



The
Cardinal
WINTER
24-25 *Call*

THE NEST

PRESENTED BY LAKEWOOD

Grand Opening Dec. 2



Community Fitness Room and Walking Track

Anunnal cost: \$35 + Membership cost (month or annual)
*Anunnal cost covers background check and key card fees.

Monthly Membership Rates:

Community Fitness Room and Walking:

- Senior/Veteran/Student (18+) \$20/month
- Individual (18+) \$25/month
- Annual (Individual-18+) \$250/year

Walking Track:

- Walking Only \$5/month
- Walking Annual \$60/year

Visit the Staples-Motley Community Education website for membership sign-up and details!



**Superintendent
Shane Tappe**

District UPDATE

As we transition into the winter season, it's a time to reflect on the accomplishments of this past fall and the exciting opportunities that lie ahead for the Staples-Motley School District. The recent months have been full of activity, particularly within our fall athletics programs which have achieved remarkable success. Additionally, the anticipation for the upcoming musical production of "The Addams Family" is building, and the buzz surrounding the opening of "The Nest" facility continues to grow.

We are pleased to announce that a Ribbon Cutting ceremony and program for "The Nest" will take place on December 2nd at 8:30am. We extend an invitation to our community members to join us for this significant event, made possible through the invaluable partnership with Lakewood Health System. Following the ceremony, self-guided tours of the facility will be available for attendees. The completion of "The Nest" has been made possible in part by the generous support of our community partners and local businesses. This facility will play a vital role in promoting health and wellness within our community, families,

and students, offering amenities such as an indoor walking track and fitness center. Memberships are now available through Community Education, and further details can be found in this brochure and on our website at www.isd2170.org.

With the introduction of this new space, we encourage those with an interest in teaching a community education class to connect with our community education office. There are a multitude of opportunities available for individuals of all ages to benefit from.

We look forward to embarking on this journey towards improved health and wellness with "The Nest" and invite you to join us in this endeavor.

With Gratitude,

Shane Tappe
Superintendent
Staples-Motley School District



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TWIN CITIES ORTHOPEDICS

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**AD & CE Director
Josh Lee**

Activities & Community Ed **UPDATE**

It seems as though we were just starting the fall season and the start of the school year was just around the corner, none the less here we are preparing for our winter seasons! Staples-Motley Activities and Community Ed had a very busy fall. Our youth sports had great seasons learning more about the games they were playing and had great success as they competed against other area communities. Our other activities and community ed programs were busting at the seams as well. It was awesome to see so many getting involved in different programs and activities.

On the other side of my dual role for the district, we have also started wrapping up our fall athletic seasons! We had a great fall with many programs growing in their participant numbers and having very successful seasons! Be sure to keep up to date on our rSchool Activities Calendar and social media as we update postseason competition information and look forward to the winter seasons!

Speaking of the winter seasons, I am excited to see our winter programs get up and running. We have a variety of opportunities for our community this winter to learn, participate and grow. From novice to experienced there are opportunities for all this winter. We are

excited to host some of our mainstays like tumbling, youth wrestling and pottery and add some new things to Community Ed especially for our adult population.

The programs that we are able to offer to our community and families are only possible through the amazing people who are willing to step up and lead these various programs. Thank you to the many people and organizations who are willing to share their gifts and talents to make our Community Ed programs happen each season! Without the generosity, help and willingness of these community members, Community Ed would not be nearly successful or robust as it is today! If you are interested in leading a class or activity, coaching within a youth program or becoming an official, please reach out - we are always looking for great people who are willing to help!

Go Cards!

Josh Lee
Activities/Community Ed Director

Youth ENRICHMENT



JO Volleyball

March-Early May | Practice Dates TBA
Grades 4-6 | \$40
Grades 7 and 8th | \$45

Develop your volleyball skills and learn how to work as a team! This program provides regular practices and tournament play for students. Parents must provide transportation for their players. Keep an eye out for more info!



Advanced Cheer

M/HS Auditorium Lobby

11/18 till end of winter athletics

This advanced program will work you hard to get you ready for the winter sports season. Some close travel will be optional. All 7-12th athletes will need a physical and paperwork on file before the first event.



Fairy Garden - Youth class

Monday Feb 3 | 6-7pm | \$35

Create your own Fairy Garden! Includes everything you need, pot, soil, live plants, and decorations. An adult/guardian must stay in attendance with children under 10.



