

January - May 2021

White Bear Lake Area School District

COMMUNITY SERVICES & RECREATION

Bundle Up Bears - Jan 2020



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!

 That's
Community Ed!

What's Inside

ADULT PROGRAMS

Many Faces	5
Arts & Hobbies	6
Cooking	9
Finance	10
Fitness	12
Health & Wellness	12
Home	15
Music & Dance	16
Adult Recreation	16
Senior Center / Older Adults	17
Adult Basic Education	19
Adults with Disabilities	19

YOUTH PROGRAMS

Early Childhood	20
Extended Day	22
FLEX Program	23
ACT & Drivers Ed	23
Youth Enrichment	24
Youth Enrichment Kits	26
Youth Recreation	28

ISD624

School & District Locations	29
-----------------------------------	----



REGISTER 

whitebear.ce.eleyo.com

**WHITE BEAR LAKE
SCHOOL-DIST.
RECREATION-DEPT.**



Our Mission

The mission of Community Services & Recreation, a dynamic department at the leading edge of community programming, is to connect and engage individuals and the community in lifelong learning and enrichment through a vital system distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, varied programs and experiences
- Participants, volunteers, and staff who reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

Greetings White Bear Lake Area Schools Community:

The White Bear Lake Area School District is proud to provide programming opportunities for all ages and promotes safe behaviors that reduce the spread of infectious diseases by educating our students, faculty and staff about routine, regular hand washing, wearing face coverings, and sanitizing spaces and high touch surface areas.

All Community Services & Recreation programs must follow Minnesota Department of Health Safety Guidelines and Minnesota Department of Education Safe Learning & School Year Planning guides. We have implemented the recommended practices and procedures from these guidelines in all of our programs to provide the safest environments for students, families, and staff.

As public health guidelines change, the District will adjust plans accordingly. Please visit www.isd624.org and click on the COVID-19 Info & Dashboard link at the top of the page for the most current information.



Flip to see Bears Bulletin!

In this issue you will find...

- District Updates
- Building Our Future Facilities Updates
- Cultural Liaisons
- Welcome to White Bear
- And more!

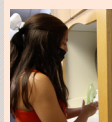
White Bear Lake Area Schools

HEALTHY REMINDERS

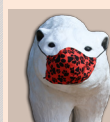
Keep
6 feet
from others



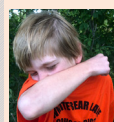
Wash
your hands
often



Wear a
face
covering



Cover your
cough &
sneezes



Go **(Stay Healthy)** Bears!

Register Now, Pay Later: Due to the unpredictability of COVID-19, we are using a “Register Now, Pay Later” procedure. When you register for a class, your credit/debit card or checking account will be charged 3 days prior to the class start date. You will be notified if the class is canceled.

Online Classes: When you register for an online class, a link to the class will be emailed to you 1-2 days prior to the start date.

Facilities Reservations: 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.

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

UCare Discount: UCare members may be eligible for a \$15 discount on most classes. If a class is less than \$15, the class will be free of charge. Members must be on UCare at the time of registration, and during the class(es). 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.

Your Privacy is Important to Us: Your registration information is considered private data under state and federal law. Information 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.

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).

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 651-407-7501 to discuss accommodations.

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.

Due to COVID-19, limited spots are available. Register today to secure your spot. Classes and events are also subject to change. You will be notified by email if the classes you registered for has any changes.

White Bear Lake Area Schools Community Services & Recreation

4855 Bloom Avenue, Room 106, White Bear Lake, MN 55110

communityservices.isd624.org

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

Online Registration www.whitebear.ce.eleyo.com

DIRECTOR

Tim Maurer (651) 407-7509
tim.maurer@isd624.org

ADMINISTRATIVE ASSISTANT

Stephanie Bloxham (651) 407-7505
stephanie.bloxham@isd624.org

Adult Basic Education (651) 407-7686
Mariel Culhane mariel.culhane@isd624.org

Adult Enrichment Programmer (651) 653-3124
Michelle Hubbard michelle.hubbard@isd624.org

Adult Programs & Facilities Coordinator (651) 407-7508
Jon Anderson jon.anderson@isd624.org

Early Childhood Coordinator (651) 653-3102
Darcy Rodriguez darcy.rodriguez@isd624.org

Facility Scheduling (651) 407-7503
facilities@isd624.org

Out of School Time Coordinator (651) 407-7510
Christina Thayer Anderson christina.anderson@isd624.org

Out of School Time Billing & Registration (651) 407-7511
Stacy Bertelsen communityservicesbilling@isd624.org

Receptionist (651) 407-7501
Xue Xiong xue.xiong@isd624.org

Youth Enrichment & Development Specialist (651) 407-7544
Tracy Cook tracy.cook@isd624.org

Youth Recreation & Middle School Sports Coordinator (651) 407-7506
Matt Riebow matthew.riebow@isd624.org

**FACE MASKS ARE REQUIRED
FOR ENTRY AT ALL DISTRICT BUILDINGS
AND MUST BE WORN DURING CLASS
AT ALL TIME.**

Resources

Support Hub

Providing families with resources to address barriers & enhance well-being. The Support Hub serves as a place for families and community members to access information they may need for essential services.

- District Resources
- Community Resources
- COVID-19 Information
- Crisis
- Mental Health & Well-Being
- Physical Health
- Race, Justice, and Trauma
- Social Emotional Learning
- Structure & Routine
- Technology

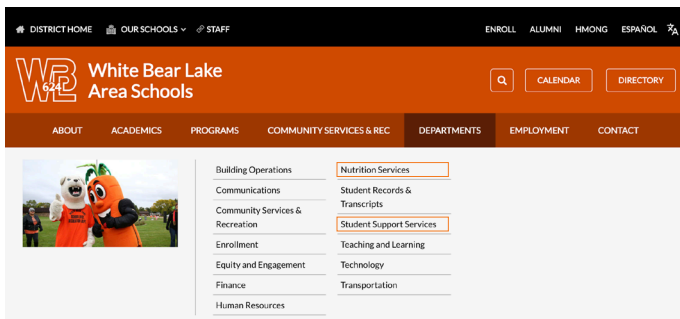
For more details and to view these resources, visit www.isd624.org > Departments > Student Services > Support Hub

Nutrition Services

Offering nutritious meals and snacks to serve the school community. Free school meals (breakfast and lunch) through June 2021 available for ALL children 18 and under. The USDA has extended free school meals through the school year.

- FREE meal pick up available at multiple locations: Hugo, Maplewood, Vadnais Heights, and White Bear Lake.
- Pre-order meals each week using the Meal Order Form.
- Menus are available online at isd624.nutrislice.com.
- Questions? Contact the Nutrition Services Department at NutritionServices@isd624.org or 651-407-7524.

For more details on meal pick up location and time, and to view the Meal Order Form, visit www.isd624.org > Departments > Nutrition Services



Meals on Wheels Delivery

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. See page 18 or more information.

COMMUNITY EVENT

FOOD TRUCK FRIDAY!



MARK YOUR CALENDAR

Fridays from 4:30 - 7:00 pm

White Bear Senior Center

2484 E County Rd F
4/23, 5/14, 6/18, 7/16, 8/20

Mahtomedi District Center

1520 Mahtomedi Ave
4/16, 5/21, 6/25, 7/23, 8/13

Food truck vendors will be announced on the WBL & Mahtomedi Community Education Facebook pages.

A portion of proceeds will be donated to White Bear Lake Senior Programs and Mahtomedi Community Ed Scholarships

NEW!

White Bear Area Senior Center Craft Corner Gift Shop Spring Boutique



Fri, March 19 from 9 am - 7 pm

Sat, March 20 from 9 am - 3 pm

Featuring hand-crafted items supporting White Bear area senior consignees. Shop for Mother's Day, Easter, graduation, summer at the lake or for the fun of it!

Senior Center, 2484 East County Road F, WBL 651-653-3121

Stay connected
and follow us on
social media!



@wblasrec



@WBLCommunityEdu



MANY FACES • MANY STORIES

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

HOPE Speaks - Ages 18+

Join us for a six-week virtual journey as we unpack how race and racism show up in our everyday lives. The HOPE Speaks Project believes in a family centered approach, but families are more than just parents and young children. Take the class with an aunt, cousin or friend.

1655.250 / 6 sessions / \$85

Tue Jan 26 - Mar 9 / 7:30 - 9 pm / ONLINE!

To register, visit whitebear.ce.eleyo.com

Family Homelessness: Journeys in Minnesota

Explore the realities of family homelessness in our communities. This class was created with experts and the lived experience of youth and families who have experienced homelessness. Participants will explore issues in a conversational, interactive way. Participants connect to one another in powerful ways and can build a foundation for doing more.

1655.255 / \$5 suggested donation / Tue, Mar 30

6:30 - 8 pm / ONLINE! - No class Feb 26

To register, visit whitebear.ce.eleyo.com

Racial Definitions: 101 - Repeat of our fall Racial Definitions 101

Midway through one of the craziest years in American history, we find ourselves in a society that is ripe for change! We are wanting to do better and be better with and for each other no matter your race, gender, or ethnic background. We are hearing and using language that may be uncommon such as implicit bias, cultural awareness, and anti-racism. We will discuss commonly used terms and phrases used in equity discussion and examine their meanings, how they are used, and how they should be used.

1655.265 / \$20 / Thu, Mar 18 / 7 - 8:30 pm / ONLINE!

To register, visit whitebear.ce.eleyo.com

Racial Definition 201

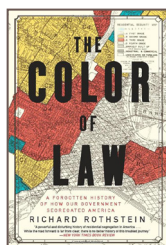
After experiencing a year that will not soon be forgotten in American history, we find ourselves in a society that is ripe for change! We are wanting to do better and be better with and for each other no matter your race, gender, or ethnic background. Americans are hearing and using language that may be uncommon including phrases like implicit bias, cultural awareness, and anti-racism. In this follow-up session we will go deeper into historical racial definitions that have shaped American society from past to present.

1655.365 / \$20 / Thu, Apr 22 / 7 - 8:30 pm / ONLINE!

To register, visit whitebear.ce.eleyo.com

ONLINE Book Discussions

Need a book? Call 651-653-3126



The Color of Law

The Color of Law offers a forceful argument on how federal, state, and local governments gave rise to and reinforced neighborhood segregation. Exploding the myth of de facto segregation arising from private prejudice or the unintended consequences of economic forces.

1655.260 / \$5 suggested donation / Thu, Mar 18

7 - 8:30 pm / ONLINE!

To register, visit whitebear.ce.eleyo.com

Dakota Life in the Upper Midwest by Samuel William Pond

What was it like to live with the Dakota 187 years ago? This book paints a picture of Dakota life in 1834, just as their world was poised to change. It includes details of hunting strategies, ceremonies, and cultural practices. If you've ever wondered what life in White Bear Lake was like before the white people came, you will enjoy this book.

\$5 / Mon, Feb 22 / 7pm / ONLINE!

To register, visit www.whitebeararts.org

Black Wall Street, From Riot to Renaissance in Tulsa's Historic Greenwood District by Hannibal B. Johnson

2021 marks 100 years since a white mob looted and burned Black Wall Street, the prosperous African American Greenwood neighborhood of Tulsa. Johnson's account highlights the entrepreneurial power of the community before the attack and spares no details of the violence. He extends the narrative to the present time, spinning a story of generational resiliency, which readers are sure to find pertinent today.

\$5 suggested donation / Mon, Jan 18 / 7 pm / ONLINE!

To register, visit www.whitebeararts.org

Associated Events

Guatemalan Rainbows

This online display from collector Richard Nelson honors this colorful culture with beautiful photographs and well-chosen examples of clothing and textiles.

\$5 / Mon, Feb 8 / 7pm / ONLINE!

To register, visit www.whitebeararts.org



Alcohol Ink Painting (Ages 15+)

Experiment with alcohol inks on non-absorbent Yupo papers. Alcohol inks are pigment-intense and vibrant, free-flowing and filled with an energy all their own. Gain knowledge of a new technique that you can then take home and expand your artistic interest.

1512.315 **1 session / \$40**
Wed, May 19 7 - 8:30 pm
South Campus 202

Beginning Soap Making: Cold Process (Ages 15+)

Embrace a new hobby and learn how to make "cold process" method soap, using beautiful essential and fragrance oils! You will leave with a loaf of soap that will be ready and "cured" in 6-8 weeks! These soaps make wonderful gifts! Instructor provides all of the supplies.

