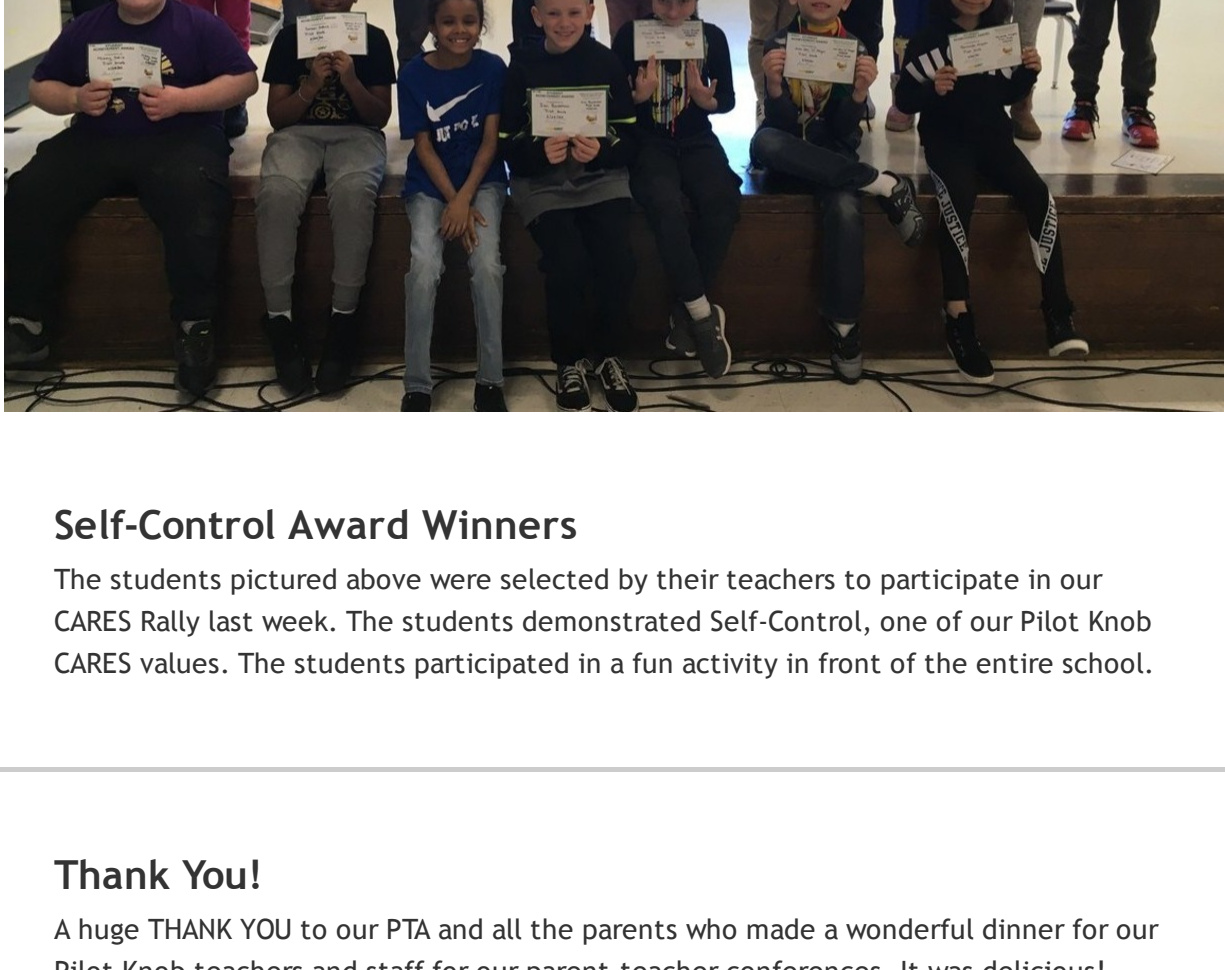




News for March 5, 2020

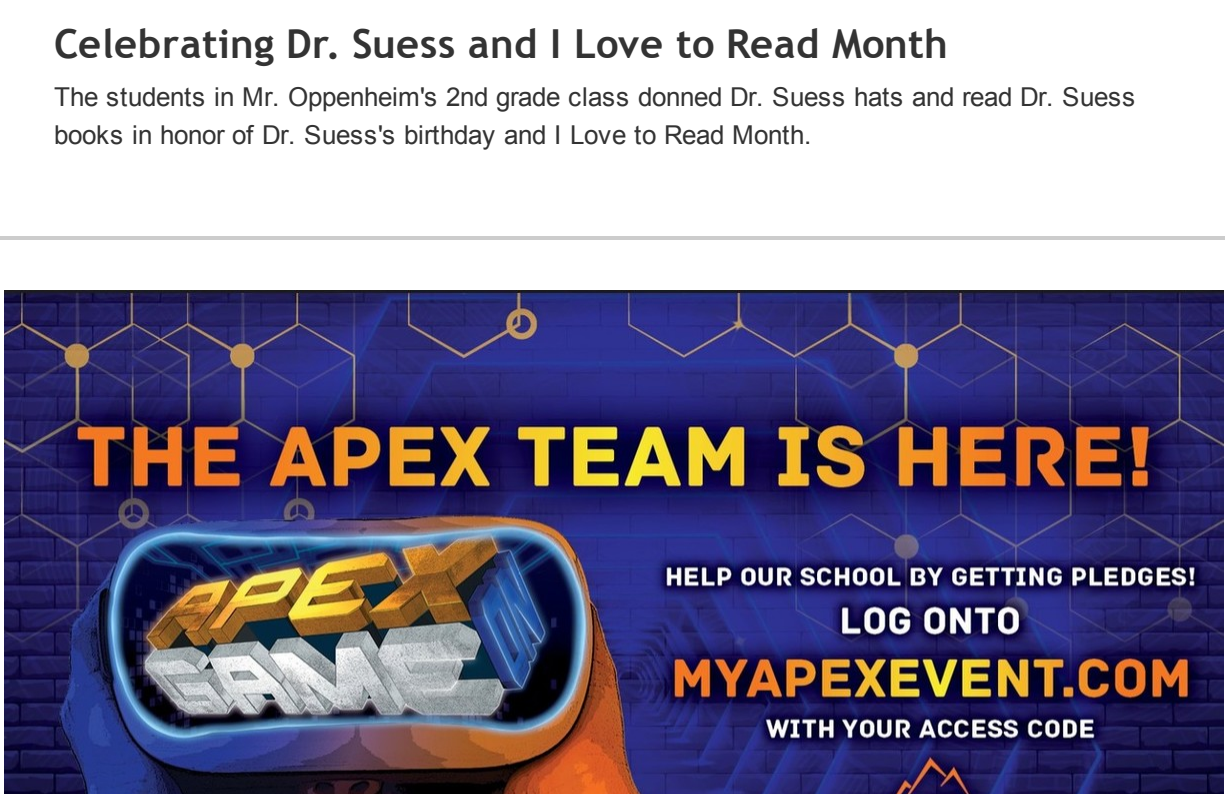


Self-Control Award Winners

The students pictured above were selected by their teachers to participate in our CARES Rally last week. The students demonstrated Self-Control, one of our Pilot Knob CARES values. The students participated in a fun activity in front of the entire school.

