

TIGER TAIL

The promise of Rush City Schools is to create global citizens who are lifelong learners.



District Office
(320) 358-4855

High School
(320) 358-4795

Elementary
(320) 358-4724

Early Childhood
(320) 358-3635

Transportation
(320) 358-3562

HAPPY
NEW YEAR

HAPPY
NEW YEAR

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NEW YEAR



Rush City Schools

Superintendent

Brent Stavig

bstavig@rushcity.k12.mn.us

Rush City School Community,

As you may be aware, over the past several months the district has been in the process of developing a plan to address our facility needs. We are excited to share that we have made much progress and are close to finalizing our facilities plan. Hearing from our community members is important to us! If you are interested in learning more about some of the facility improvements currently being considered in the facilities improvement plan, please join us on Thursday, January 19th, from 4:00 to 5:30 PM in the High School commons area. Prior to the regular school board meeting that evening, district administration and members of our planning team will be available for discussion, questions, and feedback.

You may also recall from previous newsletters that our School Board Advisory Committee meets on the second Monday of each month @ 6:00 in the High School Media Center. The purpose of these meetings is to engage members of the community regarding important topics and ultimately provide recommendations or advice to our School Board to aid them in decision making. In an effort to engage more members of our community, we are expanding the scope of these meetings to recognize students, staff, and programs that are having a significant impact within our district or community. We hope you join us to learn more about the wonderful things that are happening in Rush City Schools, and to provide input regarding important topics.

If you have any questions, please reach out to me at bstavig@rushcity.k12.mn.us. Thank you for making Rush City Schools your school of choice!

Brent Stavig

Superintendent



CE Jacobson Elementary

Elementary Principal

Alicia Nelson

anelson@rushcity.k12.mn.us

~Elementary Updates~

Together, we are better for our children, families, our community and each other. 😊

NEW TO C.E. JACOBSON ELEMENTARY– 4 ENGAGING STUDENT CLUBS!

What you need to know (more information is in the links below for each registration):

- Each club is limited to the first 20 students who sign up and commit to attending.
- You can only sign up for **one club** per student during this session.
- A second and third session of each club will be offered as the year goes on and into spring—so if your child doesn't get in now, you can sign up again later.
- Clubs run from 3:00pm–5:00pm
- Parents must pick students up at 5:00pm—*there is no district transportation available at this time*
- Clubs ONLY run if school is in session. Clubs are canceled whenever school is canceled or released early for any reason.

Elementary STEAM Club Mondays - Grades 1-3

[Register Your Student Here for Grades 1-3 STEAM Club](#) (click link)

This club runs for 3 weeks after school beginning January 30th.



Elementary LEGO Challenge Club Tuesdays - Grades 1-3

[Register Your Student here for Grades 1-3 LEGO Challenge Club](#) (click link)

This club runs for 5 weeks after school beginning January 17th.



Elementary STEAM Club Wednesdays - Grades 4-6

[Register Your Student Here for Grades 4-6 STEAM Club](#) (click link)

This club runs for 5 weeks after school beginning Wednesday, January 18th.



Elementary LEGO Challenge Club Thursdays - Grades 4-6

[Register Your Student Here for 4-6 LEGO Challenge Club](#)

This club runs for 5 weeks after school beginning Thursday, January 19th.

Let's Talk "Technology"



Elementary Con't

Most children and teenagers these days spend a great deal of time on phones, social media, video games, and other screen time. *Spending excess time online can be very troublesome for students when it interferes with a child's ability to have a developmentally typical or normal life.*

Playing online/video games and consistent social media interaction are extremely stimulating to kids' brains, making it very hard for them to focus on other things or break away from it. *We are seeing a lot of trouble with focus and staying tuned into learning with students in school.*

There is a really negative impact on kids when they spend so much time on screens that they no longer sleep, rest or take breaks, talk with others, interact with peers or family members, or learn how to observe/interact with the world around them. *Research suggests that heavy social media use can also be a risk factor for anxiety and depression in children and teenagers. We are seeing a lot of these symptoms/signs in school.*

It's critical to monitor what our kids do online so that it is age-appropriate and "ok" for their minds. If your child still has enough time for all the other important activities in their life, then you probably don't need to worry about their screen use. *Social media and Tik Tok, for example, may take students into inappropriate realms very quickly and parents may have no idea what's going on on their child's device. I have talked with many parents over the years who had no idea how much time students spent on apps/social media, and some of the very dangerous or inappropriate things their students were getting caught up in. Talk with your phone/internet provider to learn about parent controls—you can set the controls and limits, which is a very healthy boundary to have for kids!*

My Student's Well-Being at School

C.E Jacobson Elementary provides a convenient and confidential way for anyone to report information about situations that might affect safety at school.