1507.217 **1 session / \$35**
Thu, Mar 4 / 6 - 8 pm
South Campus 206

Blow Your Own Succulent Glass Dish (Ages 10+ w/adult)



Create your own beautiful dish! Students will work with an instructor to design and BLOW their vessel with blow pipes, punties and optic molds that allow for more complex manipulation of the molten glass. This class will also

provide a glimpse of the skills that are needed to create more complex shapes. NOTE: You will need to return 48 hours later to pick up your finished work.

1414.316 **1 session / \$85**
Sat, May 15 / 10 am - 1 pm
Vandalia Glassworks
 103 Concord Exchange N, South St. Paul



Fun with Epoxy (Ages 10+ w/adult)

Learn the basics of working with epoxy by decorating your own wall plaque! Several designs are available; the state of Minnesota, a rectangle, a heart or a dragon. Feel free to bring any items you might want to use to personalize your piece, like sea shells or a heart shape to mark where you live. These can be placed on the piece at the end when the epoxy is sticky. No artistic talent required! It's easy and fun to do.

Makerspace, 5966 US-61, White Bear Township

1512.250 **1 session / \$40**
Wed, Feb 3 / 6 - 8 pm
Makerspace

1512.350 **1 session / \$40**
Sat, Apr 10 / 10 am - 12 pm
Makerspace

Due to the unpredictability of COVID-19, we are using a "Register Now, Pay Later" procedure. When you register for a class, your credit/debit card or checking account will be charged 3 days prior to the class start date. You will be notified if the class is canceled.

Online Classes: When you register for an online class, a link to the class will be emailed to you 1-2 days prior to the start date.

FACE MASKS ARE REQUIRED DURING CLASSES.

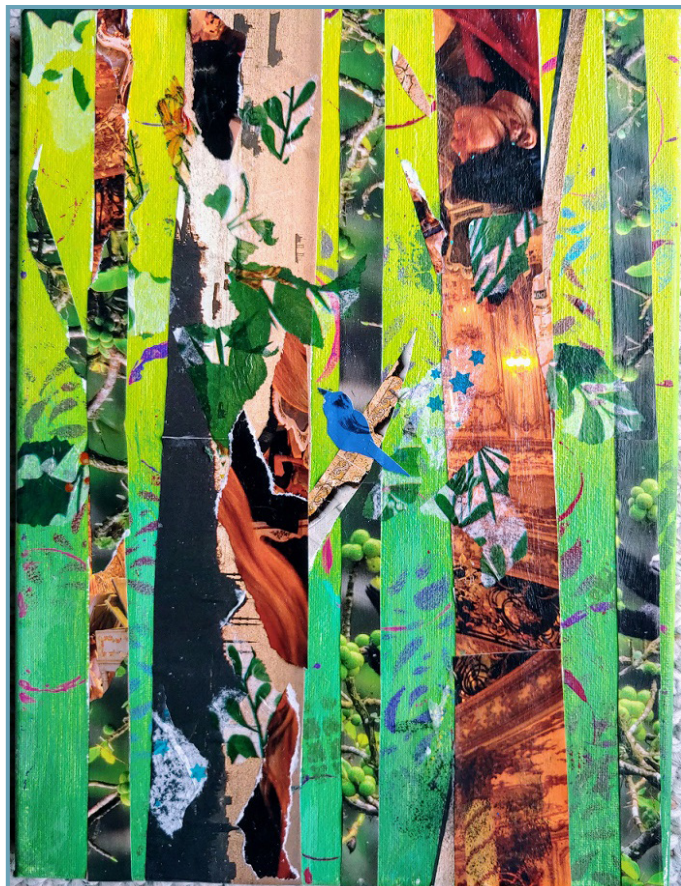
Self Screen Before Class

Have you had?

- Fever or feeling feverish?
- New Headache?
- Muscle aches?
- Loss of taste or smell?
- New Cough?
- Sore throat?
- Muscle aches?
- Shortness of breath?

If you are sick or have any of these symptoms, do not attend class and call 651-407-7501 to cancel your enrollment.

If you become sick a few days after class, please call 651-407-7501 to let us know for contact tracing.



Lily of the Valley *Sponsored by Cerenity*

Welcome spring the flagrantly delicate flower, the Lily of the Valley. In this simple acrylic painting we will recreate this sweetly scented, pendant, bell-shaped white flowers on an oval canvas.

1561.301

1 session / \$25

Tue, Apr 13 / 10 am - 12 :30 pm

Senior Center

Southwest Painting *Sponsored by Cerenity*

Escape our cold, grey weather to the warm and sunny Southwest! Experience painting with both a brush and a palette knife for a thick look called "impasto" painting. Come and brighten your mood and walls with us!

1561.200

1 session / \$25

Thu, Feb 11 / 10 am - 12 :30 pm

Senior Center

Mixed Media: Trees & Texture (Ages 15+)

You will create two 8 x 10 inch textured works of art by layering papers, paint and other embed materials with more layers of paint! This technique creates a wonderful 3-dimensional look! A \$15 material fee is due at class.

1413.313

1 session / \$40

Thu, Apr 22 / 10 am - 1 pm

Senior Center



On Angels Wings (Ages 15+)

Create amazing angels, using paint, torn papers, stencils, gesso, glue, pastels, lace, glitter and a variety of other fun materials on a 10x20" canvas. The instructor will guide you step by step through this fun and easy process.

1413.300

1 session / \$40

Fri, Mar 26 / 10 am - 1 pm

Senior Center

Organize Your Photos - Digital and Print

Having organized photos is a wonderful feeling. Learn how to get every printed photo, digital photo and your memorabilia organized. Learn about scanning for slides, movies and prints as well as backing up, cloud storage and scanners as well as easy ways to repair old photos. By the end of class you'll have a plan for a system that allows you to access every photo you own in literally seconds!

1512.212

1 session / \$30

Wed, Feb 10 / 6:30 - 8:30 pm

Senior Center

1512.312

1 session / \$30

Thu, Apr 29 / 6:30 - 8:30 pm

Senior Center

Silk Scarf Painting (Ages 15+)

Learn the French Serti technique of silk painting while designing beautiful scarf. Share an unforgettable afternoon of art and create your own design as simple or complex as you would like. It's easy, it's clean, it's fun, and you get startlingly beautiful results.

Visit Kidz Art Pinterest site to get ideas and inspiration prior to class:
www.pinterest.com/kidzartmn/silk-scarf-painting-ideas

1512.215 **1 session / \$50**
Mon, Mar 15 / 6 - 9 pm
South Campus 202

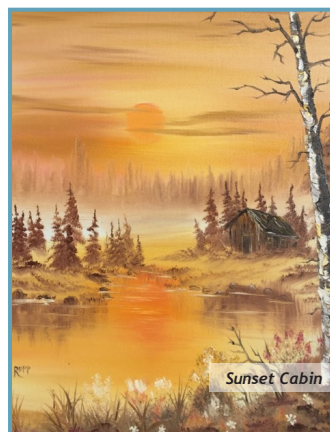
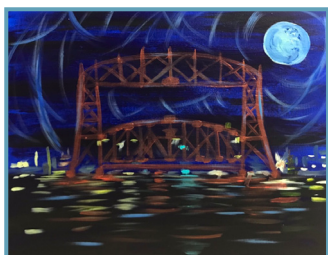
Acrylic Painting Party

Whether you have experience with acrylic painting or not, these painting party classes are a great way to spend your mornings. You will be given all the supplies needed and step-by-step instructions from a professional artist as you create your very own masterpiece.

Gladstone Community Center, 1945 Manton St, Maplewood

\$35 each / 9 - 11 am

1512.340 **Winter Fox / Fri, Jan 22**
1512.341 **Winter Tree / Fri, Feb 26**
1512.342 **Stillwater Lift Bridge / Fri, Mar 26**
1512.343 **Witches Tower / Fri, Apr 23**
1512.344 **Stone Arch in the Rain / Fri, May 21**



Easy Bob Ross Oil Painting

Discover your creative side in this easy to follow Bob Ross style painting class. Relish the "Joy of Painting" in your 16 x 20 inch canvas that will be ready for you to frame and hang on your wall at home. A \$25 material fee is due to the instructor at class.

Sunset Cabin
1560.200

1 session / \$40
Thu, Mar 25 / 8:30 am - 3 pm
Senior Center

Spectacular
1560.360

1 session / \$40
Thu, May 13 / 8:30 am - 3 pm
Senior Center

Sloth Painting (Ages 10-14 w/adult)

Enjoy an evening painting the most adorable furry and slow creature the Sloth. We will use acrylic paints on a rectangle stretch canvas. This fuzzy little guy, or gal, will look amazingly cute on any wall! This class is for all artistic levels! Don't be intimidated!

1561.210 **1 session / \$35**
Thu, Mar 11 / 6 - 8 pm
Senior Center

Sparkly Glass Mosaic Garden Gazing Ball (Ages 15+)

Create a beautiful gazing ball for your garden with an old bowling ball and bits of glass and mirror. Stencils and an idea book are available during this 2 evening class. You will be designing and working on your project and grouting and learning about mosaics. Material Fee: If you have a bowling ball the fee is \$30, if you need bowling ball the material fee is \$45.

1403.200 **2 sessions / \$50**
Wed, Mar 17 & 24 / 6:30 - 9 pm
South Campus 202

Demonstration Style Classes

Instant Pot: Desserts

Creamy Cheesecake, decadent Flourless Chocolate Cake, light Upside Down Summer Berry Cake and more! What do all these treats have in common? They're made in an electric pressure cooker! Participants will receive an extensive handout prior to class and there will be ample time for questions during the session. Participants will also receive a link to the recording afterwards so they can follow at their own pace.

1632.200 **1 session / \$25**
Sun, Jan 31 / 6:30 - 8 pm
ONLINE!



All in One Instant Pot Meals

Use the electric pressure cooker to prepare your entrée and a side vegetable at the same time, freeing you up to enjoy a more hands off kitchen experience. Join Kirsten in her kitchen via Zoom to discuss several methods of all in one cooking while she demonstrates Turkey and Wild Rice Meatloaf with Sweet Potatoes and Instant Pot Spaghetti. Participants will receive an extensive handout prior to class and a link to the class recording afterwards.

1632.420 **1 session / \$25**
Mon, Apr 12 / 6:30 - 8 pm
ONLINE!

Cook-Along Classes



One Wine, One Cheese, One Recipe

Join us for this virtual cooking class in celebration of National Tortellini Day! The evening will start with making your own ricotta, which is so fun and easy! Then use the amazing homemade ricotta to make a dish using Tortellini. Use the remaining ricotta on a baguette with a drizzle of EVOO and salt. Wine pairings will be suggested before the class. A perfect Saturday night date night! A few days prior to the start of class, you will receive a link to the ZOOM video conferencing, informational materials and a shopping list.

1632.210 **1 session / \$30**
Sat, Feb 13 / 6 - 7 pm
ONLINE!

You Think You Know Grilled Cheese?

April is National Grilled Cheese month! Explore the options outside of American cheese slices and white bread. This class is not for the faint of heart! Recipes include grilled cheese sandwiches named The Devil Wears Gouda, The Butcher, The Baker and The Candlestick Maker, The Blue Pig, The Italian Stallion and The Ranchero. Grilled Cheese has grown up! Not all of the grilled cheese recipes will be demonstrated in the class. Who doesn't need grilled cheese on Tax Day? A few days prior you will receive informational materials and a shopping list.

1632.315 **1 session / \$30**
Thu, Apr 15 / 6 - 7 pm
ONLINE!

Don't forget to self-screen before attending in-person classes. See page 6 for details.

If you are sick or have any of COVID-19 like symptoms, do not attend class and call 651-407-7501 to cancel your enrollment.

Stay connected
and follow us on
social media!



@wblasrec



@WBLCommunityEdu

55+ Driver Safety Refresher Class

Instructor: Minnesota Safety Council

If you're 55 or older, get a discount on your personal auto insurance and improve your driving skills! The Defensive Driving Course teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. It's taught by experienced, professional traffic safety instructors. The class consists of lecture, films and discussions. There is no behind-the-wheel driving and there are no tests. After you complete the course, you will receive a certificate of completion to give to your insurance company.

This class will be taught online by the instructor. Participants will be able to attend class at the Senior Center or take as an online class at home.

