



Elk Bugle



Elk River High School

900 School Street NW

Elk River, MN 55330

Phone: 763-241-3434

Fax: 763-241-3421

[www.isd728.org/erhs](http://www.isd728.org/erhs)

April 2024

### April

April 5 No School - Teacher Workshop

April 9 Act 11th grade only

April 9 ASVAB

April 19 Fashion Show

April 25 Evening of the Arts  
5pm

### May

May 11 PROM

May 15 Scholarship Night

May 20 Senior Farewell  
Tour

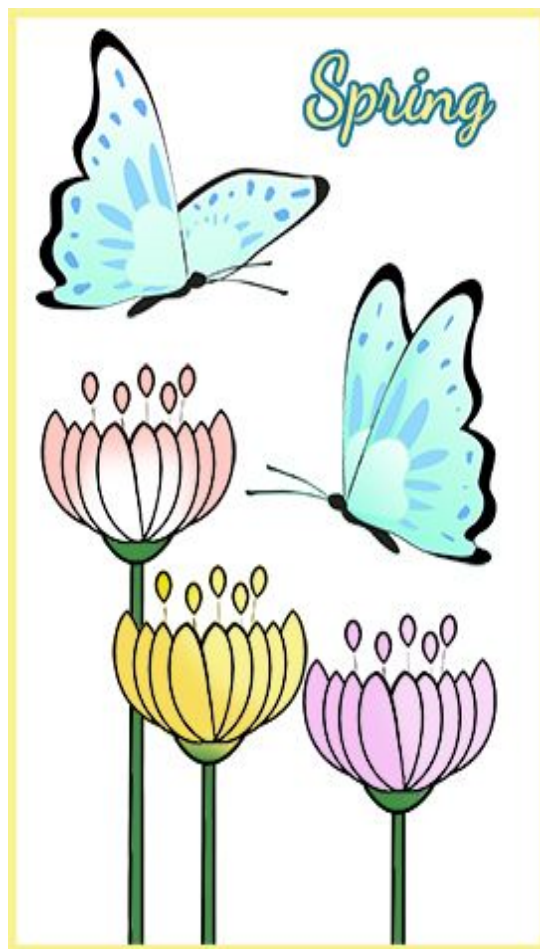
May 21 ERHS Band Spring  
Concert 7pm

May 30 Seniors Last Day

## MCA Testing Schedule

April 16-17 MCA  
Reading Grade 10

April 23-24 MCA  
Math Grade 11 April  
30- May 1 MCA  
Science Grade 10

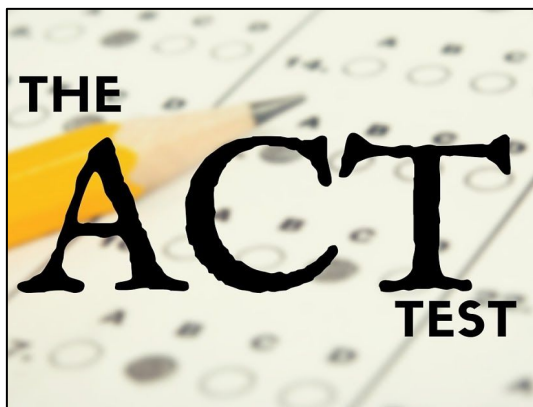


It's good to be  
an Elk!

Follow us on:

Twitter @Elk\_River\_Elks

Facebook @elkriverhighschool



**ACT & ASVAB TESTING APRIL 9TH**

**E- LEARNING DAY- GRADES 9TH, 10TH AND  
12TH**



*Mark your calendar for this year's Evening of the Arts on April 25th! This free event is a celebration of the creative talents of our very own ERHS students. Invite your family and friends to attend this showcase of student artwork, cultural displays, vocal and instrumental performances, creative writing, photography, fashion, theatrical performances and more.*

**Elk River High School**

**Thursday, April 25 5-8 pm**



**GET READY FOR .....**

# SUNSET ERA

ELK RIVER PROM 2024

**SATURDAY, MAY 11, 2024**

**HERITAGE CENTER OF BROOKLYN CENTER**

Grand Entrance 6:00 | Dinner 7:00 | Dance 8-11:00

**TICKET SALES – JUNIORS | SENIORS – \$75 EACH**

**APRIL 17-19**

Main Office  
During Lunches

**APRIL 22-25**

Main Office  
During Lunches  
After School - 2:15-3:00

**APRIL 26**

Main Office  
During Lunches  
until 12:30



Guest Approval Forms available in the Main Office.  
Forms must be completed prior to ticket purchase and presented at time of sale.