Anyone can access the [See Something Say Something link](#) any time - day or night to report concerns about bullying, unsafe, or potentially disruptive activities or situations. Examples could include drug or alcohol abuse, weapons, harassment, threats for personal or building safety.

[Click Here](#) This form is also available on all of our schools' websites!



VOLUNTEERS *We are looking for school volunteers to do very specific tasks that will support students within the school day! If you are interested, please call Kim Sarago in the elementary office. There is a process for volunteer application and approval (passing a background check and finding an appropriate placement). You may also email her at ksarago@rushcity.k12.mn.us*

Community Ed

Child and Babysitting Safety (CABS) Program

When: Monday, January 23rd
Where: CE Jacobson Elementary,
Tiger Care Room
Time: 9:00am – 12:00pm



The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives everything you need to know for safe and successful babysitting. The YouTube “vlogger” style presentation of the video brings a youthful and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success. Students must be present for the entire class and complete achievement of the core learning objectives to receive certification valid for two years. Students attend this class independently and should come prepared with a notebook and pen.

Instructor: Ariane Bromberg
Student class fee: \$50
Age 11 years old and up
Class length: 3 hours Minimum 8 students / Maximum 30 students

[REGISTRATION](#)

Home Alone (2nd grade and older)

When: Monday, January 23rd
Where: CE Jacobson Elementary, Tiger Care Room
Time: 12:30pm – 2:30pm

Is your child ready for the independence of being home alone? Parents need to be sure their children have the skills and maturity to handle the responsibility safely. Whether it is for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a child who is mature and well prepared. This class for children will address several topics relating to being “Home Alone” including age guidelines, safe habits, house rules, after school routines, phone class, door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders and first aid tips. Students attend this class independently and should come prepared with a notebook and pen. Parents are encouraged to review the take home information and discuss it with their child. [REGISTRATION](#)

Instructor: Ariane Bromberg
Student class fee: \$30.00
Age- 2nd grade and older
Class length: 2 hours
Minimum 8 students / Maximum 30 students



"BYOB: Being Your Own Boss" Start a Business

Thursday, January 19th, 2023
6:30-8:30 PM Cost: \$10.00



Have you ever thought about starting a business? Or maybe bringing your good ideas to the next level? In this two-hour session you will be able to learn the basic steps in starting a business and help determine if owning a business is right for you.

Topics covered are:

1. Ready to be your own boss
2. Where to start
3. Confidence in your next steps
4. Who is going to help along the way

Minimum of 3 maximum of 20 participants for this class.

Location: High School

Instructor: Kathy Lindo, Small Business Development Center
Consultant with Chisago County Economic Development

[REGISTRATION](#)

YOGA CLASS

Beginner -
Intermediate

Starts January 10th!

In this class, yoga postures are practiced to promote mobility and balance and strengthen our bodies while relieving stress. Participants can expect an emphasis on breathing techniques and simplicity, repetition, and ease of movement. After we have learned how to relax the body and practice safely, we are ready to explore a wider variety of yoga asanas (postures). Participants will learn how to practice a well-rounded yoga practice so that they can continue to balance and strengthen their bodies. This class will be tailored to meet the needs of the group. Classes will take place in the high school media center on Tuesdays to start. Cost \$10/session. Pay per session or for the month.



Community Ed con't

ZUMBA Classes

Starts January 9th!

High School Theatre

Walk Ins: \$7.00 / 5 Session Punch Card: \$30.00

No classes on January 16th or February 20th



IF YOU HAVE QUESTIONS OR TO REGISTER FOR ANY OF THE OFFERED CLASSES PLEASE CALL THE HIGH SCHOOL OFFICE AT 320-358-4795 OR GO TO OUR WEBSITE AT:

https://www.rushcity.k12.mn.us/community/community_education

For all of the latest offerings available through community education or community education partnerships.