\$35 / Online class taken from Home or Senior Center

- 1579.269** **Mon, Jan 11 / 8:30 am - 12:30 pm**
- 1579.270** **Thu, Jan 14 / 5:30 - 9:30 pm**
- 1579.271** **Wed, Jan 27 / 12:30 - 4:30 pm**
- 1579.272** **Mon, Feb 1 / 12:30 - 4:30 pm**
- 1579.273** **Tue, Feb 9 / 5:30 - 9:30 pm**
- 1579.274** **Fri, Feb 12 / 8:30 am - 12:30 pm**
- 1579.275** **Wed, Mar 3 / 12:30 - 4:30 pm**
- 1579.276** **Fri, Mar 12 / 8:30 am - 12:30 pm**
- 1579.277** **Mon, Mar 15 / 8:30 am - 12:30 pm**
- 1579.300** **Fri, Apr 9 / 8:30 am - 12:30 pm**
- 1579.302** **Wed, Apr 14 / 1 - 5 pm**
- 1579.304** **Tue, Apr 27 / 5:30 - 9:30 pm**
- 1579.306** **Thu, May 6 / 8:30 am - 12:30 pm**
- 1579.308** **Tue, May 11 / 12:30 - 4:30 pm**
- 1579.310** **Wed, May 19 / 5:30 - 9:30 pm**

90-Minutes with an Estate Attorney

We all have goals. Some have goals to gift assets to others while they are alive and others after they've passed. Either way there are many things to consider: Estate Taxes and Gift Tax Planning, should you gift money away in a Will or a Trust, will you qualify for Medicaid, what is the 60-month claw back, what if I need to go into a nursing home and more? We will walk through these questions and many more, including how to plan and place your assets to meet your retirement, your nursing home goals, and after you have passed.

- 1122.325** **1 session / \$25**
Tue, May 4 / 10:30 am - 12 pm
Senior Center

Financial Power of Attorney & the Health Care Directive

Unexpected events happen. Plan now and learn about the use and 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. You will leave class with all the forms and information you need to aid you in preparing them.

- 1142.224** **1 session / \$40**
Tue, Mar 23 / 7 - 8:30 pm
Senior Center

An Attorney's Perspective on 2021: Changes to Laws that Affect You

Let's face 2021 armed and equipped with knowledge. A panel of experts will lay out and explain in simple terms all of the significant changes to be aware of in 2021. Included are: changes in the law, estate planning tools, taxes, financial planning, retirement planning and more. The class will be an open forum to answer everyone's questions.

- 1132.201** **1 session / \$25**
Tue, Feb 16 / 6:30 - 8 pm
ONLINE!

Drafting Your Own Will



What would happen if you should die? Who would raise your children? Who will be your executor? Without a will, the law in Minnesota will make all decisions for you, whether you agree or not. Developing a will is an important step

in providing for the ones you love and for you to "Finish Well". 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 will receive individualized attention, sample forms, and language for use in drafting your own will. The second night will you will meet with Mr. Wellner individually and sign your will at his office.

- 1143.203** **1 session / \$60**
Tue, Feb 23 & Mar 2 / 6:30 - 8:30 pm
Senior Center
- 1143.303** **1 session / \$60**
Tue, Apr 6 & 13 / 6:30 - 8:30 pm
Senior Center

Due to COVID-19, classes and events are subject to change.
You will be notified by email if the classes you registered for has any changes.

Equity Conversion: The New Reverse Mortgage

Learn the pros and cons of Reverse Mortgages to get a better understanding and clarification of its myths and truths. Get all your questions answered.

1147.210 1 session / \$15
Tue, Feb 23 / 10 - 11:30 am
Senior Center

1147.310 1 session / \$15
Wed, Apr 21 / 10 - 11:30 am
Senior Center

*THIS CLASS IS FREE THANKS TO A SPONSORSHIP
BY MATTHEW MERRICK OF THRIVENT FINANCIAL.*

Five Keys to Retiring Fearlessly

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 paycheck in retirement? In addition, you'll 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. This is a great opportunity to get answers to your questions.

1535.205 1 session / FREE
Tue, Feb 16 / 6 - 7:30 pm
Senior Center

1535.305 1 session / FREE
Thu, Apr 15 / 6 - 7:30 pm
Senior Center

Social Security: Timing is Everything!

Social Security is a vital income source for many retirees, but 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
Wed, Mar 24 / 6 - 7:30 pm
Senior Center

1534.315 1 session / FREE
Tue, May 18 / 6 - 7:30 pm
Senior Center

How to Be a Smart College Shopper

Your student is getting ready for college. You saved your money. Is it enough? Learn how to be a smart shopper to decide where your student will fit best, academically, socially and financially. Also learn which schools will offer your student the largest merit scholarships and how to apply for grants and how FAFSA works.

1609.209 1 session / \$20 per family
Tue, Feb 23 / 6:30 - 8:30 pm
ONLINE!

1609.309 1 session / \$20 per family
Thu, Apr 15 / 6:30 - 8:30 pm
South Campus 304

So Now You Are the Executor or Trustee . . . Now What?

Learn and discuss the roles, responsibilities, and liabilities of an Executor, Trustee, Power of Attorney, HealthCare Agent or Guardian. For those trying to decide whom to appoint as well as for those who have been asked to take one of these legal roles, this class is invaluable. We will discuss common experiences and pitfalls of serving as an Executor and answer questions like: What is involved in opening an estate? How much court time is required? What is involved in closing the probate and preparing the final accounting? We will provide the answers to all your questions.

1132.330 1 session / \$25
Wed, Apr 7 / 6:30 - 8 pm
ONLINE!

“Until Death Do Us Part” . . . Then What??

The challenge of being the survivor can be daunting. We will discuss problems and solutions in a number of common areas including: Solutions for pets, How to handle protecting the family home? What to consider in changing my Will? What about my spouse's guns, tools and collectibles? Personal protection for the survivor moving forward like guardianships, trusts, prenuptial and new relationship tools as well as their social security and pensions? Discuss these issues in a compassionate and comfortable environment.

1132.230 1 session / \$25
Wed, Mar 3 / 6:30 - 8 pm
ONLINE!

Don't forget to self-screen before attending in-person classes. See page 6 for details.

If you are sick or have any of COVID-19 like symptoms, do not attend class and call 651-407-7501 to cancel your enrollment.



Soma Yoga

This class is a multi-age class and for all yoga skill levels. The practice of Soma Yoga helps re-educate our muscles to release tension and create freer mobility. The class emphasizes moving from within our bodies using breath practice and meditation to calm minds and spirits and gain strength, flexibility, balance, and stamina.

- 1600.206** 6 sessions / \$45
Tue, Jan 5 - Feb 9 / 9:30 - 10:30 am
ONLINE!
- 1600.208** 6 sessions / \$45
Tue, Feb 16 - Mar 23 / 9:30 - 10:30 am
ONLINE!
- 1600.310** 5 sessions / \$40
Tue, Mar 30 - April 27 / 9:30 - 10:30 am
ONLINE!

Bootcamp

Ready to jump start your fitness? Boot camp workouts are a great way to train both cardio and strength using a variety of simple, yet intense exercises to build muscle and increase endurance. Class format utilizes group instruction for proper technique and a circuit specifically designed for a total body workout. This class is perfect for anyone who wants a challenging workout in a fun and supportive environment. Give yourself the opportunity to start 2021 with something positive!

- 1625.225** 9 sessions / \$115
Mon & Wed, Feb 1 - Mar 3 / 4:15 - 5:15 pm
Normandy Park
No Class Feb 15
- 1625.325** 16 sessions / \$200
Mon & Wed, Mar 8 - Apr 28 / 4:15 - 5:15 pm
Normandy Park

Zumba

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness. Come and join the fun!

- 1623.303** 6 sessions / \$55
Wed, May 5 - Jun 9 / 6 - 7 pm
Oneka Cafeteria

Get Up & Go Fitness (Ages 18+)

\$55/ punch card for 8 classes of aerobics

Purchase punch cards at the White Bear Area Senior Center.
See page 17 for details.

Health & Wellness

Emotional Intelligence: Keys to a Happy Relationship

Emotional intelligence is being able to recognize, understand and manage our own emotions, as well as to recognize, understand and influence the emotions of others. Learn the keys to a happy relationship: self-awareness, self-regulation, empathy and social skills.

- 1647.248** 1 session / \$25
Tue, Mar 30 / 5:30 - 6:30 pm
ONLINE!



Avoid the Pitfalls (& Weight Gain) of Perimenopause & Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, hot flashes, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

1642.246 **1 session / \$35**
Mon, Jan 25 / 6 - 7:30 pm
ONLINE!

The Ancient Art of Hand Yoga

Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can also be used to help relieve numerous conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and so many more.

1642.247 **1 session / \$35**
Wed, Feb 3 / 6 - 7:30 pm
ONLINE!

Overcoming Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight, and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Stop the vicious cycle of food craving and weight gain. No hype - just the facts.

1642.248 **1 session / \$35**
Thu, Mar 11 / 6 - 7:30 pm
ONLINE!

Posture & Osteoporosis Workshop: Building Better Bones

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? Learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection; discuss how to reduce the risk of osteoporosis and related injuries; and how to re-gain bone mass. Hear about the latest research findings on nutrition and talk about the importance of minerals and trace minerals for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing for class.

1642.342 **1 session / \$35**
Tue, Apr 13 / 6 - 7:30 pm
ONLINE!

Women, Weight & Hormones

Is fat collecting around your mid-section no matter how well you eat or how much you exercise? If this is your story, your inability to lose weight probably has to do with your hormone levels. Discover strategies to fight fat and lose weight, learn concrete solutions for controlling appetite and cravings; boosters to keep your metabolism burning; how to tell if your thyroid is creating weight problems and what to do about it; hormone mimicking chemicals; what HRT or birth control pills have to do with weight gain; hormone levels checked reliably; and steps needed to safely break the cycle of hormone related weight gain to help your body begin to lose weight again.

1642.344 **1 session / \$35**
Thu, Apr 22 / 6 - 7:30 pm
ONLINE!

Acupressure Face Lift & Skin Savvy

Here's a facelift you can do at home! Acupressure is an ancient Eastern healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase muscle tone; decrease puffiness and eye bags; reduce lines and prevent new lines from forming; even decrease headaches, relieve eye strain, soothe nerves and increase relaxation. Learn how to make your skin as healthy as possible from the inside out.

1642.346 **1 session / \$35**
Mon, May 3 / 6 - 7:30 pm
ONLINE!

Due to COVID-19, classes and events are subject to change.
 You will be notified by email if the classes you registered for has any changes.

Breaking Free from Stress

No matter who you are or what you do with your time, stress is bound to occur in your life. Why not educate yourself as much as possible about this common experience and learn to identify your own signs and symptoms of tension, anxiety and worry? Information about stress and questions will be posed in class, giving you time to reflect. Then, you can select and practice some effective stress management strategies we will discuss.

1647.246 **1 session / \$25**
Thu, Feb 4 / 5:30 - 7 pm
ONLINE!

Everything You Want To Know About Medicare

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This an ideal course for people that are turning 65 or over 65 and coming off of their employer medical plan.

1245.200 **1 session / \$15**
Wed, Feb 10 / 6:30 - 8 pm
Senior Center

1245.300 **1 session / \$15**
Wed, Apr 14 / 6:30 - 8 pm
Senior Center

Loving Kindness Practice

This 2500 year old practice helps us overcome self-dislike and builds proper self-caring and self-acceptance. It also helps us act more gently and lovingly toward others and to live without fear or hatred of anyone. By making the mind calmer and more peaceful, it promotes general overall improvement in health. This practice is helpful for everyone, but especially for those with low self-esteem or who have problem relationships in their lives. It can improve all relationships. The first class focuses mainly on loving kindness, and the second on companion practices of compassion, happiness, and equanimity.

1146.206 **2 sessions / \$30**
Tue, Mar 2 & 9 / 6 - 7:30 pm
ONLINE!

Due to COVID-19, classes and events are subject to change. You will be notified by email if the classes you registered for has any changes.

Three Steps to Surviving Divorce

Divorce is a course correction in life and unique, with different circumstances, emotions and stories. We each have our own story and look for ways to thrive after this major life change. In this course, you will be given 3 steps and time to reflect and answer questions that will help you reconnect to yourself, identify any patterns of behaviors and help you get clarity on what you want going forward.

1647.247 **1 session / \$25**
Thu, Feb 18 / 5:30 - 7 pm
ONLINE!



Diabetic Shoe Show & Mobility Presentation

Wednesday, February 3 from 10 am - 2 pm

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

Mobility Presentations: 10 am & 12 pm

Shoe Show: 10 am - 2 pm

Join us to learn more about a variety of mobility products and information that ranges from canes, walkers, rollators, lift chairs, power scooters, power chairs, and more. We will again be having a diabetic shoe show program. There will be several different styles for people to see and these new shoes are usually 80% - 100% covered by insurance. Mobility seminars give you the unique opportunity to find out your eligibility and to see what is new and available to help keep you safe and mobile. Those needing mobility assistance are usually the least able to get out to see them. So we are excited to help bring it all to you. Our presenter works with Medicare, Medical Assistance and all major insurance companies, which mean they can help you find out your eligibility for no charge as well.

