PANTHER NATION

NRHEG PUBLIC SCHOOLS

School and Community Activities and Information

PROUDLY EMBRACING THE COMMUNITIES OF: NEW RICHLAND, HARTLAND, ELLENDALE, AND GENEVA

2026 Winter/Spring Activities

January - March 2026



Community EDUCATION
NRHEG Public Schools

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Stay Connected with the NRHEG School District!

www.nrheg.k12.mn.us

FACEBOOK

NRHEG Elementary School
NRHEG Secondary School
NRHEG Community Education
NRHEG ECFE

DISTRICT CONTACT INFORMATION:

Our Mission: *Empowering students with knowledge and skills to succeed.*
Our Vision: *To be the school district of choice, inspiring excellence in academics, arts, and activities.*

DISTRICT OFFICE: Superintendent: Michael Meihak mmeihak@nrheg.k12.mn.us Admin. Assistant: Sarah Wacholz. swacholz@nrheg.k12.mn.us Phone: 507-465-3206 Fax: 507-465-8633	**COMMUNITY EDUCATION:** Director: Macy Whiteside mwhiteside@nrheg.k12.mn.us Phone: 507-417-2667 Fax: 507-465-8633 Assistant: Stacy Hutchens: shutchens@nrheg.k12.mn.us
ELEMENTARY SCHOOL: Elementary Principal: Dr. Kimberly Meyer kimmeyer@nrheg.k12.mn.us Admin. Assistant: Jean Greenwood jgreenwo@nrheg.k12.mn.us Phone: 507-684-3181 Fax: 507-684-2108	**SECONDARY SCHOOL:** Secondary Principal: Grant Berg gberg@nrheg@nrheg.k12.mn.us Admin Assistant: Nikki Cromwell ncromwell@nrheg.k12.mn.us Phone: 507-465-3205 Fax: 507-465-8633

ATHLETICS / ACTIVITIES: Athletic Director: Dan Stork dstork@nrheg.k12.mn.us Phone: 507-417-2628	**TRANSPORTATION:** Site Manager: Dan Schmidt dschmidt@nrheg.k12.mn.us Phone: 507-417-2644	**FOOD SERVICE:** Director: Sarah Meihak smeihak@nrheg.k12.mn.us Phone: 507-417-2633

How to Become a Community Education Instructor:

Do you have a special talent or skill to share with others? Every year NRHEG Community Education seeks individuals to hire as independent contractors to instruct our classes (youth or adult). While some of our instructors are professionals, we actively recruit people who have hobbies or expertise in an area, which can be developed into a class or workshop! Currently, we are looking for a co-dance instructor for our Youth Dance Program (serves approx. 65 children per season) located in New Richland or Ellendale for our surrounding communities!

Call Macy at (507) 417-2667, email: mwhiteside@nrheg.k12.mn.us or stop in-person (Monday-Thursday 8:00-3:00pm at the New Richland Secondary School) to learn more about our instructor qualifications and responsibilities.

NRHEG District Newsletter Winter/Spring 2026

A Letter from the Superintendent



A Spring Update From the School District

As spring arrives, our school district enters one of the busiest and most important times of the year. Classrooms are focused on maintaining strong instruction, students are preparing for end-of-year assessments and activities, and staff members are balancing daily responsibilities with planning for what comes next.

Across the district, students continue to demonstrate growth both academically and socially. Spring provides opportunities to reflect on progress made during the school year while keeping attention on finishing strong. Teachers and support staff remain focused on high-quality instruction, student engagement, and meeting individual needs as the year moves toward its conclusion.

This time of year also brings a wide range of activities and events. Spring concerts, academic showcases, field trips, athletic competitions, and graduation preparations highlight the many ways students learn and succeed beyond the classroom. These experiences are an important part of a well-rounded education and reflect the dedication of staff members who invest additional time and energy to support students.

As we look ahead, the district is also beginning to plan for the next school year. Staffing, programming, facilities, and budgeting work are ongoing to ensure the district remains fiscally responsible while continuing to provide high-quality educational opportunities. Community input and board oversight remain essential parts of this process.