## ***ERHS Counselors***

**Mrs. Ashley Cloutier**, last names A-E

[ashley.cloutier@isd728.org](mailto:ashley.cloutier@isd728.org)

**Ms. Trista Rudstrom**, last names F-K

[trista.rudstrom@isd728.org](mailto:trista.rudstrom@isd728.org)

**Mrs. Erin Shermak**, last names L-Ri

[erin.shermak@isd728.org](mailto:erin.shermak@isd728.org)

**Mr. Jase Meyer**, last names Rj-Z

[jase.meyer@isd728.org](mailto:jase.meyer@isd728.org)

**Mrs. Michelle Reimer**, Intervention and  
Prevention Counselor

[michelle.reimer@isd728.org](mailto:michelle.reimer@isd728.org)

**Mrs. Kim Davison**, College/Career  
Counselor, AVID Coordinator

[kimberly.davison@isd728.org](mailto:kimberly.davison@isd728.org)

## **MILITARY VISITS**

**April 11** Air Force

**April 13** Air Force Reserve

**April 19** National Guard

**April 25** Navy

## **2024 ERHS Scholarship Ceremony**

**May 15th**

*Students receiving scholarships will  
receive a Digital Invitation.*

*\*RSVP required*

## **Career Center**


Stop in the Career Center on  
Tuesday and Thursday mornings  
from 7:00 to 7:25 to meet with  
Mrs. Davison about career and  
college planning. You can grab  
some planning materials or ask  
questions about life after high  
school..

**ERHS College Admission and Military Visit** 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. College admission visits will be held in the Career Center. Please visit this [form](#) for a list of upcoming events and sign up to attend. [Military visits](#) will be during lunch in the Commons and students do not need to sign up to attend. Additions are added often, so be sure to check back. periodically.

## Career and College Planning with Minnesota Career Information System (MCIS)


MCIS is an online career and college tool ISD 728 is using to help students build their Personal Learning Plan. Students will work on their MCIS Grade Level Checklists throughout the year during Advisory, but planning doesn't need to stop there! Students are encouraged to continue utilizing MCIS throughout their year and even at home! This is a valuable online tool that learners can use for standardized test preparation, researching undergraduate and graduate programs, finding tuition assistance, personal budgeting, college savings information, and inventories to help students plan their next steps. Additionally, users will find advice on resumes, cover letters, interviewing, networking, and more!

Especially exciting for students who are planning to take an ACT or SAT is the **FREE on-demand test prep!** Intuitive practice tests let students retake tests, track progress over time, view grade averages, and create task lists. The result? They are better equipped to turn their dreams into reality! Students can access MCIS through their school account with Rapid Identity.



### College and Career Planning: No Waiting!

- ★ Full-length, timed practice exams for ACT, SAT, PSAT, and more.
- ★ An intuitive search of 4,000+ accredited schools with quick results on school location, tuition, academics, admission requirements, campus life, and much more.
- ★ Financial aid tools to help students and parents plan, budget, and identify college-funding resources.
- ★ Career development tools that map career interests, help with job search guidance, and provide resumé and interviewing advice.



### KEEP ON PREPPING

Access practice tests for AP, ACT, SAT, GRE, and more with *Gale Presents: Peterson's Test and Career Prep*.

**GET STARTED**

#### Improve Your Score

There's a reason why practice makes perfect. Prep for standardized tests, cram for an upcoming exam, or refresh your academic skills, all with Peterson's award-winning educational content.

#### Find A School

Find the colleges and universities of your dream! Search through nearly 4,200 two- and four-year accredited schools and find your perfect fit.