IMPORTANT: Please bring your Medicare & Supplemental insurance information required for coverage submittal or cash purchase upon fitting and ordering.



ONLINE Photography Class
Instructor: Professional Photographer and
Amateur Historian, Jay Grammond

A “Cure” for Cabin Fever: Backyard Photography

Are you feeling like you have had enough of winter? Can't wait to get out of the house? Join this photographic journey of possibilities that will get you out of the house and into your own yard or local park this spring and summer. Learn how to see and compose creatively; how to create or look for great backgrounds; what subjects to focus on; and helpful Apps and resources that could help you create your best images yet!

1200.212 1 session / \$25
Thu, Jan 28 / 6:30 - 7:30 pm
ONLINE!

A Road Trip Around Minnesota: Lakes & Waterfalls

Take a virtual road trip around Minnesota to learn about its waterways which were so vitally important to travel and trade in bygone days. In today's world, these same waterways are vital to the economies of the State, local communities, and to the citizens as a form of recreation and relaxation. After class, you should come away with the seeds of your own road trip ideas planted and ready for spring and summer.

1200.214 1 session / \$25
Thu, Feb 18 / 6:30 - 7:30 pm
ONLINE!

A Look Back: Stories From The Attic

Join us for a virtual walk back in time! During a remodeling project, Jay and a friend found a bunch of newspapers from the 1940's tucked in the walls of an attic. This class dives into those headlines of the day; what was being advertised in those days; and what the ever popular “comics” section looked like!

1200.316 1 session / \$25
Thu, Apr 22 / 6:30 - 7:30 pm
ONLINE!

Barn Storming: A Tour of Minnesota Barns & Barn Quilts

Minnesota is filled with countless numbers of barns, most from a bygone era. There are some areas of the state where the barns are adorned with Barn Quilts, which are pieces of art on the side of a barn, shed, or house that usually tell some sort of story. These places are all visible from the roadways, so once you know about them, you can go check them out!

1200.318 1 session / \$25
Tue, May 4 / 6:30 - 7:30 pm
ONLINE!



Family Dog Obedience - Level 1

Dogs 6 months and older.

Learn the foundational obedience commands for your best friend: Come, Leave it, Sit, Down, Stay, and Heel. We will also learn about how your dog thinks and sees the world so we can better communicate and bond and about your dog's social-emotional needs. Come with energy and be prepared to have fun!

Students ages 16 and up can attend without an adult. Students ages 15 and younger needs to be accompanied by an adult.

1350.300 5 sessions / \$125 per dog
Thu, Apr 15 - May 13 / 5:30 - 6:30 pm
North Campus Rink

Family Dog Obedience - Level 2

Dogs 6 months and older.

This class builds on the behaviors learned in Level 1* (Come, Leave it, Heel, Sit, Down, Stay) working on reliability with real life distractions. Prepare your dog to come with you to restaurant/brewery patios and other fun and busy places well behaved dogs are welcome.

**All dogs welcome if these commands are mastered.*

Students ages 16 and up can attend without an adult. Students ages 15 and younger needs to be accompanied by an adult.

1350.302 5 sessions / \$125 per dog
Thu, Apr 15 - May 13 / 6:40 - 7:40 pm
North Campus Rink

Don't forget to self-screen before attending in-person classes. See page 6 for details.

If you are sick or have any of COVID-19 like symptoms, do not attend class and call 651-407-7501 to cancel your enrollment.

Ballroom Dancing for Beginners (& prior attendees!) (Ages 15+)

Partner Required

Practice steps and turns in popular ballroom dances, including swing, waltz, foxtrot, salsa, and more. Enjoy dancing to music frequently played at weddings and parties. The perfect course for anyone getting married or preparing for an upcoming event. Have a fun-filled weekly date while acquiring a skill to last a lifetime. Dance moves are easy and you're sure to be successful!

1300.210

4 sessions / \$60

Wed, Mar 17 - Apr 14 / 7 - 8:30 pm

South Campus Cafeteria

No Class Mar 31



Romantic Dance Workshop (Ages 15+)

Partner Required

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!

1312.212

1 session / \$50

Mon, Feb 1 / 7 - 9 pm

South Campus Cafeteria

Wedding Dance Crash Course - It's Not to Late to Learn! (Ages 15+)

Partner Required

You thought about it! You wanted to! But where did the time go? Not to worry. Learn fun moves and simple tips to have you feeling comfortable and looking great for any occasion.

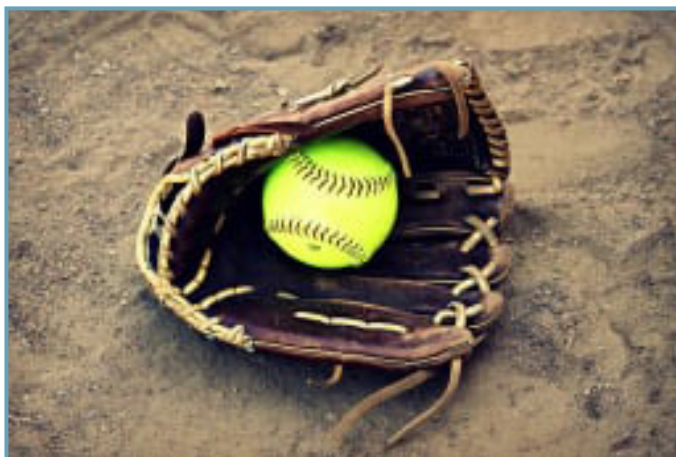
1312.312

1 session / \$50

Mon, Apr 26 / 7 - 9 pm

South Campus Cafeteria

Adult Recreation



Adult Softball

We offer adult softball leagues that run from May through July. All leagues are played at:

Lakewood Hills Park, 2110 Orchard Lane, WBL

Men's, Women's, Coed Leagues are all available throughout the summer. For more information visit whitebear.ce.eleyo.com, keyword "adult softball" or call 651-653-7506.

COMMUNITY EVENT

FOOD TRUCK FRIDAY!



MARK YOUR CALENDAR

Fridays from 4:30 - 7:00 pm

White Bear Senior Center

2484 E County Rd F

4/23, 5/14, 6/18, 7/16, 8/20

Mahtomedi District Center

1520 Mahtomedi Ave

4/16, 5/21, 6/25, 7/23, 8/13

Food truck vendors will be announced
on the WBL & Mahtomedi Community
Education Facebook pages.

*A portion of proceeds will be donated to
White Bear Lake Senior Programs and
Mahtomedi Community Ed Scholarships*

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

Membership is required to attend ongoing group activities at the Senior Center. Members receive an access card which allows automatic entry into the building. Membership fees help offset expenses for coffee, supplies, staffing and facility costs.

New memberships and renewals can be processed in our Main Office or call 651-653-3121.

Yearly renewal starts June 1, 2021 for July 2021 - June 2022: \$30 Fee

The Voice Newsletter

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

Current Wave Monthly Email

Monthly eNewsletter with supplemental information to The Voice newsletter. To receive this email call 651-653-3121.

Volunteer Opportunities

- » Meals on Wheels Drivers and Kitchen Helpers

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

See application online at whitebearseniorprogram.org under VOLUNTEER.

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

Open 8 am - 4 pm daily
(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 50 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.

Mark Your Calendar:

Spring Boutique Sale

Senior Center
2484 East County Road F, WBL

March 19 | 9 am - 7 pm

March 20 | 9 am - 4 pm

Senior Center Closed:

Jan 1, 18, Feb 15, May 31

No Meals on Wheels Delivery:

Jan 1, 18, Feb 15, May 31

Get Up & Go Fitness (Ages 18+)

\$55/punch card for 8 classes

Purchase punch cards at the White Bear Area Senior Center.

Classes held at White Bear Dance Center, 2462 County Rd F East

Aerobics

Tue, Wed, Thu, Fri
9:30 - 10:30 am

No class on Mondays.

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

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.

More fitness classes on the page 12.

The WB Senior Center Advisory Council is looking for new members. If you would like more information call 651-653-3121. More information coming out in the next Voice.

Diabetic Shoe Show & Mobility Presentation

Wednesday, February 3 from 10am - 2pm

Shoe Show: 10 am - 2 pm

Mobility Presentations: 10am & 12pm

White Bear Area Senior Center

2484 East County Road F, WBL

See page 13 for more information.

Donations Welcomed at the Senior Center

Bring to Senior Center Front Office

Senior Center: 2484 East County Road F, WBL - 8 am - 4 pm

- Eyeglasses & Hearing Aides - *The Lions Club donates these to people in need.*
- Used Cell Phones - *Collected by TRIAD.*
- Pop Tabs - *Collected by TRIAD the Ronald McDonald House.*
- Used Foreign and Commemorative Stamps and Picture Postcards - *Collected for the American Legion Auxiliary.*
- New baby, acrylic & cotton yarn (no wool) - *Yarn B's Knitting Group*
- New yarn (no wool) - *Mitten Makers*
- New greeting cards - *Craft Corner Gift Shop*
- Books & Puzzles - *for Lending Library*
- Plastic Bags - *clean bags from stores such as Target, Menards, Walmart, etc. Used by Craft Corner.*
- Fabric - Cotton, fleece, etc. **No tiny scraps please.** *Use crafters and sewers.*
- Clean paper grocery bags - *used for packing and delivering frozen meals from Meals on Wheel.*

FREE

Senior LinkAge Line®

1-800-333-2433

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. Senior LinkAge Line also offers Medicare Counseling. Get answers about your Medicare, health, supplements or long-term care insurance.

Senior Center Library

- » Take a book / leave a book
- » Jigsaw Puzzles
- » Large print collection
- » Audiobooks and paperbacks
- » WBL Historical Society Exhibit

No return due date

Foot Care Clinic at the Senior Center

2484 East County Rd F, White Bear Lake

Jan 19 & 20, Feb 16 & 17, Mar 16 & 17,
April 20 & 21, May 18 & 19

\$45 / 35 minute appointment. Call 651-653-3121.

Appointment with nurses from Sole Purpose Professional Foot Care, LLC

At your appointment they will:

- Brief medical history
- Trim and file toenails
- Reduce thick toenails
- Reduce calluses and corns
- Treatment of ingrown nails
- Minor skin irritation, cuts, cracks, maceration
- Light massage and moisturization



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

651-653-3121

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

www.whitebear.ce.eleyo.com

Please consider making a donation today.

Meals on Wheels Kitchen Volunteers Needed.

No cooking involved.

Help with packing meals (2 hour shift)

Cleaning route bags and set up kitchen for next day.
(45 minute shift)

For questions or application call:
651-653-3123



ENGLISH LANGUAGE CLASSES

CLASES DE INGLÉS / KAWM NTAUV ASKIV

Classes are held ONLINE on Tuesdays and Thursdays.

Join our community of adult learners and improve your English language skills!

- Classes are held online on Tuesdays and Thursdays.
- Teachers are available from 9 am - 12 pm or 5 - 8 pm
- To register, please call 651-407-7501.

¡Aprendamos inglés juntos!

- Mejore sus habilidades en el idioma inglés participando en nuestras clases gratuitas.
- Las clases toman lugar en línea cada martes y jueves con maestros disponibles de 9 am - 12 pm o 5 - 8 pm.
- Para inscribirse, llame al 651-407-7625.

Thov nej tuaj koom peb kawm lus Askiv nrog cov laus!

- Lub chav kawm nyob online hnuv Tuesdays thiab Thursdays.
- Cov xib fwb qhia ntauw qhia lub sij hjawm xws li thaum 9 am - 12 pm los sis 5 - 8 pm.
- Yog xav kawm, thov hu rau tu xov tooj 612-407-7501.

Somali, English/other languages: Haddii aad u baahan tahay macluumaad this turjumay Soomali fadlan la xiriiir 651-592-3950.

English/other languages: 651-407-7625.

Interested in advanced language classes, GED or other services? Please contact the Harmony Learning Center at 651-748-6208 for a variety of Monday - Friday classes.

NEW! White Bear Area Senior Center Craft Corner Gift Shop Spring Boutique



Fri, March 19 from 9 am - 7 pm

Sat, March 20 from 9 am - 3 pm

Featuring hand-crafted items supporting White Bear area senior consignees. Shop for Mother's Day, Easter, graduation, summer at the lake or for the fun of it!

Senior Center, 2484 East County Road F, WBL 651-653-3121



Community Bridge Consortium

(651) 748-7252

To register call 651-748-7232.

www.isd622.ce.eleyo.com

Programming for Adults with Cognitive Disabilities

Do At Home Craft Kits - PICK-UP ONLY

Craft kits are a great way to keep busy, keep your mind active and be creative! Each kit contains an easy to follow set of instructions and all the art materials needed to create the project.