We appreciate the continued support of our families and community. Partnerships between home, school, and community play a critical role in student success, and that collaboration is especially visible during the spring months.

Thank you to our students, staff members, families, and community for your ongoing commitment to our schools. We look forward to finishing the year strong and preparing for a successful transition into summer.

Michael Meihak
Superintendent
NRHEG Schools ISD#2168



What is Community Education?

Community Education is an opportunity for local citizens, community schools, agencies and institutions to become active partners in addressing education and community concerns. Community Education embraces these beliefs: education is a lifelong process, everyone in the community shares a responsibility for the mission of educating all members of the community and citizens have a right and responsibility to link the needs of the resources to improve their community.

Services

LIFE LONG LEARNING

Youth & Adult Programming

Classes provide youth and adults with educational and recreational programs to gain new skills and knowledge while building strong connections and empowering the community

Early Childhood Services

- Early Childhood Family Education (ECFE)
- Panther Preschool
- Early Childhood Screening

Facilities Rental

Need gathering space? We have it!

Facility Scheduling & Requests

Requests for the use of school facilities are made through the Community Education Office. Please contact the office at 507-417-2667 and ask for a facility use form or go to the NRHEG website and find the form under Community Education. A minimum of three week notice for use of facilities is required.

BECOME AN INSTRUCTOR!!

Share your talents with Community Education.

Community Education classes are flexible and designed to meet the needs of our instructors and the community. Volunteer and salaried positions are available.

For more information call: 507-417-2667 email: mwhiteside@nrheg.k12.mn.us

YOUTH DEVELOPMENT SCHOLARSHIPS: Through the generous donation from the EF Johnson Foundation, we are able to offer $50.00 scholarships per child for summer & fall programming – visit our website for guidelines and download the application or get one from your school office or email Macy at mwhiteside@nrheg.k12.mn.us! *Income eligibility based off of the free/reduced lunch scale.*



BIRTHDAY PARTY GYM RENTAL

Is your child having a large birthday party this year and you don't want to host it at home? Then give us a call about renting our school gym & cafeteria! We help clean up the mess and provide your birthday party crew with basketballs, dodgeballs, footballs, a parachute, hoola-hoops, jump ropes, kick balls, etc. Gym Party Rental fee is $65 for 2 hours of gym time for free play/games and cafeteria time to eat. Call 507-417-2667 or email mwhiteside@nrheg.k12.mn.us to check on gym availability (Ellendale or New Richland) and to schedule your party!



IS YOUR FAMILY INCLUDED ON THE SCHOOL DISTRICT CENSUS?

Has there been a birth in your family? Have you recently moved into your neighborhood? Is there a new family in your neighborhood? ISD 2168 wants all families with young children to know about our programs and activities. Being on the school census also ensures that you will receive information regarding Early Childhood Family Education classes, Early Childhood Screening, and the Panther Preschool program information. In addition, funding for our Early Childhood Programs is based on the number of children on our census.

It is important that everyone be counted! To be added to the census, please call Karla at our school office, 417-2605 or find the form on our Community Education Website at www.nrheg.k12.mn.us under the community education tab.

help me CONNECT

A navigator connecting pregnant and parenting families with young children (birth-8 years old) with services in their local communities that empower families to be healthy and safe.

MINNESOTA Help Me Connect is an interagency collaboration between Minnesota's Departments of Education, Health and Human Services. For more information, visit https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/

help me GROW

Are you concerned about your child's development? Help Me Grow is a group of service providers working together to help area families. They provide free early intervention referral services to help families find and coordinate resources for their children aged birth to 5 years old.

- Help Me. Grow provides. Resources for families to understand developmental milestones and learn if there are concerns. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost.
- Help Me Grow is an interagency initiative of the State of Minnesota Department of Education, Department of Health and Department of Human Services. We partner with all local service. agencies.

Early childhood screening is mandated by the State of Minnesota for all children entering Kindergarten. The best time to have your child screened is between the ages of 3 and 4.