Norfolk Pine and Pot for Kids

Wednesday 12/4 | 3:45-4:45pm
\$25

Let's create our own mini Christmas tree! We will be painting a pot for a 4" Norfolk Pine (live plant included), making mini decorations to decorate and creating a fun ornament to bring home.



Terrarium - Age 12+ to adults

Monday, Feb. 10th | 6-7pm | \$35
Create your own Terrarium! Includes your choice of plants, glass container, decorations.



Zach Nelson Baseball/Softball Camp | Grades 5-12 | \$120

Sunday's | February 2-March 16

Baseball and softball players this is a great opportunity to work on your fundamental skills like hitting, pitching and fielding prior to the spring season.



Athletic Weight Training

Grades 7-12 | Boys and Girls

Days will vary based on

availability December - March

Continuation of the summer programming with Brian Hartwig. Opportunity for athletes to continue to get stronger and faster while progressing in the weight lifting program. Experience weight lifting is not required.

**Have a CE class or activity Idea?
We would love to hear from you!**



Teach a Class!



Suggest a Class!

Tumbling | Tuesday's throughout the winter

Classes will vary throughout the year. Be sure to regularly check the Community Ed website and Tumbling Facebook page for updates!

Tumbling sessions will be available ongoing & located off-site at the Staples Alliance Church.



Tiny Tumblers

Ages 2-5 | \$25

Introduction to gymnastics and body awareness through obstacle courses and fun.



Beginners

Ages 5+ | \$35

Introduction to gymnastics, students can join with little to no previous experience.



Intermediate

Ages 6+ | \$35

Must have tumbling experience! Participants will work on more advanced skills.



Advanced

Ages 7+ | \$35

Must have tumbling experience! Participants will work on more advanced skills.



Tae kwon do/Introductory one month program

United Tae Kwon Do | \$50

6 practices/30 min classes | 7yo. to adult

Students will be taught the basic techniques to achieve goals in Tae Kwon Do training: coordination, balance, repetition, flexibility, leadership, concentration, teamwork, fun, strength, competition, respect, discipline, self control, perseverance, weight loss, integrity and obedience.



We Serve

A special thank you to the Staples Lions Club for the continuous and generous support of youth activities in Community Education. Their support throughout the years has helped us to be able to offer great programming!

Adult ENRICHMENT



Thanksgiving Table Centerpiece Monday, Nov 25th | 6:30-7:30pm \$50

Create your own autumn centerpiece for your Thanksgiving table. We'll use fresh seasonal flowers that will last through the fall season. With or without candles, you can choose. For your table or for a hostess gift on Thanksgiving.



Winter Porch Pot Monday, Dec. 2nd | 6-7pm | \$55

Design your own Winter Porch Pot! Includes: 12" pot, spruce tips and greens, berries, dogwood, birch pole, a bow and other decorations. Your beautiful creation will enrich your front doorstep throughout the winter months!



Holiday Wreath Decorating Monday, Dec. 9th | 6-7pm | \$45

Join us in decorating a beautiful 25" Balsam Holiday Wreath creating your own theme with a wide variety of colors, decorations, cones, and berries! Learn how to make your own bow too!



Pine Cone Chandelier Wednesday, Dec 11 | 6-7pm | \$35

Get into the holiday spirit while you create an elegant hanging decoration with pinecones and seasonal accents.



Mindful Meditation Tuesday, Dec. 17th | 7-8pm | \$25

Just in time for the holidays! In this session we will talk about mindfulness practices, focusing on meditation, and participate in guided meditations and exercises to bring yourself into greater inner peace. No previous meditation experience necessary.



Intro to Intuition - Psychic Playground

Tuesday, Jan.21st | 6-8pm | \$40

Join me in this fun and experiential class to discover your intuitive gifts and talents. We will talk about "the Clairs", getting grounded to get clear messages, and how to expand your intuition. Bring a small personal item (jewelry, stones, trinkets) that fits in the palm of your hand, to class for an exercise.



Chakra Anatomy and Energy Management

Thursday, Feb. 13th | 6-8pm | \$40

Come and learn the basics of Chakra anatomy and how to manage your energy in the busyness of life. We will focus on the 7-chakra system, what we hold within each energy center, and how to have healthy energetic boundaries with those around us.