#### Explore Careers

Whether you're preparing to enter the workforce for the first time, considering a career change, or just looking to brush up on your skills, we're here to help. Create or update a resume or use the career advice tutorials to learn about everything from job searching and interviewing to negotiating salaries.


#### Vocational Test Prep

All that stands between you and a new career is a test. Prepare for your certification, credentialing, or licensing exams for vocations in fields such as nursing, law enforcement, public safety, teaching, and more.

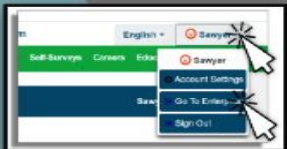
### Follow these steps to access your FREE student account!

- ## 1


Open MCIS and Log In from your dashboard


- ## 2


Click your name, then "Go to Enterprise"


- ## 3


Hover over "My Portfolio"


- ## 4

Click "Test Prep"


- ## 5

Practice and Explore!







Dear Families,

Ensuring the safety of our students and staff is our highest priority. We are pleased to announce a collaborative effort between the Sherburne County Sheriff's Office, the Wright County Sheriff's Office, Rogers Police Department, Elk River Police Department, and Elk River Public Schools to share a crucial message regarding proper gun storage and safety.

Last year, 156 children in the U.S. gained access to a firearm and experienced unintentional shootings. In Minnesota alone, an average of 41 children and teens lose their lives to gun-related incidents each year, with 58% of these tragic events being suicides. The importance of proper gun storage cannot be overstated, as improper handling may lead to devastating consequences—ranging from accidental injuries to intentional harm.

Preventing children from accessing unsecured firearms is required under Minnesota Statute Section 609.666: *"A person is guilty of a gross misdemeanor who negligently stores or leaves a loaded firearm in a location where the person knows, or reasonably should know, that a child is likely to gain access, unless reasonable action is taken to secure the firearm against access by the child."*

We ask that you consider following the **Be SMART** message in your home. It emphasizes the importance of secure gun storage. Consider secure gun storage as an important step you can take to help protect your family, school and community. **Be SMART** stands for:

- Secure all guns in your homes and vehicles.
- Model responsible behavior around guns.
- Ask about unsecured guns in other homes.
- Recognize the role of guns in suicide.
- Tell your peers to Be SMART.

In addition to following the Be SMART message, you can take action by visiting the [besmartforkids.org](http://besmartforkids.org) website to watch and share the Be SMART educational video and access Be SMART printable resources.

Thank you for reading this important safety message and for being a partner with us in helping to keep our kids, schools and communities safe.

Sincerely,

Sheriff Joel Brott, Sherburne County

*Joel Brott*

Sheriff Sean Deringer, Wright County

*Sean Deringer*

Chief Ron Nierenhausen, City of Elk River

*Ron Nierenhausen*

Chief Dan Wills, City of Rogers

*Dan Wills*

Superintendent Dan Bittman, Elk River Schools







*Dan Bittman*

## From the Health Office.....

**All students going home ill during the school day MUST be seen in Health Services in order for their absence to be excused:**

If your student is reaching out to you requesting to go home, please have them go to the Health Office with a pass from their teacher. If it is passing time, please ensure they check in with the teacher of their next class. Health Services staff will need to speak to a parent prior to the student being checked out from school.

### I need to stay home if....

I have a fever	I am vomiting	I have diarrhea	I have a rash	I have an infection requiring antibiotics	I have been in the hospital
					
Temperature of 100° or higher.	Within the past 24 hours.	Within the past 24 hours.	Body rash with itching or fever.	A persistent fever or chills, severe headache or neck stiffness, eye redness and crusting (pus) persistent ear pain or wetness (discharge) persistent facial pain and runny nose, difficulty breathing, a persistent cough, or coughing up blood or pus.	Hospital stay and/or emergency room visit.