Early Childhood SCREENING

Early Childhood Screening is FREE and the earlier the BETTER! When your child turns 3, please call 507-417-2667 to schedule a screening appointment.

UPCOMING SCREENING DATES: Friday March 13 & Friday April 17 at the United Methodist Church in Ellendale

EARLY CHILDHOOD FAMILY EDUCATION

Invest in your family's future with our Early Childhood Family Education program.



Program Highlights :

Parent-Child Activity Time
Explore a classroom filled with developmentally appropriate play materials to foster your child's social, emotional, cognitive, physical, and language growth.

Qualified Educators
Meet in a group with other parents and a licensed parent educator to share support, experiences, and information about child development and parenting techniques.

Play-Based Learning
We emphasize learning through play, encouraging creativity.

Children's Activity Time:
Your child will learn with the early childhood teacher and practice social skills as they interact with one another.

Our **Adventures in Parenting Class** supports families through discussions and activities focused on child development, school readiness, behavior guidance, and more—based on parent interests and current research. While caregivers meet, children enjoy snacks, crafts, stories, music, and play with Early Childhood staff. For preschoolers ages 2½–5 and their parents, grandparents, or caregivers.

Spring Session: Classes are held from 5:45-7:15pm in the New Richland Preschool classroom (C115) at the Secondary School. $15 per family (enter through the southeast playground doors #2S). Classes are held once per week, on: March 10, 17, 31. April 7, 21, 28. May 5.

COME AND JOIN US!

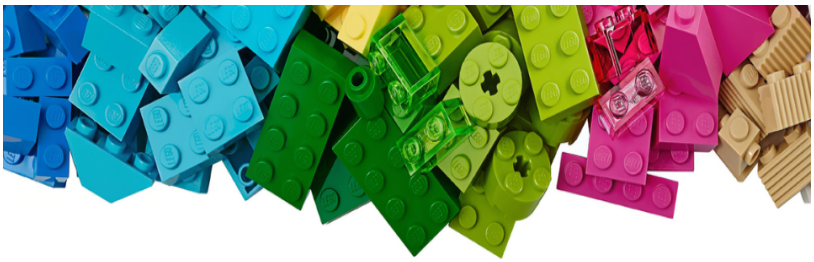


ENROLL TODAY!

CONTACT MACY TO REGISTER:
REGISTRATION FORMS LOCATED IN THE BACK OF THE BOOK

507-417-2667 mwhiteside@nrheg.k12.mn.us

360 Ash Ave. South, New Richland, MN 56072



AFTER-SCHOOL LEGO® CLUB

Calling all LEGO® Masters! We can't wait to see all your magnificent creations at LEGO® Club

What is LEGO® Club? Our LEGO® Club is all about sharing your ideas and creating new and fantastical creatures, vehicles, and structures. There will be time for imaginative creations along with individual and group challenges and contests to put your STEAM skills to the test!

Winter/Spring Session Dates:
Grades 1-2: Fridays - Feb. 13, March 6, April 10,

Grades 3-5: Fridays – Feb. 27, March 20, April 24,

Time: 3:15-4:15pm.
Cost: $5.00 per person for all 3 sessions
Location: Ellendale Media Center.
Register by: Tuesday, Feb. 10

ENROLL NOW FOR FULL / PART TIME CARE

CHILDREN AGES PRESCHOOL – 5TH GRADE

MONDAY – FRIDAY, 6:45AM – 5:45PM YEAR ROUND

NRHEG

School Age Care





Breakfast. Snack. & Lunch



School Age (Day)Care is a program of NRHEG Community Education

We offer VERY flexible care packages anywhere from 0-4 hours per week up to 45+ hours per week, and you can register at any time throughout the year! We offer care on non-school days, snow days, and all summer long. Children love using the school gyms, playgrounds, doing arts & crafts, going on field trips, play time, and having fun!

* Before and/or After School care (Bridges/Kindergarten through 5th grade) located at the New Richland & Ellendale School buildings.
* Preschool Care is available year round for children enrolled in Panther Preschool in Ellendale or New Richland.
* Drop your child off with us in the morning and we make sure they get to/from school safely!