Order by noon on Wednesday and pick up the next week on Thursday.

Orders will be available to pick at: Senior Center, 2484 East County Rd F. White Bear Lake, 651-653-3121

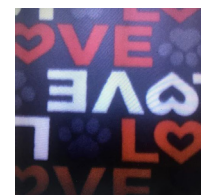
• Fleece Blankets / \$24

Enjoy making, then snuggling in your own 50" x 60" fleece blanket. The material is pre-cut for you to tie together. 3 designs: Love, Elk & Bear or Blue, White & Black Plaid.



• Love Beach Diamond Art / \$24

Enjoy painting a 12" x 16" clear rhinestone canvas with waterproof texture, color printing, that will never fade.

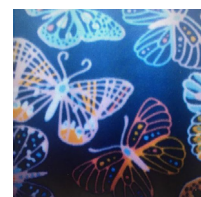


• Poured Paint Pot / \$8

Kit contains one small clay pot, paint, soil, seeds and instructions.

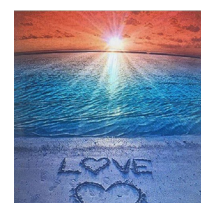
• Wooden Log Cabin / \$10

Kit contains a log cabin structure, paint, paintbrush, and instructions.



• Paint a Birdhouse / \$12

Kit includes a complete birdhouse, bird, paint, paintbrush, decorative stickers and instructions.



Registration opens on January 10, 2021.

To register visit www.isd622.ce.eleyo.com.

T-Ball Tournament

Please watch for the Winter Community Bridge Consortium brochure for details on the spring T-Ball Tournament.

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

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 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!

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: 651-653-3100 or whitebear.ce.eleyo.com.

Early Childhood Screenings are held at:

Normandy Park Educational Center
2482 East County Road F, White Bear Lake, MN

UPCOMING SCREENING DATES

Mar 5, 19, 26	8:30 - 10:30 am, 12:15-2:15 pm
Apr 5, 14, 15, 16, 19, 23, 30	8:30 - 10:30 am, 12:15-2:15 pm
May 7, 14	8:30 - 10:30 am, 12:15-2:15 pm

Playground Play Group

Meet us at West Park for some playground fun! We will sing songs, read stories and explore outside together. Each session will have different adventure activities led by a licensed ECFE teacher. Geared for children ages 0-5 (before kindergarten). Dress for the weather and come ready to play, create, and learn together.

Location: West Park / 10:30 - 11:30 am

Session A Jan. 25, Feb. 1, 8 / \$15

Session B Mar. 15, 22, 29 / \$15

Session C Apr. 19, 26, May 3, 10 / \$20

Conscious Discipline Parent Class

Join us for an online parenting circle, led by a licensed parent educator. Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families. Through this course, we will become more aware of the importance of self-regulation as an effective and positive way to handle the frustrations of parenting. We will begin learning what the Conscious Discipline philosophy is, followed by digging deeper into its enlightening concepts that apply to not only your relationship with your child but also how to foster all relationships.

Tue, Feb 2 - May 11 / 6:30 - 7:30pm / **ONLINE!**

No class Mar 9 & Apr 13

Virtual Story Time

Welcome to our new virtual, interactive, FREE story time, led by a Washington County Children's Librarian. We will sing songs, read stories and do a fun craft together (Kits available for pick up). Geared for ages 0-5. Limited spots available.

Theme: I love to Read

Fri, Feb 26 / 10:30-11:30am

Theme: Fairy Tale

Fri, Mar 19 / 10:30-11:30

Virtual ECFE: Parent-Child Activities

Join Teacher Ann on Monday mornings for an online ECFE class! Songs, stories and fun activities each week.

Mondays, 9 - 10:30am / Now through May 17

To register, visit whitebear.ce.eleyo.com.



Follow us on Facebook at
[WhiteBearLakeEarlyChildhoodProgram](https://www.facebook.com/WhiteBearLakeEarlyChildhoodProgram)

White Bear Lake Area Preschool Program

Four star (highest possible rating) Parent Aware 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 current school year 2020-2021.

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

Current School Year 2020 - 2021 Preschool Registration

Registration Open for Current School Year 2020-2021!

The brochure is available in our office and online at earlychildhood.isd624.org/registration

Registration accepted in-person at Normandy Park Education Center and online at 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 Tuition Assistance

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

- ◆ Income
- ◆ Home first language
- ◆ Homeless/Foster Care
- ◆ Health and development

School Readiness tuition assistance forms are available in the Normandy Park Early Childhood Office. For more information call 651-653-3100.



Hanifl Performing Arts Center
4941 Long Ave, White Bear Lake

Creative Movement for Preschoolers with Children's Performing Arts

AGES 4 & 5 / Instructor: Children's Performing Arts
Fly like a bird, melt like the snow, sail on a pirate ship! In this class 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 a showcase on the last day of class!

1901.300

6 sessions / \$100

Wed, Apr 7 - May 12 / 10 - 10:45 am
Hanifl Performing Arts Center

2021 - 2022 Preschool Registration will open February 23, 2021

Financial Aid is available for certain classes. Families need to come to Normandy Park Education Center to pick up an application for Financial Aid to see if they qualify.

Families will be able to view the class selections online starting February 1. Early Childhood programming (including Bear FUNdamentals) has changed for the 2021-2022 school year.

Families will have the following options:

- 1/2 day morning or afternoon
Nature Preschool at Tamarack
Nature Center
- 1/2 day morning or afternoon
Preschool throughout the district
- Full Day Preschool throughout
the district

Due to COVID-19, additional information about program sites and class times will be announced later. We thank you for your patience during this time.

EXTENDED

WHITE BEAR LAKE AREA SCHOOLS DAY



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.

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.

Pre-registration is required for all participants, with a required minimum of five business days between online registration and first day in the program in there's no wait list.

Hours: Mon - Fri, 6:30 am - 6 pm

- All elementary sites will re-open January 19 with the return of K-2 in-person learning!
- Families will have to register new contracts for in-person learning.
- Distance learning (Extended Day & Tier 1) mid-day programming will be available for students in grades 3-5 at all elementary schools until in-person resumes.

We know this has been a challenging year, full of change. For most current information for program options, please visit communityservices.isd624.org. To register, visit whitebear.ce.eleyo.com. For questions, call 651-407-7511 or email communityservicesbilling@isd624.org.

[DISTRICT HOME](#)
[OUR SCHOOLS](#)
[STAFF](#)

Community Services & Recreation

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

2020-2021 School-Age Care Information
Bear FUNDamentals
Extended Day School Year Program
Extended Day Summer Program
FLEX School Year Program

FLEX Summer Program
Middle School Athletics
Recreation
Youth Development & Enrichment
Fall 2020 School-Age Care

Program Hours, Contracts & Rates - Effective for In Person Learning

Contract Type	Schedule Type	Hours/Rates
Consistent Contract - min. 3 days/week	Before School	6:30-9:00 am \$11.85
	After School	3:40-6:00 pm \$11.85
Pick Your Day (mix & match sessions)	Before School	6:30-9:00 am \$14.25
	After School	3:40-6:00 pm \$14.25

NON SCHOOL DAY PROGRAMMING: Full day programming for students, PreK-5th grade. Split age groups for developmentally and most engaging activities possible. Theme days include variety of hands-on activities, outdoor exploration, and fun time with friends!

- \$42/day for grades PreK-5th grade

March 8 - 12, 2021

Oneka, Vadnais

Register by Feb 22, 2021

April 2, 2021

Lakeaires, Oneka, Otter

Register by March 19, 2021



Thank You

OUT OF SCHOOL TIME AND TIER 1 CRITICAL CARE STAFF AND SUPPORT TEAMS!



Join us in thanking our Out of School Time and Tier 1 Critical Care staff and support teams who have been working tirelessly on the front lines during COVID-19 since March. We want to give you a special shout out and a big **THANK YOU** for working to help support families during this time!



FLEX is full day programming for all middle school students, located at Central Middle School. Sunrise Middle School students can shuttle to and from Central Middle School. Registrations will be accepted on a space available basis. Pre-registration is required. Visit whitebear.ce.eleyo.com.

Hours: 8 am - 3 pm

Distance Learning Locations:

- Central Middle School, for all grades 6-8

FLEX Consistent Contract <i>Minimum 2 days/week</i>		
Option	Hours	Rate
School Day Non-Tier 1	8 am - 3 pm	\$20/day
School Day Tier 1	8 am - 3 pm	FREE

Wondering what to do with your child during Distance Learning? Not sure how to work and support their academic and social needs? We have options for you!

Full Day Programming available during Distance Learning. All students will receive support in staying connected to synchronous meetings and accessing learning boards, assignments, and coursework. Each day will also include breakfast, lunch, physical education and enrichment.

SUMMER IS COMING!

**Registration for Summer 2021
and School Year 2021-2022 will
open February 23, 2021**

- ~ Contracts and operations will provide support and flexibility to wrap around other programs, family plans, and individual needs.
- ~ Program design is in the works, all decisions will be made to ensure safety of our students and staff as well as ensure days filled with fun.
- ~ Summer programming will be available for all students entering kindergarten through 9th grade.

ACT Preparatory Course

Juniors & Seniors

Advantage Educational Programs is giving students the option of preparing for the ACT exam in two different ways: the In-School ACT Preparatory Course or the Online ACT Preparatory Course.

In-School Course consists of four, three-hour classes that meet one day each week at South Campus High School. Student will also have free access to our online course.

Online ACT Preparatory Course This course is for any student unable to attend in-school classes or for students who prefer to prepare for the ACT exam on their own, and study at their own pace. Class access code will be sent via email. Students can begin preparing on or after the starting date of July 21.

4 sessions / \$150 / South Campus 610

2100.200 (#455) Sat, Feb 20 - Mar 27
12:15 - 3:15 pm

2100.201 (#434) Wed, Feb 24 - Mar 24
5:45 - 8:45 pm

2100.400 (#502) Sat, May 1 - ?
12:15 - 3:15 pm

2100.106 (#888) **ONLINE!**

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.

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 / Mon - Thu / ONLINE!

2000.111 Jan 4 - 20 / 6:15 - 9:15 pm

2000.110 Jan 4 - 20 / 3 - 6 pm

2000.112 Jan 25 - Feb 9 / 3 - 6 pm

2000.113 Jan 25 - Feb 9 / 6:15 - 9:15 pm

2000.115 Feb 16 - Mar 3 / 6:15 - 9:15 pm

2000.114 Feb 16 - Mar 3 / 3 - 6 pm

2000.116 Mar 8 - 23 / 3 - 6 pm

2000.117 Mar 8 - 23 / 6:15 - 9:15 pm

2000.119 Mar 29 - Apr 13 / 6:15 - 9:15 pm

2000.118 Mar 29 - Apr 13 / 3 - 6 pm

2000.120 Apr 19 - May 4 / 3 - 6 pm

2000.121 Apr 19 - May 4 / 6:15 - 9:15 pm

2000.122 May 10 - 25 / 3 - 6 pm

2000.123 May 10 - 25 / 6:15 - 9:15 pm

Archery: Grades 3-8

Join our Archery community! Archery is more than just a sport. We will talk about goal setting, develop a strong sense of community, create friendships, use problem solving skills and enhance focus and determination. This program will be practice only (no tournaments). If tournaments become available, they will be offered at an additional charge.

2700.101 **24 sessions / \$275**
Tue & Thu, Jan 5 - Apr 1 / 5 - 7 pm
North Campus

Video Production for YouTube: Gaming

GRADES 4-7 / Instructor: Tech Academy

Learn how to produce a YouTube - "Let's Play" Video! Learn how to capture a gaming session. Learn tricks that pros use, how to edit your video, add transitions, and insert a soundtrack. Then share your finished video with the world. Additional Technical Requirement: cell phone, video camera or external webcam, Imovie, or Filmdora software, and a game installed on the computer (Minecraft, Roblox, or Racing).

2 sessions / \$75 / 10:30 am - 12:30 pm / ONLINE!

2112.100 **Sat, Jan 9 - 16**

2112.300 **Sat, Mar 6 - 13**

Archery: Club

GRADES 2-12

Learn how to sight, stand, aim, shoot, and have fun in the sport of archery! There will be NASP approved archery equipment available for all to use.

2700.100 **14 sessions / \$195**
Mon, Jan 11 - May 10 / 5:30 - 7:30 pm
North Campus

Extreme Coding: Mario Kart®

GRADES 3-6 / Instructor: Tech Academy

In this class, students will be introduced to programming concepts using Scratch, a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart® - style game by picking custom characters and a track to customize their games.