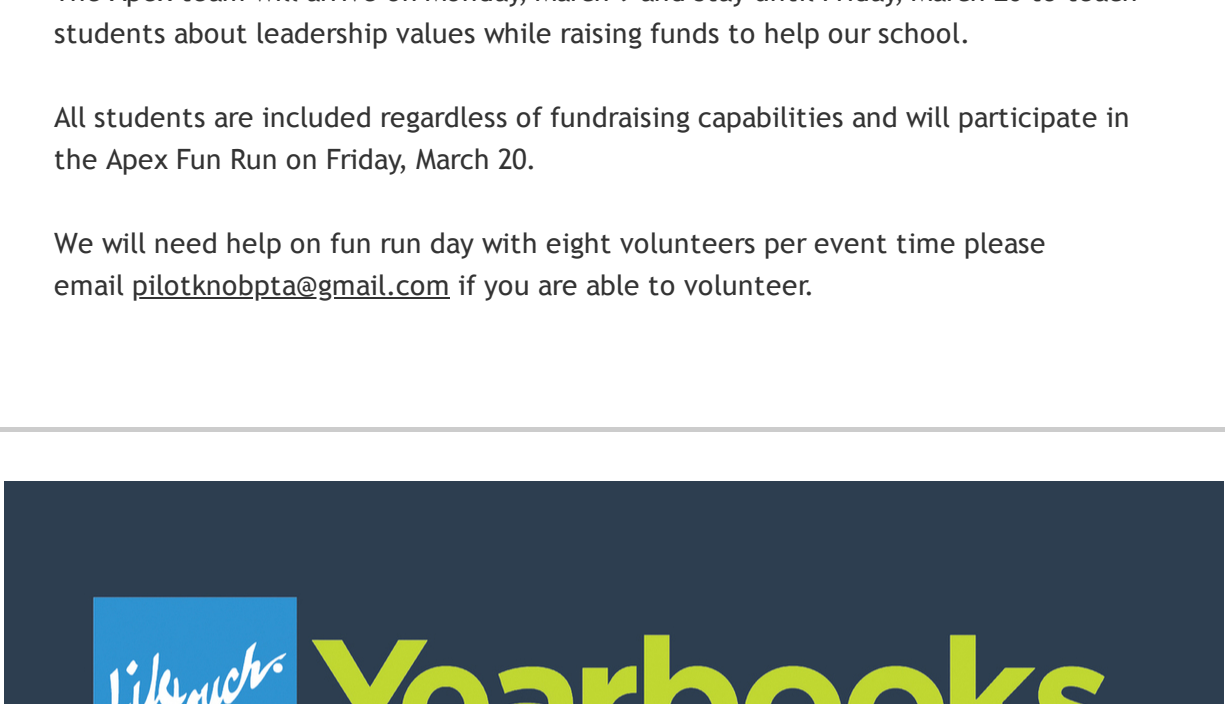
Thank You!

A huge THANK YOU to our PTA and all the parents who made a wonderful dinner for our Pilot Knob teachers and staff for our parent-teacher conferences. It was delicious!



Celebrating Dr. Suess and I Love to Read Month

The students in Mr. Oppenheim's 2nd grade class donned Dr. Suess hats and read Dr. Suess books in honor of Dr. Suess's birthday and I Love to Read Month.



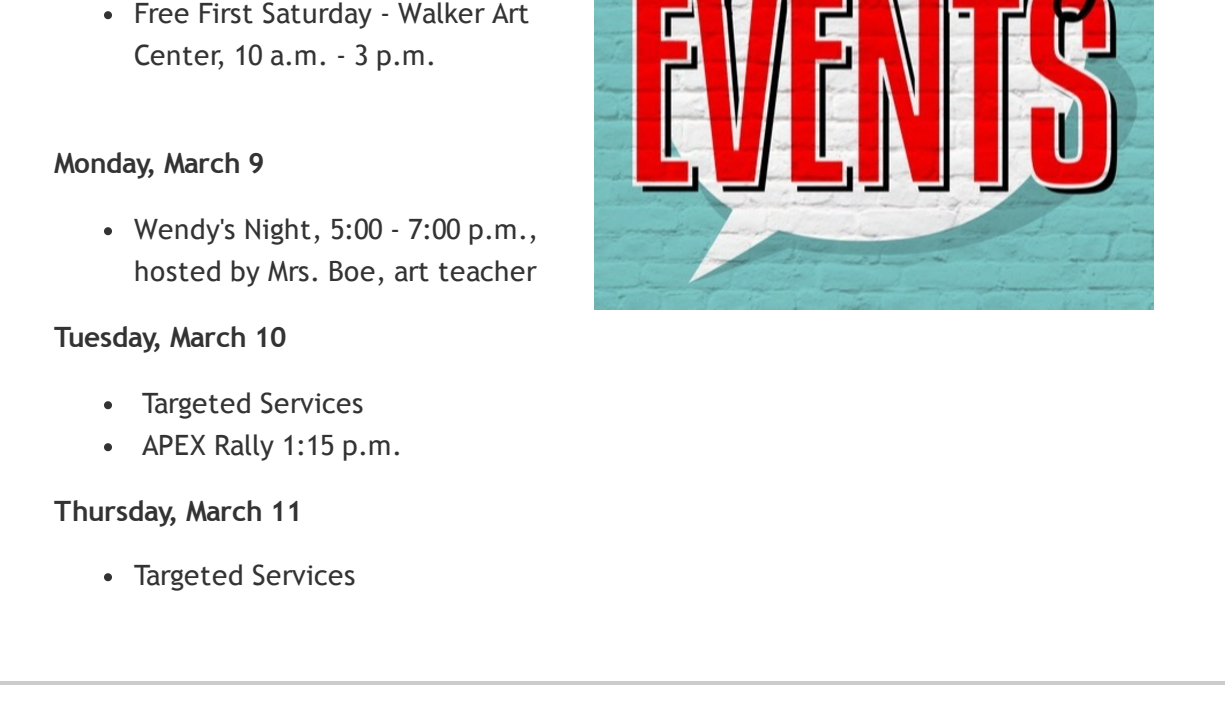
APEX Fun Run is Coming Back to Pilot Knob

