Hmoob):
Traditional Hmong Rice (16+)

See Adult Enrichment pages for full description.



Look for flyers from the school district, as well as local organizations, that offer community events and opportunities for youth emailed every 1st and 3rd Thursday of each month!

ESPAÑOL: Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 44.

HMOOB: Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntawv mus nyem rau phab nplooj ntawv 44.



MANY FACES • MANY STORIES

*Building Community through Storytelling:
recognizing, honoring, and embracing all cultures with humility and respect.*

STUDENTS WELCOME

Community Workshop

Power, Privilege and Identity: Exploring positions in society and the power that comes with privilege

Facilitated by Mike Rios, Office for Social Justice Equity & Disparities; Racism, Sexism, Classism...What is my role and responsibility? Examining and understanding our own identities is just one piece to the puzzle of combating systemic oppression.

FREE / Wed, April 8, 2020 / 6:30 - 8:30 pm
#1655.300 / WBL District Center Board Room
Registration required. Call 651-407-7501 or visit
www.whitebear.ce.eleyo.com



Collaboration Partners:

Century College
 City of White Bear Lake
 Greater White Bear Lake Community Foundation
 Lakeshore Players
 Mahtomedi Public Schools
 White Bear Center for the Arts
 White Bear Lake Area Historical Society
 White Bear Lake Area Schools

Book Discussions

Need a book? Call 651-653-3126

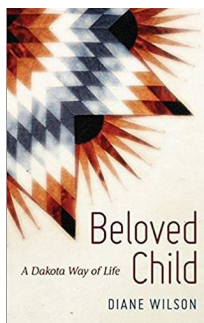
"The Lion's Binding Oath" by Ahmed Ismail Yusuf

"The Lion's Binding Oath", a collection of short stories, introduces readers to the people of Somalia and their struggles: their humanity, faith, identity, friendship, and family bonds, as whispers of war grow louder around them. Through stories that span the years before and during Somali's civil war, Yusuf weaves together Somalia's political, social, and religious conflicts with portrayals of the country's love of poetry, music, and soccer.



FREE / Thu, Jan 30 / 6 - 8 pm

Mahtomedi Ed Center, 1520 Mahtomedi Ave
Registration required. Call 651-407-2018 or visit
www.mahtomedicommed.com



"Beloved Child" by Diane Wilson

Among the Dakota, the Beloved Child ceremony marked the special, tender affection that parents felt toward a child whose life had been threatened. In this moving book, the author explores the work of several modern Dakota people who are continuing this tradition; to believe in the "genius and brilliance" of Dakota culture as a way of surviving historical trauma.

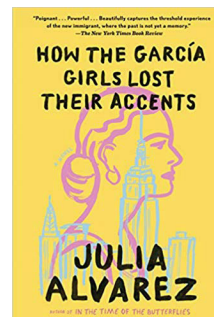
FREE / March 24 / 6 - 7:30 pm

Hanifl Performing Arts Center, 4941 Long Ave, WBL
For more information or questions call 651-478-7427.

"How the Garcia Girls Lost their Accents" by Julia Alvarez

Facilitated by Briana Santoscoy, Latino Cultural Liaison and WBLAS students.

FREE / Tue, May 12 / 5:30 - 7:00 pm
5:30 - 6:00 pm - Meal,
6:00 - 7:00 pm - Discussion
#1655.305 / WB North Campus Cafeteria
Registration required.
Call 651-407-7501 or visit
www.whitebear.ce.eleyo.com



Associated WBLAS Events

Registration required.

Call 651-407-7501 or visit whitebear.ce.eleyo.com to register.

We are Minnesotans: A Photostory of Immigration and Community Transformation

Facilitated by: Waihon Liew

"I can't change the world, but I can change myself and my community." Through the use of photo storytelling, Waihon will share his family's refugee and immigration story, the help he received, and how he is paying it forward by mentoring immigrant/refugee youth in the Twin Cities and giving back to Malaysia.

\$15 / Wed, Feb 5 / 6:30 - 7:30 pm

#1655.204 / WB South Campus Media Center

Dream of Wild Health: Indigenous foods, medicines, and lifeways

Facilitated by Hope Flangan

Hope Flangan, respected elder and cultural teacher at the Dream of Wild Health, shares her expertise regarding Indigenous farming, seed preservation, and healthy lifeways. As of today, Dream of Wild Health has more than 100 different varieties of saved seeds in their collection, a priceless legacy from Indigenous ancestors. The stewardship of this collection has been identified as a top priority of Dream of Wild Health and is an ongoing effort. Join us in exploring all there is to learn about the Indigenous community farm located in Hugo.

FREE / Tue, Feb 11 / 9:30 - 10:30 am

#1655.215 / South Campus

Program available thanks to the White Bear Lake Area Educational Foundation.

Many Faces, Many Dishes

Discover culture through food.

For complete descriptions, see page 10.

Easy Ethiopian/Eritrean Cooking Class

\$42 / Thu, Feb 20 / 6 - 8 pm

#1633.200 / South Campus 206

\$42 / Tue, April 7 / 6 - 8 pm

#1633.303 / South Campus 206

South East Asian Cuisine (Hmoob): Pad Thai

\$49 / Fri, March 27 / 6:30 - 8:15 pm

#1633.203 / South Campus 206

South East Asian Cuisine (Hmoob): Traditional Hmong Rice

\$49 / Fri, April 24 / 6:30 - 8:15 pm

#1633.305 / South Campus 206

Share and tag your photos using
#ManyFacesWBL

Associated Community Events

Then & Now: Downtown White Bear Lake, Part I

FREE / Jan 27 / 6:00 - 7:00 pm

Ramsey County Library - 2150 2nd Street, WBL

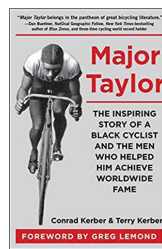
Sponsored by the White Bear Lake Area Historical Society

TED Talk Tuesday: Dave Isay: "Everyone around you has a story the world needs to hear"

FREE / Jan 28 / 6:30 - 7:30 pm

Mahtomedi Ed Center, 1520 Mahtomedi Ave

Registration required. Call 651-407-2018 or visit www.mahtomedicomed.com



Major Taylor by Terry Kerber

FREE / Feb 6 / 7:00 - 8:30 pm

WB Center for the Arts,

4971 Long Ave, WBL

Call 651-407-0597 or visit www.whitebeararts.org

The Best We Could Do, By Thi Bui

FREE / Feb 11 / 6:30 - 8:00 pm

WB Center for the Arts, 4971 Long Ave, WBL

Registration required. Call 651-407-0597 or visit www.whitebeararts.org



The Business of Dressmaking: Minnesota Couture 1880-1914

FREE / Feb 13 / 6:30 - 8 pm

WB Center for the Arts, 4971 Long Ave, WBL

Registration required. Call 651-407-2018 or visit www.whitebeararts.org

Mapping Prejudice

Mapping Prejudice is working to create an interactive digital map of how racially restrictive housing covenants denied housing to minorities in neighborhoods throughout the Twin Cities, creating and reinforcing segregation here in the North. Come learn more about this research and the plans to expand mapping into Ramsey county, including our local area.

FREE / Feb 18 / 6:30 - 8:30 pm

Century College, East Campus, Lincoln Mall

For more info call 651-779-3219

Somali Culture 101

FREE / Mar 5 / 6 - 8 pm

Mahtomedi Ed Center, 1520 Mahtomedi Ave

Registration required. Call 651-407-2018 or visit mahtomedicomed.com

History: Up on a Pedestal of Down on Her Knees

\$18 / Mar 13 / 10 am - 12:00 pm

Mahtomedi Ed Center, 1520 Mahtomedi Ave

Registration required. Call 651-407-2018 or visit www.mahtomedicomed.com

Cherry Tree Chickadee **NEW!**



Instructor: Miriah Van Duuren

Join us for this step-by-step acrylic painting class to create a beautiful wintry scene of a charming chickadee in a cherry tree! Beginner and intermediate painters can dabble with new techniques and materials. Each participant will leave with a finished stretched canvas painting ready to hang.

1561.207

1 session / \$36
Thu, Mar 26 / 6:30 - 8:30 pm
South Campus 202



"Handmade cards because no one displays an email on the mantel, or shows off a tweet on the refrigerator, or saves a Facebook post in a box of treasures."

Handmade Greeting Cards (Ages 16+) **NEW!**

Instructor: Laurie Healy

Create eight adorable handmade cards. There will be four different card styles; you will make two of each. Express yourself in coordinating card stock, ink, stamps and embellishments from Stampin'Up! Join us for some relaxing stamp therapy! There is a \$10 materials fee due to the instructor at class.

1517.230

1 session / \$36
Tue, Apr 7 / 6 - 9 pm
South Campus 202



Glass Fundamentals: Paperweights

Instructor: Vandialia Glassworks

Create your own glass blown paperweight! Not only is a paperweight fun to create, but it is also the most forgiving for first time glass blowers. Learn the fundamentals of glasswork such as gathering, coloring, shaping, and transferring. You will need to return at a later date to pick up your finished work. Wear closed toe shoes; cotton clothing you can get dirty, and dress in layers.

1414.214

1 session / \$72
Sat, Mar 21 / 10 am - 1 pm
Vandalia Glassworks
 103 Concord Exchange N
 South St. Paul

Learn to Knit (Ages 16+)

Instructor: Mary Kay Wimer

Knitting is relaxing, fun and creative...and can be learned in the first night! By night three, you will be able to create a beautiful scarf, cute hat or a handy washcloth. Bring to class: solid, light colored bulky weight yarn, size 11 knitting needles, scissors and a \$2 materials fee.

1565.201

3 sessions / \$40
Wed, Feb 12 - 26 / 6:30 - 8:30 pm
South Campus 302



Introduction to Woodburning **NEW!**

Instructor: Lisa Vitkus

Socialize, relax and recharge with an art soiree. No experience necessary to have fun and enjoy. You'll receive a beautiful piece of wood to work on, several design templates to choose from, and the tools to complete your project. Practice first with different burning tips on a training board, pick a design to transfer to wood, and finally complete your project. You can even add some color with watercolors to make your piece pop.

1414.204

1 session / \$52
Mon, Mar 2 / 6:30 - 9 pm
South Campus 202



DIY Cutting Boards **NEW!**

Instructor: White Bear Makerspace

Enjoy the thrill of building your own custom cutting board! Your instructors will walk you through the process step-by-step using a variety of beautiful woods and cuts. There is a \$20 materials fee due at class.

1415.214

1 session / \$50 / Sat, Feb 22 / 12 - 3 pm

White Bear Makerspace, 5966 US-61, WB Township



Fun with Epoxy (Ages 10+ with parent) **NEW!**

Instructor: White Bear Makerspace

Discover the basics of working with Epoxy. No artistic talent required! Decorate your own Minnesota-shaped wall plaque. It is easy and fun to do. All materials are included. If there is time, you can purchase and work on additional plaques for \$20 each.

1415.215

1 session / \$50

Mon, Mar 16 / 5:30 - 8 pm

White Bear Makerspace, 5966 US-61, WB Township

Macramé Feather (Ages 16+) **NEW!**



Instructor: Minnesota Makers

Macramé has made a comeback! Create a beautiful wall hanging of a macramé feather and wood. Choose from multiple color options and blended color feathers, as well as a variety of wood choices. All participants will receive instructions to take home so you can make more.

Once you learn the basic techniques, you can easily create macramé feathers for wall hangings and other designs.

1404.204

1 session / \$49

Wed, Feb 5 / 6 - 8 pm

South Campus 202



Sunflowers: Easy Bob Ross Oil Painting **NEW!**

Instructor: Henry Jacob Rupp

Don't think of yourself as artistic? Discover your creative side in this easy to follow Bob Ross style painting class. You will have fun and be amazed at what you can do! The "Joy of Painting" may be the highlight of your year! Your 16" x 20" painting will be ready for you to frame and hang on your wall at home. A \$20 material fee is due to the instructor at class.

1560.200

1 session / \$41

Thu, Feb 20 / 5:30 - 9:30 pm

South Campus 202

Organize Your Photos - Digital and Print

Instructor: Kathy Povolny

Imagine ... all your photos organized and all in one place, permanently, safely, and you have a system that lets you find any photo in literally seconds! This includes old slides, movies, and memorabilia too! We will talk about scanners and digitizing old media, cloud storage accounts, as well as software for creating digital books, projects, and learn how to repair older damaged photos.

1512.205

1 session / \$31

Sat, Mar 21 / 10 am - 12 pm

South Campus 304



Bake & Take Cookies (Ages 8+ with adult) **NEW!**

Instructor: Laurel Severson

Love to bake? Wish you baked more? Grab a partner and join us for a morning of baking! Go home with 10 dozen cookies and one fabulous memory! Get ready to bake Chocolate Chip Cookies, Chocolate Mint Cookies, Mexican Wedding Cookies, Peppernuts, Spritz, Sugar Thins, Swedish Pepparkakor, and Chocolate Dipped Apricots! YUM! Bring a container to hold all of your yummy treats to bring home! \$17/pair materials fee due at class.

1632.205

1 session / \$42 per individual or \$55 per pair

Sat, Mar 28 / 9 am - 12 pm

South Campus 206



Easy Ethiopian/Eritrean Cooking Class **NEW!**

Instructor: Selam Asfaha

Explore the delicious flavors and techniques of authentic Ethiopian and Eritrean cuisine. With approachable techniques you can replicate at home, you will learn to cook dishes with a variety of fresh ingredients and flavors, from light and mild to sizzling plates packed with exotic spices. Both vegetarian and meat-based recipes will be available at class. There is a \$20 materials/food fee due at class.

1633.200

1 session / \$42

Thu, Feb 20 / 6 - 8 pm

South Campus 206

1633.303

1 session / \$42

Tue, Apr 7 / 6 - 8 pm

South Campus 206



South East Asian Cuisine (Hmoob):

Pad Thai **NEW!**

Instructor: Yeeleng Vue

Pad Thai is a stir-fry dish made with variety of Asian ingredients. Everything is tossed together with a personal special Pad Thai sauce. All ingredients can be found anywhere at the grocery stores. Remember to bring an apron to class!

1633.203

1 session / \$49

Fri, Mar 27 / 6:30 - 8:15 pm

South Campus 206

South East Asian Cuisine (Hmoob):

Traditional Hmong Rice **NEW!**

Instructor: Yeeleng Vue

Rice is a staple food and an Asian way of life, culture, customs, traditions and spirituality. For the Hmong people, this grain was the longevity of our people and this class will teach how to make steam white rice from the ground up. Remember to bring an apron to class!

1633.305

1 session / \$49

Fri, April 24 / 6:30 - 8:15 pm

South Campus 206

#WBLManyFaces

See page 6



Basics of Personal Financial Management

Sponsored by: Tom Becker, Edina Realty

Today, young working adults often have a heavy debt load, significant financial goals in life, and conflicting financial priorities. The purpose of this class is to help guide you through balancing all these goals, logically working through achieving them, all without overly compromising your current lifestyle.

1130.270 **1 session / FREE**
Sat, Mar 28 / 9 - 11 am
South Campus 302
Registration required

Drafting Your Own Will

Instructor: James Wellner

Developing a will is an important step in providing for the ones you love and for you to "Finish Well". The first night you will learn various techniques of property distribution, protection of the state and beneficiaries, explore basic will concepts and assess your need for a simple will. You also receive individualized personal attention, sample forms and language for use in drafting your own will. During the second night, learn safekeeping techniques and circumstances that may require a review or revision of your will. In addition, you will be able to sign your own will second class.

1143.203 **2 sessions / \$59**
Wed, Feb 5 & 12 / 6:30 - 8:30 pm
South Campus 304

1143.303 **2 sessions / \$59**
Wed, Apr 8 & 15 / 6:30 - 8:30 pm
South Campus 304

Elder Law: Know Your Rights **NEW!**

Instructor: Mary Ebb

Receive an overview of the areas of law most often handled by elder law attorneys: Medical Assistance/Long Term Care Planning, Estate Planning, Probate and Guardianship.

1536.306 **1 session / \$20**
Sat, Apr 11 / 10 - 11:30 am
South Campus 304

Financial Power of Attorney & the Health Care Directive

Instructor: James Wellner

Unexpected events happen. Plan now and learn about the benefits of a Financial Power of Attorney and the Health Care Directive. Understand what the agent's responsibility is and factors in selecting your agent(s). You will leave class with all the forms and information you need to aid you in preparing them.

1142.202 **1 session / \$37**
Wed, Feb 26 / 6:30 - 8:30 pm
South Campus 304

Five Keys to Retiring Fearlessly with Social Security: Timing is Everything

Sponsored by: Matthew Merrick, Thrivent Financial

After years of hard work, retirement may finally be in sight. Learn the five keys to unlocking a fearless retirement while also answering questions such as: What do I need to know before my last paycheck? What types of accounts should I have? How do I turn my assets into a retirement paycheck? In addition, gain insight into Social Security. While it can be confusing, making the most of your Social Security has a lot to do with when you apply for benefits. Bring your questions!

1535.200 **1 session / FREE**
Thu, Feb 20 / 6:30 - 8 pm
South Campus 302
Registration required

1535.205 **1 session / FREE**
Mon, Mar 23 / 6 - 7:30 pm
South Campus 302
Registration required

Social Security: Timing is Everything!

Sponsored by: Matthew Merrick, Thrivent Financial

Social Security is a vital income source for many retirees. However, it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you.

1534.210 **1 session / FREE**
Mon, Feb 3 / 6 - 7:30 pm
South Campus 304
Registration required

Interested in teaching a class?
Check out page 48
for more information!



Keeping the Cabin, Business, and Farm in the Family

Instructor: Tom Jacobson

Division of the estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm, or business in the family without creating a family conflict. We will discuss ways to help ensure your children receive equal inheritance, strategies to help with the impact of taxes, and review your assets for the next generation.

1120.202 1 session / \$30
Mon, Mar 30 / 6:30 - 8pm
South Campus 304

So You are the Executor or Trustee, Now What?

Instructor: James Wellner

Executor, Trustee, Power Of Attorney, Guardian; what are the responsibilities and liabilities of those granted these legal titles? This class is invaluable for those trying to decide whom to appoint, as well as for those who have been asked to serve in one of these legal positions.

1144.204 1 session / \$37
Thu, Mar 26 / 6:30 - 8:30 pm
South Campus 304

REMINDER

The decision on whether a class will run is made based on enrollments three to five business days before the class start date. Register early to ensure we don't cancel a class you were hoping to attend.



College: Getting There from Here **NEW!**

Sponsored by: Clay Peterson, Edward Jones Investments

Discuss establishing a college savings goal, strategies to help achieve the goal, and the features and benefits of 529 savings plans.

1610.210 1 session / FREE
Mon, Feb 3 / 6:30 - 7:30 pm
South Campus 302
Registration Required

The New Reality of Retirement

Instructor: Daniel Goldsmith

Explore an updated approach to retirement planning that accounts for current challenges and pitfalls. Learn how to determine if you have enough money for retirement; maximize retirement cash flow, how to avoid the pitfalls of planning your distributions in retirement, and assess the benefits of Roth conversions. You will also learn how to determine if your retirement assets are diversified and how to protect your assets against market loss; review options for Social Security benefit filing; and reduce inefficiencies, expenses, and delays with your estate, plus much more.

1535.305 1 session / \$30
Wed, Apr 8 / 6 - 9 pm
South Campus 302



Abdominal Strengtheners that Won't Make You Get On the Floor

Instructor: Janice Novak

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor.