### I am ready to go back to school when I am.....

Fever free without the assistance of medication for 24 hours (i.e. Tylenol, Motrin, Advil).	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash, itching, or fever. I have been evaluated by my doctor if needed.	12 hours after the first antibiotic dose, symptoms have resolved and/or as directed by your healthcare provider.	Released by my medical provider to return to school.
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## Communicable Disease & Infections:

Influenza season is just around the corner and as we know, illnesses are prevalent in our schools. Health Services offices are structured to keep students in school as much as possible so they can meet their educational goals. Unfortunately, there are times when students *need* to stay home to get well in order to prevent exposure and the spread of illness to others. If your child has been diagnosed with a communicable disease, such as influenza, strep throat, COVID-19, please report these confirmations to the Health Services Personnel in your child's school building. Reporting forms are no longer available on the district website for COVID-19.

### Resources:

- [Influenza Information from Minnesota Department of Health](#)
- [COVID-19 Information from Minnesota Department of Health](#)
- [Communicable Diseases & Infections from Minnesota Department of Health](#)

## Hearing & Vision Screenings for Students:

ISD 728 is no longer scheduling mass vision and hearing screenings. However, if you have a vision and/or hearing concern regarding your child, a request for screening can be made by completing [this online](#) [reqhttps://docs.google.com/forms/d/e/1FAIpQLScmis97Al2ZrZRK9Mvz2AhRaz6B98GCR6ODqJGUC8qN7mLCog/viewform](https://docs.google.com/forms/d/e/1FAIpQLScmis97Al2ZrZRK9Mvz2AhRaz6B98GCR6ODqJGUC8qN7mLCog/viewform) [uest form](#). Screenings will be performed by request only.



## Scents and Essential Oils

*Many people (students and staff) have allergies and reactions to scents. Please avoid using products with strong scents or fragrances which include perfumes, colognes and heavily scented deodorants. Essential oils can also cause allergic reactions to students and staff members. See ISD 728 Guidelines:*

Essential oils are concentrated volatile liquids that give plants their characteristic scents and are isolated from the plant by mechanical means. They are used primarily in perfumes and flavorings, and for aromatherapy. When used in diffusers the essential oil is being distributed to every person breathing that air.

Essential oils are not without risk, especially for children. In a typical classroom of students, we have some who are immunocompromised, have ADHD, seizures, taking numerous medications, have allergies, and respiratory conditions such as asthma. Use of essential oils could cause life threatening reactions in these students.

Essential oils, in the pure form, may be used as follows:

- Diluted in a solution to clean yoga mats with the following prescribed ratio:
  - a. Fill spray bottle with cold water
  - b. Add 1-2 Tablespoons of white vinegar (antibacterial agent)
  - c. Add 3-4 droplets of essential oil lavender (anti-bacterial) or tree oil or peppermint, or lemongrass (anti-fungal & anti-bacterial)
- For therapeutic reasons, a written consent must be provided by a Health Care provider and cleared through a Licensed School Nurse (LSN)
- Personal, controlled use by a student, staff member or visitor that does not distract others or put another's health at risk

Essential oils *may not* be used as follows:

- In diffusers
- Applied to any student, even if the parent requests staff to administer, without a Health Care Provider order
- In professional development sessions
- Any circumstance that is disruptive or puts another's health at risk

If essential oils are found:

- In diffusers:
  - Diffuser is removed and disposed of properly
- On students/staff which are disruptive or putting another's health at risk
  - Do not use water to wash off as it may increase irritation by spreading the oils.
  - Offer clean clothing, as needed and as available
  - Notify parent, if necessary

Questions about the use of essential oils should be directed to the Manager of Health Services, or Laura Masley, Manager of Health and Safety

# Resources

ERHS Main Office	763.241.3434	<a href="mailto:erhs.office@isd728.org">erhs.office@isd728.org</a>
ERHS Attendance Office	763.241.3555	
ERHS Activities/Athletics Office	763.241.3427	<a href="mailto:erhs.activities@isd728.org">erhs.activities@isd728.org</a>
ERHS Counseling Office	763.241.3424	<a href="mailto:erhs.counseling@isd728.org">erhs.counseling@isd728.org</a>
ERHS Health Office	763.241.3423	



**Please Note: Class of 2024 Graduation is  
Thursday, June 6th @ 7 pm**

[Elk River High School Website](#)

**ER**

**WHAT IS....ELK TIME**

Click the link above for more information. Or visit the ERHS website under the Academics tab.