507-417-2667
OR 507-417-2626

SAC@NRHEG.K12.MN.US OR
MWHITESIDE@NRHEG.K12.MN.US

Reserve your child's spot today!

Call or email us for pricing or more information!

NRHEG Panther PRESCHOOL

All-day School Age Care Daycare info. can be found on page 7

NRHEG Community Education and our School Readiness Programs take pride in investing in our youngest learners and in preparing children and families for success in school.

Register early: classes fill up fast!

Registration Forms will be accepted starting Monday, March 9th.

NRHEG Panther Preschool provides programming designed to help early childhood learners prepare for Kindergarten. Our program is designed for all families. Three year old students are in the New Richland Secondary School or the Ellendale Elementary School and will attend 2 day-a-week programming in the morning. Four year old students are located in the New Richland Secondary School or the Ellendale Elementary School and have options of a 3 or 4 day-a-week program in the morning or afternoon.

Why do parents choose our program?

Our Students: Children who attend our preschool program enter Kindergarten with foundational skills (social-emotional & academic) and experiences that will help them to be successful in school.

Our Teachers: State licensed & highly qualified in early childhood education, our teachers are dedicated and passionate about our earliest learners.

Our Curriculum & Assessments: Our 123-Learn curriculum is Parent-Aware Approved, research based, developmentally appropriate, and aligned with the MN state learning standards. We utilize TS Gold Assessment (Parent Aware approved) throughout the year along with our KRAT (Kindergarten Readiness Assessment Tool).

Our families: Families are valued partners with the school in supporting their child's learning at home.

Focus on the Transition into school: Our programs are integrated and aligned with Bridges/Kindergarten to make that transition into school smooth and exciting for our youngest of learners.









PANTHER PRESCHOOL

Open House

Monday, March 16: 6:00-7:00pm in New Richland *(enter through door # 2S of the Secondary School)*
Wednesday, March 18: 4:15-5:15pm in Ellendale *(enter through the north doors of the Elementary school)*
Reg. Fee: *$20 per child at open house ($40 afterwards)*
Sliding Fee Scale & Scholarships available!

We help children learn, grow, and get ready for kindergarten through:

- *Hands-on play-based learning*
- *Friendships, social skills & school routines*
- *Early literacy (ABC's, letter sounds, rhyming)*
- *Early math (counting, shapes, patterns)*
- *Fine motor growth (writing, cutting, building hand strength)*
- *Music, movement, games & creativity*



for more information:

Call: 507-417-2667
email: mwhiteside@nrheg.k12.mn.us



NRHEG ELEMENTARY

At NRHEG, kids grow in a safe, caring community where learning is fun and every child is supported. We inspire school readiness, curiosity, and Panther Pride every day!

- ✓ Strong Academics
- ✓ Close-knit community
- ✓ Kind teachers

Choose NRHEG Elementary–where your child belongs and succeeds.







OUR CALENDAR:

- January
  - 2nd - last day of winter break
  - 19th - No School. Inservice
  - 20th - No School. Planning Day
  - 27 & 29 - Parent/Teacher Conferences
- February
  - 16th - No School. President's Day
- March
  - 2nd - No school. Inservice
  - 27th - No school. Planning Day.

Contact us at 507-684-3181

Check out our website.
https://elementary.nrheg.k12.mn.us/

NRHEG SCHOOL DISTRICT

Bridges & Kindergarten Registration

600 School St, Ellendale, MN 56026
Please Enter Using Main Door (1-E)

Thursday March 19th
3:30–5:30

PLEASE JOIN US AS WE WELCOME ALL INCOMING KINDERGARTENERS FOR THE 2026-27 SCHOOL YEAR.

What happens at Registration?

During this time you will visit the elementary school, tour classrooms, ask questions and meet the Bridges and Kindergarten Teachers. When you are all done stop by the Community Education table to receive your free book & craft for attending!

Bring with you:

- Immunization Record
- Official Birth Certificate
- Registration Forms

We hope to see you there!