1642.202 **1 session / \$35**
Sat, Mar 28 / 9:30 - 11 am
South Campus 304

Thyroid Things You Need To Know

Instructor: Janice Novak

If you currently take thyroid medication, but are still gaining weight and still have a variety of symptoms, there is more you need to know. Fatigue, weight gain, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, and heart palpitations are only some of the symptoms. Learn how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor.

1642.204 **1 session / \$35**
Sat, Mar 28 / 11:15 am - 12:45 pm
South Campus 304

Yoga **NEW!**

Instructor: Janet Gail Berryhill

For beginning and intermediate students. Yoga to stretch your body and refresh the mind. A special emphasis on alignment and building self-awareness will help you work safely in the poses. Learn to how to work the body, calm the mind and achieve a deep relaxation at the end of each class. Bring a yoga mat, 2 blocks, and a blanket to class.

1604.200 **7 sessions / \$75**
Mon, Feb 3 - Apr 6 / 6:30 - 7:30 pm
Normandy Park Education Center
No Class Feb 17, 24 & Mar 9

1604.201 **6 sessions / \$65**
Mon, Apr 13 - May 18 / 6:30 - 7:30 pm
Normandy Park Education Center



POUND (Ages 16+) **NEW!**

Instructor: Holly Hamilton

Find your inner Rock Star with this heart pumping cardio jam session! This is designed to work your core and scorch calories. Using lightly weighted drumsticks, class is guided by upbeat music and upwards of 15,000 stick strikes to the ground and overhead! Get ready to sweat, tone, and more importantly rock out to POUND! Students must bring a yoga mat to class.

1645.205 **3 sessions / \$30**
Thu, Feb 13 - Mar 5 / 6 - 7 pm
South Campus Cafeteria
No Class Feb 27

1645.207 **7 sessions / \$59**
Thu, Mar 26 - May 7 / 6 - 7 pm
South Campus Cafeteria

Zumba

Instructor: Luciana Saunders

Zumba classes take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

1623.205 **6 sessions / \$56**
Wed, Apr 8 - May 20 / 6 - 7 pm
Central Middle School Gym
No Class May 6



REGISTER

whitebear.ce.eleyo.com





Beat Winter Blues **NEW!**

Instructor: Hilary Larson

If you or someone you know struggles with the winter blues, this is the class for you! During the long winter, some people experience a lower mood, less energy, and less motivation than warmer months. Luckily, there are tools we can all use such as regular exercise, specific essential oils, maintaining our social plans and more! You will be provided with a list of things to try as well as an opportunity to participate in group discussions around the topic of winter blues and maintaining a healthy mindset throughout the winter.

1573.207 **1 session / \$36**
Sat, Feb 15 / 10:30 - 11:30 am
South Campus 304

Stress Reduction Tools **NEW!**

Instructor: Hilary Larson

Are you wishing life felt less stressful? Are you interested in exploring proven therapeutic tools that will help reduce stress? Explore stress management strategies you can do on your own to help you feel more at ease from day to day. Learn how stress affects the body, discover personal triggers that increase stress and tools to combat difficult times, and prevent episodes of high stress. Everyone will have opportunities to practice multiple stress management strategies and explore which ones are the most beneficial for you.

1573.213 **2 sessions / \$35**
Wed, Mar 18 & 25 / 7 - 8pm
South Campus 302

Elephant in the Room - Navigating Difficult Conversations with Aging Parents **NEW!**

Instructor: Lindsey Pelletier

Learn language and tools to help discuss the unique needs that come with aging parents, including how and when to broach these weighty topics in a way that feels more approachable. Topics covered may include health care wishes, treatment options, grief and loss, living arrangements and more. The conversation will be guided by a health care worker experienced in end of life care who has navigated this road and the distinct challenges it can present with many patients and families as a hospice nurse case manager.

1146.206 **1 session / \$20**
Mon, Mar 23 / 6:30 - 8pm
South Campus 304



Meals on Wheels Delivery

(651) 653-3123

Meals on Wheels is a community service that delivers nutritious meals to your home with the help of volunteers. This service is available to all persons regardless of age or ability.

Meals are priced on a sliding fee scale.

For more information about Meals on Wheels call our Meals on Wheels Specialist Debbie Walker at 651-653-3123 or email Deb.Walker@isd624.org

Meals on Wheels Donation

Meals are provided at a reduced rate due to generous donations from participants, foundations, and the wider community, and also through support of the White Bear Lake Area School District, Consortium of Lake Area Senior Services, Ramsey County, Metro Meals on Wheels, local Lions Clubs and others.

9999.501 Meals on Wheels donation

Please consider making a donation today.

A System for Life's Transitions

Instructor: Dick Edstrom

Gift yourself peace of mind. Prepare for the inevitable changes in life by having all your important papers and documents organized and accessible. Learn to use the *Ready or Not* system to help you not only identify your assets/debts, but also all your medications, medical history, passwords, end of life requests, and much more. You may also uncover missing pieces in your plans. We make much better decisions when we act rather than waiting to react. There is a \$25 materials fee for the workbook due at class.

1513.201 **1 session / \$22**
Wed, Mar 25 / 6:45 - 8pm
South Campus 304

Creating an Adulting Handbook

(Ages 17+) NEW!

Instructor: Sue Smith

You are an adult, but are you ready for the world of adulting? Learn to identify the critical information you need for adulting and fill in the gaps. You can't know everything but knowing where to find the resources is key. Each week we'll focus on a general topic and tips on available resources. The class will involve speakers, hands-on activities and a notebook full of resources.

1146.207 **6 sessions / \$42**
Wed, Mar 25 - Apr 29 / 7 - 8:30 pm
South Campus Media Center

Growing Microgreens **NEW!**

Instructor: Brianna Gohde, University of Minnesota Extension Master

Do you miss your garden? Come learn about growing microgreens in the winter months! These quick-growing vegetable and herb seedlings can be grown indoors and can be used in salads or as fresh green in many types of dishes during the cold seasons of the year.

1490.205 **1 session / \$20**
Mon, Feb 10 / 6:30 - 8pm
South Campus 304



Dig Into Vegetable Garden Planning **NEW!**

Instructor: Michelle Nicole Bruhn

Are you a beginner gardener? Do you want to grow your own food but don't know where to start? Or... tried before and got stuck? Learn to plant a garden with confidence come spring! We'll cover the basics and share simple strategies to keep you loving your garden all season long. Active garden planning time and links to the best online resources included.

1490.310 **1 session / \$35**
Mon, Apr 6 / 6:30 - 8pm
South Campus 304

Selling Your Home as You Transition in Life **NEW!**

Sponsored by: Joy Erickson, Edina Realty

You will learn the basic fundamentals of how to prepare your home to sell quickly and successfully. You will discover how to get the biggest bang for your buck, and how to get the best sale price. Bring your questions and your specific home concerns for discussion. There are no sales pitches, just a wealth of helpful information. This is a big decision as you make transitions in life, the more information the better.

1130.203 **1 session / FREE**
Mon, Feb 24 / 6 - 7:30pm
South Campus 302
Registration required

Preparing to Downsize Your Life and Home **NEW!**

Sponsored by: Tom Becker, Edina Realty

Learn the necessary steps to downsize your life and your home. We will discuss the type of home that may best fit your changing needs, the home buying process, today's market dynamics, and purchasing housing that fits your current and future needs.

1131.203 **1 session / FREE**
Sat, Apr 11 / 9 - 11 am
South Campus 302
Registration required

Romantic Dance Workshop

Instructor: Monica Mohn

It's never not too late to start the romance! Enjoy simple, easy romantic moves that will have you spinning, turning and twirling together before you know it! Be comfortable in any setting - even if it's your own home! By the end of the evening, you won't want to let go! Couples only please.

1310.201 **1 session / \$46 per couple**
Mon, Feb 24 / 7:30 - 9:30 pm
South Campus Cafeteria

Ballroom Dancing for Beginners (& prior attendees!) (Ages 16+)

Instructor: Deanna Constantine

Learn easy steps and turns in popular ballroom dances, including waltz, foxtrot, swing, salsa, and more. Dance in harmony, gain confidence, and have fun on the floor in surprisingly little time! Practice your moves to uplifting songs played at most social gatherings and weddings. Spice up your relationship with four fun-filled date nights and create a lifelong hobby to enjoy together! A perfect course for anyone preparing for an upcoming event. Couples stay together and singles rotate with other singles.

1300.210 **4 sessions / \$59 per person**
Fri, Mar 20 - Apr 17 / 7 - 8:30 pm
South Campus Cafeteria
No Class Mar 27

Instant Guitar for Hopelessly Busy People

Instructor: Greg Sampson

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons to do it. Learn some basic chords to get you playing along with your favorite songs right away! Bring your acoustic guitar. Fee includes the online book and online videos.

1324.302 **1 session / \$62**
Tue, Apr 7 / 6:30 - 9 pm
South Campus 304



Dance for Life Wellness Program **NEW!**

Instructor: Heart of Dance

Strengthen your brain, balance and body - and have a blast doing it! Studies have shown that partner dance, more than any other physical or cognitive activity studied, can delay the onset of dementia by up to 75%. Consistency is the key! This 10 week, twice per week wellness program will improve your mood and your fitness level. It's a great way to stay in shape, improve balance to prevent falls, and to meet new friends. Escape cabin fever and swing into spring with the Dance for Life Wellness program! No partner necessary - singles and couples welcome. No special clothes or shoes required.

Enjoy 20 afternoons of cutting the rug! One hour of formal instruction followed by 30 minutes of open dance/practice, twice a week.

Final class, April 15, is from 6:00 - 7:00pm followed by a dessert and coffee reception. Please invite friends and family to celebrate.

1302.203 **20 sessions / \$100**
Mon & Wed / Feb 3 - Apr 15
Lessons 1:00 - 1:50 pm
Open Dance: 2:00 - 2:30 pm
Hanifl Performing Arts Center
4941 Long Ave, WBL
No Class Mar 9 & 11

Open Dance: 2 - 2:30 pm. \$5 drop in fee, pay at the door.

***Class fees are kept low thanks to a grant from
The Greater White Bear Lake Community Foundation.***



TRAVEL SHOW

Join us for a FREE informational meeting about the unique travel opportunities sponsored by White Bear Lake Area Schools Community Services & Recreation and managed and guided by Premier World Discovery. Get inside information about the destinations, as well as trip details. Attending travel shows does not commit you to the trip.

Join us even if you are just curious. The Travel Show is free but advanced registration is required.

1200.200 FREE / Fri, Mar 6 / 2 - 3pm
Senior Center

UPCOMING TRIPS

- March 25, 2020
California Rail Discovery
- June 11, 2020
Pacific Coast Adventure
- August 13, 2020
Highlights of Bavaria & Austria:
Oberammergau Passion Play
- October 2, 2020
Albuquerque Balloon Fiesta
- December 9, 2020
San Antonio Holiday



Co-Rec Adult Volleyball Leagues

This 9-week league is self-officiated and recreational. Teams will play 6 vs 6, with 3-men and 3-women. Managers will be contacted prior to the start of the season.

Questions? Contact Jon at jon.anderson@isd624.org or 651-407-7508.

Registration deadline: January 4

Games Start: 6:30 pm & 8 pm

3100.200 **9 sessions / \$125**
Wed, Jan 15 - Mar 18
Oneka Elem Gym
No volleyball March 11



Warming House Schedules

OPENS MID TO LATE DECEMBER

WBLAHS - NORTH CAMPUS
Mon - Fri / 5 - 9 pm

PODVIN PARK
Mon - Fri / 5 - 9 pm

SUNRISE PARK MS
Mon - Fri / 5 - 8 pm

SPRUCE PARK
Mon - Fri / 5 - 8 pm

HUGO ELEMENTARY
Mon - Fri / 5 - 9 pm

Sat & Sun / 12 - 6 pm

Open Skating - Hippodrome

SUGGESTED DONATION \$2/PERSON

The Hippodrome, the School District's ice arena, is located in front of Central Middle School on Bloom Avenue.

Jan 4 - Mar 8

Saturday **6:45 - 8:45 pm**

Sunday **1 - 3 pm**

Non-school days **2:15 - 3:45 pm (Jan 3 & 20)**



Adult Softball Leagues

Looking to play softball? We offer a variety of leagues for men, women, and co-ed teams.

Adult Softball Leagues typically run from early May to July. All games are played at Lakewood Hills Park.

For more information, email: jon.anderson@isd624.org

Questions about Rinks?

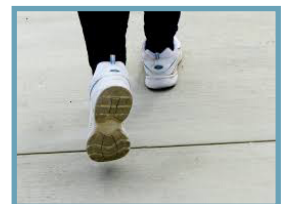
JON.ANDERSON@ISD624.ORG
651-407-7508

Walking Club

WBLAHS - NORTH CAMPUS

The Walking Club is a fun and social opportunity for walkers of all ages and speeds to enjoy possibly the best indoor walking facility in the area. The White Bear Lake Area High School North Campus' circular design makes an ideal location for uninterrupted walking.

FREE / Mon - Thu, Jan 6 - May 23 / 6 - 9 pm



Indoor Pickleball Club

Club Dues: \$15 for school district residents
\$20 for non-residents

Membership expires Dec 31. New year dues start on Jan 1.

Checks payable to Community Services

1. Mail to: Jon Anderson, Community Services
4855 Bloom Ave, White Bear Lake
2. Bring to pickleball and give to Sue Grun or
Bob Djupstrom

Please carry the shoes you plan to wear to protect the wood floors. Seating is available for changing of shoes.

Questions: Contact Sue at grunsusan@gmail.com

To view the full schedule visit
communityservices.isd624.org

Adult & Seniors > Adult Recreation > Pickleball



Parent-Child Gym Time

Ages 6 months - 5 years with adult

Families with children 6 months to five years (not yet in kindergarten) can enjoy activities set up in the gym at Normandy Park Education Center. Parents are responsible for the supervision of their children. Payable at the door each night.



Nov 6 - Mar 4

(No class Dec 25 & Jan 1)

EC PTA SPONSORED FREE NIGHT: 1/8, 2/12, 3/4

Wednesdays / 5:30 - 7:30 pm / Normandy Park
\$3/child \$7/immediate family



Join Us in the Gym!

SUGGESTED DONATION FOR ALL GYM USE

\$5/PERSON \$10/FAMILY

Open Gym at the High Schools

Participants of Open Gym must provide a form of identification to the Open Gym Supervisor.

- » Volleyball at WBLAHS - North Campus
- » Basketball at WBLAHS - South Campus

Wednesdays / January 8 - March 4 / 7 - 9 pm

Gym Time at Oneka Elementary

The Oneka gym offers fun for your whole family! A parent/guardian must supervise all children at all times. Photo identification is required.

Family Fun Time

AGES 6 MOS-6 YRS

Your youngest children will enjoy refining their coordination, large muscle skills and sensory development with riding toys, a castle jump, basketball, bowling and more. A separate developmental area for ages 0-2 is available.

AGES 7-12 YRS

Enjoy a multitude of activities and an assortment of gym equipment available for individual or family play.

Open Weeknight Hours:

Jan 7 - Feb 27

Tue/Thu / 5:30 - 7:30 pm / Skip Dates: Feb 18, 20

Open Sunday Hours:

Jan 12, 19, 26 / 1 - 4 pm



ENGLISH LANGUAGE CLASSES CLASES DE INGLES / KAWM NTAWV ASKIV

Classes are held at White Bear Lake Area Learning Center, 2449 Orchard Lane, WBL

English Classes
Tuesday & Thursday
9am - Noon
5 - 8pm

Clases de inglés
cada martes y jueves
9am - 12 del medio día
y 5 - 8pm

Kawm ntawv Askiv
Tuesday thiab Thursday
9 - 12 teev sawv ntov
5 - 8 teev tsaus ntuj

In collaboration with Harmony Learning Center.

- Interested? Want more information when available?
- ¿Tiene interés y quiere recibir más información cuando esté disponible?
- Yog xav kawm ces peb muaj ntau yam qhia rau koj.

For English, contact Briana

651-407-7625 / briana.santoscoy@isd624.org

Para Información en español llame al

651-407-7625 / briana.santoscoy@isd624.org

Yog xav tham nrog tus Hmoob hu MasLias

651-407-7623 / nirvana.yang@isd624.org

White Bear Lake Area Schools
Community Services and Recreation
Department, in cooperation with North
St. Paul-Maplewood-Oakdale Community
Education and Mahtomedi Community
Education offer full-service Adult Basic
Education (ABE) programming for all
area residents. All classes are held at
Harmony Learning Center
1961 Co. Rd. C East, Maplewood, MN.
Corner of White Bear Ave & County Rd. C
(651) 748-6208, abe622@isd622.org

FREE Classes

- » GED and basic skills ESL
- » Basic skills brush-up citizenship
- » Basic computer skills

Other Services Offered

- » Basic skills brush-up
- » Reading and math assessment

Registration Times

Mon..... 9 am - 8 pm
Tue 9 am - 8 pm
Wed 9 am - 8 pm
Thu 9 am - 8 pm
Fri 9 am - 8 pm

GED Diploma

The time to earn your GED Diploma is now! Our staff will help you work on subjects you need. Official GED testing is available.

- » Preparation classes and testing
- » Prepare by taking practice tests

GED Testing Offered Weekly

(651) 748-6208 or (651) 748-6207

Mon - Thu 9:15 am - 7:30 pm

Fri 9:15 am - 2 pm

Accuplacer Study Class

For recent graduates or GED students
planning on going to college.

IT Careers Class

Comp TIA A+ Certification for tech
support positions.

Monday - Thursday

Mornings and afternoons available

Para Pro

Students can become a paraprofessional
to work in the schools. The test is
normally \$55, but free if you attend
classes. Fridays from 9am - 1pm.

Healthcare Careers & CNA

Train for an entry level position on a
track toward a career as a Home Health
Aide (HHA), Certified Nursing Assistant
(CNA), Licensed Practical Nurse (LPN) or
Registered Nurse (RN).

Afternoon classes

Call: 651-748-6208 or 651-748-6223

Citizenship Class

A 12-week course designed to give ESL
learners a better understanding of
everyday life in the U.S. and to prepare
for the Citizenship test.

Mondays 5 - 8 pm

Call: 651-748-6208 or 651-748-6223

Interested in volunteer
opportunities? Contact
Mariel at 651-407-7686 or
mariel.culhane@isd624.org
for more information!



Community Bridge Consortium

(651) 748-7432

(651) 748-7252

To register call 651-748-7232.

Programming for Adults with Cognitive Disabilities



Open Gym Staff: Faith Hagestuen & Amy Lewellen-Contreras

Open Gym (Formerly VWF Flyers)

New location: ALC, 2449 Orchard Ln, WBL

Drop-In Program

Open Gym, movies, simple craft projects
Monday nights / 6 - 7:30 pm

Jan 6 - May 18

Closed: Dec. 23 & 30, Jan. 20, Feb 17

\$5/session or \$40/10 session punch card

Punch cards can be used by one participant 10 times or by multiple participants from the same group home - for example 5 participants attending 2 sessions.

White Bear Lake Area Schools believes in lifelong learning for everyone

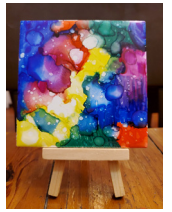
As part of this belief, the Community Services and Recreation Department is part of a five-district consortium, the Community Bridge. Together with the Mahtomedi, North St. Paul-Maplewood-Oakdale, Roseville area, and South Washington County Schools, the consortium provides adults with developmental disabilities access to education, recreation, and social activities.

Brochure Mailing List Sign-Up

(651) 748-7432

The Community Bridge Consortium publishes a quarterly brochure that lists a variety of customized classes/activities for adults with Developmental Cognitive Disabilities (DCD).