Community Education is looking for people willing to teach classes to our community members and students. There has been specific interest in cooking classes. Perhaps a class showing the preparation of basic meals, or a make and take class for baking some delicious goodies. Art classes are another area of interest. Could you teach an art class such as painting or ceramics? Maybe you would like to plan and offer a field trip somewhere. One of our great Minnesota museums? A trip for an outdoor activity such as skiing, snowboarding, or tubing? We also have many great theatre and sporting events that happen close by. Plan a trip and take a group for a great experience! If you have an idea for a class, a project, or a trip, fill out this [Application to Offer a Community Education Course Through Rush City Schools](#) and let's get started!

Continue to refer to the [Rush City School District #139](#) Facebook page or our [community educations page](#) for the latest and greatest information on what is happening here at Rush City High School and community education.

For more information or questions regarding community education, please contact Lee Rood or Cathy Monster at the high school.



Early Childhood

Early Childhood Coordinator

Sara Sieling

ssieling@rushcity.k12.mn.us

Winter/Spring ECFE Registration is OPEN!! View the brochure [here](#).

Friday March 3, 2023

Messy Fun (18 mos – 5 yrs)

Time: 1:00PM – 2:00PM Room 402

Playdoh, paint, sand, and more will be available for parents and children to enjoy while they spend an hour of messy fun together!

Cost: \$5.00 per child
(Register by February 24th)

Tuesday April 18, 2023

Dinner Date (18 mos – 5 yrs)

Time: 5:30PM – 7:00PM Room 402

Come join other parents of young children for an evening of pizza and play! We will start the evening with some pizza, enjoy some activities together in the classroom, and end with some large motor play!

Cost: \$3.00 per child/\$5.00 per adult
Max \$10 per family
Register by April 11th

Friday May 12th, 2023

ECFE in the Park (all Ages)

Time: 9:45 – 11:00

Come join us as we celebrate our last day of ECFE together! Games, snacks, and fun will all be a part of our celebration! Activities will take place at the Rush City Park (345 S Dana Ave). In case of rain, we will move to the Elementary School.

Cost: FREE (Register by May 5th)

BIRTH to 5 years – WEEKLY CLASS (separating)

Come join other families of young children for socialization and play! Activities are set up in a safe environment geared towards building skills and confidence. Parents will separate for a short time to talk about parenting topics.

Class will meet Fridays on the following dates:

Feb. 3, Feb. 10, Feb. 17, Feb. 24, Mar. 3, Mar. 10, Mar. 24, Apr. 14, Apr. 21, Apr. 28, May 5, and May 12.

Class Time: 9:45 – 11:00

Class Fee: Sliding Fee Scale



To register for any of the classes, click [here](#).



Health and Wellness

Stacey Schultz, Nurse

sschultz@rushcity.k12.mn.us

Katie Groh, Assistant Nurse

kgroh@rushcity.k12.mn.us



Welcome to 2023!

We hope everyone had a great break with friends and family. It has already been a great start of the new year! We want parents to be reminded of some helpful tips to keep their kids healthy throughout the new year:

- **Get adequate sleep.** Children in kindergarten through grade six should get between 9 and 11 hours of sleep. Sleep quality is directly associated with behavior, eating habits and the ability to fight off infections. Lack of sleep increases cravings for junk food and often results in mood swings, temper tantrums and an increased risk of infection.
- **Exercise daily.** Help your child get at least 60 minutes of exercise a day. This will help them sleep better, fight off infection, be healthier overall, improve their behavior, manage stress better, & improve performance at school.
- **Reduce screen time.** Any screen time not associated with homework should be limited to two hours a day or less.
- **Practice healthy eating habits.** Promote your child's health with a nutritious breakfast, lunch and dinner, along with adequate hydration throughout the day.
- **Stay up-to-date on immunizations.**
- **Wash hands frequently to reduce spread of germs.** Teach them to keep hands away from their face and to cough or sneeze into their arm or shoulder.
- **Help your child deal with stress and anxiety.** School, sports and social media can all be sources of stress and anxiety for your child. Monitor their social media use and keep the communication lines open so you can identify bullying or other sources of stress or anxiety at school.
- **Schedule a school or sports physical annually.** School and sports physicals are a way to monitor your child's development, growth and health each year.