2112.200 **1 session / \$38**
Sat, Jan 30 / 9 - 11 am
ONLINE!

MN Swordplay Fencing

GRADES K-12 / Instructor: MN Swordplay

Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Fencing also requires a mental attitude of self-discipline involving total manipulation of mind and body in perfect harmony. Participants are encouraged to have fun no matter what their ability. Attacking, defense, timing and intense tactics are all integrated into this beginning class. Equipment will be provided. Come dressed comfortably (for freedom of movement) including long sweat pants and running shoes.

6 sessions / \$75 / 1 - 2 pm / Central Middle School

2414.100 **Sat, Jan 16 - Feb 20**

2414.200 **Sat, Feb 27 - Apr 3**

2414.300 **Sat, Apr 10 - May 15**

3D Printing & CAD: Online

GRADES 3-7 / Instructor: Tech Academy

This 3D printing camp takes students through the 3D printing process from start to finish. Students will design 3D objects using TinkerCAD (online web app), and use the 3D slicing program Cura to bring their creations to life. This course serves as an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine and see their creations come to life. Students will be designing 1-2 objects, and the 3D print will be mailed home. Additional Technical Requirement: Cura (free download).

2113.200 **2 sessions / \$92**
Sat, Feb 6 & 13 / 8 - 10 am
ONLINE!

Mermaid Magic with Kidcreate Studio

GRADES K-5 / Instructor: Kidcreate Studio

Take a deep-sea dive with us as we explore the magical world of mermaids! We'll use glitter, clay, paint, real seashells, and so much more as we create fantastic art inspired by these underwater wonders. From a sunken treasure chest sculpted out of clay to a sparkly mermaid tail on a real canvas board, these masterpieces are fit for mermaid royalty. We'll even transform ourselves into mermaids as we make a life-sized mermaid tail! You won't want to miss this spectacular underwater adventure.

1013.200 **4 sessions / \$61**
Wed, Feb 10 - Mar 3 / After School
Otter Lake Elementary

Don't forget to self-screen before attending in-person classes. See page 6 for details.

If you are sick or have any of COVID-19 like symptoms,
do not attend class and call 651-407-7501 to cancel your enrollment.

Ooey Gooey Clay Camp with Kidcreate Studio SPRING BREAK!

GR K-5 / Instructor: Kidcreate Studio

Let your child dig their hands into some ooey, gooey clay and experience art at its messy best! Sparkly ice cream cones, proud ponies, colorful dragons and silly self-portraits are just a few of the incredible creations your child will construct as they learn basic terms and techniques of working with clay. We'll use air-dry clay, Model Magic® and paint during this fun-filled (and messy) class.

1015.200 **2 sessions / \$79**
Tue & Wed, Mar 9 & 10 / 1 - 4pm
Oneka Elementary

Advanced Minecraft: Industrial Revolution

GR 2-6 / Instructor: Tech Academy

This course introduces students to a whole new world of possibilities in Minecraft. Learn to tame the world of Minecraft by creating automated factories and farms, using different automation mods. Students will get a copy of the world to continue development at home. Additional Technical Requirement: Minecraft Java Edition and PC.

2315.300 **1 session / \$55**
Sat, Mar 27 / 9 am - 12 pm
ONLINE!

Beyond Pinch Pots with Kidcreate Studio

GR K-5 / Instructor: KidCreate Studio

Every kid loves making pinch pots! But let's go beyond that and learn super cool techniques to transform pinch pots into puppy pals, silly rabbits, playful penguins and much more. Not only will the kids learn the basics of working with clay but they will create amazing clay creations that are way cooler than a plain old ordinary pinch pot! Shhhh, don't tell anyone, but this class is our best-kept secret! Register early before it fills up!

1014.200 **4 sessions / \$61**
Tue, Apr 6 - 27 / After School
Matoksa Int'l

Virtual Anime & Manga Workshop with Young Rembrandts

GR K-5 / Instructor: Young Rembrandts

Calling all Otaku kids! Join the Anime Manga workshop and learn to draw your favorite Japanese style art. Class consists of 10 pre-recorded lessons. Students may take the lesson at a time that suits them.

1011.100 **\$49 / ONLINE!**

Grandmasters of Chess

GR K-5 / Instructor: Youth Enrichment League

Our spring session focuses on advanced beginner and intermediate concepts. The {YEL!} Teach It!...Practice It!...Play It! method keeps chess students progressing through 60+ chess lessons and thousands of puzzles as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value).

7 sessions / \$100 / After School

2412.301 **Tue, Apr 6 - May 8 / Otter Lake Elementary**
2412.302 **Wed, Apr 7 - May 19 / Lakeaires Elementary**
2412.303 **Thu, Apr 8 - May 20 / Matosa Int'l**
2412.300 **Mon, Apr 12 - May 24 / Oneka Elementary**

Minecraft: Battle the Ender Dragon

GR 2-6 / Instructor: Tech Academy

Get ready to face the biggest challenge in Minecraft, defeating The Ender Dragon. Work collaboratively with students to brainstorm and develop strategies to defeat this enemy. Learn techniques to create tools, prep equipment, gather resources, brew potions, use enchantments, craft armor to use in battle. Additional Technical Requirement: Minecraft Java Edition and PC.

2112.301 **2 sessions / \$110**
Sat, May 1 & 8 / 9 am - 12 pm
ONLINE!

Flag Football

GR 2-5 / Instructor: Youth Enrichment League

Get ready to dash to the end zone with our high-octane Flag Football course. Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week we do basic skill-building exercises followed by action-packed games to cement those skills. Sure to energize young athletes!

4 sessions / \$50 / After School

1700.100 **Tue, May 4 - 25 / Oneka Elementary**
1700.101 **Thu, May 6 - 27 / Otter Lake Elementary**

Virtual Drawing Cartoons Workshop with Young Rembrandts

GR K-5 / Instructor: Young Rembrandts

Young Rembrandts students will be drawing expressive Cartoon characters, learning about Pets personification, expressions and color technique. Once a month we celebrate different artists and styles as we talk about Pop Art and architecture. Class consists of 4 pre-recorded lessons. Students may take the lesson at a time that suits them.

1012.100 **\$29 / ONLINE!**

Youth Enrichment Kits

COR Robotics Kit Rental

GR 3-10 / Instructor: COR Robotics

- EV3 Lego Mindstorms Kit (GR 3-8)
- Tetrix Prime Robotics Kit (GR 5-10)
- CoDrone Programmable Drone Kit - 2 kits (GR 3-10)

Once registered, a link to your digital curriculum will be shared via email from COR Robotics. Curriculum package includes objectives and will guide your child as they build/program their robot/drone to accomplish challenges. Your kit will be dropped off at a pre-determined location. At the end of the rental period, your kit will be picked up from a pre-determined location. COR Robotics will reach out to you via email/phone for pick up/drop-off information.

#1000 / \$75 per kit

Science Explorers: Wizard School STEM Kit

GR 1-5 / Instructor: Science Explorers

Join Science Explorers as we investigate a virtual wizard's laboratory. You will become an apprentice of Wizard Todd as you learn the science behind the magic. Wizard Todd will teach you to harness electricity to make your own wand. You will also explore the secret world of alchemy as you create scientific potions and more in this fun, hands-on imaginative class. Kit will be shipped to your home. A 30-day link will be provided to access a private video on YouTube.

#1008.100 / \$69 per kit / Available Feb 1

Science Explorers: Pre-recorded Pre-school STEM Sampler

AGES 3.5-6 / Instructor: Science Explorers

Join Science Explorers in a virtual laboratory 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 ready for a mess! Crazy Chemistry Kit contains an outline and much of the materials needed to complete this pre-recorded class. Kit will be shipped to your home. A 30-day link will be provided to access a private video on YouTube.

#1002.100 / \$42 per kit

Science Explorers: Chemistry Fun Kit for Preschoolers

AGES 4-8 / Instructor: Science Explorers

This kit will have your budding scientist exploring the Science side of STEM with engaging experiments and activities. First, learn about primary and secondary colors with Color Mixing Magic. Then, in States of Matter your scientist will investigate the three most common states in our environment with four exciting experiments. Finally, with Silly Slime, learn why slime is delightfully bouncy, stretchy and sticky as your scientist mixes up their own batch of slime and explores it's properties. This kit is more than hands-on...its hands in! Be prepared to have fun and get messy. Kits will be shipped to your home.

#1002.100 / \$42 per kit

Science Explorers: Crazy Chemistry STEM Kit

GR K-5 / Instructor: Science Explorers

Join Science Explorers in a virtual laboratory 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 ready for a mess! Crazy Chemistry Kit contains an outline and much of the materials needed to complete this pre-recorded class. Kit will be mailed to your home. A 30-day link will be provided to access a private video on YouTube.

#1010.100 / \$69 per kit

Science Explorers: STEM Sampler

GR K-5 / Instructor: Science Explorers

Join Science Explorers in virtual laboratory as we explore three areas of STEM. First, discover the science side of STEM as we learn the difference between chemical and physical changes with sloppy, slimy, and messy experiments. Next, investigate technology as we learn if our hand is really quicker than the eye with various fun optical illusions. Then, discover engineering and math as we construct a marble roller coaster to learn about physics. This virtual class is filled with engaging experiments and activities. The kit will contain an outline and much of the materials needed to complete the pre-recorded class. Kit will be mailed to your home. A 30-day link will be provided to access a private video on YouTube.

#1009.100 / \$65 per kit

COMMUNITY EVENT

FOOD TRUCK FRIDAY!



MARK YOUR CALENDAR

Fridays from 4:30 - 7:00 pm

White Bear Senior Center
2484 E County Rd F
4/23, 5/14, 6/18, 7/16, 8/20

Mahtomedi District Center
1520 Mahtomedi Ave
4/16, 5/21, 6/25, 7/23, 8/13

Food truck vendors will be announced on the WBL & Mahtomedi Community Education Facebook pages.

A portion of proceeds will be donated to White Bear Lake Senior Programs and Mahtomedi Community Ed Scholarships

WBDC

White Bear Dance Center

2462 County Road F E White Bear Lake, MN 55110
651-426-4793 info@whitebeardancecenter.com



**New In-House and
Virtual Classes for
Winter and Spring 2021!**

6 Week Class Options

**Classes for 18 months
and up**

**Lots of class options
to fit every dancer!**

Register TODAY!

www.WhiteBearDanceCenter.com

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** leaguelineup.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

Boys Baseball

Youth Rec Baseball is for boys currently in grades 2-5. Practice will start mid May with games scheduled to start the first week in June. Your season will run from mid May to early August. Games and practices will be at local WBL fields throughout the week. Coaches will contact your about team details. All players will register for current grade level.

Games nights are Tuesday and Thursday. Team hats and jerseys are provided.

7100.400 **Grades 2 & 3 - Coach Pitch / \$79**

7100.401 **Grades 4 & 5 - Kid Pitch / \$95**

REGISTRATION OPENS: MARCH 1 | REGISTRATION CLOSES: APRIL 30

Girls Softball

White Bear Lake Community Services & Recreation is offering girls Slow Pitch Softball for grades 2-10. Leagues will combine with other surrounding communities if needed

Practice will start Mid May weather depending. The season is 5 weeks (10 games) and will have an end of season tournament. Games start the first week in June and finishing approximately in late July or early August.

Junior League games will start in May and will be played with North St. Paul on Monday nights.

7200.400 **Grades 2 - 4 - Coach Pitch / \$79**

7200.401 **Grades 5 - 7 - Kid Pitch / \$89**

7200.402 **Grades 8 - 10 - Junior League / \$89**

REGISTRATION OPENS: MARCH 1 | REGISTRATION CLOSES: APRIL 30

High School Co-Rec Softball League

The High School Co-Rec Softball league is for boys and girls in grades 9-12 ages along with students that are 19 years of age or under. Games will be played Friday nights at Lakewood Hills Park. All teams must submit a roster and have a parent head coach. This league will run from late May to early August. Boys and girls will be on the same team.

7200.405 **High School Co-Rec 19U / \$89**

REGISTRATION OPENS: MARCH 1 | REGISTRATION CLOSES: APRIL 30

Volunteer coaches are needed! Contact Matt Riebow at 651-407-7506 or matthew.riebow@isd624.org.