These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. Call 651-748-7232 for information or to be placed on the brochure mailing list.



Art Classes

Cool Llama

\$15 / Wed, February 19 / 6:00 - 7:30 pm

WBL Area Learning Center

Register by: Feb 14

Beaded Wrap Bracelet

\$12 / Wed, Mar 25 / 6:00 - 7:30 pm

WBL Area Learning Center

Register by: Mar 20

Button Flowers

\$12 / Tue, Apr 14 / 6:00 - 7:30 pm

WBL Area Learning Center

Register by: Apr 10

Alcohol Ink Art

\$12 / Tue, May 14 / 6:00 - 7:30 pm

WBL Area Learning Center

Register by: May 8

Dance

Line Dance: Uptown Funk

\$14 / Wed, Jan 15 / 6 - 7 pm

WBL South Campus Cafeteria

Register by: Jan 9

Food with Friends

Let's go out to eat! Visit local restaurants with others for plenty of laughter, talking and great food. Choose what you want to eat off the menu, meals vary in cost from \$7-\$17. Bring money as you will be paying for your own meal, beverage, tax and tip at the restaurant. The table reservations will be under the name "Community Bridge".

Culvers in Vadnais Heights

Sat, Feb 15 / 5 - 7 pm / Register by: Feb 7

Perkins in Roseville

Sat, Apr 4 / 5 - 7 pm / Register by: Mar 27

**Have an idea for
a class or activity?
Contact Michelle at
651-653-3124.**

Community Connections

The White Bear Area Senior Program partners to bring high quality programs into the community.

WBL

WB Branch Library
2150 2nd Street, WBL

January 2 - No class

Medications and You

What is a drug, what types are there, how are they available, how do you maximize their benefits while minimizing their unwanted effects, and how to determine if you're getting a good deal. As more medications become available, drug regimens become increasingly complex. Having a team in place to help manage these regimens is vital to a healthy, long life.

1655.205 Thu, Feb 6 / 11:30 am - 1 pm

How to navigate local services and resources

Learn about the new White Bear Area Guide to Senior Services. Explore how best to use this guide and discover what assistance is available to help families navigate services, the costs, and what programs can help those with limited funds. Get an overview for those needing services now as well as those planning for the future. Bring your questions!

1655.206 Thu, Mar 5 / 11:30 am - 1 pm

Stroke Awareness & Prevention

Take the mystery out of strokes! Learn what the classic signs and symptoms of stroke. What is the best action to take when you suspect someone is having a stroke? What is the most important modifiable risk factor? Learn about the new advances in stroke care in a fun, interactive way!

1655.309 Thu, Apr 2 / 11:30 am - 1 pm

Vadnais Heights

VH City Hall
800 Co Rd E East, VH

Easy Cooking on a Budget

Planning and cooking for one or two can be a challenge but it doesn't have to be. Learn easy tips and ideas for meal planning with an emphasis on easy to prepare, budget-friendly, and tasty dishes. Planning tips and resources will be provided, as well as what to look for in the grocery store, and how to make adjustments to recipes to better fit any health conditions.

1655.213 Tue, Jan 28 / 2 - 3 pm

How to navigate local services and resources

Learn about the new White Bear Area Guide to Senior Services. Explore how best to use this guide and discover what assistance is available to help families navigate services, the costs, and what programs can help those with limited funds. Get an overview for those needing services now, as well as those planning for the future. Bring your questions!

1655.211 Tue, Feb 25 / 2 - 3 pm

All you need to know about the 2020 Census

Every ten years, the U.S. Census Bureau works to count every person in the United States. The resulting count will guide the distribution of billions of dollars, determine political representation, and provide data to policy makers and business leaders to invest public and private resources. Learn about changes to the 2020 Census and how to make sure you and your neighbors get counted.

1655.212 Tue, Mar 24 / 2 - 3 pm

Hugo

Rice Lake Centre
6900 137th St. N, Hugo

How to navigate local services and resources

Learn about the new White Bear Area Guide to Senior Services. Explore how best to use this guide and discover what assistance is available to help families navigate services, the costs, and what programs can help those with limited funds. Get an overview for those needing services now, as well as those planning for the future. Bring your questions!

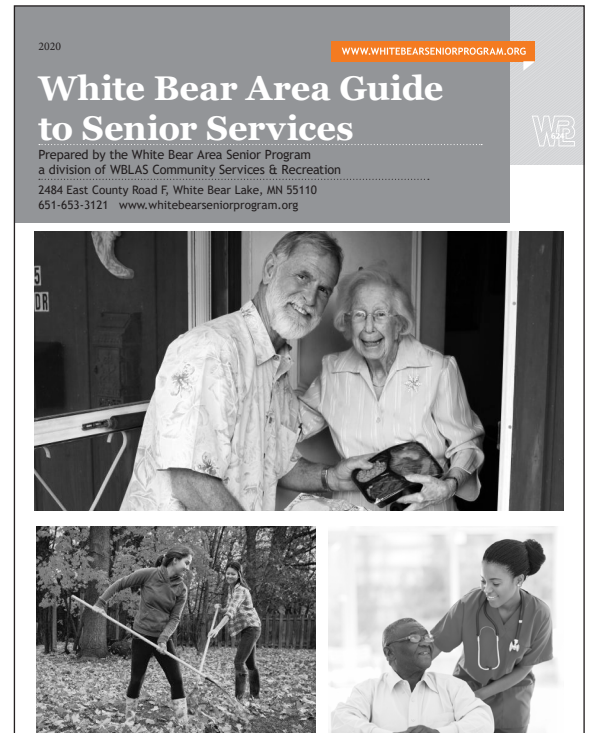
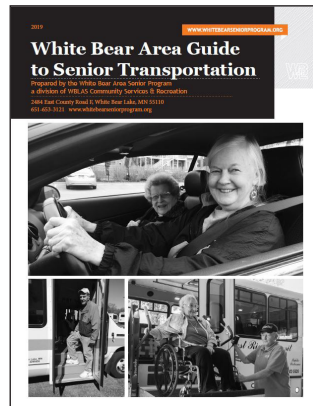
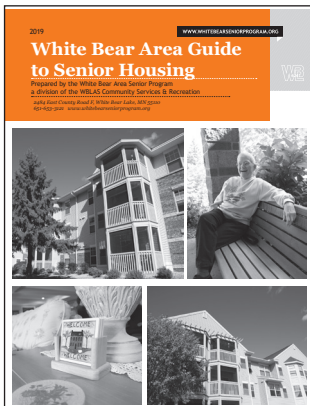
1655.221 Mon, Mar 16 / 1 - 2 pm

*Jan 20 & Feb 17
No Class*

Introducing the White Bear Area Senior Program's newest guide . . .

This local guide to senior services contains resources compiled in response to inquiries made by seniors and caregivers in our community over the past decade. This is the third in our series of community resources guides, which also includes the:

- White Bear Area Guide to Senior Transportation
- White Bear Area Guide to Senior Housing



To Access These Guides

- **Print Copies:** Single copies of the guides may be picked up at the Senior Center, 2484 East County Road F, WBL or call our main number at 651-653-3121 to request a copy by mail.
- **Online Version:** To download any of these guides, visit:
whitebearseniorprogram.org > **ELDER RESOURCES**

Service Topics

- General Information and Referrals
- Consumer / Financial Assistance and Advocacy
- Legal Resources
- Food, Meals, and Nutrition Services
- Health Care
- Home Care and Other In-Home Support Services
- Home Repair and Maintenance
- Support for Individual and Caregivers

THANK YOU TO OUR SPONSORS

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • Century College • The Joy Erickson Real Estate Team • White Bear Lake Lions Club • Ecumen Seasons at Maplewood • Mueller Memorial • Sheila Kelly Law Firm | <ul style="list-style-type: none"> • 2nd Half with Lyngblomsten - White Bear Lake • Brighton Hospice • Cerenity Senior Care • Church of St. Pius X • Good Life Senior Living: Memory Care & Assisted Living • Home Instead Senior Care (Maplewood) • The Homestead of Maplewood - Volunteers of America | <ul style="list-style-type: none"> • Hospice of the Midwest • Lakeshore Players • Keystone Place at Lavalley Fields • NewTrax • Prelude Homes and Services • Ramsey County Commissioner Victoria Reinhardt • Saint Paul - Ramsey County Public Health • Tiger Training & Family Fitness |
|--|--|---|

Senior Center

Normandy Park Education Center

2484 East County Road F, White Bear Lake, MN 55110

Mon - Fri, 8am - 4:30pm

(651) 653-3121

www.WhiteBearSeniorProgram.org

The White Bear Area Senior Program provides education, recreation, volunteer opportunities, resource navigation and support services for seniors and their families.

The Senior Center is open to all. Please stop in and meet our friendly staff and volunteers. Be sure to check out our resource wall and Senior Voice newsletter for up-to-date information.

Senior Center Membership

Join one of our many ongoing group activities. Annual Membership is required for regular attendance.

Membership is \$10 from January 2020 through June 2020. Financial assistance is available.

Senior Voice Newsletter

The Senior Voice is a quarterly newsletter. If you would like to be added to our mailing list please call 651-653-3121.

Volunteer Opportunities

- » Meals on Wheels Drivers
- » Elementary School Volunteers
- » With community partners: chore, companionship, and transportation volunteers.

For more information on any of these opportunities, please call 651-653-3121.

See application online at whitebearseniorprogram.org under VOLUNTEER.

Elder Resource Specialist

Mary Mengel, mary.mengel@isd624.org
(651) 653-3125

The Resource Specialist is available to seniors and their families to answer questions, assess needs and refer to services in the community. Confidential office visits may be arranged.

We are here to help with any of your housing, transportation or service related questions.

Meals on Wheels

Deb Walker, deb.walker@isd624.org
(651) 653-3123

Meal on Wheels is a community service where volunteers deliver hot or cold nutritious meals Monday-Friday during the noon hour. Special diets are available. You can also choose to have frozen meals delivered once a week.

All residents of the White Bear Lake Area School District are eligible for delivery regardless of age or income. Meals are priced on a sliding fee scale.

Now serving meals in Mahtomedi. Please call for details.

Craft Corner Gift Shop

Mon - Fri, 11 am - 3 pm
(651) 653-3130

Looking for a unique gift for a birthday or special event? Our gift shop is the perfect place to shop for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you.

If you are 55 years of age or older, or a disabled adult, you can sell your items in our shop. A small portion of sales is donated to the Senior Program, the rest is paid to the consignee.

Questions? Call 651-653-3130.

Senior Center Closed

12/31, 1/1, 1/20, 2/17, 5/25

No Meals on Wheels Delivery

12/30 - 31, 1/1, 1/20, 2/17, 5/25

Get Up & Go Fitness (Adults 55+)

**\$40/ punch card for
8 classes**

Purchase punch cards at the White Bear Area Senior Center.

All classes are held at
White Bear Dance Center,
2462 East County Road F, WBL

Aerobics

**Mon, Wed, Thu, Fri
9:30 - 10:30 am**

Mon - Aerobics with strength
Thur - Low impact

To improve endurance, flexibility and strength, balance and coordination. Designed for people needing a slower tempo and less vigorous program.

Yoga

Tue / 9:30 - 10:30 am

For those who want a less strenuous style of yoga.

Silver and Fit Program

Your health insurance plan may participate in the program. Contact your insurance provider to find out about cost. Silver and Fit applies to one facility only.

Qualifying members receive a free Senior Center Membership, along with free participation in any Get Up & Go fitness class.



Senior Center Crafts

Join us for fun crafts at the Senior Center! Classes are taught by Senior Center staff and members.

-
- 1401.200 Birch Trees**
\$10 / Tue, Jan 14 / 10 am - Noon
- 1401.201 Lavender Flowers**
\$15 / Tue, Feb 11 / 10 am - Noon
- 1401.202 Wine Cork Succulent Magnets**
\$15 / Tue, Mar 10 / 10 am - Noon
- 1401.310 Beaded Bracelet & Earrings**
\$10 / Tue, Apr 14 / 10 am - Noon



Coffee & Canvas Art Class: Fanciful Peacock



Instructor: Miriah Van Duuren

Join us for this step-by-step acrylic painting class to create a crown jewel of the bird world — the peacock! Beginner and intermediate painters can dabble with new techniques and materials. Each participant will leave with a finished stretched canvas painting ready to hang.

1561.206 1 session / \$15
Thu, Jan 30
10 am - 12:30 pm
Senior Center

Don't forget to register early to ensure we don't cancel a class you were hoping to attend.

TED Talks

TED Talks. Join us in viewing a TED Talk followed by group discussion. Feel free to bring a lunch!

2nd Thursday of the month, 11:30 am - 1 pm
White Bear Library, 2150 2nd Street, WBL
Registration is appreciated.

What You Should Know About Vaping & E-cigarettes
1660.170 Jan 9

This Could Be Why You Are Depressed and Anxious
1660.270 Feb 13

March 12 No Class - Spring Break

What Happened When We Paired Up Thousands of Strangers to Talk Politics
1660.360 April 9

Dance for Life Wellness Program

Instructor: Heart of Dance

Strengthen your brain, balance and body - and have a blast doing it! Studies have shown that partner dance, more than any other physical or cognitive activity studied, can delay the onset of dementia by up to 75%. Consistency is the key! This 10 week, twice per week wellness program will improve your mood and your fitness level. It's a great way to stay in shape, improve balance to prevent falls, and to meet new friends. Escape cabin fever and swing into spring with the Dance for Life wellness program! No partner necessary - singles and couples welcome. No special clothes or shoes required.

Enjoy 20 afternoons of cutting the rug! One hour of formal instruction followed by 30 minutes of open dance/practice, twice a week.

Final class, April 15, is from 6:00 - 7:00pm followed by a dessert and coffee reception. Please invite friends and family to celebrate.

1302.203 20 sessions / \$100
Mon & Wed / Feb 3 - Apr 15
Lessons 1:00 - 1:50 pm
Open Dance: 2:00 - 2:30 pm
Hanifl Performing Arts Center
4941 Long Ave, WBL
No Class Mar 9 & 11

Open Dance: 2 - 2:30 pm. \$5 drop in fee, pay at the door.



AARP Smart Driver Classes

Minnesota law mandates a 10% reduction in car insurance premiums for persons 55 years and older who complete a defensive driving class. Courses consist of an overview of safe driving. There are no written or driving tests required. Advanced registration is required - no drop ins.

All classes are held at:

White Bear Area Senior Center, 2484 East County Rd F, WBL

FULL COURSE (TWO 4-HOUR CLASSES) \$29

- 1578.200** Tue & Thu / Jan 7 & 9
12:30 - 4:30 pm
- 1578.201** Tue & Wed / Feb 18 & 19
12:30 - 4:30 pm
- 1578.202** Tue & Thu / Mar 10 & 12
8:30 am - 12:30 pm

REFRESHER COURSE (4-HOURS) \$25

- 1579.220** Tue, Jan 14 / 8:30 am - 12:30 pm
- 1579.221** Thu, Jan 23 / 5 - 9 pm
- 1579.222** Wed, Jan 29 / 12:30 - 4:30 pm
- 1579.223** Tue, Feb 4 / 8:30 am - 12:30 pm
- 1579.224** Tue, Feb 11 / 5 - 9 pm
- 1579.225** Thu, Feb 13 / 12:30 - 4:30 pm
- 1579.226** Mon, Mar 2 / 5 - 9 pm
- 1579.227** Tue, Mar 17 / 8:30 am - 12:30 pm
- 1579.228** Thu, Mar 26 / 12:30 - 4:30 pm
- 1579.304** Tue, Apr 7 / 8:30 am - 12:30 pm

Take your class early!

Rates will be increasing July 1, 2020.

Senior Center Library

- » Take a book / leave a book
- » Large print collection
- » Audiobooks and paperbacks
- » WBL Historical Society Exhibit
- » No return due date



FREE

Computer & Technical Device Help

3RD WEDNESDAY OF THE MONTH / 9 - 11 am
WHITE BEAR AREA SENIOR CENTER

Receive one-to-one instruction provided by the Ramsey County Library. No appointment needed.

Call 651-653-3121 for more information.

FREE

Medicare Insurance Counseling

1ST & 3RD TUESDAY OF THE MONTH
WHITE BEAR AREA SENIOR CENTER

Get answers about your Medicare, health, supplements or long-term care insurance.

Call 1-800-333-2433 to schedule a one-hour individual appointment at the Senior Center.

Senior LinkAge Line®

1-800-333-2433

MON - FRI / 8 am - 4:30 pm

Assistance in simplifying the complex issues and decisions you face every day as a senior, baby boomer, Medicare beneficiary, caregiver or someone trying to reduce prescription drug costs.

Foot Care Clinic

**Every Friday and the
2nd & 4th Tuesdays of the month**
at the White Bear Area Senior Center

Call to schedule a 30-minute appointment
with Rosann Mitchell, RN.

651-653-3121

Cost: \$28

White Bear Lake Lions 74th Annual Show

CENTRAL AUDITORIUM, 4855 Bloom Avenue, White Bear Lake

Feb. 27–29, 2020

Meet Me at the Malt Shop



Written by Lion Mike Machus Directed by Lion Chuck Hunt
Musical Direction: Lion Darlene Zabadal Choreography: Maria Pomerleau
Featuring Lake Area Dance Center Dancers

TICKETS are available from your favorite Lion or ONLINE at
www.whitebearlions.org

Feb. 27, 28 Shows at 7:00 pm

Feb. 29 Shows at 2:00 pm and 7:00 pm

Tickets: Adults \$10, Seniors \$8, Children ages 1 –12 \$5

(minimal processing fee for online tickets).



Early Childhood Program

Programs and Activities for Parents/Guardians and their Infant, Toddler and Preschool Children

SITES: Birch Lake Elementary, Hugo Elementary, Normandy Park Education Center, and Tamarack Nature Center

Early Childhood Family Education

ECFE offers classes for parents and their children ages birth to five years of age (before kindergarten).

- » Programs are designed for parents and their infants, toddlers, and preschool-age children
- » Classes help strengthen family relationships and provide information and resources to parents
- » Programs strive to build a strong foundation for families by forming a partnership between home and school
- » Opportunities for families are offered throughout the year including:
 - » Special parent-child and family classes, activities and events
 - » Guest speaker and parent workshops
 - » Home visits



Early Childhood Family Education

ECFE classes include three components:

- **Parent-Child Interaction:** You and your child spend time together enjoying activities designed to enhance learning. You will leave with new ideas for things to do together at home.
- **Parent Education:** Meet with other parents and caregivers and a licensed ECFE teacher to discuss topics such as development, temperament, discipline, and getting ready for school. The parenting group time takes place in a separate room or in a designated area of the children's classroom for non-separating classes.
- **Children's Classroom:** While you and other parents participate in parent education, children learn through play in a classroom with early childhood staff. Children will enjoy music, art, stories, large and small motor activities as they interact with other children.

Please reference class options, age requirements, and brief class descriptions at www.whitebear.ce.eleyo.com.

Early Childhood Programs

- » Early Childhood Family Education (ECFE)
- » White Bear Lake Area Preschool
- » Early Childhood Screening
- » Outreach programs and services, Special Education programs and services, home visits, and much more!

Program Brochures

Program brochures are available at any of the program sites, the Community Services office or online at earlychildhood.isd624.org.

Registrations are accepted throughout the year. To register online visit: www.whitebear.ce.eleyo.com

For questions call 651-653-3100.

ECFE Tuesday Night Family Playgroup

Ages 0 - 5 years old

Parents and children explore classroom activities, sing and dance during circle time, and work on large and small motor games. Infant siblings younger than six months are welcome in class at no charge. No parent separation.