I hope these tips will help you all as you guide your child to have a more healthy lifestyle. Thank you! If you have any questions feel free to contact us!

320-358-1270 (High School)

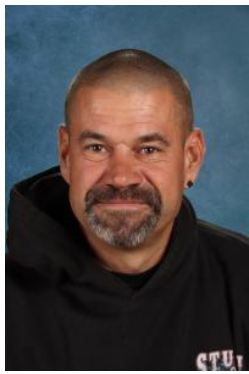
320-358-1364 (Elementary)

Stacey Schultz, Nurse

sschultz@rushcity.k12.mn.us

Katie Groh, Assistant Nurse

kgroh@rushcity.k12.mn.us



Transportation

Anders Johnson
Transportation Supervisor
ajohnson@rushcity.k12.mn.us

Dear Families,

I hope everyone enjoyed the extended break.

With winter in full swing, I ask all to use extra caution near bus stops given the number of snow piles out there.

We appreciate everyone's patience with buses and vans getting behind schedule occasionally during the recent weather.

If you need to contact the transportation department in the morning, please do so before 6:30AM to ensure messages get to the proper drivers. Many buses are on the road early!

Have a great January and drive safely!

Best to all,
Anders Johnson



February is Bus Driver (& Van)
Appreciation Month!

PLEASE STOP!!



WE NEED YOUR HELP! We continue to experience a high volume of stop arm violations in our district. In order to keep our children safe, we ask you to slow down and pay attention to any buses on the road! Always be prepared to stop for school buses, especially during pick up and drop off hours. Let's keep our kids safe!

→ **\$500 minimum Fine!!**

→ Stop for a school bus with its flashing lights activated and the stop-arm extended.

→ Stop at least 20 feet from a school bus

→ Remain stopped until the stop-arm is retracted and red lights turned off. It is important to note that school bus drivers can report these violations directly to the police department. The registered owner of the violator vehicle can receive a ticket in the mail – even if they were not driving the vehicle at the time of the offense.



Food Service Supervisor

Molly Gotwald

mgotwald@rushcity.k12.mn.us

Happy New Year!

The food service department would like to extend many happy wishes for our students, staff, and families to have a wonderful and safe 2023!

We are looking forward to trying some new meals and bringing back some big-time favorites in the 2nd half of the school year.

We are striving to make the breakfasts and lunches as filling and full of variety as possible and we appreciate everyone's patience during any supply chain issues that might prevent the menu from being served as posted.

Thank you and have a great January!

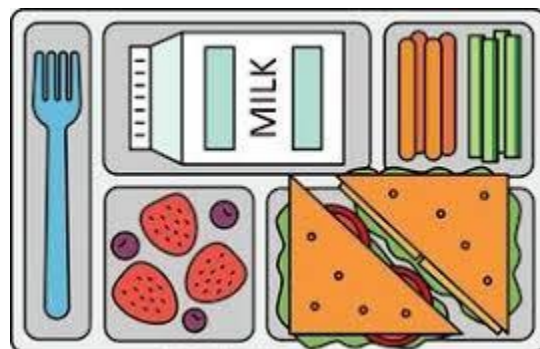
Important Links:

LUNCH PRICES:

High School Student: \$2.80

Elementary Student: \$2.65

Breakfast - Both: \$.90



Important Links:

[My School Bucks](#) (website for adding lunch money)

[2022-2023 Application for Educational Benefits](#)

[Elementary Food Service Website](#) (menu's located here)

[High School Food Service Website](#) (menu's located here)

[Special Diet Statement Form](#)

Breakfast - Both: \$.90

News & Information



Rush City High School Teachers Mrs. Jeska and Ms. Bombalier would like to thank all 7th graders who are currently finishing up "Keepin' it REAL", also known as DARE (Drug Abuse Resistance Education). Students committed 10 hours of their time to participate using scenario based activities and personal reflection and small group interaction to become more confident in communicating, decision making and problem solving to refuse drugs and violence. This program is being taught by School Resource Officer, Deputy Jessica Gage. By the end of this school year, approximately seventy 7th grade students will have completed this program. We thank all of you for your hard work!



NO SCHOOL

January 16 - Martin Luther King Day

January 23 - Staff Inservice Day

February 20 - Presidents Day

February 27 - Staff Inservice Day & Afternoon Conferences

March 13-17 - Spring Break