If you have questions please call **507-684-3181**



EXPLORE your creativity

For children in 2-6th grade

ART CLUB





CREATE YOUR OWN BRACELET & ANKLET

Date: Feb. 24 **Time:** 3:30-4:45pm
Cost: $10.00 **Register by:** Tuesday, Feb. 17

Design your own custom beaded bracelet or anklet using colorful beads and simple tools. This fun, hands-on class encourages creativity, fine motor skills, and personal style—perfect for beginners and all ages.

MARCH/APRIL/MAY CLASSES PENDING...

We're busy planning a variety of fun and new classes! Dates, times, and topics are in the works, and a flyer will be sent home in backpacks as soon as everything is set.

all classes are located in the Community Education Classroom at the Secondary School

NRHEG COMMUNITY EDUCATION
306 Ash Ave. South
New Richland, MN 56072

CONTACT US!
mwhiteside@nrheg.k12.mn.us
507-417-2667
Facebook: NRHEG Community Education



Books made available through the Southern Minnesota Initiative Foundation Early Literacy Grant



NRHEG COMMUNITY EDUCATION

YOUTH BASEBALL

T-BALL & COACH PITCH

BOYS & GIRLS

Prek - 2nd grade

T-Ball is for children age 4 (by Sept. 1, 2026) or currently in Bridges/Kind, focusing on fun while building basic skills like throwing, catching, batting, base running, and teamwork. Teams are location-based. Registration forms will be sent home in March and should be returned to the school office or Community Education.
If your child has already played 2 years of T-Ball, please call Macy at Community Ed for consideration for Coach Pitch.

T-Ball

June 2026 $55

Price includes a team t-shirt and 8x10 memory mate photo of your player/team

June 1-19 (Mondays & Wednesdays)
6:15-7:00/7:15PM

June 24 & 26 (Wednesday & Friday)
6:15-7:00/7:15PM

Registration Deadline: March 31

Summer Coach Pitch is for current 1st-2nd graders (entering 2nd-3rd) ready to move on from T-Ball. Players use a harder ball while building skills like throwing, catching, batting, base running, and teamwork. Teams are location-based. Registration forms will be sent home in backpacks in March and should be returned to the school office or Community Ed.

Coach-Pitch

June 2026 $55

Price includes a team t-shirt and 8x10 memory mate photo of your player/team

June 1-26 (Tuesdays & Thursdays)
6:15-7:15/7:30PM

Registration Deadline: March 31

Community Education:
306 Ash Ave. South, New Richland, MN 56072

Registration forms will be sent home in backpacks in March

NRHEG

COMPETITION CHEERLEADING

Varsity (Grades 7-12)







This is YOUR chance to shine and join our Cheer Team!

June 2026 - February 2027

Informational Meeting / Registration
Monday, March 9 2026 at 7:00pm

DUE TO THE NATURE OF THIS PROGRAM AND PRICING BEING DEPENDENT UPON UNIFORM NEEDS, 2026-2027 COMPETITION FEES, FUNDRAISING, ETC. PRICING WILL BE BETTER ESTIMATED LATER IN THE SPRING. PLEASE EMAIL PANTHERCHEERCOACHES@GMAIL.COM FOR MORE INFORMATION.

THIS PROGRAM IS A LARGE COMMITMENT AND REQUIRES THOSE THAT ARE COMPETING TO BE AT ALL PRACTICES AND COMPETITIONS AS YOUR TEAM COUNTS ON YOU! VARSITY CHEERLEADERS PRACTICE APPROXIMATELY TWICE PER WEEK AND WILL COMPETE IN APPROXIMATELY 5 COMPETITIONS THROUGHOUT THE SEASON. IF YOU ARE INTERESTED IN MORE INFORMATION PLEASE CONTACT PANTHERCHEERCOACHES@GMAIL.COM AND ATTEND THE REGISTRATION MEETING ON MONDAY, MARCH 9TH. **REGISTRATIONS ARE ACCEPTED UNTIL MAY 29TH.