Tuesdays / 6 - 7:30 pm / Now through May 19
(No class Dec 24 & 31, Feb 18 & 25, and Mar 10)

Register online for the year using our sliding fee or drop in for \$10/family fee. Staff will not have cash on hand; participants will be billed accordingly.

Hugo Elementary School: 14895 Francesca Avenue, Hugo

Program Sites

- » Birch Lake Elementary (BIR)
1616 Birch Lake Avenue, White Bear Lake
- » Hugo Elementary (HU)
14895 Francesca Avenue, Hugo
- » Normandy Park Education Center (NP)
2482 East County Road F, White Bear Lake
- » Tamarack Nature Center (TAM)
5287 Otter Lake Road, White Bear Township



White Bear Lake Area Preschool Program

Four star (highest possible rating) Parent Award rated White Bear Lake Area Preschool provides a safe and nurturing environment for a child's first school experience away from home.

Age-appropriate activities provide a variety of meaningful hands-on learning experiences in literacy and math, science and social studies, art and sensory, music and dramatic play.

White Bear Lake Area Preschool practices are aligned with kindergarten entry expectations.

We are currently accepting registrations for our preschool sections for the 2019-2020 school year.

Please reference the class options, age requirements, and descriptions online at www.whitebear.ce.eleyo.com.



2020 - 2021 Preschool Registration

Registration begins January 21.

White Bear Lake Area (WBLA) Preschool is accepting registrations for the 2020-21 school year. This brochure and registration form are available online at www.whitebear.ce.eleyo.com.

For Currently Enrolled WBLA Preschool and ECCE Students participating in 2019-2020 classes (children who are enrolled as of December 15, 2019) will have priority preschool registration that is open from January 6-16. Families will be notified if they do not receive their first class option.

New students not currently attending WBLA Preschool or ECCE classes may register beginning Tuesday, January 21.

Registration accepted in-person at Normandy Park Education Center and online at www.whitebear.ce.eleyo.com.

Registrations MUST include the following items or your enrollment will not be accepted

- A non-refundable \$55 registration fee
- Copy of birth certificate (new families only)
- Current immunization record faxed to: 651-653-3155
*a new copy needed every year

If you have any questions, please call 651-653-3100.

School Readiness

Your child may qualify for tuition assistance based on the following eligibility requirements which include:

- Income
- Preschool experience
- Home first language
- Health and development

School Readiness tuition assistance forms are available in the Normandy Park Early Childhood Office.

For more information, call 651-653-3100.

FREE Community Baby Shower

Infants up to 9 months old

You and your infant are invited to join us! You will meet our Early Childhood staff, receive free takeaways from our resource fair, take a tour of our facility, and enjoy some healthy snacks while meeting other new parents in the community.

Register at www.whitebear.ce.eleyo.com or call 651-653-3100.

Wed, April 22 / 9:30 - 11:30 am

Normandy Park: 2482 County Rd F East, WBL



Early Childhood Program

Early Childhood Screening

Screen at Three

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

3 reasons to screen at age 3

- » Screening can ensure school success
- » If health or developmental concerns are identified, educational services are available immediately
- » It is fun for children and provides caregivers with valuable information regarding child development

Register online at www.whitebear.ce.eleyo.com or call 651-653-3100.

Early Childhood Screenings are held at:

Normandy Park Education Center
2482 East County Road F, WBL

UPCOMING SCREENING DATES

January 2020

10th 8:30 - 10:45 am, 12 - 1:30 pm
31st 8:30 - 10:45 am, 12 - 1:30 pm

February 2020

7th 8:30 - 10:45 am, 12 - 1:30 pm
21st 8:30 - 10:45 am, 12 - 1:30 pm
28th 8:30 - 10:45 am, 12 - 1:30 pm

March 2020

20th 8:30 - 10:45 am, 12 - 1:30 pm
27th 8:30 - 10:45 am, 12 - 1:30 pm

April 2020

17th 8:30 - 10:45 am, 12 - 1:30 pm
24th 8:30 - 10:45 am, 12 - 1:30 pm

May 2020

1st 8:30 - 10:45 am, 12 - 1:30 pm
8th 8:30 - 10:45 am, 12 - 1:30 pm
15th 8:30 - 10:45 am, 12 - 1:30 pm

Infants

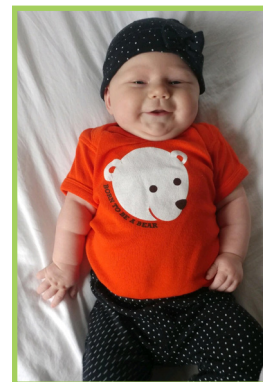
Ages Birth - 12 months

This class includes activities, songs, rhymes, movement, and parent discussion with a trained facilitator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

Mondays / 5:45 - 7:15 pm

Normandy Park

**Cost: sliding fee scale,
see website or call 651-653-3100 for more information**



Beach Day Bash

Ages 0 - 5 years old (before kindergarten)



Beat the winter blahs and join us for some summer fun in the winter! Wear your summer gear and come toss beach balls, play in the sand and water, and enjoy a frozen treat. Activities for families with children birth to five years old.

All proceeds from this event will be donated to the White Bear Area Emergency Food Shelf.

**\$5/immediate family or food donation
Thu, Jan 30 / 6 - 7:30 pm / NP**

To register, visit whitebear.ce.eleyo.com or call 651-653-3100.



Parent-Child Gym Time

Ages 6 months - 5 years with adult

Families with children 6 months to five years (not yet in kindergarten) can enjoy activities set up in the gym at Normandy Park Education Center. Parents are responsible for the supervision of their children. Payable at the door each night.



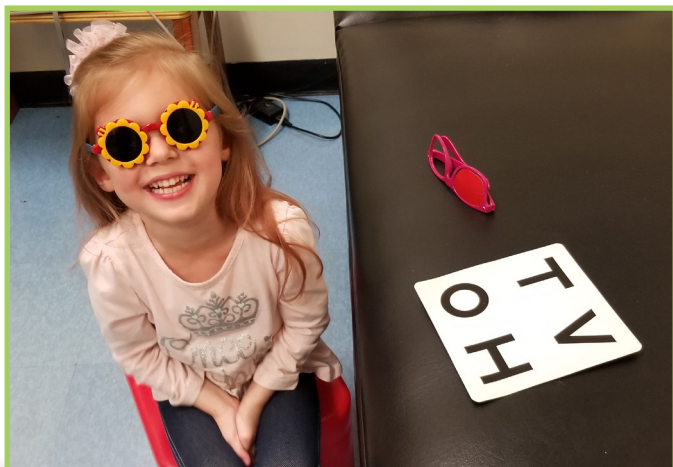
Nov 6 - Mar 4

(No class Dec 25 & Jan 1)

EC PTA SPONSORED FREE NIGHT: 1/8, 2/12, 3/4

Wednesdays / 5:30 - 7:30 pm / Normandy Park

\$3/child \$7/immediate family



Literacy Night

Birth to 5 years old (before kindergarten)

Celebrate "I Love To Read Month" with us at Normandy Park. Families, join us for a fun night filled with stories, songs, and crafts. Wear your pajamas, bring a blanket and flashlight to cuddle up for storytime. Enjoy hot chocolate and a cookie while you dive into a good book. Families will take home literacy tips to help support reading success at home. This night of literacy is sponsored by the White Bear Lake Early Childhood Programs and in partnership with the Ramsey County Library.



FREE / Tue, Feb 4 / 6 - 7:30 pm / NP

To register, visit whitebear.ce.eleyo.com or call 651-653-3100.



Messin' and Movin'

3 years old and Under

Join us for hands-on interaction and exploration with a wide variety of sensory materials. Be prepared to get messy exploring with your senses. Watch your toddler crawl into tents, wiggle through tunnels, climb up and down and roll.



FREE / Wed, Feb 19 / 9:30 - 11am / NP

To register, visit whitebear.ce.eleyo.com or call 651-653-3100.

LUS CEEB TOOM! Yog koj xav tau daim ntawv no txhais ua lus Hmoob, thov hu rau 651-653-3157.

ATENCIÓN: Si usted necesita hablar con una persona que hable español, por favor, llame al 651-653-3157.

Young Explorers - child only

Ages 2.5 - 3 years old (age as of Sept. 1, 2019)

Children enjoy theme-based mini sessions where we work on age appropriate developmental skills while exploring new learning experiences and having fun.

Sign up for one or all of the different sessions. Parents are invited to join their child the last 30 minutes of the last class to view their creations and receive recipes/directions for the activities we've done. Children should be mostly bathroom independent with limited accidents.

Classes held at Hugo Elementary: 14895 Francesca Avenue N.

To register, visit whitebear.ce.eleyo.com or call 651-653-3100.



Session 1: Winter Wonderland

Come join us as we explore the winter season, both inside and outside! We will learn all about snow, paint with ice, explore the nature path in winter and paint the snow. On our last day with parents, we will make a blizzard in a bottle to take home! Be sure to bring your winter gear for outdoor play.

\$45 / Thu, Jan 16, 23, 30 / 9:00 - 11am

Session 2: Let's Get Messy!

Do you have a little one that loves to explore with their senses and get a little messy? Come explore our classroom and use all your senses to enjoy messy play. Children will have the opportunity to explore sensory activities in the classroom and make their own scented playdough to take home. Be sure to wear clothes that can get messy!

\$45 / Thu, Feb 13, 27, Mar 5 / 9:00 - 11am

Session 3: Seeds & Sprouts

Let's get ready for spring and start planting! During this session, children will learn about the changes in nature during the spring season. We will dig in the dirt, create a garden mural with friends, explore and discover the spring growth outside and plant a tiny garden to grow at home!

\$45 / Thu, Mar 26 - Apr 2, 9 / 9:00 - 11am

Session 4: Wet & Wild Water Play

Come have some fun exploring water play both indoors and outdoors! During this last session for the school year, we will be splashing in our sensory table, painting with watercolors, conducting sink or float experiments and make a toy boat to take home. Be ready to get a little wet and have some fun!

\$45 / Thu, Apr 23, 30 - May 7 / 9:00 - 11am

BEAR WHITE BEAR LAKE AREA SCHOOLS FUNDAMENTALS

4-YEAR-OLD PROGRAM

HOURS: Monday-Friday, 9 am - 3:45 pm
extended hours available

SITES: Birch, Hugo, Lakeaires, Otter

Program Information

Bear FUNDamentals is a full-day program focused on providing engaging and enriching opportunities for learning and play that prepare children for kindergarten. Located at Birch, Hugo, Lakeaires, and Otter Lake schools from 9 am - 3:45 pm, the program can be combined with WBL Preschool courses and/or Extended Day to create a 6:30 am - 6 pm program for your 4-year-old.

Bear FUNDamentals focuses on children's emotional, social, physical, and intellectual growth. Children work on listening skills, language and literacy, thinking and math skills, and social development through meaningful, interactive play. Content is based on Creative Curriculum. The program is staffed at a 1:10 ratio, taught by passionate instructors who encourage curiosity, discovery, and problem-solving in a stimulating, structured, and fun environment.

Choose from a variety of different contract options! Additionally, transportation is provided to and from limited neighborhood stops. Visit communityservices.isd624.org **Youth Programs > BearFUNDamentals** or call 651-407-7511 for more information.

Hours | Tuition | Registration

Registration for Fall 2020 opens January 21.

- » From 9am - 3:45 pm students are engaged in a variety of PreK activities in their classrooms. Students must be registered for a minimum of 3 days/week.
- » During the hours of 6:30 - 9:30 am and 3:45 - 6 pm, students are combined with K-5th graders in the Extended Day program, and able to choose from a variety of choices and hands-on activities.

CONTRACT OPTIONS & DAILY TUITION

Full Day 6:30 am - 6 pm \$42/day

School Day 9 am - 3:45 pm \$28/day

Half Day 9 am - 3:45 pm* \$17.50/day

** Beginning of preschool class OR end of preschool class*

NOTE: Before and Afterschool programming is available with Extended Day. A variety of contract options available to customize wrap-around schedules.

Full list of contract options and fees available at:
communityservices.isd624.org > **Youth > Extended-day.**

Prepare Your Child for Full-Day Kindergarten

Bear FUNDamentals is designed to prepare your child for full-day kindergarten. The program runs full school days and is based on a similar schedule to full-day kindergarten classrooms. These are some of the unique experiences your child will have with us:

- » Specialist time including physical education, language, and music.
- » Eat lunch in the school cafeteria and have daily recess on the playground.
- » Explore exciting destinations in the Twin Cities on seasonal field trips such as Apple Orchard, Children's Theatre, and the Children's Museum.



Community Services & Recreation

[ABOUT](#)
[EARLY CHILDHOOD](#)
[YOUTH PROGRAMS](#)
[ADULT & SENIOR PROGRAMS](#)

[BearFUNDamentals](#)
[Extended Day School Year Program](#)
[Extended Day Summer Program](#)
[FLEX School Year Program](#)
[FLEX Summer Program](#)

[Middle School Athletics](#)
[Recreation](#)
[Tutoring](#)
[Youth Development & Enrichment](#)

**Space is extremely limited!
Register early to ensure your child's spot!**



GRADES K-5

HOURS: Monday-Friday, 6:30 am - 6 pm

SITES: All White Bear Elementary Schools

NOTE: Program is open to Pre-K students at Birch, Hugo, Lakeaires, Otter

EXTENDED

WHITE BEAR LAKE
AREA SCHOOLS **DAY**

Program Information

Extended Day is an out-of-school time program designed to meet the needs of busy families and active kids. We create an environment that compliments the school day, encourages social and emotional growth and emphasizes student creativity, healthy choices, teamwork and service to the community.

Youth in the program are actively engaged in a structured environment to expand and develop skills during their out-of-school time hours. Flexible scheduling, including consistent and drop-in contract options, are available.

The program is youth-focused and choice-based, giving students the opportunity to develop social skills and positive relationships with peers, increase literacy and math skills, and participate in individual and group activities. Daily program activities are varied and diverse, and include fitness, service projects, creative play, literacy, science, and much more. Off-site field trips and special events take place throughout the year.

Every child has special and unique needs. We work closely with families to create an atmosphere that encourages growth. The partnership between parents, child, school and staff is key to our success. To ensure quality and compliance our staff/student ratio is 1:15.

Pre-registration is required for all participants, with a required minimum of five business days between online registration and first day in the program.



SUMMER IS COMING.

Registration opens mid-February.
More information to come in our
Youth Summer Guide and online.

MAKE THIS SUMMER YOUR BEST SUMMER YET!

SNEAK PEEK OF SUMMER 2020 SITES:

Oneka (K-6)
Otter Lake (K-4)
Lakeaires (K-4)

Tuition | Registration | Questions

» Contract Options:

Consistent: \$11.35 - am/pm \$22.70 - am & pm
Pick Your Days: \$14 - am/pm \$28 - am & pm
Drop-in: \$17.50 - am/pm \$35 - am & pm

» Registration Fee: \$30/Student

- » Register: www.whitebear.ce.eleyo.com
- » Website: communityservices.isd624.org/youth/extended-day
- » Questions? Contact us at 651-407-7511 or CommunityServicesBilling@isd624.org

Financial Assistance is Available

Long term financial assistance is available in partnership with Child Care Assistance Programs. Families can start that application process by contacting the Think Small intake line at (651) 641-6665.

For additional information, contact us at 651-407-7511.

ACT Preparatory Course

Juniors & Seniors

Advantage Educational Programs offers its ACT preparatory courses to juniors and seniors at White Bear Lake Area High School. Courses are designed for students who wish to improve their test-taking skills and improve their overall scores on the ACT (American College Test).

Focal points of this twelve-hour class include diagnostic testing, vocabulary development, intensive mathematical review, reading comprehension improvement, science reasoning, concentration improvement, overcoming test anxiety and time management.

Students who participate in an Advantage course may repeat the course as often as they wish in any of our winter/spring, summer or fall classes - FREE OF CHARGE.

4 sessions / \$150 / South Campus 610

- 2100.201 (#423)** **Thu, Jan 23 - Feb 20**
5:45 - 8:45 pm
No Class Feb 6
- 2100.202 (#531)** **Sat, Feb 15 - Mar 21**
9 am - 12 pm
No Class Mar 7 & 14
- 2100.203 (#555)** **Mon, Feb 24 - Mar 23**
5:45 - 8:45 pm
No Class Mar 9
- 2100.300 (#602)** **Sat, Apr 25 - May 16**
9 am - 12 pm

Classes Offered at



**Scriptwriting and Theatrical Storytelling
at Children's Performing Arts**

**Creative Movement for Preschoolers
with Children's Performing Arts**

See page 40 for more details!

Driver's Education: A+ Driving School

A+ Driving School

Students may start classroom driving lessons at age 14, take the Knowledge Test and obtain their Instruction Permit at age 15, and take the Road Test and obtain their Provisional License at age 16. To be eligible to take the Road Test, students must have had their Instruction Permit for a minimum of six months.

The Driver's Ed Program is divided into two phases:

Classroom Phase: This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving.

Behind-the-Wheel Phase: After students pass the permit test, they are required to complete six hours of driving lessons. The lessons are provided in three, two-hour lessons. The lessons are one-on-one instruction with instructors licensed through the MN Dept. of Public Safety.

Parent Involvement: A+ Driving School is proud to offer parent informational meetings in White Bear Lake. This is open to ANYONE at any stage of the licensing process. It is an enjoyable 90 minute meeting that will cover the following information and make your student the safest driver possible.

Attending this class will meet the requirement to REDUCE the number of hours that students need to drive with a parent from 50 to 40 hours.

Can't make every lesson? If you miss a lesson, you are responsible for making up that exact lesson number. You can attend any A+ classroom or any community education program to make up a missed lesson. Please EMAIL the office the day before so we can add the student to the attendance roster.

Fees include classroom instruction, materials and 6 hours of behind-the-wheel training. Permit and road exam fees are not included. Payment plans available.

10 sessions / \$375 / North Campus 421

- 2000.105** **Dec 2 - Dec 17 / 2:30 - 5:30 pm**
- 2000.106** **Dec 18 - Jan 4 / Winter Break Class**
Date & Time will vary
- 2000.200** **Jan 6 - Jan 22 / 2:30 - 5:30 pm**
No Class Jan 20
- 2000.201** **Jan 28 - Feb 12 / 2:30 - 5:30 pm**
- 2000.202** **Feb 19 - Mar 5 / 2:30 - 5:30 pm**
- 2000.203** **Mar 16 - Mar 31 / 2:30 - 5:30 pm**
No Class Mar 24
- 2000.204** **Mar 16 - Mar 31 / 5:30 - 8:30 pm**
No Class Mar 24
- 2000.300** **Apr 1 - Apr 16 / 2:30 - 5:30 pm**
- 2000.301** **Apr 20 - May 5 / 2:30 - 5:30 pm**



GRADES 6-8 / Sept 4 - May 24

FLEX is a free afterschool program at Central and Sunrise Park Middle School. The program includes a variety of opportunities for students, including academic support, recreation time, clubs, and service opportunities. Clubs are both teacher-led as well as youth-generated.

Some examples include:

- Cooking Club
- Kickball Tournament
- DIY Galore
- Afterschool Football

The program runs Monday-Thursday after school only. Students can take the activity bus home, walk, or be picked up by a guardian. All students must be registered for the program.