Pottery Class

February 6, 13, 20, 27 | 5:30-7pm
\$50

Whether you would like to learn wheel throwing for the first time, or wish to build upon your existing skills, this class is designed to fit your needs. All levels are encouraged to join. For those who have more experience, the class will focus on refining their process and elevating the design.



Pick-up Basketball

Sunday Evenings in the Legacy Gym | Signed waiver required to play

Adult Education (ABE)

Central Minnesota - North



Improve Basic Skills: Reading, writing, math, digital literacy (computer skills), English language classes, and more. Classes are held weekly in Little Falls, Staples, Long Prairie, and Wadena.

Prepare for: GED tests, state adult diplomas, Accuplacer, ASVAB, NorthStar Digital Literacy exam, computer skills, and more.

Adult Education Classes: No tuition (some courses may require a materials fees and/ or GED test fees), flexible scheduling, individualized curricula, online/hybrid learning options, and self-paced learning.

ESL (ENGLISH AS A SECOND LANGUAGE): Adults wishing to develop their English language fluency will find a community of learners working toward the same goal in this weekly class. Many topics will be explored, from banking to healthcare to the Minnesota favorite - the weather! Students can expect an opportunity to practice English listening, speaking, reading, and writing, including an integrated vocabulary component to help learners build on their current English vocabulary. **Scan the QR code to request more information**



Locations in Staples, Wadena, Little Falls, and Long Prairie

For more information and to schedule a consultation, please contact Bryan Tollefson

Cell: 218-639-7292

Email: btollefson@fed.k12.mn.us

Phone: Staples: 218-629-6092

Wadena: 218-632-2450 or 218-632-2341

Little Falls: 320-632-7904

Visit our page on Freshwater's site: <https://www.fed.k12.mn.us/domain/23>

Youth BASKETBALL



A note about S-M Basketball

The Cardinal Youth Basketball Program is excited to expand its already growing program! Basketball is truly a team sport that teaches lessons and skills that empower an athlete far beyond the court. Teamwork, goal setting, work ethic and determination are just a few of the lessons and values that our youth coaches seek to instill in each athlete.

Your athlete will have the opportunity to work with, grow their skills, interact and learn from players and coaches across the entire Staples-Motley Basketball Program. Our youngest basketball players will have practices throughout the winter to learn the fundamentals that are essential to the game. As the players get older they will have the opportunity to put those skills and teamwork learned to the test and compete in regional and statewide tournaments. The Cardinal Youth Basketball Program is excited to see you on the court!

If you're interested in volunteering as a coach please reach out to Josh Lee or Lori Nienow in the Community Ed Office.

activities@isd2170.org

K-2 Skills

School Gyms | Saturdays | 9-10:30am
November 16th-December 21st
Grades K-2 | \$25

Fun and fundamentals for our youngest Cardinal athletes exploring basketball! Participants will also show the skills they have learned between Varsity Games on Friday December 20th.

Travel Basketball 3-4

School Gyms | December - February
Schedule varies w/ gym availability
Grades 3-4 | \$75

Travel Basketball 5-6

School Gyms | December - February
Schedule varies w/gym availability
Grades 5-6 | \$100

**Parent Meeting will be Monday
Nov. 25th @ 6:30PM in
Elementary Gym**



Youth WRESTLING

Wrestling K-1

Wrestling Room | Dec. 2 - Feb. 24
Mondays | 6-7pm
Grades K-1 | \$40

Learn the fundamentals of wrestling in this program designed to introduce you to the sport! You'll learn how to take down your opponent and have plenty of opportunity to practice your new skills in drills and with a partner!

Wrestling 2-6

Wrestling Room | Dec. 2 - Feb. 24
Mondays | 7-8pm
Tuesdays | 6-7:30pm
Grades 2-6 | \$75

Build on the fundamentals and take your wrestling skills to the next level as you work on more complex moves and develop strategy to win your next match!