SECONDARY SCHOOL INFORMATION

REMINDERS OF UPCOMING DATES & EVENTS







JANUARY

2 – last day of winter break
5 – School resumes
16 – end of 2nd Quarter
19 – No School, Teacher Planning Day
20 – No School, Staff Development Day

FEBRUARY

16 – No School, Staff Development Day
23 – Secondary Parent/Teacher Conferences (4:00-8:00pm)

MARCH

2 – No School, In-service Day
26 – end of 3rd Quarter
27 – No School, Teacher Planning Day

SPRING SPORTS

Information for 7-12TH Grade Students

GIRLS SOFTBALL

BOYS BASEBALL

BOYS & GIRLS TRACK AND FIELD

BOYS & GIRLS GOLF

Registration information will be sent to all families with students in grades 7-12 in late February. There will also be a spring sports meeting in early March. Watch for more details and this email soon!

More information can be found at:
https://www.nrheg.k12.mn.us/domain/732





NRHEG CLAY TARGET TEAM

Grades: 6-12.
Available in both fall and spring, this league is for students who have a valid gun safety certificate and have an interest in shooting sports. This is the fastest growing high school sport in MN! The State Class Championship represents the largest youth trap shoot in the nation and the MSHSL State Tournament is currently the only one of its kind in the nation.

Fall League: begins in mid-September and goes for 6 weeks with no state shoot at the end. It's a great way for students to introduce themselves to the sport before the Spring League. Registration for the Fall League begins in August so being on the mailing list before school starts is very important. Shoots are held at the Owatonna Gun Club. Registration covers 2 rounds of targets per week for the 6-week season, the cost of league registration, a meal at our fun shoot, and a team shirt.

Spring League: involves weekly shoots one night per week starting the first week of April and going through the MSHSL State Tournament in late June. Shoots are held at the Owatonna Gun Club. Registration covers 2 rounds of targets per week for the 10-week season, the cost of league registration, state shoot registration, a meal at our fun shoot, and a team shirt.

All students provide their own firearms, ammunition, and safety gear. Students from neighboring school districts without a team or who are home schooled are also welcome to join us!

For more information contact Dan Sorum at 507-417-2627 or email him at dsorum@nrheg.k12.mn.us. If you wish to be placed on the team mailing list email Mr. Sorum your contact information ahead of time.

ALL FEES need to be sent to Mr. Sorum (306 Ash Ave. South, New Richland, MN 56072) with checks made out to NRHEG Community Education with Clay Target in the memo. Registration is set in January so getting on the mailing list is important for up to date information.

PRECISION DRIVING CENTER
A DIVISION OF ST. CLOUD STATE UNIVERSITY

55+ DRIVER DISCOUNT PROGRAM

GET UP TO **10% OFF** YOUR **CAR INSURANCE FOR 3 YEARS!**

To register for these or other classes in your area call:
320-308-1400 or 888-234-1294
You can also register online at www.DriverDiscountProgram.com

4-Hour in-person classes offered at this location:

NRHEG High School
306 Ash Ave. South
New Richland, MN 56072

March 9, 5:30-9:30pm

Enter through main East Entrance, Door #1E



320.308.1400 PrecisionDrivingCenter.com 1805 U.S. Highway 10, St. Cloud, MN 56304
Safety Programs | Skill Training | Custom Courses



Join the Ambulance Relief Association's

Sweetheart BINGO NIGHT!

Saturday, February 21st

7:00pm (doors open at 6:30)

New Richland City Hall

$15 per card for the night gives you 15 games PLUS a final blackout game

cash prizes

Raffle drawings between games

Fun for the whole family!

Proceeds will go towards the Ambulance Relief Association





Saturday, March 28

- New Richland City Hall Community Room
- 7:00pm (doors open 6:30)
- $15 per card for the night gives you 15 games PLUS a final blackout game.
- Each game wins an Easter Ham

Hosted by the New Richland Commercial Club

Thank you for your continued support!

MEN'S VOLLEYBALL OPEN GYM



AGES 14+

Calling All Men's Volleyball Players!

Looking to stay active and play volleyball? Join our Men's Volleyball Open Gym at 5:45 Wednesday evenings in New Richland at the Secondary School!