More info: communityservices.isd624.org/youth/flex

Monday - Thu / 3 - 5 pm / FREE

2499.100 Sunrise Park Middle School

2500.100 Central Middle School

Register at www.whitebear.ce.eleyo.com and search **FLEX**

FUN FRIDAYS

FOR MIDDLE SCHOOLERS ONLY • • • • •

**FRIDAY NIGHT LIVE
OPEN GYM
MOVIE NIGHT**

MARK YOUR CALENDARS:

Calendar subject to change

Non-school day activities:

12/27, 2/14, 3/9, 3/10, 3/11, 3/12, 4/10

Open Gym:

1/10, 2/28, 4/17

Middle School Dance:

The Armory, May 1

For additional info, visit whitebear.ce.eleyo.com and search for event name.

Snow Tubing

Join us for tubing at Wild Mountain! Get the thrill of cruising down one of Wild Mountain's specially formulated tubing lanes. Getting to the top of the hill is effortless on Wild Mountain's conveyor lift.

2907.100

\$34 / Fri, Dec 27 / 10 am - 3 pm
Central Middle School

Movie Night

Movie title will be announced closer to screening date. Movie starts at 6pm. Concessions available at 5:30pm. Student ID is required for entry.

9997.200

\$5 / Fri, Jan 17 / 5:30 - 8:30 pm
Central Middle School Auditorium

Ski/Snowboard Day

Program fees include transportation, lift ticket, 1 hour lesson. Rental of equipment is available at an additional cost. Rental fees are the responsibility of the student and are to be paid directly to the hill on each visit. Please bring food and snack money, as well.

2788.102

\$50 / Fri, Feb 14 / 8:30 am - 6:30 pm
North Campus

Outdoor Survival

Think you can handle the outdoors? Our Outdoor Skills Field Trip is a fun day both outside and inside where students incorporate shelter building, fire building, orienteering, and outdoor survival skills using teamwork and problem-solving.

2908.300

\$39 / Fri, Apr 10 / 8 am - 3:15 pm
Central Middle School

SPRING BREAK!

Join us for a fun-filled Spring Break! Each day will run from 10 am-2 pm at Central Middle School.

\$20 each day or \$70* for all 4 days!

2789.200

Mon, Mar 9 - Science Day!

2789.201

Tue, Mar 10 - Movie at Marcus

2789.202

Wed, Mar 11 - Trivia/Open Gym/
Broomball

2789.203

Thu, Mar 12 - Bowling

SUMMER IS COMING.

**Make this summer at Sunrise
your best summer YET!**



Art Club

GRADES K-1

Do you want a chance to embrace your artistic side? Join us as we will be painting with music and making FUN arts and crafts!

1712.200 **3 sessions / \$30**
Tue - Thu, Mar 24 - 26 / 3:50 - 4:50 pm
Hugo Elem

Building Bonanza

GRADES 3-5

Mazes, Labyrinths, towers, buildings and more! If you like to build, then this club is for you. Learn how to make a 3D maze, and participate in many other building challenges.

1800.200 **4 sessions / \$40**
Tue, Jan 7 - 28 / 3:50 - 5 pm
Lakeaires Elem

Chill Out

GRADES 3-5

As winter wanes, we will explore all things cold. Arctic weather, animals, habitats, snow, ice, and even some frozen treats! Come Chill Out with us!

1721.200 **4 sessions / \$40**
Wed, Feb 12 - Mar 4 / 7:15 - 8:30 am
Willow Lane Elem

DIY Fidget Camp

GRADES 2-5

In this camp, we will be making our own fidget items. We will be making stressballs, fidget spinners, bead spinners and so much more!

1695.200 **4 sessions / \$40**
Wed, Jan 8 - 29 / 3:50 - 5 pm
Oneka Elem

Eggsploration

GRADES K-2

Eggsploration! What can we do with an egg? We will find out together! Some cooking, some science, some art, and more! It will be so EGGCITING!

2428.200 **4 sessions / \$40**
Wed, Jan 15 - Feb 5 / 3:50 - 5:15 pm
Willow Lane Elem

Floor Hockey

GRADES K-3

Come join us as we will have fun in the gym playing floor hockey!

1801.220 **3 sessions / \$30**
Wed - Fri, Feb 19 - 21 / 7:30 - 8:30 am
Hugo Elem

Harry Potter with Kidcreate Studio

GRADES K-5 / Instructor: KidCreate Studio

Come and experience the magic of Hogwarts! Whether you are Muggle or Magical, these projects inspired by J. K. Rowling's beloved books will be sure to capture your young artist's imagination and enthusiasm. We'll explore a wide variety of art materials as we create magical masterpieces.

2417.201 **3 sessions / \$99**
Mon - Wed, Mar 9 - 11 / 9 am - 12 pm
Matoska Int'l



MN Swordplay Fencing (Ages 5+)

Instructor: Maria Benford

Whatever you are looking for in the sport of fencing, there is something for everyone! Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game, fencing requires a mental attitude of self-discipline involving total manipulation of mind and body in perfect harmony. It utilizes natural body movement to create simple and effective self-protection techniques with the sword. All participants are encouraged to have fun no matter what their ability. Attacking, defense, timing and intense tactics are all integrated into this beginning class. Whether you're fencing for a good work out, or gaining points for the Olympics, fencing is fun for the whole family. We provide everything needed to fence (mask, jacket, glove, and weapon). Fencers need only to come dressed comfortably (for freedom of movement) including long sweat pants and running shoes.

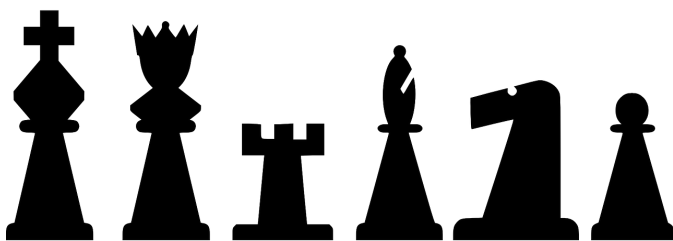
6 sessions / \$75

2414.200 **Sat, Jan 18 - Feb 22 / 1 - 2 pm**
Central Middle School

2414.201 **Sat, Feb 29 - Apr 4 / 1 - 2 pm**
Central Middle School

2414.300 **Sat, Apr 11 - May 16 / 1 - 2 pm**
Central Middle School





Grandmasters of Chess Spring

GRADES K-5 / Instructor: Youth Enrichment League

New and returning students invited. Each chess class follows four basic components:

- Teach It!... Learn different chess concepts and how to implement them into your chess games.
- Practice It!... Practice positions set by the coach to improve their understanding of the concept.
- Puzzle It!... Work with coach guidance to solve chess puzzles (constructed by WIM Serafima Sokolovskaya).
- Play It!... End each class by playing 20-30 minutes of chess. Coaches often feature in-class tournaments during the session.

Class fee includes ChessKid.com membership for the session, a \$49 annual value.

6 sessions / \$81

2412.201 Tue, Jan 28 - Mar 10 / 3:50 - 4:50 pm
Otter Lake Elem
No Class Feb 18

2412.202 Wed, Jan 29 - Mar 4 / 3:50 - 4:50 pm
Lincoln Elem

2412.203 Thu, Jan 30 - Mar 12 / 3:50 - 4:50 pm
Matoska Int'l
No Class Feb 20

2412.200 Mon, Feb 3 - Mar 23 / 3:50 - 4:50 pm
Vadnais Elem
No Class Feb 17 & Mar 9

Little Bear Comfort Cooking

GRADES 2-5

Join us as we measure, mix and combine ingredients to create yummy comfort foods. Each session we will apron up and stir up the taste buds of your little bear! Look out White Bear, there's a new chef in town!

1723.200 4 sessions / \$40
Tue, Jan 7 - Feb 4 / 3:50 - 4:50 pm
Lincoln Elem
No Class Jan 28

1723.207 4 sessions / \$40
Tue, Feb 4 - Mar 3 / 3:50 - 4:50 pm
Birch Lake Elm
No Class Feb 18

March Madness

GRADES 3-5

Through playing Basketball and mini games students will indulge in the history of March Madness while participating in the present! Students will practice ball-handling, making baskets, dribbling and learn all about teamwork and the value of good sportsmanship through playing mini games and an actual game of Basketball. But that's not all we have to offer! Students will complete their very own bracket for March Madness and on the last day of camp we will have a March Madness celebration. Don't miss the madness, join it!

1690.200 4 sessions / \$40
Tue, Mar 3 - 31 / 3:50 - 5 pm
Lincoln Elem
No Class Mar 10

Mix & Match Science

GRADES K-2

Do you love to color? Mix ingredients to make something new? If you answered yes, this is the camp for you! We will create art, cooking activities, and make some things explode! Become a mix and match scientist!

1704.200 4 sessions / \$40
Mon - Thu, Feb 24 - 27 / 3:50 - 4:50 pm
Vadnais Elem

Pizza Palooza

GRADES 2-5

Join us for a slice of fun in Pizza Palooza! We will use our hands to make a new pizza every session. Sweet dessert pizza, fruit pizza, and traditional pizza... We will even invent our own flavor of pizza while becoming masters in the kitchen!

1715.200 4 sessions / \$40
Thu, Jan 16 - Feb 6 / 3:50 - 4:50 pm
Otter Lake Elem

The Wonderful World of Wizardry

GRADES 3-5

Calling all wizards and Muggles! You have been formally invited to join us at Hogwarts as a test run for a new class program - muggles to wizards in 4 weeks flat! During these 4 weeks, you will have opportunities to cast spells, experiment with spells, explore new curriculum and go home with your own wand! We can't wait to have you join us!

2325.200 4 sessions / \$40
Tue - Fri, Mar 24 - 27 / 3:50 - 4:50 pm
Vadnais Elem

2325.201 4 sessions / \$40
Mon, Jan 6 - Feb 10 / 3:50 - 4:50 pm
Matoska Int'l
No Class Jan 20 & 27



Science Explorers' Crazy Chemistry

GRADES K-5

Join Science Explorers as we become crazy chemists! We will investigate the Periodic Table and learn about its families with fun and exciting experiments as we discover the science side of STEM. We will break some chemical bonds, get messy with polymers and much more. Our classes are hands-on... so be sure to dress for a mess!

3 sessions / \$42

2425.200 Thu, Jan 30 - Feb 13 / 3:50 - 5 pm
Lakeaires Elem

2425.201 Thu, Feb 27 - Mar 19 / 3:50 - 5 pm
Matoska Int'l
No Class Mar 12

2425.202 Thu, Apr 30 - May 14 / 3:50 - 5 pm
Willow Lane Elem

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Slime Club

GRADES 3-5

Join us in making many different kinds of slime. We will make glow in the dark slime, and fluffy slime. We will learn how to measure specific amounts to make the correct concoctions. We will also find out what happens if you don't add the right amounts and experiment with different mediums. Come ready to get messy and have fun!

1699.209 4 sessions / \$40
Fri, Jan 10 - 31 / 3:50 - 4:45 pm
Lakeaires Elem

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The Art of Ball Sports

GRADES K - 2

Do you enjoy playing sports? Are you looking to learn some new ball games and some new skills? This club is for you! Play basketball games, soccer games, and other forms of kickball and dodgeball.

1801.200 4 sessions / \$40
Thu, Feb 6 - Mar 5 / 3:50 - 5 pm
Lakeaires Elem
No Class Feb 20

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Super Spy Camp

GRADES 2-5

Want to be a super spy? Have fun making invisible ink, I spy bottles and create a laser avoidance course.

2322.200 4 sessions / \$40
Tue, Feb 4 - Mar 3 / 3:50 - 5 pm
Oneka Elem
No Class Feb 18

2322.201 4 sessions / \$40
Tue, Feb 4 - Mar 3 / 3:50 - 5 pm
Birch Lake Elem

Winter Wonderland

GRADES K-5 / Instructor: Young Rembrandts

Start 2020 off with a bang! Young Rembrandts students will flex their creative muscle as they take on artistic challenges like our Winter Birdhouses and Sporty Snowboarder lesson in January. In February, students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Grant Wood's American Gothic. And in the month of March, get ready for a mix of elegance and graphic style drawings as students complete a Graceful Swan and Line Art Owl. There's no better way to shake the winter blues.... Sign up today!

5 sessions / \$57

2419.200 Tue, Jan 7 - Feb 4 / 3:50 - 4:50 pm
Oneka Elem

2419.201 Wed, Jan 8 - Feb 5 / 3:50 - 4:50 pm
Vadnais Elem

2419.203 Thu, Jan 16 - Feb 13 / 3:50 - 4:50 pm
Matoska Int'l

2419.202 Wed, Feb 5 - Mar 4 / 3:50 - 4:50 pm
Willow Lane Elem

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Child & Babysitting Safety Class

GRADES 3-5 / Instructor: Kari Fairclough

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives everything you need to know for safe and successful babysitting. The YouTube "vlogger" style presentation of the video brings a youthful and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success. Students must be present for the entire class and complete achievement of the core learning objectives to receive certification valid for two years. Instructor provides baby dolls, bottles, and diaper supplies for skills participation.

Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child.

2300.200 1 session / \$50
Fri, Feb 14 / 9 am - 12 pm
Central Middle School Auditorium

2300.300 1 session / \$50
Fri, Apr 10 / 9 am - 12 pm
Central Middle School Auditorium



The IncrEDIBLE Cooking Class

GRADES K-5

Join us as we dive into the world of cooking! We will learn some basic cooking concepts, challenge ourselves to some lighthearted competition and do some taste testing! Bring your plate and come hungry!

1723.220 **4 sessions / \$40**
Thu, Feb 13 - Mar 12 / 3:50 - 4:50 pm
Otter Lake Elem
No Class Feb 20

Woodburning {Pyrography}

GRADES 3-5

Woodburning (also known as pyrography) will give participants the opportunity to learn how to use a woodburning pen, various tips to create different effects, and how to put their ideas down on the wood. After learning how the tools work, and practicing different techniques, participants will be able to craft their own project. Each participant will be able to decorate their own wood box.

2367.200 **4 sessions / \$40**
Mon, Feb 3 - Mar 2 / 3:50 - 5 pm
Matoska Int'l
No Class Feb 17

Spring Fever

GRADES K - 5 / Instructor: Young Rembrandts

Does your child have a great sense of humor to complement his or her artistic skills? If so, your child will LOVE a Young Rembrandts Cartoon class. Our students will learn how to personify inanimate objects, as they breathe life into everyday clocks. Popular pets will also see the cartoon treatment as they're transformed into colorful characters. Then, we will imagine ourselves traveling to far away worlds as we illustrate amazing alien beings. We will also demonstrate to our students that drawing toys can be just as much fun as playing with them. All this and more await our students. Enroll your student today!

5 sessions / \$57

2419.303 **Wed, Mar 18 - Apr 15 / 3:50 - 4:50 pm**
Otter Lake Elem

2419.302 **Thu, Mar 26 - Apr 23 / 3:50 - 4:50 pm**
Birch Lake Elem

2419.300 **Tue, Mar 31 - Apr 28 / 3:50 - 4:50 pm**
Oneka Elem

2419.301 **Tue, Apr 21 - May 19 / 3:50 - 4:50 pm**
Lincoln Elem

2419.304 **Wed, Apr 22 - May 20 / 3:50 - 4:50 pm**
Lakeaires Elem

Home Alone

GRADES 3-5 / Instructor: Kari Fairclough

The reality of being home alone can evoke fear and anxiety in many children. Whether left alone for an hour after school or several hours a day during the summer, children should feel comfortable being alone. This workshop for children will address several topics relating to being "Home Alone" including personal safety tips, tricky people, basic first aid, fire safety, handling the unexpected, internet safety, gun safety, dealing with loneliness and boredom, storm safety, dealing with siblings, as well as trust and honesty.

Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child. Students can bring a snack.

2330.200 **1 session / \$28**
Fri, Feb 14 / 1 - 3 pm
Central Middle School Auditorium

2330.300 **1 session / \$28**
Fri, Apr 10 / 1 - 3 pm
Central Middle School Auditorium



White Bear Dance

White Bear Dance Center, 2462 County Road F East, WBL

Tiny Steps (Ages 18 months through 3 years)

This class is designed to introduce young dancers to the basics of movement and a classroom environment. Classes will promote socialization, coordination, listening skills, and creativity. We use fun props, music and lively activities to keep their attention and teach them the basics.

2420.200 **6 sessions / \$50**
Tue, Jan 28 - Mar 3 / 11 - 11:30 am

2420.202 **6 sessions / \$50**
Wed, Jan 29 - Mar 4 / 6:15 - 6:45 pm

Princess Ballet (Ages 3-6)

Encourage your Princess or Prince to learn the basics of ballet in this royal atmosphere! Young dancers will learn the basic positions, techniques, and vocabulary associated with the art of ballet at the beginner level. Dancers are encouraged to wear tutus, tiaras, and crowns.

2420.204 **6 sessions / \$50**
Wed, Jan 29 - Mar 4 / 6:45 - 7:15 pm

2420.205 **6 sessions / \$50**
Thu, Jan 30 - Mar 5 / 5:15 - 5:45 pm

We Hop (Ages 5-9)

Hip Hop classes are popular at all ages, but especially for younger dancers! This is an introductory class to the dance style of Hip Hop with a combination of street dance, isolations, floor work, and rhythm. Musical Selections focus on age appropriate ideas and positive music. Come join our Hip Hop Party!

2420.203 **6 sessions / \$50**
Wed, Jan 29 - Mar 4 / 5:45 - 6:15 pm

Boys Hip Hop (Ages 5-9)

It's just about the BOYS! A fun, high energy hip hop class just for them!

2420.201 **6 Sessions / \$50**
Tue, Jan 28 - Mar 3 / 5:15 - 5:45 pm

Sweetheart Dance

Fri, Feb 7 / 6 - 8 pm
The Armory

Register online at whitebear.ce.eleyo.com
Course # 1617.200



Scriptwriting and Theatrical Storytelling at Children's Performing Arts

GRADES 7-12

Come and join us at Children's Performing Arts for Scriptwriting and Theatrical Storytelling! In this class, you will write and revise a ten page play, as well as execute several in-class writing exercises and learn to give positive and constructive feedback to one's peers.

1900.200 **10 sessions / \$220**
Thu, Jan 30 - Apr 16 / 7 - 8:30 pm
Hanifl Performing Arts Center
4941 Long Ave, WBL

Creative Movement for Preschoolers with Children's Performing Arts

AGES 4-5

Fly like a bird, melt like the snow, sail on a pirate ship! Do all these and more as we explore the many ways our bodies can move and tell a story. Children will develop large and fine motor skills, as well as coordination, rhythm and teamwork while being encouraged to explore expression through movement and the thrill of improvisation. Join us for the fun!

1901.300 **6 sessions / \$100**
Wed, Apr 1 - May 6 / 10 - 10:30 am
Hanifl Performing Arts Center
4941 Long Ave, WBL





FIELD TRIPS

The Warden's House

GRADES K-5

In this historic, upper class, 14 room mansion you will be able to see what living looked like for a Warden that looked over the historical Stillwater Prison. While you take in the styles of the late 19th century living spaces, from furniture to paintings, you will also venture into the history of the lumbering industry, Civil war and the Old Stillwater prison. When you step into the past and join the adventure, we advise you to keep your eyes peeled and detective ears on, as you never know how history will reveal itself.

1680.250 \$29 / Fri, Feb 14 / 9:30 am - 12:30 pm
Lincoln Elem

Leonardo's Basement

GRADES K-5

Join us at Leonardo's Basement, a fun-filled Makerspace where children can apply the powers of imagination, curiosity, problem-solving and risk-taking to create their own unique masterpiece! Children will have the chance to explore art, technology, engineering and woodworking tools. Let your imagination run wild!