We are excited to announce that our school is working with Apex Leadership Co. this year for leadership and fundraising program to help our school!

The Apex team will arrive on Monday, March 9 and stay until Friday, March 20 to teach students about leadership values while raising funds to help our school.

All students are included regardless of fundraising capabilities and will participate in the Apex Fun Run on Friday, March 20.

We will need help on fun run day with eight volunteers per event time please email pilotknobpta@gmail.com if you are able to volunteer.



Yearbook Orders Due by March 30, 2020

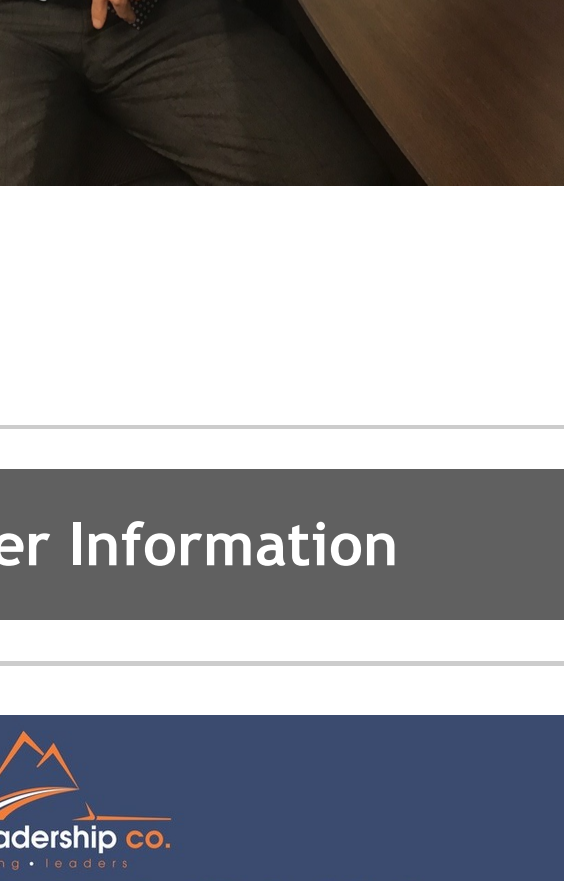
Time is running out to order your 2019-2020 Pilot Knob STEM Magnet School Yearbook! Our yearbook volunteers have been working hard to put together this great collection of school year memories that your student(s) will love to look back on! Yearbooks are \$20 each (add \$2 to include an optional Zoom Current Events Insert) and can only be ordered online. Click below for more information or email pilotknobyearbook@gmail.com for more information. ALL ORDERS MUST BE RECEIVED BEFORE MARCH 30, 2020. There is no way to extend the deadline, so please order soon!