Get workouts in, sharpen your skills, and be part of a recreational team with league games played in surrounding communities.

For more information, Contact Christian at:

507-456-0521

christianhuntingtoncully@gmail.com

follow on instagram: the_ball_smashers

NEW RICHLAND AMBULANCE

COMMUNITY EDUCATION & TRAINING

OFFERS THE FOLLOWING COURSE:

American Heart Association.

CPR & First Aid

$76 per person

If interested:

Message the Ambulance Facebook page, email nramb@cityofnewrichlandmn.gov or call 507-475-8410

REGISTER ONLINE!

www.cityofnewrichlandmn.com

Click on "CPR Training Registration"

CPR TRAINING

Get certified. Save a life. You'll be glad you did.

POWER HOUR TOTAL BODY FITNESS

MONDAYS - WEDNESDAYS - FRIDAYS 5:00AM TO 6:00AM
LOCATION: NR Secondary School weight room, enter through door #17

ALL FITNESS LEVELS ARE WELCOME! Join Emily for a unique & customized group workout experience! She understands that every person is unique and every goal is personal, so by working together we can build healthy, happy people! Our unique personalized workout classes offer a wide variety of movements, routines, and challenges based on the strengths of the coach, the equipment available to us and the spaces we are provided. This is a truly customized group fitness class that offers multiple workout options 3 days a week so eventually you will discover multiple options/pathways within each of our workouts to help you achieve your goals!

Session 4	Dates: Dec. 30-Feb. 28	$85 per person / 9-weeks
Session 5	**Dates: March 3 – April 25**	**$75 per person / 8-weeks**

PICKUP BASKETBALL™

Schedules could vary each week dependent upon Ellendale & New Richland gym availability and participants' schedule. Please join our Facebook group

"NRHEG Pickup Basketball" to find the times, dates, and locations each week

Ages 13+

Cost: $3 at the door

Leader: John McGinnis



Indoor Walking

Join us for the walking program in the New Richland or Ellendale building!

You will need a Panther walking button which must be worn while walking. You will receive a walking button and building instructions upon registering in person at the Ellendale or New Richland school office. Please contact Macy at 507-417-2667 if you have additional questions!

Time: 6:45-7:30am and/or 3:30-7:30pm
Dates: Only available on school-days
Cost: $5 per person each year to join regardless of when registering.

Stay Active & Independent for Life

Do you wish you could improve your strength, balance and flexibility?

Do you want to decrease your risk of falling?

This free exercise program is for you.



Stay Active & Independent for Life (SAIL) is an evidence-based exercise program proven to prevent falls and improve health and well-being.

Designed for older adults, SAIL classes include strength, balance, flexibility and moderate aerobic training. Performing exercises that improve strength, balance and fitness are the most important activity that adults can do to stay active and independent. Exercises can be performed seated or standing.

NEW RICHLAND

EVERY WEDNESDAY AND FRIDAY
9:00 – 10:00 A.M.

TRINITY LUTHERAN CHURCH
204 FIRST STREET NW

Walk-in Registration
This is a FREE program

ACTIVE AGING PROGRAMS
Catholic Charities of Southern MN

Contact Marlene with questions or to pre-register:

507.450.1518
mlevine@ccsomn.org

COMMUNITY EDUCATION REGISTRATION FORM

1 registration form per person please

Participant Name: _____

Address: _____ City: _____ Zip: _____

E-mail address: _____ Cell phone: _____ Work: _____
(email is NECESSARY for updates and notifications of class info.)