1680.220 \$29 / Fri, Feb 14 / 12 - 4:30 pm
Otter Lake Elem

The Fun Lab

GRADES K-5

Join us in checking out the new Fun Lab. We will be participating in laser tag, ballocity, the laser maze, and mini bowling. Dodge your friends in the ballocity pit, and battle to see which team wins in laser tag and mini bowling!

1680.240 \$29 / Fri, Feb 14 / 12:30 - 3pm
Lakeaires Elem

Science Museum of Minnesota

GRADES K-5

There is so much to see and learn at the Science Museum of Minnesota! Exhibits include Dinosaurs and Fossils, Math Moves, The Human Body Gallery and MORE!!

1680.200 \$34 / Thu, Mar 12 / 9:30 am - 3:15 pm
Matoska Int'l

Disney On Ice Road Trip Adventures

GRADES K-5

Hit the road with Mickey Mouse and his pals for a high-octane ride in Disney On Ice presents Road Trip Adventures.

1680.230 \$34 / Fri, Mar 13 / 9:15 am - 1:30 pm
Oneka Elem

**LOOKING FOR
MIDDLE SCHOOL ACTIVITIES?
See page 35.**

5th Grade Learn to Ski!

GRADE 5

Calling all 5th grade students! Come and join us for a non-school day trip to Wild Mountain. The price includes transportation, lift ticket, rental (helmet included), and a lesson.

Chaperones are needed and must be 21 years old or older.

\$50 / Mon, Jan 27 / Chaperones are free!

2900.200 8:15 am - 4:30 pm
Otter Lake Elem Bus

2900.201 8:50 am - 4:00 pm
Oneka Elem Bus

2900.202 8:00 am - 4:30 pm
Chaperone

Thursday Night Ski & Snowboarding

GRADES 6-12

This package includes 4 night trips and one day ski trip. Dates and locations to be posted on the website.

Chaperones are needed and must be 21 years old or older. For night trips, all chaperones must be available from 3:45pm until 10:15pm (or until all kids are picked up).

Cancellations: Weather cancellations will be made up at the end of the season.

Payment plan available when registering!

2888.100 All Trips 3:45 - 10 pm / \$175

2888.101 Chaperone 3:30 - 10 pm / FREE

WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

In the White Bear Lake Area, there are a variety of sports opportunities. Questions about specific information, tryout dates and seasons should be directed to the contacts below.

WBL Recreational Sports

» **Matt Riebow, Youth Rec Coordinator**651-407-7506

WBL School Sports

» **Middle School Athletic Office**651-407-7506

» **South Campus Athletic Office**.....651-773-6206

» **North Campus Athletic Office**.....651-653-2933

Vadnais Park and Recreation Sports

» **Vadnais Heights Park & Recreation**..... 651-204-6000

Sport Specific Organizations

» **Baseball**www.whitebearbaseball.com

» **Basketball** www.whitebearbasketball.com

» **Cheerleading** www.whitebearcheer.com

» **Fast Pitch Softball** www.wbafsa.com

» **Football** www.wbyouthfootball.org

» **FLIPS Gymnastics** www.flipsgym.com

» **Hockey** www.wblhockey.com

» **Lacrosse** www.wblax.com

» **Soccer**..... www.whitebearsoccer.org

» **Speedskating in Roseville** www.skatetheoval.com

» **Ultimate Frisbee** www.wblultimate.blogspot.org

» **Volleyball**..... www.whitebearvolleyball.org

» **Wrestling Club** league lineup.com/wbl-icebears

» **WB Sailing Club**.....www.whitebearsailingschool.com

Facilities

» **Hippodrome Ice Arena** Hipp Office: (651) 653-2699
Jon Anderson, Coordinator..... (651) 407-7508

» **White Bear Area YMCA** (651) 777-8103

» **Ramsey County Arena**..... (651) 748-2515

» **Tamarack Nature Center** (651) 407-5350

» **WBLAS Facility Reservation Line**.....(651) 407-7503

» **WB Armory & Sports Center**(651) 429-8572



Volleyball: High School Co-Rec

GRADES 9-12

Bump - Set - Spike with White Bear Lake Community Services! Join our High School Co-Rec Volleyball League, available to boys and girls, grades 9-12, who attend White Bear Lake Area School District.

All players will sign up individually online. You can register as a free agent or a coach may submit a team roster. Teams will consist of 6 to 10 boys and girls and will need a parent head coach. This is a 6 player league. There will be 3 females and 3 males on the court. Games are Friday nights.

Coaches - please email rosters to matthew.riebow@isd624.org

Registration deadline: February 1

7300.315

6 sessions / \$65

Fri, Apr 3 - May 15 / 5:30 - 9 pm

North Campus Gym A and Gym B

No class Apr 10

REC BASKETBALL REGISTRATION DEADLINE DATES:

GRADES 9-12: DECEMBER 15

GRADES 1-2: JANUARY 2

Peek into Summer: Softball & Baseball

T-Ball

GRADES K-2

Baseball

GRADES 2-5

Softball

GRADES 2-12

More information to come mid-February!

Interested in becoming a volunteer coach?
Contact Matt Riebow at 651-407-7506
or matthew.riebow@isd624.org.



White Bear Lake Area Schools Middle School Athletics

Online Registration at: www.whitebear.feepay.com and select ACTIVITIES/ATHLETICS

SPORTS PHYSICALS

Get Form: www.isd624.org/CommunityServices Select: *Middle School Sports*

- Students must have a current qualifying Sports Physical Examination form on file in their school's Health Office.
- Sports Physicals are good for 3 years. To check on a physical date contact your school's athletic office.
NOTE: A Well-Child exam does not meet the Sports Physical requirements.
- Mail/Email/Fax the Sports Physical to the student's school.

FINANCIAL ASSISTANCE

Students currently receiving free/reduced meals will automatically receive a discount when registering on FeePay. *Exception: MS Cheerleading assistance requires a phone call to Community Services, call 651-407-7506.*

IMPORTANT

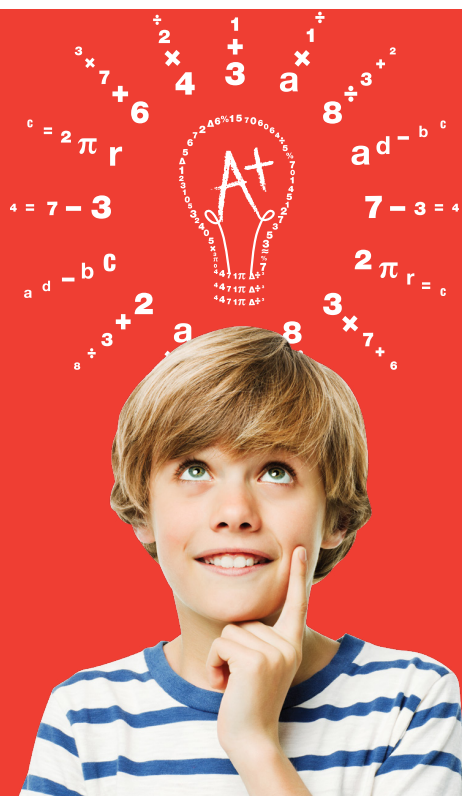
- All athletes must be registered before he/she may participate in practice or competitions.
- Some sports may have additional team apparel fees.
- Refunds may be issued only within the first ten days of the season if the athlete has not yet competed.
- An Activity Bus is available after practice for students. View schedule: www.whitebear.k12.mn.us/pdfs/lateactivitybusschedule.pdf

REGISTRATION OPENS	SEASON STARTS	SPORT	COST
August 1	1st week of school	Cross Country (6-8)	\$115
		Tennis-Girls (6-8)	\$115
		Volleyball (6) <i>Oct Start</i>	\$110
		Volleyball (7-8)	\$125
	November	Wrestling (6-8)	\$125
February 15	Late March/ Early April	Golf (6-8)	\$150
		Tennis-Boys (6-8)	\$115
		Track & Field (6-8)	\$125
April 1	Early June	Cheerleading (6-8) <i>Register at: www.whitebear.ce.eleyo.com</i>	\$500

All coaches are Positive Coaches Alliance & Concussion Certified.

Middle School Website visit for updates and general information on schedules, coaches info, meetings, and directions.

www.isd624.org/CommunityServices Select: *Middle School Sports*



We make math make sense.

At Mathnasium, we believe that every child has the ability to be successful in math—it's a matter of teaching the way that makes sense to them. When math makes sense, kids excel—whether they're far behind or eager to get ahead.

**Call us today for
a free trial!**

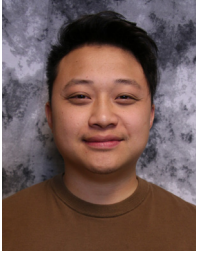
MATHNASIUM®
The Math Learning Center

Mathnasium of White Bear Lake

651-888-2541

mathnasium.com/whitebearlake

4711 Highway 61 North
downtown White Bear, north of City Hall



Hmong and Asian American Cultural Liaison

Nirvana Yang

Office: (651) 407-7623
nirvana.yang@isd624.org

Nyob Zoo (Hello), my name is Nirvana Yang and I am honored to be the Hmong and Asian American Cultural Liaison for the White Bear Lake Area School district. As an alumni of a college prep program for first generation students coming from low-income families, I understand difficulties students face while applying to colleges. I want to connect with families who need the additional support, as well as create programs to help students feel welcome to their school.

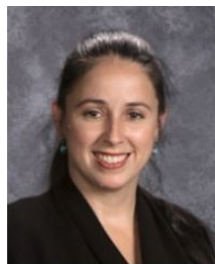


Early Childhood Hmong Cultural Liaison

Chente Xiong

(651) 653-3157
chente.xiong@isd624.org

Nyob Zoo! My name is Chente Xiong and I came here as a refugee from Laos. I've worked many jobs since I arrived here, but have always found my way back to helping those in need, especially families. I am a huge advocate in providing resources and building cohesive relationships with those who come into my care. I enjoy working with communities of color and believe that diversity is equity.



Enlace Cultural Español

Briana Santoscoy

Office: (651) 407-7625
briana.santoscoy@isd624.org

Saludos a todos. Mi nombre es Briana Santoscoy. En mi rol de Enlace Cultural con el distrito escolar de WBL y las familias y los estudiantes Latinos, estoy enfocada en el acceso justo y equitativo de información para nuestras familias, en el apoyo para los estudiantes Latinos, y en aumentar la capacidad de las escuelas a saber colaborar con nuestra comunidad. Trabajé casi diez años en las escuelas públicas de Minneapolis, donde vivo con mi esposo y nuestros tres hijos. Si usted tiene preguntas o ideas relacionadas con la escuela o el progreso de su estudiante, o si usted está buscando recursos para su familia, favor de llamarme.



Early Childhood Latino Cultural Liaison

Amy Ottaviani

(651) 653-3157
amy.ottaviani@isd624.org

Saludos! My name is Amy Ottaviani and this is my 7th year working as a Cultural Liaison with WBLAS Early Childhood Programs, serving our youngest learners and their families. I primarily work as an advocate for Latino students and families, but I also work as a School Readiness Teacher with preschoolers and parents from many cultures in our Family Literacy/Adult ESL class at Normandy Park. In these roles, I will continue to help families understand and navigate the school system, encourage family engagement, connect students and families with any needed community resources, and be a support for early childhood staff.



Native American Cultural Liaison

Jordan Zickermann

(651) 407-7647
jordan.zickermann@isd624.org

Hello (Boozhoo),

I am excited to be the Native American and African American cultural liaison. My work throughout the district focuses on diversity, inclusion, and equity, as it has throughout my entire career.

Please feel free to contact me regarding any questions, comments or concerns you may have! Miigwech (Thank you).



African American Cultural Liaison

Miles Webb, Sr.

(651) 407-7685
miles.webb@isd624.org

My name is Miles Webb and I am extremely happy and excited to work in the White Bear Lake Community as the African-American Cultural Liaison. I spent the last ten years working in the St. Paul Public Schools, first as a special education TA, then as a Behavior Specialist at Bruce Vento Elementary school. I have a Bachelor's degree in Psychology from Concordia University-St. Paul and I am currently enrolled in a masters program at St. Mary's University. I live in Hudson, Wisconsin with my wife and four children.

You'll learn gymnastics and SO MUCH MORE!



www.flipsgym.com

Develop confidence, coordination, flexibility and self-esteem — and have fun!

- Gymnastics for boys and girls, ages 18 months to 18 years
- Birthday parties
- Camps and field trips
- Open gym
- USAG competitive teams

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3505 Commerce Blvd., White Bear Lake, MN 55110

FREE TRIAL CLASS

Good for one FREE trial gymnastics class at FLIPS Gymnastics.

For new students only.

CALL TODAY!

City of Hugo www.ci.hugo.mn.us
(651) 762-6300

City of Vadnais Heights www.cityvadnaisheights.com
(651) 204-6000

City of White Bear Lake www.whitebearlake.org
CPR/First Aid Classes (651) 429-8568
cvoss@whitebearlake.org

Community Action Head Start www.caprw.org
Free preschool to income eligible families.

The Gathering www.lyngblomsten.org
(651) 646-2941

Lakeshore Players www.lakeshoreplayers.org
(651) 426-3275

MacPhail Center for Music www.macphail.org
(612) 321-0100

Senior Chore Program www.nyfs.org
NE Youth & Family Services (651) 429-8544

Suburban Community Channels www.sccvtv.org
(651) 747-3800

Tamarack Nature Center parks.co.ramsey.mn.us/tamarack/Pages/tamarack.aspx
(651) 407-5350

Vadnais Sports Center www.vadnaissportscenter.net
(651) 481-1000

Washington County Community Services www.co.washington.mn.us
(651) 430-6000

White Bear Area Emergency Food Shelf www.whitebearfoodshelf.org
(651) 407-5310

White Bear Area YMCA www.ymcatwincities.org
(651) 777-8103

White Bear Center for the Arts www.whitebeararts.org
(651) 407-0597

White Bear Lake Area Historical Society www.whitebearhistory.org
(651) 407-5327

White Bear Lake Armory www.whitebearlake.org
(651) 429-8571

White Bear Lake Sports Center www.whitebearlake.org
(651) 429-8571

ISD 624 District Information

White Bear Lake Area School District ISD #624

4855 Bloom Avenue, White Bear Lake, MN 55110

(651) 407-7500

www.isd624.org

2020 School Board

Scott Arcand, Deb Beloyed,
Kim Chapman, Jessica Ellison,
Donald Mullin, Marge Newmaster, and
Angela Thompson

Dr. Wayne Kazmierczak, Superintendent
White Bear Lake Area Schools

The White Bear Lake Area School District serves the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.

Mission

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- » Students who design and create their own future
- » A culture that respects diverse people and ideas
- » Safe, nurturing, and inspiring experiences
- » Exceptional staff and families committed to student success
- » Abundant and engaged community partners.

Core Values

The White Bear Lake Area School District builds quality lives and strong communities through:

- » compassion
- » integrity
- » respect
- » responsibility
- » service

School Closings

If inclement weather forces the White Bear Lake Area Schools to start late, close, or dismiss early, one of the following announcements will be made:

» **Two-Hour Late Start**

Morning Community Services, Early Childhood Program, and Senior Program activities will be canceled. Afternoon and evening activities, sessions, and community facility use will meet as scheduled.

» **No School**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled.

» **Early Dismissal**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled for the remainder of the day.

School closings will be announced on WCCO 830 AM, KSTP 1500 AM, WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV. You may also call the Emergency School Closing Hotline at (651) 407-7540.



High School

1. **WBLAHS - NORTH CAMPUS**
5045 Division Ave
White Bear Lake, MN 55110
651-653-2920 / fax: 651-653-2630
2. **WBLAHS - SOUTH CAMPUS**
3551 McKnight Road
White Bear Lake, MN 55110
651-773-6200 / fax: 651-773-6215
3. **WBL AREA LEARNING CENTER**
2449 Orchard Lane
White Bear Lake, MN 55110
651-773-6400 / fax: 651-773-6402

Middle Schools

4. **CENTRAL**
4857 Bloom Avenue
White Bear Lake, MN 55110
651-653-2888 / fax: 651-653-2885
5. **SUNRISE PARK**
2399 Cedar Avenue
White Bear Lake, MN 55110
651-653-2700 / fax: 651-653-2716

Elementary Schools

6. **BIRCH LAKE**
1616 Birch Lake Avenue
White Bear Lake, MN 55110
651-653-2776 / fax: 651-653-2778
7. **HUGO**
14895 Francesca Avenue North
Hugo, MN 55038
651-653-2798 / fax: 651-653-2800
8. **LAKEAIRES**
3963 Van Dyke Street
White Bear Lake, MN 55110
651-653-2809 / fax: 651-653-2811
9. **LINCOLN**
1961 Sixth Street
White Bear Lake, MN 55110
651-653-2820 / fax: 651-653-2822
10. **ONEKA**
4888 Heritage Parkway North
Hugo, MN 55038
651-288-1800 / fax: 651-288-1899
11. **OTTER LAKE**
1401 County Road H2
White Bear Township, MN 55110
651-653-2831 / fax: 651-653-2833
12. **MATOSKA INTERNATIONAL
IB WORLD SCHOOL**
2530 Spruce Place
White Bear Lake, MN 55110
651-653-2847 / fax: 651-653-2849
13. **VADNAIS HEIGHTS**
3645 Centerville Road
Vadnaiss Heights, MN 55127
651-653-2858 / fax: 651-653-2860
14. **WILLOW LANE**
3375 Willow Avenue
White Bear Lake, MN 55110
651-773-6170 / fax: 651-773-6176

Other Sites

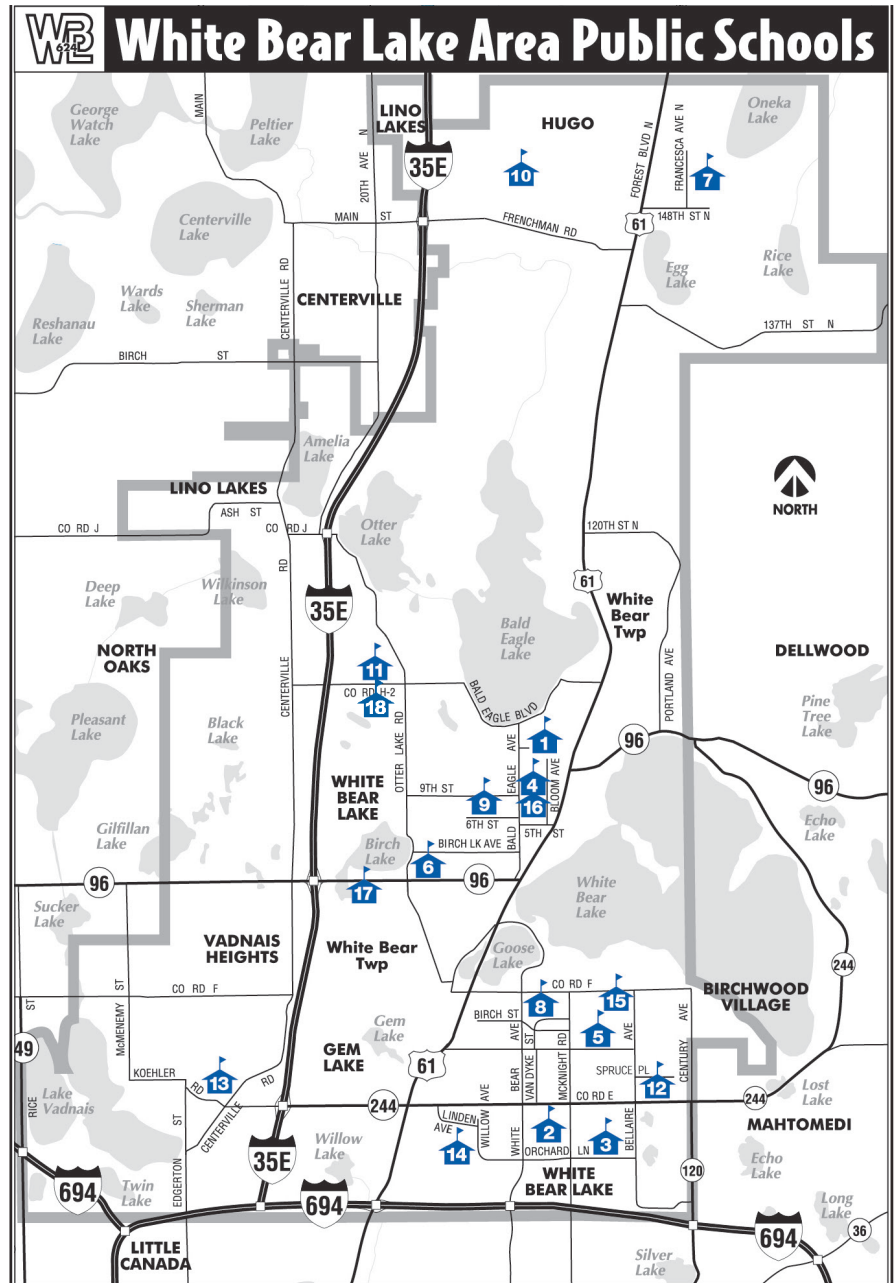
15. **NORMANDY PARK EDUCATION CENTER**
» **Early Childhood Program**
2482 East County Road F
White Bear Lake, MN 55110
651-653-3100 / fax: 651-653-3155
» **Senior Program**
2484 East County Road F
White Bear Lake, MN 55110
651-653-3121 / fax: 651-653-3127

16. **DISTRICT CENTER OFFICES**
4855 Bloom Avenue
White Bear Lake, MN 55110
651-407-7501 / fax: 651-407-7502

17. **WHITE BEAR SPORTS CENTER**
1328 Highway 96 E
White Bear Lake, MN 55110
651-429-8571 / fax: 651-429-8545
18. **TAMARACK NATURE CENTER**
5287 Otter Lake Road
White Bear Township, MN 55110
651-407-5350 / fax: 651-407-5354

FOR MAPS TO DISTRICT
BUILDINGS VISIT

www.isd624.org/schools



Facility Reservations

facilities@isd624.org

All requests for facility use within the White Bear Lake Area School District #624 should be made on either the Facility Scheduling Voicemail Line, (651) 407-7503, or email your request to: facilities@isd624.org.