[Click HERE for more information](#)

Mark Your Calendar!

Quick Calendar

- Saturday, March 7**
- Free First Saturday - Walker Art Center, 10 a.m. - 3 p.m.
- Monday, March 9**
- Wendy's Night, 5:00 - 7:00 p.m., hosted by Mrs. Boe, art teacher
- Tuesday, March 10**
- Targeted Services
 - APEX Rally 1:15 p.m.
- Thursday, March 11**
- Targeted Services



Get to Know...

Mr. Benson

Mr. Benson has been the principal at Pilot Knob STEM Magnet School for the last 12 years (with the exception of a one-year break when he and his two sons went on a sailing trip from Lake Superior to the Bahamas and the Florida Keys).

Mr. Benson's wife Sandy is a 1st grade teacher and he has three children. In his spare time, Mr. Benson enjoys participating in triathlons, sailing, playing guitar, and, of course, READING!

Photo by Gabriel Canaan



Fliers & Other Information

APEX FUN RUN

IS COMING SOON TO
PILOT KNOB ELEMENTARY
MARCH 9 TO MARCH 20, 2020

Dear families,

We are excited to announce that our school is working with Apex Leadership Co. this year for a leadership and fundraising program to help our school!

The Apex team will arrive on Monday, March 9 and stay until March 20 to teach students about leadership values while raising funds to help our school with the media center and field trips.

All students are included regardless of fundraising capabilities and will participate in the Apex Fun Run on Friday, March 20.

We will need volunteers to help the Fun Run day. Please contact our school to sign-up and help.

There will be further details to come regarding the Apex Fun Run.

Thank you for your continued support to help our school and community.

Sincerely,
Thomas Benson, Principal, and Pilot Knob PTA

Important Details

- All students are included in the program and Fun Run.
- This year's theme is **GAME ON** which will promote the importance of good habits through interactive lessons.
- Our school needs your help to raise funds for our media center and fie.
- We will need eight volunteers per Fun Run event time. Please contact our school to sign-up to help.
- FUN RUN EVENT DATE:** Friday, March 20

Girls Lacrosse Information

Join the **Heights Girls Lacrosse Team** and girls from around the area this spring and summer!
Girls Coordinator: Brett Deering (Brattdeering@gmail.com)



Try Lacrosse Clinics (Free)

Co-Ed introductory clinics that will introduce your 4-14 year old to the sport of lacrosse. More experienced players are encouraged to attend and share their love for the sport with the newer players!

March 14, 9-9:45am, IGH Vet. Mem. Community. Center - 7yo and younger
March 14, 9:45-10:30am, IGH Vet. Mem. Community. Center - 8yo+
March 22, 8-9:30am, West Saint Paul Dome - All ages
Registration: No registration is necessary

Spring Training Clinic (\$95)

Designed for new and experienced players in grades 1-8. Clinic practices take place at the Inver Grove Heights Veterans Memorial Community Center throughout the month of April.
Registration: <https://www.ighis.com/> // Girls Spring

Competitive Summer League (Cost varies)

Girls from Inver Grove Heights, Eagan, West Saint Paul, and Mendota Heights will compete in the Minnesota School Girls Lacrosse Association Summer League. Practices and games will take place during weekday evenings. Girls will participate in the State Tourney in Woodbury, Aug. 1-2.
Registration: <https://www.ighis.com/> // Girls Summer

Div.	Birth Date Range	Cost	Includes	Details
8U:	9/1/2011-8/31/2014	\$75	Jersey	1 night/week
10U:	9/1/2009 - 8/31/2011	\$235	Jersey + Skirt	2 nights/week
12U:	9/1/2007 - 8/31/2009	\$245	Jersey + Skirt	2-3 nights/week
14U:	9/1/2005 - 8/31/2007	\$255	Jersey + Skirt	3-4 nights/week

Co-Ed Spring and Summer Leagues

There are also Co-Ed opportunities available this spring and summer for 8U-10U girls: <https://www.mendotahightslacrosse.com/la-2020>

SUMMER

REGISTRATION BEGINS
MARCH 2
at 8:00am

Register for programs that are sure to keep everyone engaged, enriched, and energized—all summer long!