1. Class/Activity: _____

Date: _____ Time: _____ Fee: _____

2. Class/Activity: _____

Date: _____ Time: _____ Fee: _____

3. Class/Activity: _____

Date: _____ Time: _____ Fee: _____

How will your child be getting home after class/activity is complete(who will pick up)? _____

Where will my child be picked up & dropped off at (bus trips only)? _____

TOTAL AMOUNT ENCLOSED: _____ CHECK #(s) _____ *Checks payable to: Community Ed*

****** Field trips will require an additional form & waiver to fill out - located in a school office or on our website.***

PARTICIPANT EMERGENCY CONTACT INFORMATION

STUDENT GRADE: _____ AGE: _____ ALLERGIES: _____

PERTINENT MEDICAL INFORMATION : _____

_____

1. PARENT/GUARDIAN/RELATIVE/FRIEND NAME: _____

PHONE: _____ CELL: _____

2. PARENT/GUARDIAN/RELATIVE/FRIEND NAME: _____

PHONE: _____ CELL: _____

RETURN FORM TO:
NRHEG Community Education
306 Ash Ave. South
New Richland, MN 56072

MAKE CHECKS PAYABLE TO:
NRHEG Community Education. Please send separate checks for sports/trips & enrichment classes.

You will be registered when the payment is received. If the class is cancelled, all checks will be returned or shredded.

COMMUNITY ED. REGISTRATION POLICIES

REGISTRATION INFORMATION

*Prompt registration is encouraged as space is limited and classes may fill quickly. Additional class times may be added if needed.

*Classes without enough participants will be cancelled

*Classes are filled on a first-come, first-served basis. Waiting lists will be formed once classes are full.

*Confirmations of class registrations are NOT sent. Please assume you are registered unless otherwise notified.

*At this time phone and email registrations cannot be accepted. Please register via mail or in person. Include fee payment with registration form, as registrations will not be taken without payment

REGISTRATION FEES

*Fees for ALL activities are due at time of registration. Please register by the deadline. Make checks payable to NRHEG Community Education. Please use a separate check for each activity & put the name of the class in the memo line.

TRANSPORTATION

*Parents are responsible for their student's transportation unless noted otherwise. When picking up your student from class, please be prompt, as additional supervision is not provided.

CANCELLATIONS

*In the event of school cancellation (late start, early out, or all day) classes/activities scheduled during this time will be cancelled. All programs that are cancelled or partially cancelled due to the weather will be attempted to be made up at the convenience of the instructor and facility schedules. No refunds will be given on classes that are cancelled or partially cancelled due to the weather.

SCHOLARSHIP INFORMATION

*Families who qualify for the free/reduced price meal program may receive a reduction in class fees. Families may call NRHEG Community Ed to determine if they meet the criteria.

South Country Health Alliance (SCHA) members may take up to $15 discount per class on most classes, limit of 5 discounted classes per year. If a class is less than $15, the member may take the class free of charge. Members must be on SCHA at the time of registration, and through the duration of the class(es). Members must register in person I the Community Ed office and show SCHA card at the time of registration.

SOUTH COUNTRY HEALTH ALLIANCE
Bringing Wellness Home

REFUNDS

*If a class is cancelled due to low enrollment, fees are refunded or credited to your account. No refunds will be given 72 hours prior to class start date. Refunds will not be made after the first class meeting. Bus trips are non-refundable after the registration deadline and some classes may be non-refundable due to registration requirements.

*In the event that a class is filled or cancelled, you will receive a cancellation notice by mail, email, or telephone – your registration fee will be refunded.

PHOTOGRAPHY DATA

*Candid photos of participants in class or an activity may be used in NRHEG media and publications. You may decline authorization by contacting the Community Education Office at 417-2667

Does your child get FREE and reduced lunches? If so, they qualify for DISCOUNTS on our classes! Stop into the Community Ed Office (C113 Secondary Building) or email mwhiteside@nrheg.k12.mn.us today and fill out some paperwork!



That's Community Ed!

NRHEG Public School District #2168
Community Education
Macy Whiteside, Director
https://www.nrheg.k12.mn.us/domain/49
507-417-2667
mwhiteside@nrheg.k12.mn.us

NRHEG School District 2168
306 Ash Ave. South
New Richland, MN 56072

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NRHEG COMMUNITY EDUCATION

Winter/Spring 2026 District Brochure

School 2025-2026 Office Hours:

District Office: School year: Monday-Friday 7:30-4:00pm.

Elementary School Office: School year: Monday-Friday 7:30-4:00pm

Community Education: School year: Monday-Friday 8:00-3:30pm.

**contact District Office if CE Office is unavailable/closed*