Requests should be made at least one week prior to desired reservation date. When the date is less than one week, we will do our best to accommodate your request, but some facility requests may not be available.

Your request will be responded to within two working days.

Your Privacy is Important to Us

The registration information you provide to WBLAS Community Services and Recreation is considered private data under state and federal law.

Information you provide is used for the purposes of administering the activity, contacting you about upcoming activities, events or activity changes.

If you may choose to withhold this information, this could limit the distribution of information to the participant or instructor.

Access to contact information is limited to individuals involved in the activity.

Interested in Teaching an Enrichment Class?

If you have a class you'd like to share with the community, fill out a course proposal form and send it in.

Class proposals are due:

- » Spring/Summer - by Jan 8
- » Youth Summer - by Nov 25
- » Fall - by June 1

Class proposals are generally posted a month before the deadline.

Complete our online proposal at: communityservices.isd624.org

Questions? Call 651-407-7505

Youth Enrichment Procedure

CHECK IN FOR ENRICHMENT CLASSES

All students must check in with the Extended Day Staff. Students will be given a snack before their class.

At the end of class, students will be escorted to the main doors of the building (Otter students will be brought to Door O). Parents should wait at the building entrance for the students.

REGISTRATION PROCEDURE

Online registration for youth classes will close 48 hours prior to the first day of class. Any registrations after this deadline must be delivered to the Community Services office or called in, and will result in missing the first day of class. There are no prorated fees.

Refunds & Prorating

Notify Community Services & Recreation immediately if you need to withdraw from a class.

Full refunds or credits are given if a class is canceled. Refunds are not issued after a class has begun. There are no prorated fees.

To receive a refund, minus a processing fee, you must withdraw from an activity **at least 3 business days prior to the first day of the activity**.

Processing fees for classes:

- » under \$50 have a \$5 fee
- » \$50-\$149 have a \$10 fee
- » \$150-\$399 have a \$20 fee
- » \$400+ have a \$30 fee

Class Confirmation

An automatic email confirmation will be sent to you upon registration. Community Services & Recreation will contact you by telephone or email if there is a change.

Please list a daytime telephone number so Community Services can reach you if a class is canceled at the last minute. Community Services & Recreation assumes no responsibility for reaching those who do not provide a daytime telephone number.

Fee Assistance

Community Services & Recreation strives to make each activity, class, program and service high in value and quality. If your financial circumstances prohibit you from signing up, please call to arrange a payment plan or to inquire about fee assistance.

UCare Discount

UCare members may be eligible for a \$15 discount on most classes in this catalog. If a class is less than \$15, the member may take the class free of charge. UCare for senior members are limited to three \$15 discount per year. Members must be on UCare at the time of registration, and during the class(es).

UCare members must call or mail-in registration to receive a discount. Members need to include their UCare ID number when registering. This discount cannot be used for the following classes: Private lessons, alcohol-related activities, high-risk activities (skydiving, rock climbing, etc.), and gambling trips.

Do You Have a Disability?

Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call to discuss accommodations.

Liability Waiver

There is an inherent risk of accident or injury in any activity. It is the responsibility of the participant or the parent of the participant to be aware that there are assumed risks in participation. ISD 624 assumes no responsibility for injuries received during activities. Any changes in a participant's activity level should be done under approval and direction of their physician and/or healthcare provider(s).

Questions?

If you have questions about anything contained in this catalog, please call the Community Services and Recreation Department's general telephone number (651) 407-7501.



Help us give you the best programming we can! Programs can fill in advance or may be canceled due to low enrollment. Registering early is the best way to secure a spot!



Online Registration

Step 1

Visit our registration website
www.whitebear.ce.eleyo.com

Step 2

Create an account if you do not already have one. Complete all contact information and create a password. Your email will be your login.

Step 3

Register for classes.



Mail your completed registration sign up form and payment to:

Community Services
4855 Bloom Avenue
White Bear Lake, MN 55110

Checks should be made payable to Community Services.



Fax your completed registration sign up form with credit card authorization to:

(651) 407-7502



Sign up in person, Mon - Fri, 7:30 AM - 4:30 PM. An after-hours drop box is available at:

Community Services
WBLAS District Center
4855 Bloom Avenue
White Bear Lake, MN 55110

Registration Form

White Bear Lake Area Schools Community Services & Recreation Department
4855 Bloom Avenue, White Bear Lake, MN 55110 / www.whitebear.ce.eleyo.com

CLASS NAME	CLASS NUMBER	LOCATION	FEE
TOTAL FEE			

PARTICIPANT'S NAME (PLEASE PRINT) UCARE # (IF APPLICABLE)

ADDRESS CITY STATE ZIP

HOME PHONE # DAY PHONE # EMAIL

PAYMENT TYPE: ☐ CHECK ☐ CASH CHARGE MY: ☐ VISA ☐ MASTERCARD

CREDIT CARD # EXP DATE

CARDHOLDER'S NAME (PLEASE PRINT) BILLING ADDRESS

SIGNATURE

IF PARTICIPANT IS A MINOR:

☐ FEMALE ☐ MALE

BIRTH DATE (MO/DAY/YR) GRADE

SCHOOL

PARENT/GUARDIAN NAME

PARENT/GUARDIAN'S CELL #

EMERGENCY CONTACT (OTHER THAN PARENT)

EMERGENCY CONTACT'S PHONE #

IF AN AFTER-SCHOOL PROGRAM: AT THE END OF THE PROGRAM, MY CHILD WILL:

- ☐ BE PICKED UP
☐ TRANSPORT HIM/HERSELF HOME
☐ RETURN TO EXTENDED DAY

Registration Form

White Bear Lake Area Schools Community Services & Recreation Department
4855 Bloom Avenue, White Bear Lake, MN 55110 / www.whitebear.ce.eleyo.com

CLASS NAME	CLASS NUMBER	LOCATION	FEE
TOTAL FEE			

PARTICIPANT'S NAME (PLEASE PRINT) UCARE # (IF APPLICABLE)

ADDRESS CITY STATE ZIP

HOME PHONE # DAY PHONE # EMAIL

PAYMENT TYPE: ☐ CHECK ☐ CASH CHARGE MY: ☐ VISA ☐ MASTERCARD

CREDIT CARD # EXP DATE

CARDHOLDER'S NAME (PLEASE PRINT) BILLING ADDRESS

SIGNATURE

IF PARTICIPANT IS A MINOR:

☐ FEMALE ☐ MALE

BIRTH DATE (MO/DAY/YR) GRADE

SCHOOL

PARENT/GUARDIAN NAME

PARENT/GUARDIAN'S CELL #

EMERGENCY CONTACT (OTHER THAN PARENT)

EMERGENCY CONTACT'S PHONE #

IF AN AFTER-SCHOOL PROGRAM: AT THE END OF THE PROGRAM, MY CHILD WILL:

- ☐ BE PICKED UP
☐ TRANSPORT SELF HOME
☐ RETURN TO EXTENDED DAY

FOLLOW DR. K  /DRK_ISD624

ISD624.ORG

In this issue

- » **DISTRICT UPDATES**
2019 Annual Update, Page II
- » **SCHOOL BOARD**
District News, Page VII
- » **TEACHER OF THE YEAR NOMINATION INFO**
District News, Page VIII
- » **CULTURAL LIAISONS**
District News, Page IX
- » **WELCOME TO WHITE BEAR**
Upcoming Events, Page X

From the Superintendent: Giving Thanks

In this season of appreciation, there is much for which to be thankful.

At the top of the list is an appreciation to the community for approving the district's bond referendum request with 57.4% yes votes in early November. With this vote of confidence and support in our schools, our staff and our students, we can now begin planning to Build Our Future!

The bond funds will be used to address projected enrollment growth throughout the district; provide safe, secure and healthy learning environments for all students through investments in our aging facilities and infrastructure; increase opportunities for students by creating a single unified grades 9-12 high school; and create flexibly-designed learning spaces to support student-centered instruction. We have a lot of planning ahead of us for the construction projects that will be taking place throughout the district, and we will soon be sharing out information about what the engaged process will look like moving forward.

Also on the docket for appreciation is the level of individual support shown to our schools, programs, staff members and students by individual community members. Sometimes the support is calendar-specific, with community members recently being welcomed into the schools to speak to students about Veteran's Day, for instance.

Continued on District News page VII

Translations:

Para Español por favor llame al 651-407-7625

Xav tau ntawv Hmoob hu rau 651-407-7623

Flip book to see
Community Services &
Recreation Catalog



STUDENT GROWTH & PROFICIENCY

Minnesota Comprehensive Assessments (MCA)

Student proficiency is measured by the Minnesota Comprehensive Assessment (MCA) tests, Minnesota's state requirement for testing under the Federal Every Student Succeeds Act (ESSA).

White Bear students have a higher rate of proficiency in reading and mathematics than students across the state of Minnesota. Additionally, as they progress from one grade to the next, White Bear students show a greater rate of proficiency increase than students across the state.

- » **Reading** - 65.2% of White Bear students met or exceeded grade-level proficiency in Reading in 2019 based on the Minnesota Comprehensive Assessment. This is compared to 59.6% of students across the state. 70.8% of White Bear students maintained or improved their level of Reading achievement from 2018 to 2019 as compared to 67.0% of students across the state
- » **Mathematics** - 63.0% of White Bear students met or exceeded grade-level proficiency in Mathematics in 2019 based on the Minnesota Comprehensive Assessment. This is compared to 55.4% of students across the state. 68.5% of White Bear students maintained or improved their level of Mathematics achievement from 2018 to 2019 as compared to 62.7% of students across the state.

2018-19 WBLAS MCA COMPARISON TO STATE AVERAGES			
	State	WBLAS	WBLAS % above state
Reading	59.6%	65.2%	+5.6%
Mathematics	55.4%	63.0%	+7.6%

Source: Minnesota Department of Education's "Minnesota Report Card"

Early Childhood

More than 850 students are nurtured and develop a love of learning through our WBLAS Early Childhood programs. All of the District's preschools have a Parent Aware rating of four stars, the highest possible rating. Teachers assess the growth of children and take appropriate measures to ensure they are kindergarten-ready.

Elementary

Students at our nine elementary schools are assessed by teachers using a range of grade-appropriate assessments in reading, math and science to measure progress toward local and state standards. Student proficiency is measured using MCA assessments. Instructional support is personalized so students who test below grade level receive extra intervention and support, and students who already exceed standards are challenged through our comprehensive Gifted and Talented program.

Middle School

Students at Central and Sunrise Park Middle Schools take the Minnesota Comprehensive Assessment (MCA). Teachers and counselors use these assessments along with other data to help students select courses. Intervention support is provided for students who test below grade level. Accelerated and enriched class options ensure each student is challenged.

High School

High school teachers assess students through common assessments in each subject. Nationally-normed assessments include the PreACT offered to tenth graders in the fall and the PSAT and ACT offered to eleventh graders. Counselors and teachers use these data, along with an understanding of student motivation and goals, to help students select from more than 250 course offerings, including more than 51 college-level courses and five career pathways areas.

National Blue Ribbon School recognition

In September, Lincoln Elementary was named as one of 362 schools throughout the country to be named as National Blue Ribbon Schools for 2019. Lincoln was recognized as an Exemplary High Performing School, being among Minnesota's highest performing schools as measured by state assessments or nationally normed tests. Only ten schools in Minnesota are being recognized in the program this year.

HIGH EXPECTATIONS & ENRICHMENT

81% Responding to the challenge



An increasing range of college-level courses, plus an initiative encouraging students to understand the importance of college-level work at the high school, has raised the percentage of high school seniors taking a college-level course during their high school career. For the class of 2019, 81% of seniors have taken one or more college-level courses, up from 54% for the class of 2016.

443 out of 633 students in the class of 2018 took at least one college-level course during high school. This includes Advanced Placement, College in the Schools, Project Lead the Way, and Post-Secondary Enrollment Options.

51

Colleges and Universities on campus

During the 2018-19 school year, 51 college level courses were offered at White Bear Lake Area High School: 21 Advanced Placement (AP) classes, 26 College in the School (CIS/CitHS) courses, and 4 Project Lead the Way (PLTW) courses. Students also took advantage of Post-Secondary Enrollment Options (PSEO).

The following numbers of White Bear Lake Area Schools students took college-level courses during the 2018-19 school year:

697 students took Advanced Placement (AP) classes

525 students took College in the Schools CIS/CitHS classes

103 students took Project Lead the Way (PLTW) classes

WBLAS continues to be a recognized leader for developing Career Pathways aligned to workforce needs.

- » A Manufacturing Pathway made possible in part due to a \$250,000 grant received from United Way.
- » A Construction Trades pathway with strong support from trade unions.
- » An IT pathway in conjunction with Century College and area businesses.
- » A Healthcare pathway featuring concurrent enrollment coursework for credentials as a certified nursing assistant (CNA).
- » An Automotive Pathway was recently added to the list of opportunities available to White Bear students.

2018-19,
989 AP EXAMS TAKEN

ON THE RISE

White Bear Lake Area High School's Advanced Placement (AP) program is serving more students taking more AP exams.

.....

COMPARED TO 867 EXAMS
TAKEN IN 2017-18

2019 Advanced Placement Scholars

52 AP Scholars
19 AP Scholars with Honors
39 AP Scholars with Distinction
8 National AP Scholars

1 National Merit Scholarship
Program Letter of Commendation

118

Advanced
Placement
Scholars

Student Support Services

White Bear Lake Area Schools have high expectations for all students and offer a continuum of specialized instruction for students with special needs. Our programs are individualized and comprehensive.

AVID

WBLAHS began implementation of the Advancement Via Individual Determination (AVID) program in the fall of 2010. The program offers rigorous instruction to students in the academic middle who have the individual determination to prepare for a four year college. In AVID classes, students collaborate, engage in inquiry, and learn college-level reading, writing and study strategies.

International Baccalaureate

Matoska International IB World School, an elementary option for all families since 2010, received re-authorization in January of 2015.

FINANCE

Financial management

To help the District meet its educational goals, White Bear Lake Area Schools remain committed to fiscal responsibility to ensure that maximum resources reach our classrooms.

Stewardship:

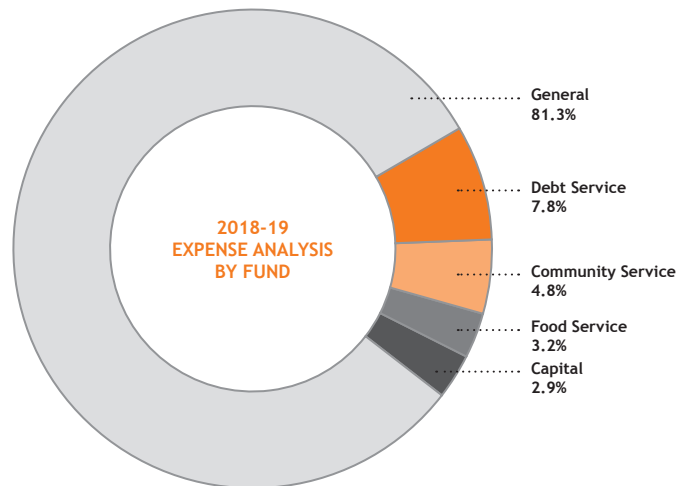
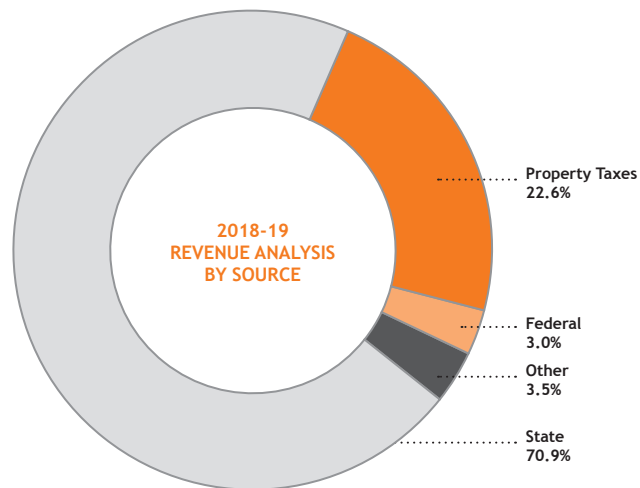
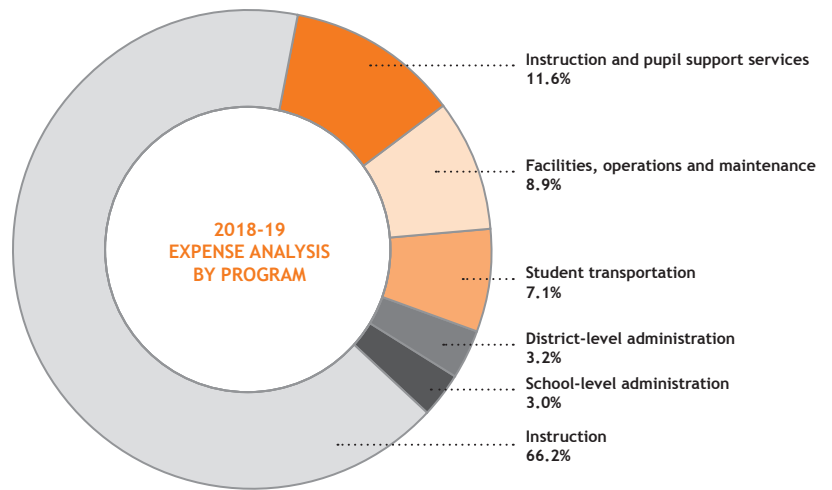
White Bear Lake Area Schools continues to demonstrate strong stewardship to our communities.