Field Trips

- Waterparks
- Como Zoo & Como Town
- Twins Game vs. Dodgers

Sports Camps

- Skateboarding
- Basketball
- Ninja Warrior
- Flag Football
- Cheer/Dance/Tumbling
- T-ball
- Baseball
- Floor Hockey
- Sand Volleyball
- Soccer
- Lacrosse

MORE

- Officer Scott Patrick 5K Walk/Run
- Family Kickball Tournament
- Babysitting Certification
- Cliff Trimm Fishing Derby
- Kite Making Workshop

Camps

- Technology Academy
- Art
- Musical Theater
- Safety

Tennis

- Little's Lessons
- Youth Lessons
- In-House League
- USTA Tennis League
- Adult Lessons

Golf

- Tiger Tot's Lessons
- Junior Lessons
- Junior League
- Junior Tournaments
- Adult Lessons
- Women's League

FREE

Watch for these free community events—no registration required!

- Touch-a-Truck
- Parks Celebration
- Outdoor movies in the park
- Summer concert series
- Rec-on-the-GO
- Family storytimes

For program descriptions, ages, dates and prices visit
<https://secure.rec1.com/MN/mendota-heights-mn/catalog>

Did you know that we offer a Recreation Fee Assistance Program?

This program is available to eligible Mendota Heights residents for participation in recreation programs.

Qualifications:

- Must be a Mendota Heights Resident
- Recipient must be under the age of 18
- Recipient must participate in the Free and Reduced Lunch program in District 197 or have a parent on active duty in the military.

Assistance Amount:

- Up to \$150 per child, per calendar year
- Recipients will receive a 50% reduction in cost for each recreation program they register for

Apply:
www.mendota-heights.com/parksrecreation

Register for a class/program:

- Online**
<https://secure.rec1.com/MN/mendota-heights-mn/catalog>
- In Person**
Mendota Heights City Hall
M-Thurs: 7am-4:30pm, F: 7-11:30am
- Questions?**
City Hall | (615.452.3850)
Meredith Lawrence | (615.255.1354)
meredith@mendota-heights.com
- Mendota Heights Parks and Recreation**

Please register online before the program begins!

City of Mendota Heights | City Hall | 100 Occanee Avenue | Mendota Heights | MN 55118 | www.mendota-heights.com

Warp Speed: A Conversation with Students, Educators, and Professionals on Technology and Its Impact on Wellbeing

Technology today is evolving more rapidly than our ability to understand its long-term impact on our schools and our kids. This illuminating, fast-paced, and interactive presentation will provide an overview of the complexities of the digital world for teenagers, parents, and schools. You will have an opportunity to hear from a Sibley teacher and a panel of students on what they learned from their phone-free school days experiment.

Highlighted in the presentation:

- Technology's impact on the developing brain
- The Slot Machines in our Pockets
- A Student Panel
- Adult Advocacy and Roll Modeling
- Q and A
- Tips and Tools

March 11, 2020

Henry Sibley High School-Auditorium
1897 Delaware Ave.
Mendota Heights

RSVP to ann.lindberg@isd197.org by March 2, 2020

Presenters
Jessica Wong, CPP | National Director of Youth Business and Patient Care Network at the Hazelden Betty Ford Foundation
Mr. Tom Myers, M.Ed. | Henry Sibley Social Studies Teacher
AP Psychology Students | Henry Sibley Juniors and Seniors
Katherine Wyles, M.Ed. and Moree Hampton, M.Ed. | Co-founders LiveMore ScreenLess: Fostering Digital Wellbeing for and with school communities

Brought to you by District 197 Chemical Health

Read, Read, Read!

Pilot Knob STEM Magnet, 1436 Lone Oak Road, Eagan, MN 55121

Share this email:

Manage your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

1436 Lone Oak Road
Eagan, MN | 55116 US

This email was sent to:
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.