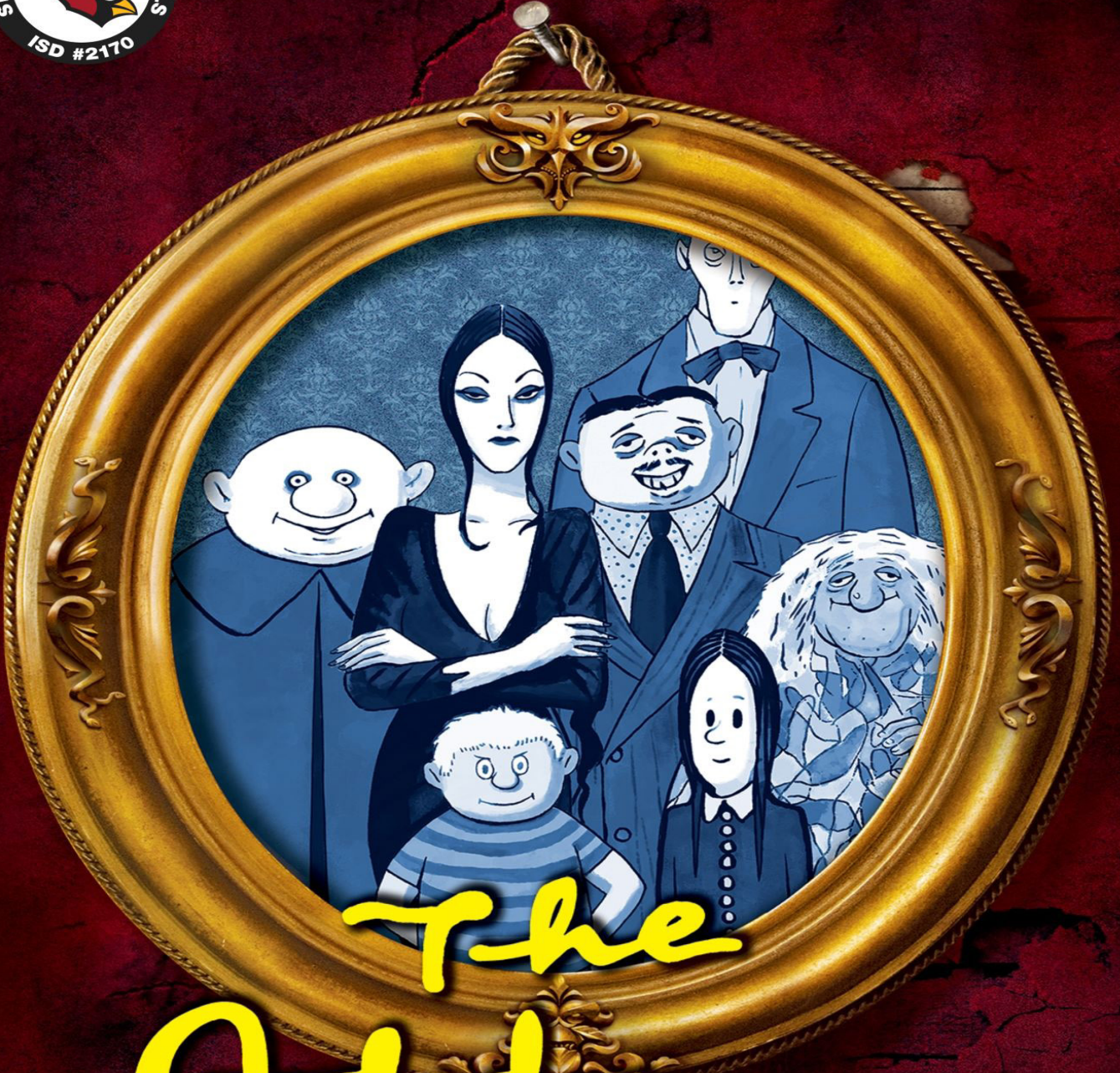
A note about S-M Wrestling

Wrestling is a unique sport because it teaches values that last a lifetime. Wrestling builds character, confidence, and improves self-esteem. Wrestlers learn how to overcome obstacles and deal with both success and failure. Wrestlers learn life-long skills such as respect, discipline, resiliency, accountability, and teamwork. Wrestlers learn that success is only earned through hard work and determination. It requires a work ethic unlike any other sport. But wrestling is more than just a sport, wrestling is family. The Staples-Motley Youth Wrestling Program is dedicated to fostering these values in our youth and providing a family atmosphere where kids can thrive.

Practices will focus on teaching proper wrestling skills and techniques. Wrestlers will have the opportunity to perfect these skills and techniques through repeated drilling and live wrestling with their teammates. Wrestlers who wish to take these skills to the next level are encouraged to participate in youth wrestling tournaments being held throughout the state.



Staples-Motley School District presents...

