

#### **SEPTEMBER 2021**

#### **Key Dates**

9/20: Senior Panoramic Photo (during Advisory)

#### **Upcoming Events**

10/8: School Photo Retakes 10/11 - 10/15 : HOMECOMING

10/13: PSAT/NMSQT

10/18: No School / Conferences

11am - 7pm

10/19 & 10/20: No School

**Teachers Workshop** 

10/21 & 10/22: No School

MEA Break

10/26: Evening Conferences

4pm - 7pm

For other important dates please check out the ERHS

<u>Calendar</u>.



It's good to be an Elk!

Follow us on Twitter: @Elk River Elks



### Elk River High School

900 School Street NW Elk River, MN 55330 Phone: 763-241-3434 Fax: 763-241-3421 www.isd728.org/erhs



## **Lunch Reminders**

ERHS is a closed campus for lunch. Students may not leave the building.

ERHS does not allow students to have food delivered.

Apply **ANYTIME** for the Free and Reduced Meal Program **HERE**. \*\*Includes additional benefits such as reduced fees or PEBT Card.





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ERHS Counselors: 763) 241-3427

Ms. Stewart (Last names A-E): kaitlan.stewart@isd728.org

Mrs. Davison (Last names F-He): kimberly.davison@isd728.org

Ms. Rick (Last names Hf-K): michaela.rick@isd728.org

Mrs. Shermak (Last names L-Ra): <a href="mailto:erin.shermak@isd728.org">erin.shermak@isd728.org</a>

Mrs. Reimer (Last names Rb-Z): michelle.reimer@isd728.org

#### **College Admission & Military Visits**

Did you know around 50 college admission representatives and all branches of the military visit ERHS each year? This is a convenient way to learn more about admission, programs, degrees, and financial aid by talking with an expert from that particular college or military branch. All college admission visits for the 2021-2022 school year will be held in the Career Center. Please visit this <u>form</u> for a list of upcoming events and sign up to attend. Military visits will take place during lunch in the Commons. Additions are added to this list often, so be sure to check back periodically.



#### **Minnesota Virtual College Exploration:**

#### October 5-7

The MN Association for College Admission Counseling (MACAC) is hosting *Minnesota's Virtual College Exploration*. Hear from Admission professionals on topics such as paying for college, financial aid, application essays, internships and more. Learn more about 150 different colleges from all over the country in live information sessions. Virtual events are held October 5-7, **FREE** for students and families. Register at www.mn-acac.org. Once students register for sessions they want to attend, they'll receive a confirmation email with their unique link to join the Zoom webinar. When students register, their registration information is only shared with the colleges presenting on that particular panel. StriveScan does not sell or share personally identifiable student information with any other third parties. Parents can register using their student's information. We hope you'll participate in this great opportunity to learn more about colleges!

## College Credit Opportunities Information Night: October 18

The Counseling Office will offer a presentation on ways to earn FREE college credit while attending high school. Information will include Concurrent Enrollment, Advanced Placement, Articulated College Credit, and Post-Secondary Enrollment Options. This event will be held during Fall Conferences on October 18 from 6-7PM in the Zabee Theater.

## 11th & 12th grade Financial Aid Information Night: October 26

The ERHS Financial Aid Night will be held during Fall Conferences from 6-7PM in the Zabee Theater on October 26. Basic information about aid programs, eligibility, college cost, and tips on completing the FAFSA will be covered. Students are encouraged to attend with their parents.

#### ASVAB:

#### October 29

The ASVAB will be offered on Friday, October 29 at ERHS. Juniors and Seniors can register for this test through this form. Registration deadline is October 15. The ASVAB measures developed abilities and helps predict future academic and occupational success. It can also be used as a military entrance exam. On MCIS you can take FREE ASVAB practice tests to help you prepare through the My Portfolio/Test Prep/College Entrance tabs. For more information on this exam, please visit this <a href="Link">Link</a>.

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# ERHS Art Students Receive Top Awards at Regional Juried Exhibition!

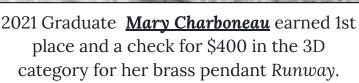
Congratulations to three Elk River High School art students for being recognized at the recent 3rd Annual High School Juried Art Virtual Exhibition. A total of 13 student artists were presented with recognition at a virtual awards ceremony held May 14, 2021, at the Paramount Center for the Arts, St. Cloud, MN.





Senior <u>Ella Ovall</u> earned Grand Prize and a check for \$500 for her acrylic painting Break Through.







2021 Graduate <u>Colin Bedbury</u> earned 2nd place and a check for \$200 in the 3D category for his ceramic piece Blue Horsehair.

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#### Sports Physicals & Immunization Requirements

For the 21 - 22 school year, it is important to complete the appropriate medical information for your child as soon as possible. Immunization and sport physical dates that the school has received for your child are posted on Parent Portal.

Immunization requirements reflect the current school year only. which are posted on July 1st of each school year. Please note: Tdap and Meningococcal vaccines are required for beginning 7th grade, and a Meningococcal booster is required for 12th graders. For requirements & appropriate forms please refer to the Health Services webpage.

Yearbooks are \$86.00 starting 9/18. Click **HERE** to order your 2021-2022 Yearbook. Please contact our Yearbook Advisor Shane.Netzinger@isd728.org with questions.



Career Technical Education (CTE) provides students with the academic, technical skills, knowledge and training necessary to succeed in future careers and to become lifelong learners. ISD 728 CTE Newsletter

# Are you interested in Travel?





Germany, Poland, Czech Republic, and Budapest

June 17th -26th 2022 Current 11th & 12th Graders

## Spring Break 2023



England, Scotland. and Treland





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## ISD 728

# **Prevention & Safety:**

Resources for Families & Parents ISD 728's Prevention & Safety team has created a comprehensive parent and family resource page containing resources and information relating to mental health, vaping and other substance abuse, social emotional learning (job preparedness skills), family support (PSOP, food shelters, etc), restorative practices, mindfulness, safety initiatives and more.

Please access the <u>Prevention &</u>
<u>Safety Parent and Family</u>
<u>Resources</u> page at this link!

## MINDFULNESS & STRESS RELIEF RESOURCES

Change to Chill is a non-profit organization providing tons of amazing mindfulness and mental health resources! We have shared this resource before, but it is a great time to do a reboot and remind students of this resource. This year will continue to provide challenges for staff and students. This site has resources for both!

**Change to Chill Introduction Video** (1:41)

**Change to Chill Overview (11:40)** 

Change to Chill is having a Chill Week October 5-9!

## ISD728's 7 Core Values

- 1. All people have value.
- 2. Valuing and respecting differences strengthens the individual and the community.
- 3. People thrive when they feel connected, supported and affirmed.
- 4. Everyone can learn.
- 5. Hope inspires and empowers.
- 6. Lifelong learning is essential for personal growth.
- 7. Change is an opportunity for growth.