- » We have been recognized for excellence in financial reporting by the Association of School Business Officials and Government Finance Officers Association for 19 consecutive years.
- » The district has a AA bond rating, which we have received from Standard and Poor's every year the district has applied since 2010.
- » In November of 2019, area residents voted on the District's \$326 million bond referendum, with 57.4% in support of the question.

The district has a
AA bond rating,
*which we have received from
Standard and Poor's every year
the District has applied since 2010.*

We have been recognized for
excellence in financial reporting
for 19 consecutive years

by the Association of School Business Officials
and Government Finance Officers Association.



Partnerships

The district has many innovative partnerships with the White Bear Center for the Arts, White Bear Area YMCA, MacPhail Center for Music, Tamarack Nature Center and many others.

2019-20 DISTRICT PROFILE

The White Bear Lake Area School District serves all or parts of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake and White Bear Township.

Core Values

The White Bear Lake Area School District builds quality lives and strong communities through compassion, integrity, respect, responsibility and service.

District Mission

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- Students who design and create their own future
- A culture that respects diverse people and ideas
- Safe, nurturing, and inspiring experiences
- Exceptional staff and families committed to student success
- Abundant and engaged community partners

STUDENT DEMOGRAPHICS 2019-20	
Free/Reduced Price Lunch	25%
English Language Learner	3.7%
Special Education	15%
American Indian/Alaska Native	0.4%
Asian	6.8%
Black/African American	6.2%
Hispanic/Latino	7.4%
Native Hawaiian/Pacific Islander	0.1%
Two or more races	6.3%
White	72.8%

Source: Minnesota Department of Education

STUDENT ENROLLMENT 2019-20	
Pre-K <i>Pre-K includes all District programs including preschool, early childhood, and Bear Fundamentals at all District locations.</i>	871
Elementary (Grades K-5)	4,055
Middle School (Grades 6-8)	2,032
High School (Grades 9-12)	2,478
Transition Plus (Special Ed - ages 18-24)	37
DISTRICT TOTAL K-T+	8,602
DISTRICT TOTAL BIRTH-T+	9,473

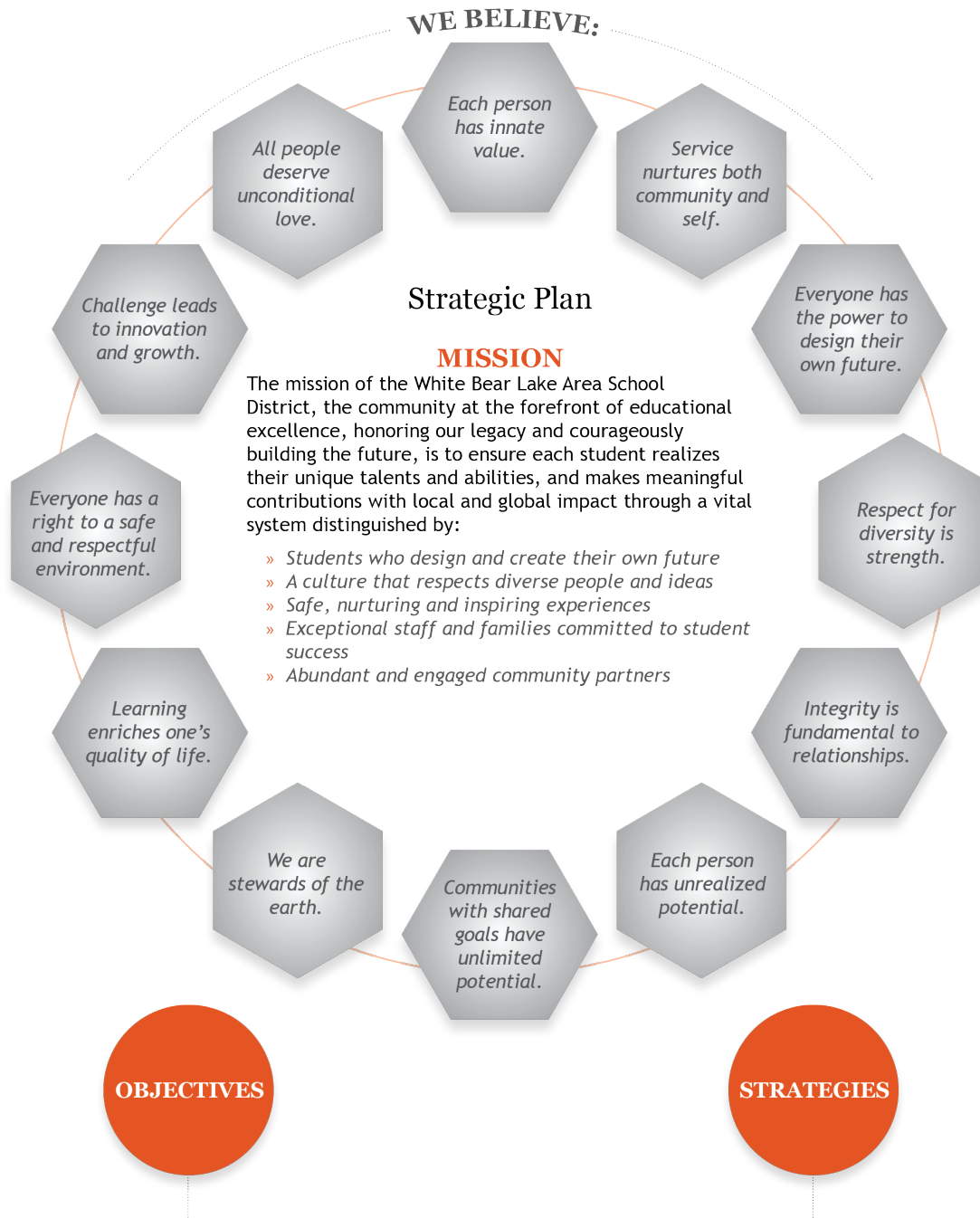
Source: Minnesota Department of Education and District data

In addition to English,
students in our district



- Afaan Oromo/Oromo/Oromiffa
- Afrikaans
- Akan
- Amharic
- Anauk
- Arabic
- Azerbaijani
- Bengali
- Bosnian
- Burmese
- Cambodian/Khmer
- Cebuano
- Chinese, Mandarin
- Cree
- English Creolized
- Fanti
- Farsi
- French
- German
- Gujarati
- Harari
- Hiligaynon, Illogo
- Hindi
- Hmong
- Igbo
- Italian
- Japanese
- Kannada
- Karen
- Kiswahili, Swahili
- Lao, Laotian
- Lithuanian
- Luganda, Ganda
- Mandar
- Marathi
- Nepali
- Norwegian
- Pilipino, Tagalog
- Portuguese
- Punjabi
- Romanian
- Russian
- Sign Language, ASL
- Somali
- Spanish
- Tamil
- Telugu
- Thai
- Tigrinya
- Turkman
- Twi
- Ukrainian
- Urdu
- Vietnamese
- Yoruba

MISSION & STRATEGIC PLAN



Each student meaningfully contributes to community.

100% OF STUDENTS:

- feel valued.
- accomplish their personalized learning plan.
- are prepared for and implement their design for their future.
- graduate.
- creatively adapt to an ever-changing world.

WE WILL:

- ensure that each student is the primary agent in their learning.
- provide expanding access to a broad range of opportunities for all students.
- foster community engagement and partnerships.
- build organizational capacity.
- embrace all cultures with humility and respect.
- ensure learning environments enhance students' educational experience.
- engage families as partners in the education of their children.
- ensure the social and emotional growth of each student.
- imagine new concepts in learning and teaching at White Bear Lake Area High School.

2020 District 624 School Board



SCOTT ARCAND
scott.arcand@isd624.org
 Term expires 12/31/23



DEB BELOYED
deb.beloyed@isd624.org
 Term expires 12/31/21



KIM CHAPMAN
kim.chapman@isd624.org
 Term expires 12/31/21



JESSICA ELLISON
jessica.ellison@isd624.org
 Term expires 12/31/21



DON MULLIN
don.mullin@isd624.org
 Term expires 12/31/21



MARGE NEWMASER
margaret.newmaster@isd624.org
 Term expires 12/31/23



ANGELA THOMPSON
angela.thompson@isd624.org
 Term expires 12/31/23

Specific Board positions for the 2020 calendar year will be voted upon at the January Regular School Board meeting.

GENERAL SCHOOL BOARD EMAIL ADDRESS:
schoolboard@isd624.org

2019-20 STUDENT REPRESENTATIVES:

- Madison Carroll, Gr 12, WBLAHS-South, Representative
- Jennifer Adams, Gr 11, WBLAHS-South, Alternate Representative

School Board Meetings

Dec 9.....Regular Mtng
 Jan 13.....Regular Mtng
 Jan 27.....Work-Study Mtng
 Feb 10.....Regular Mtng
 Feb 24....Work-Study Mtng
 Mar 2.....Regular Mtng
 Mar 23....Work-Study Mtng

- » All Board meetings take place in the Community Room 112 at District Center (4855 Bloom Ave).
 - Regular meetings begin at 7 p.m.
 - Work-Study meetings begin at 5:30 p.m.
- » Agendas, Board Packets, Minutes, Highlights and Video links are posted on the District's website as they become available.
- » Regular School Board meetings are re-broadcast on Cable Channel 20 in the local viewing area the week of a regular business meeting:
 - Wed at 7 p.m. & 11 p.m.
 - Thurs at 10 a.m.

Continued from front page

Other examples happen on an ongoing basis. Each week throughout the school year, Reading Buddies volunteers come into our schools to read with our students. And every year, our parent volunteers are working diligently to raise funds for specific school initiatives - and to raise "fun" for students through school carnivals, fun runs and rollerskating nights to name a few. We appreciate the time and energy these individuals give in order to enrich our students' experiences.

Many thanks to the community organizations and businesses that also play a role in supporting our students, whether it is through the Lion's Club donating dictionaries, Donatelli's offering a "Take-over Experience" to our Willow Lane Elementary fifth graders, or Cup and Cone offering orange ice cream treats. This list is just a sampling of the level of support shown to our school community by organizations and local businesses, and the efforts are always humbling.

Another organization, the White Bear Lake Area Educational Foundation, specifically supports the school district through grants, scholarships and support of initiatives. With the change of seasons, an important Foundation initiative that is especially relevant these days is The Closet, a resource for district families in need that provides anything that can be worn from head to toe. The Foundation is currently accepting donations of new and like new winter items in various sizes, including coats and boots. Thank you to those who have been able to support the school community by helping our students and families in this important way.

Terrific things, worthy of celebration, are happening at each of our buildings. Thank you to our entire community for your support of all of our students - from our earliest Early Childhood classrooms to our special education students transitioning out of high school.

Your support is something for which we are grateful at all times of the year, but the feeling is especially strong this fall. Thank you.

Dr. Wayne A. Kazmierczak, Superintendent of White Bear Lake Area Schools

Teacher of the Year Nomination Process

It takes just one inspirational person to positively impact a life forever. The educators of White Bear Lake Area Schools teach by extraordinary example - they allow students to not only follow their dreams but give them the skills necessary to become the role models of the future.

Our district has a rich heritage of exceptional teachers who reach out to help others every day, and the White Bear Lake Area Teachers' Association Teacher of the Year program is just one way to recognize the efforts of those who devote their time, talents, and energy to making a positive difference in our community.

Please consider nominating an educator who will represent all of the dedicated teachers in our district and participate in the Minnesota Teacher of the Year Program.

The nomination form is available on the district's website, www.isd624.org. Nominations are due by 4 p.m. on Jan. 10, 2020.



Welcome to White Bear

While all are welcome to visit our schools at any time, there will be special opportunities in January for families to learn more about our schools!

Early Childhood - Preschool Registration opens at 8:30 a.m. on Jan. 21

Elementary - Welcome to White Bear Week: Jan. 6-10

Middle School - Parent Info Night: 7 p.m. on Jan. 9 at both middle schools

High School

Parent Information Nights:

6 p.m. Jan. 7 at WBLAHS-North Campus (incoming grades 9 & 10)

7 p.m. Jan. 9 at WBLAHS-South Campus (incoming grades 11 & 12)

Additional information available at www.isd624.org/Welcome

Equity Commitment

A committee of 30 stakeholders developed the district's Equity Commitment:

To nurture the whole student, we disrupt systemic inequities by recognizing, honoring, and embracing all cultures with humility and respect.

At that time, a 4-Way Equity Decision Making Protocol was adopted. This protocol will be utilized by district, building and site leaders moving forward.



Early Childhood Screening -Screen at 3

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten.

The best age at which to screen is age three. The White Bear Lake Area School District provides this screening at no charge.

3 REASONS TO SCREEN AT 3:

- Screening can ensure school success
- If health or developmental concerns are identified, educational services are available
- It is fun and provides parents/guardians with valuable information regarding child development

Register online at <https://whitebear.ce.eleyo.com> or 651-653-3100

Early Childhood Screening takes place at:
Normandy Park Education Center
2482 East County Road F, White Bear Lake, MN 55110

4-Way Equity Decision Making Protocol

- 1 How does this help to provide opportunities to students who have been marginalized within the system in the past?
- 2 How does this help to ensure equitable access for all?
- 3 How does this help to eliminate barriers based on race/ethnicity, gender, disability, age, or other protected groups?
- 4 How does this ensure that the same rigorous standards for academic performance exist for all students?



Lincoln Elementary Recognized as Blue Ribbon School

In September, Lincoln Elementary was named as one of 362 schools throughout the country to be named as National Blue Ribbon Schools for 2019. The recognition is based on a school's overall academic performance or progress in closing achievement gaps among student subgroups. Only ten schools in Minnesota are being recognized in the program this year.

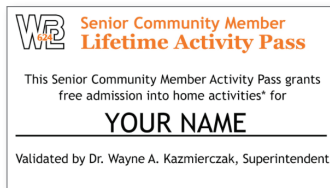
The award affirms the hard work put in to creating safe and welcoming schools where students master challenging and engaging content. Lincoln was recognized as an Exemplary High Performing School as being among Minnesota's highest performing schools as measured by state assessments or nationally normed tests.

Lincoln Elementary was celebrated along with other honorees at an awards ceremony in Washington, D.C. earlier this fall. This spring, the school community will host a more formal Blue Ribbon celebration at the school to thank those, past and present, who positively impacted students within the learning community.

FREE Senior Activity Pass

More than 300 Senior community members (age 65+) who live in the District participate in the Senior Activities Pass program and enjoy complimentary admission to school activities.

Those who wish to apply for the Activity Pass may pick up an application at District Center (4855 Bloom Avenue, White Bear Lake) or the Senior Center (2484 East Cty Rd F, White Bear Lake).



Awards

» EXTENDED DAY SITES ACCREDITED

The Vadnais Heights Elementary Extended Day team recently successfully completed the Minnesota Afterschool Accreditation Program (MAAP). The Oneka Elementary Extended Day team completed the same rigorous accreditation process in July.

» 2020 WOMEN IN SCHOOL LEADERSHIP AWARD FINALIST

Assistant Superintendent for Teaching and Learning Sara Paul is a finalist for the 2020 Women In School Leadership Award from AASA, The School Superintendents Association.

District-wide Cultural Liaisons



MILES WEBB SR.
African American Liaison
miles.webb@isd624.org



BRIANA SANTOSCOY
K-12 Latino Liaison
briana.santoscoy@isd624.org



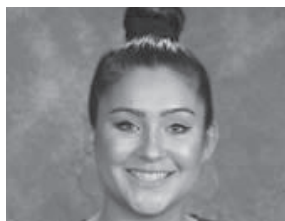
AMY OTTAVIANI
Early Childhood Latino Liaison
amy.ottaviani@isd624.org



NIRVANA YANG
Hmong & Asian Amer. Liaison
nirvana.yang@isd624.org



CHENTE XIONG
Early Childhood Hmong Liaison
chente.xiong@isd624.org



JORDAN ZICKERMANN
Native American Liaison
jordan.zickermann@isd624.org

Born to Be a Bear!

We're looking for photos of little ones in their "Born to be a Bear" onesies!

Email photos to communications@isd624.org and you may find your little one featured in a District publication!



Monthly Staff and Community Mental Well-Being Series

District staff and families are invited to attend monthly presentations focused on mental well-being. The events are free and open to community members.

All events begin at 7 p.m. at District Center (4855 Bloom Avenue, WBL).

- DEC. 19** **MENTAL HEALTH ISSUES AND HOW WE CAN MAKE A DIFFERENCE**
by Certified Family Peer Specialist Michelle Uetz
- JAN. 16** **SITTING IN CIRCLE: HOW TO SUPPORT THE MIDDLE SCHOOL GIRL YOU LOVE**
by Christina Nguyen, Dreaming Sky Coaching
- FEB. 13** **KNOW THE TRUTH**
by Minnesota Adult and Teen Challenge
- MAR. 19** **GRIEF AND LOSS**
by Tony Del Percio, Bradshaw Funeral and Cremation Services

Coffee with Dr. K

Community members have been invited to stop by throughout the 2019-20 academic year for an informal chat with Superintendent Kazmierczak over a cup of coffee or tea at the Downtown White Bear Lake Caribou Coffee:

- 4:30-5:30 p.m. on January 9
- 7:30-8:30 a.m. on March 3
- 11:30 a.m.-12:30 p.m. on May 5



**WELCOME TO
WHITE
BEAR**
JANUARY 2020

Get to know us!

While all are welcome to visit our schools at any time, there will be special opportunities in January for families to learn more about our schools!

www.isd624.org/Welcome

Important Dates

- » **DECEMBER 9**
SCHOOL BOARD REGULAR MEETING
7 p.m. at District Center
- » **DECEMBER 23-JANUARY 3**
WINTER BREAK
(No School)
- » **JANUARY**
WELCOME TO WHITE BEAR
www.isd624.org/Welcome
- » **JANUARY 13**
SCHOOL BOARD REGULAR MEETING
7 p.m. at District Center
- » **JANUARY 20**
MLK JR. DAY
(No School)
- » **JANUARY 27**
No School Day
- » **JANUARY 27**
SCHOOL BOARD WORK-STUDY MEETING
5:30 p.m. at District Center
- » **FEBRUARY 10**
SCHOOL BOARD REGULAR MEETING
7 p.m. at District Center
- » **FEBRUARY 14**
No School Day
- » **FEBRUARY 17**
PRESIDENTS' DAY
(No School)
- » **FEBRUARY 24**
SCHOOL BOARD WORK-STUDY MEETING
5:30 p.m. at District Center
- » **MARCH 2**
SCHOOL BOARD REGULAR MEETING
7 p.m. at District Center
- » **MARCH 9-13**
SPRING BREAK
(No School)
- » **MARCH 23**
SCHOOL BOARD WORK-STUDY MEETING
5:30 p.m. at District Center



White Bear Lake Area Schools

Leading minds to learning, hearts to compassion, and lives to community service.

Serving the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.



OUR MISSION

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- Students who design and create their own future
- A culture that respects diverse people and ideas
- Safe, nurturing, and inspiring experiences
- Exceptional staff and families committed to student success
- Abundant and engaged community partners