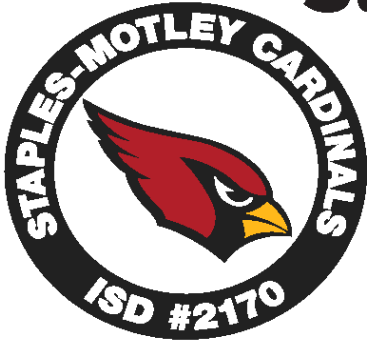


The Addams Family

SCHOOL EDITION

November 14, 15, 16 & 17

Centennial Auditorium



Staples-Motley School District

Continuous Improvement Plan

CARDINAL PRIORITIES



relationships



integrity



respect



pride



excellence



communication

MISSION

Staples-Motley School District supports all learners to grow and rise to new challenges through a culture of pride in academics, arts, athletics and community.

VISION

To educate, equip, and empower all students to achieve their full potential, and succeed in the classroom and beyond.

COMMITMENTS

STUDENT EXPERIENCE

Diverse opportunities and support for success

CLIMATE & CULTURE

Optimal teaching and learning environment

VALUE

Guided management of district assets

OPERATIONS

Service, collaboration, facilities maintenance

Home Event SCHEDULE

GIRLS BASKETBALL

11/21	7:30PM	vs. Browerville
12/13	7:30PM	vs. Menahga
12/17	7:30PM	vs. Barnesville
12/20	6:00PM	vs. Perham
1/14	7:30PM	vs. Hawley
1/16	7:30PM	vs. Verndale
1/17	6:00PM	vs. Pelican Rapids
1/24	6:00PM	vs. Park Rapids
1/28	7:30PM	vs. Frazee
2/10	6:00PM	vs. Pillager
2/14	6:00PM	vs. DGF
2/20	7:30PM	vs. Aitkin
2/21	6:00PM	vs. Breckenridge

BOYS BASKETBALL

12/3	7:30PM	vs. West Central Area
12/20	7:45PM	vs. Perham
1/7	7:30PM	vs. Barnesville
1/17	7:30PM	vs. Pelican Rapids
1/21	7:30PM	vs. Hawley
1/24	7:45PM	vs. Park Rapids
1/30	7:30PM	vs. Pequot Lakes
2/4	7:30PM	vs. Frazee
2/6	7:30PM	vs. Osakis
2/10	7:45PM	vs. Pillager
2/11	7:30PM	vs. Crosby-Ironton
2/14	7:45PM	vs. DGF
2/21	7:45PM	vs. Breckenridge

WRESTLING

12/6	5:00PM	Triangular vs. BBE & Mille Lacs
12/19	5:00PM	Triangular vs. HLWW & Brainerd
1/23	5:00PM	Quad vs Frazee, Park Rapids & Becker
1/30	5:00PM	TBA

SPECIAL OLYMPICS

2/5	All Day - Basketball Invitational	
3/21	Afternoon - Polar Plunge	

PERFORMING ARTS

11/14	7:00PM	HS Musical
11/15	7:00PM	HS Musical
11/16	7:00PM	HS Musical
11/17	2:00PM	HS Musical
12/10	6:00PM	MS Christmas Concert
12/12	7:00PM	HS Christmas Concert

SPEECH

2/8	Speech Meet @ Home	
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District CALENDAR

November 13 - 2 Hour Early Dismissal / PLC
November 27 - End of Elementary Trimester 1
November 28, 29 - No School - Thanksgiving
December 11 - 2 Hour Early Dismissal / PLC
Dec. 23 - Jan. 1 - No School - Christmas Break
January 2 - School Resumes
January 15 - 2 Hour Early Dismissal / PLC
January 17 - End of Quarter 2
January 20 - No School - Staff Inservice
February 12 - 2 Hour Early Dismissal / PLC
February 17 - No School - Presidents' Day
February 18 - No School / Conferences

February 28 - End of Elementary Trimester 2
March 12 - 14 - No School - Spring Break
March 19 - 2 Hour Early Dismissal / PLC
March 28 - End of Quarter 3
April 9 - 2 Hour Early Dismissal / PLC
April 18 - No School - Good Friday
April 21 - No School - Easter
May 14 - 2 Hour Early Dismissal / PLC
May 23 - Graduation @ 7:30
May 26 - No School - Memorial Day
May 29 - Last Day of School
May 29 - End of Elementary Trimester 3
May 30 - Staff Inservice

218-894-3794

M-F 7am-5pm

Sat 8am-12pm



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24-25

WINTER REC

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