Summer 2021

**Tennis, T-Ball, and Sports Camp
registration opens March 1.
More information coming soon!**

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

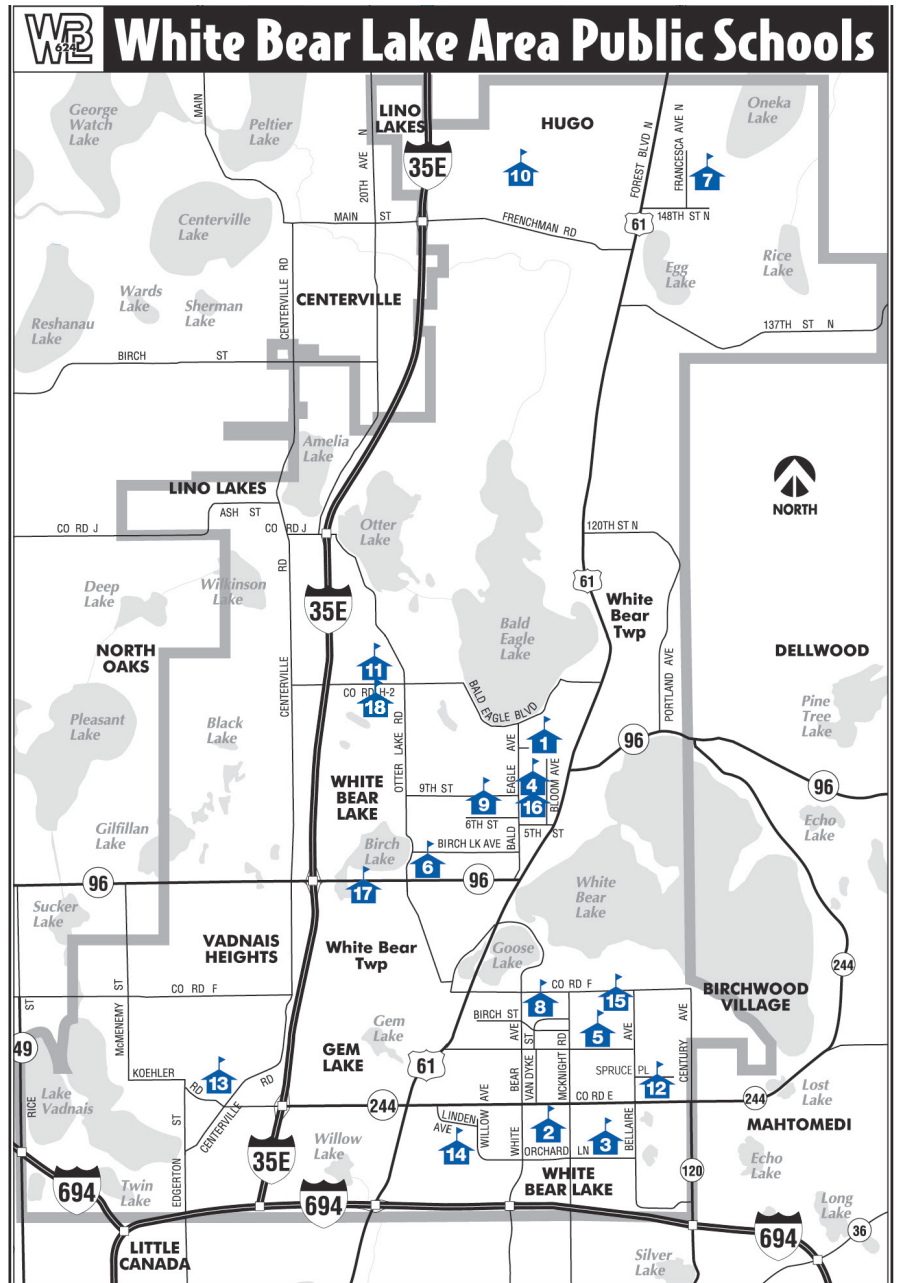
6. **BIRCH LAKE**
1616 Birch Lake Avenue
White Bear Lake, MN 55110
651-653-2776 / fax: 651-653-2778
7. **HUGO**
14895 Francesca Avenue North
Hugo, MN 55038
651-653-2798 / fax: 651-653-2800
8. **LAKEAIRES**
3963 Van Dyke Street
White Bear Lake, MN 55110
651-653-2809 / fax: 651-653-2811
9. **LINCOLN**
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



FOLLOW DR. K  /DRK_ISD624

ISD624.ORG

In this issue

- » **DISTRICT UPDATES**
2020 Annual Update,
Page II
- » **BUILDING OUR
FUTURE FACILITIES
UPDATES**
District News, Page VII
- » **EARLY CHILDHOOD
SCREEN AT 3**
District News, Page VIII
- » **CULTURAL
LIAISONS**
District News, Page IX
- » **WELCOME TO
WHITE BEAR**
Upcoming Events, Page X

Setting a new precedent

While the word “unprecedented” is used less often these days, the pandemic continues to set askew any pattern of normality. In White Bear Lake Area Schools, we are seeking to turn challenges into opportunities to set a new, better precedent.

We began the school year with a way of learning new to all of us. Families chose for their students a hybrid model experience, with students going to school two days a week and having at-home learning the other days, or full distance learning delivered online. In November, all of our students K-12 transitioned to full distance learning. More recently, we’ve received new guidance from Governor Walz that allows us to bring our elementary students back for in-person learning.

As details are ironed out with changing guidance and circumstances, I am proud of the flexibility and resilience shown. We are living and learning lessons that will help all of us to be nimble and find community when facing challenges.

The pandemic has provided opportunities to engage innovatively. Our teachers and students are finding new ways to maintain classroom connections. This looks different for each teacher, but examples include musical sketches, shared on-screen activities, and new apps used for creative learning. Guardians are getting into the mix too, engaging with teachers in a new way through virtual conferences.

The Community Services Department is offering more virtual opportunities for lifelong learners of all ages.

Continued on District News page IX

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).

Due to the COVID-19 pandemic, MCA tests were not administered in the Spring of 2020.

In previous years when the MCA test was administered, White Bear Lake Area Schools students have shown a higher rate of proficiency in reading and mathematics than students across the state of Minnesota.

Early Childhood

More than 700 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 50 college-level courses and seven career pathways areas.

* Due to the COVID-19 pandemic, MCA tests were not administered in the Spring of 2020.



HIGH EXPECTATIONS & ENRICHMENT

91.2%








White Bear Lake Area Schools 4-year graduation rate for Class of 2019 was 91.2%, 7.5 percentage points above the state average.
Graduation rate calculations follow one year behind the current graduating year.

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

Launched in 2015, our pathway programs allow students to take one or two courses, or a series of courses. They also allow students opportunities for job shadowing, industry site visits, and credentials or certifications recognized in the field.

Career PATHWAYS at ISD 624

Pathways Currently Offered

 Automotive	 Business
 Construction Skilled Trades	 Education
 Healthcare & Wellness	 Information Technology
 Manufacturing & Engineering	

50

Colleges and Universities on campus

During the 2019-20 school year, 50 college level courses were offered at WBLAHS: 21 Advanced Placement (AP) classes, 25 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).

More than half of the 10th-12th grade students at WBLAHS enrolled in potentially college credit-bearing courses in the 2019-20 academic year.

PLTW 77 students earned 231 credits

Concurrent Enrollment 197 students earned 309 credits

CIS 291 students earned 1424 credits

AP 637 students earned 1914 credits

PSEO 81 students earned 717 credits

\$2.39 million

Total value of credits earned by WBLAHS students in college-level courses during 2019-20.

All tuition calculations except concurrent enrollment based on U of MN tuition rate of \$512.30 per credit. Concurrent enrollment based on Century College tuition rate of \$185.92. PLTW grade cutoff B-, all others C-. Students may be counted more than once if they participated in more than one program. AP credit calculations based on U of MN score acceptance.

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

124
Advanced
Placement
Scholars

2020 Advanced Placement Scholars

62 AP Scholars
26 AP Scholars with Honors
31 AP Scholars with Distinction
5 National AP 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 2018.

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.

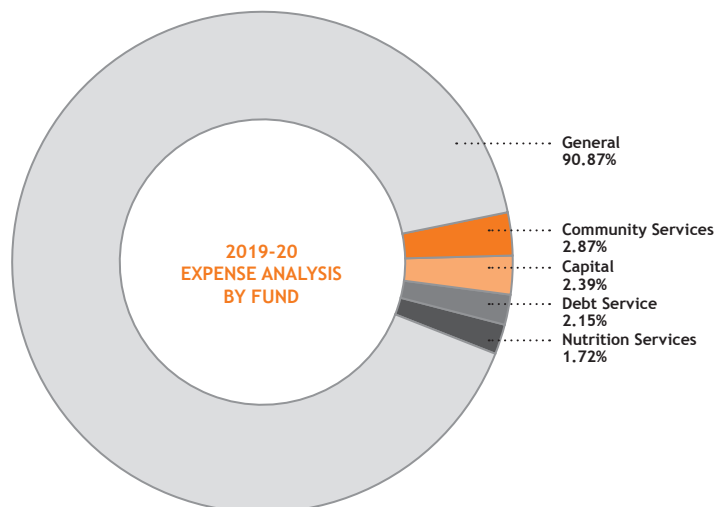
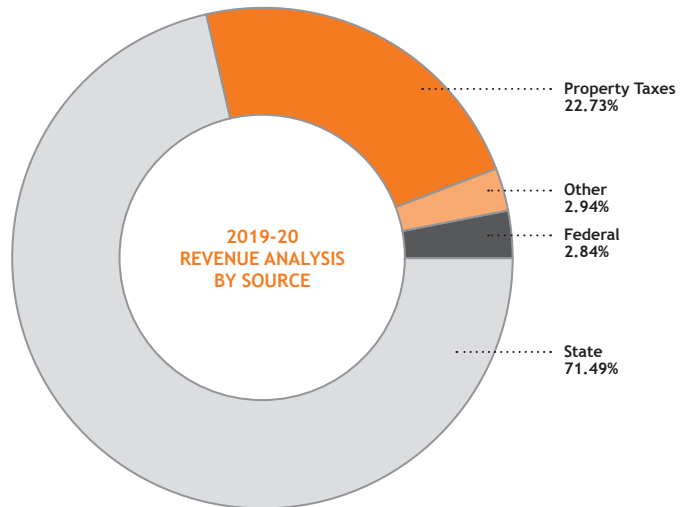
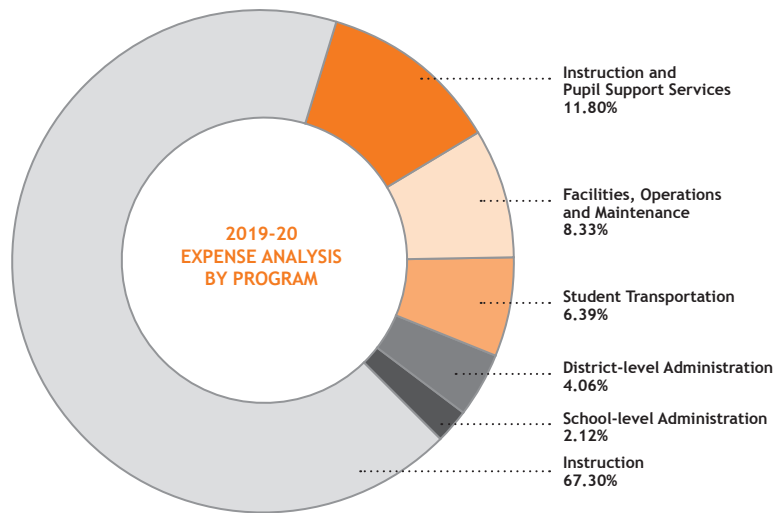
- » We have been recognized for excellence in financial reporting by the Association of School Business Officials and Government Finance Officers Association for 20 consecutive years.
- » The district refunded four outstanding debt issues during 2020, which will save district taxpayers a total of \$1,102,093 over the next nine years. The outstanding debt was related to the 2004 construction of Oneka Elementary School and the 2013 and 2014 gymnasium additions at Lakeaires, Matoska, and Willow Lane Elementary Schools.
- » In November of 2019, area residents voted on the District's \$326 million bond referendum, with 57.4% in support of the question.

We have been recognized for excellence in financial reporting for 20 consecutive years

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

The District refunded debt issue

saving taxpayers a total of \$1,102,093 over the next 9 years.



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.

2020-21 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.

Equity Commitment

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

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 ENROLLMENT 2020-21	
Pre-K <i>Pre-K includes all District programs including preschool, early childhood, and Bear Fundamentals at all District locations.</i>	718
Elementary (Grades K-5)	3913
Middle School (Grades 6-8)	2065
High School (Grades 9-12)	2453
Transition Plus (Special Ed - ages 18-24)	47
DISTRICT TOTAL K-T+	8478
DISTRICT TOTAL BIRTH-T+	9196

Source: Minnesota Department of Education and District data

K-T+ STUDENT DEMOGRAPHICS 2020-21	
Free/Reduced Price Lunch	21.41%
English Language Learner	3.99%
Special Education	15.27%
American Indian/Alaska Native	0.40%
Asian	7.18%
Black/African American	6.38%
Hispanic/Latino	7.78%
Native Hawaiian/Pacific Islander	0.11%
Two or more races	6.46%
White	71.64%

Source: Minnesota Department of Education

In addition to English, students in our district

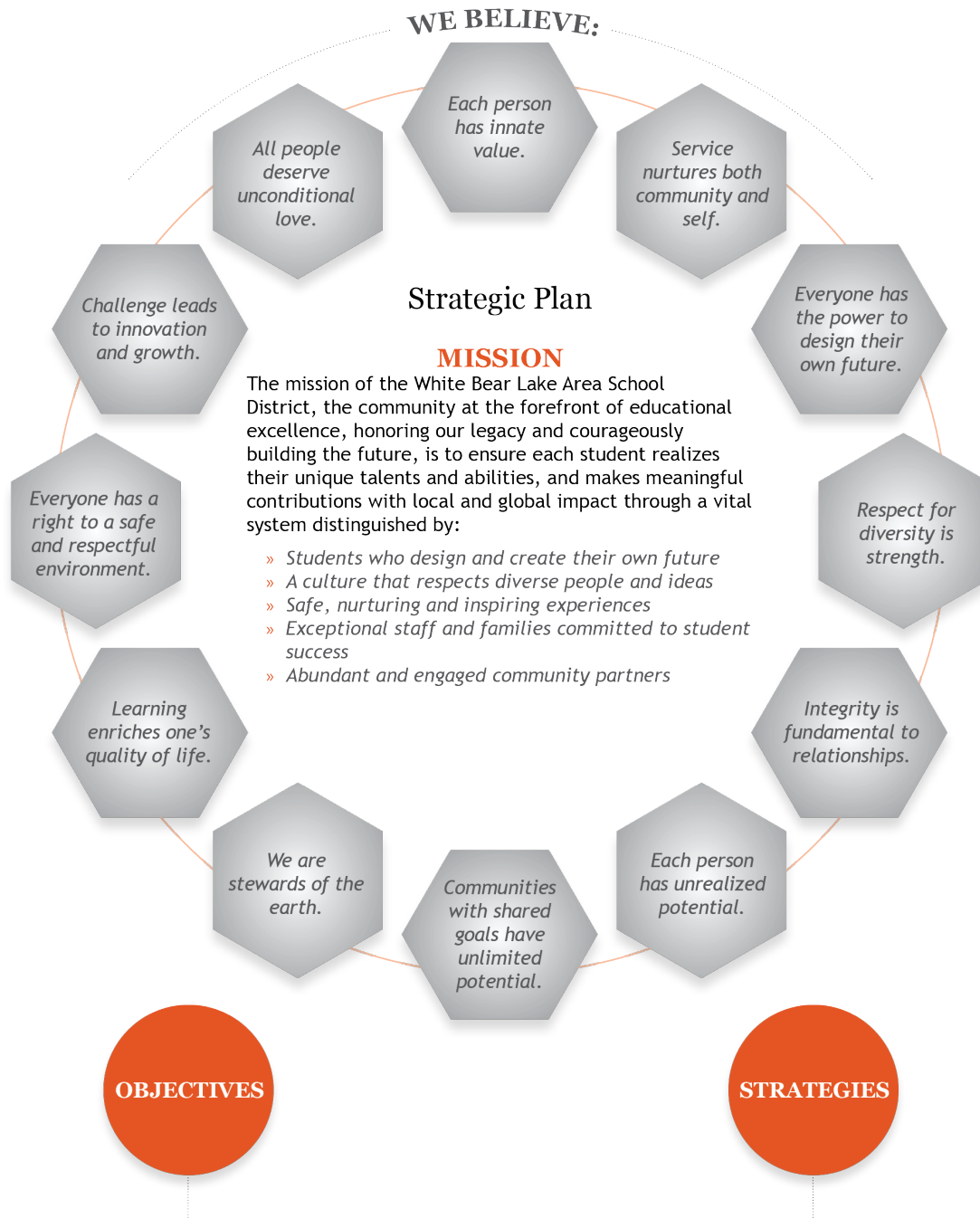


- Afaan/Oromo/Oromi
- Afrikaans
- Akan
- Amharic
- Anauk
- Arabic
- Azerbaijani
- Bengali
- Bosnian
- Burmese
- Cambodian
- Chinese, Mandarin
- Cree
- Czech
- English Creolized
- Fanti
- Farsi
- French
- German

- Gujarati
- Harari
- Hiligaynon, Illogo
- Hindi
- Hmong
- Igbo
- Japanese
- Karen
- Kiswahili, Swahili
- Kom
- Lao, Laotian
- Lithuanian
- Luganda, Ganda
- Mandar
- Marathi
- Nepali
- 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.

2020-21 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 2021 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:

- Jennifer Adams, Gr 12, WBLAHS-South, Representative
- Bemnet Tessema, Gr 11, WBLAHS-South, Alternate Representative

School Board Meetings

Jan 11.....Regular Mtng
 Jan 25.....Work Session
 Feb 8.....Regular Mtng
 Feb 22.....Work Session
 Mar 1.....Regular Mtng
 Mar 22.....Work Session
 Apr 12.....Regular Mtng

- » All Board meetings through the remainder of the 2020-21 academic year will begin at 5:30 p.m. and will be viewable via electronic means. Find login information on the district's online calendar at isd624.org.
- » 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.

Building Our Future Updates

Principals, Board liaisons, district leaders and construction partners gathered recently to celebrate groundbreakings at construction sites currently underway throughout the district.

The projects, approved by district residents in the 2019 Bond Referendum, represent the first phase of a construction plan that is anticipated to take place in phases until the 2024-25 school year.

The projects include an additional gymnasium at the current White Bear Lake Area High School - South Campus; additions at Lincoln, Matoska International, Vadnais Heights and Willow Lane Elementary Schools; and a brand new Transportation Building.

Additional information about the district's facilities projects, including details about individual projects and presentations that have been shared at School Board meetings, can be found on the Building Our Future page of the district website.

isd624.org/BuildingOurFuture



Stay Connected

• E-NEWSLETTER

The Community e-Newsletter is sent out each week, with alternating text and video editions. The text editions cover student and staff successes, school and Community Education offerings, and School Board proceedings. Those who wish to be added to the Community e-Newsletter list may contact us at communications@isd624.org.

• STAY SOCIAL

Join White Bear Lake Area Schools' social media circles - Facebook, Twitter and YouTube for daily 624 Fact posts and *The Week in 62.4 Seconds* video share-outs.

Find links on the District's website.

f  YouTube /isd624



Digital Backpack

The Community Services Department distributes electronic flyers on the 1st and 3rd Thursday of each month. Flyers include announcements from the school district, as well as local organizations that offer opportunities for youth.

Find the link to the Digital Backpack on the Community Services & Rec website at communityservices.isd624.org/



Dr. Kazmierczak named Minnesota Superintendent of the Year

The Minnesota Association of School Administrators (MASA) named Dr. Wayne Kazmierczak, Superintendent of the White Bear Lake Area Schools (WBLAS), the 2021 Minnesota Superintendent of the Year.

As the Minnesota honoree, Dr. Kazmierczak is a candidate among other state recipients for National Superintendent of the Year, to be announced during the American Association of School Administrators (AASA) National Conference on Education hosted virtually on February 18-19, 2021. Dr. Kazmierczak was selected for this honor by a panel of representatives from a variety of Minnesota education organizations.

Nominees are evaluated on how each candidate demonstrates leadership for learning, communication skills, professionalism, and community involvement.

"Dr. Kazmierczak has quickly become a beacon of leadership and inspiration across the state during his time at White Bear Lake," said MASA Executive Director Dr. Deb Henton. "He has made immediate relationships with his staff and the surrounding community. It is clear under his direction the district is poised to make positive impacts now and into the future. We are proud to have Dr. Kazmierczak represent our administrators as Minnesota's Superintendent of the Year."

Find additional information in a News post on the district's website, isd624.org.

Early Childhood Screening - Screen at 3

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning. Screening at age 3 is preferred, but a child may be screened between ages 3 and the start of kindergarten as required by law.

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).

Find information and a video describing the Importance of Screening at Three at <https://earlychildhood.isd624.org/programs/screenings>



Continued from front page

School Board, committee and neighborhood meetings have begun taking place virtually, allowing presentations to be heard and questions to be asked remotely. While this isn't our usual way of getting together, it has been rewarding to interact in new ways with residents who haven't interacted with us as readily in the past.

We are gathering feedback differently with the use of a new crowdsourcing platform that allows for virtual interactions. Participants provide thoughts, review and provide feedback on others' ideas, and see a snapshot of the conversation. The voices of students, families and staff members were invaluable as we began the year, and they remain an important part of the district's processes with additional community conversations taking place.

When feedback revealed that our families needed additional support, the district added initiatives to help foster physical and mental well-being. The Free Bear Care Health and Wellness Clinic, located at North Campus, offers students of all ages access to preventative and acute care health services. A Mental Wellness Support Line was soon added and provides families with connections to resources for children age birth-21.

The district has always connected students and families with essential services, but it has become even more important. The website's new Support Hub page provides families with important resources and access to information for essential services including crisis response, basic needs, mental health and well-being, physical health, social emotional learning and more. The "one stop shop" for anybody looking for support moves away from a siloed approach.

In the midst of moving parts and discovering new ways to do things, we continue to be committed to providing a high-quality education for all of our students in whatever situation we find ourselves in. The coursework may be delivered differently, but our students' experiences will remain robust and engaging.

The life lessons we are all learning today, those of innovation and adaptability, will be remembered long after these challenging days are behind us and we've set a new, better precedent.

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



SUPPORT HUB

We know that connections and relationships are an important part of our students' educational experiences, and we remain committed to the social emotional well-being of those in our school community.

The District launched a Support Hub last spring in order to provide families with resources to address barriers & enhance well-being.

This comprehensive resource gives families and community members access to information for essential services including crisis response, basic needs, mental health and well-being, physical health, social emotional learning and more.

The button can be found linked on the front page of the White Bear Lake Area School District's website, isd624.org.

Cultural Liaisons

The district's cultural liaisons work with students, families, and staff throughout the district to increase student and parent engagement with various programs and district activities.

The district's Equity and Engagement Department offers support to students and families through our cultural liaisons, the district's Equity Action Plan, our Equity Commitment, and the district's American Education Program.

Information about all of these programs can be found at the district's website, isd624.org/departments/equity-engagement



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



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



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



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



BRIANA SANTOSCOY
K-12 Latino Liaison
Student, Family, Community
Engagement Coordinator
briana.santoscoy@isd624.org

Coffee with Dr. K

Community members are invited to mark their calendars to join Superintendent Kazmierczak for an informal chat over a cup of coffee from 4:30-5:30 p.m. on April 6. Find details on the district's online calendar the week prior to the event.



Send Us Your Bear Wear Pics!

We are looking for photos of little ones in their Bear Wear!

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

The "Born to be a Bear" onesies are sent along with Early Childhood information to all families who live in the district upon the arrival of a little one. "I'm a Bear" t-shirts accompany Screen at 3 information sent to households with toddlers. Incoming kindergartners receive kid-sized "I'm a Bear" t-shirts once they are officially enrolled in the district.



**WELCOME TO
WHITE
BEAR**
JANUARY 2021

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

- » **JANUARY**
WELCOME TO WHITE BEAR
www.isd624.org/Welcome
- » **JANUARY 11**
SCHOOL BOARD REGULAR MEETING
5:30 p.m.
- » **JANUARY 25**
SCHOOL BOARD WORK SESSION
5:30 p.m.
- » **FEBRUARY 8**
SCHOOL BOARD REGULAR MEETING
5:30 p.m.
- » **FEBRUARY 22**
SCHOOL BOARD WORK SESSION
5:30 p.m.
- » **MARCH 1**
SCHOOL BOARD REGULAR MEETING
5:30 P.M.
- » **MARCH 8-12**
SPRING BREAK
(No School)
- » **MARCH 22**
SCHOOL BOARD WORK SESSION
5:30 p.m.
- » **APRIL 6**
COFFEE WITH DR. K
(COMMUNITY EVENT)
4:30-5:30 p.m.
- » **APRIL 12**
SCHOOL BOARD REGULAR MEETING
5:30 p.m.
- » **APRIL 26**
SCHOOL BOARD WORK SESSION
5:30 p.m.





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