

SENIOR DEFENSIVE DRIVING

Persons ages 55 and over who complete this course qualify for a ten percent discount on their auto insurance premiums for three years. First time participants must complete the 8 hour class. A refresher course is required every three years for the insurance discount. The class will be held in the library and taught by Sheri Siira. You will learn information to keep up with the new technology and rules. Please register.

Refresher classes: Fee: \$20

Wednesday, January 9 from 5:00 – 9:00 pm

Monday, March 4 from 5:00 – 9:00 pm

Thursday, April 11 from 5:00 – 9:00 pm

8 hour class (2 evenings) Fee: \$25

Thurs. Feb 28 & Mon, March 4 from 5:00-9:00

FITNESS WEDNESDAY WORKOUTS

Men and women and all abilities are welcome in this class. Each session will be different with cardio, weights, abs, stretching and strengthening. Hand weights and a mat are provided. We meet in the small gym or the fitness room.

Date: Wednesdays 5:45 – 6:45

Fee: \$5/class or \$15 for the month

Instructor: Missy Hexum

WALKING

Since the weather has changed we've seen lots of walkers in the building. It's great to see so many people in the community taking advantage of our long hallways. Our walls are filled with student work and art for you to enjoy while you are here. Please come after school or 8:30 on Saturday mornings.

Underwood Community Education

Anne Stenoien, Director

218-826-6101 ext 108

astenoien@underwood.k12.mn.us

DANCE FITNESS ON MONDAYS

If you enjoy moving to music and are willing to give your brain and your body a workout, then you should try this class! You just follow the leader and be willing to enjoy the challenge. This fun fitness class is great for all ages and will give you a good cardio and strengthening workout, so be sure to wear comfortable shoes, light weight clothing and bring a water bottle.

Date: Mondays from 5:45 – 6:45 in the gym

Fee: \$5/class or \$15 for the month

Instructor: Missy Hoen

ZUMBA ON SATURDAYS

Zumba with toning is the focus of this class, so make it a fun way to start your weekends. A fun group will support your efforts to get in shape! Wear clothing that is cool and lets you move and bring a water bottle.

Dates: Saturdays from 8:30 – 9:30

Fee: \$5/ class or \$15 for the month

Instructor: Missy Hexum

SQUARE DANCE LESSONS

Join a fun group learning to square dance on Monday evenings at 7:00 in the school commons. All ages and abilities welcome. Instructor/Caller: Larry Johansen

COMMUNITY FITNESS CENTER

The school year hours for community use of the fitness center are from 6:00 – 7:00 am and from 5:00 – 10:00 pm and is open Monday – Friday. You must be a trained and a registered user to use the facility. To be trained for using the facility, please contact Anne Stenoien. Thanks to the Underwood Foundation for helping to purchase a rowing machine for the room.

ASVAB FOR JUNIORS

All juniors will take the Armed Service Vocational Aptitude Battery on Monday, December 10th. Also any seniors who have not taken this test should take it on that day. The testing will be completed by noon and students must not be late or they will not be able to take the test. Please note that this is an early release day.

The ASVAB subtests are: General Science, Arithmetic, Reasoning Word Knowledge, Paragraph Comprehension, Numerical Operations, Coding Speed, Auto and Shop Information, Mathematics Knowledge, Mechanical Comprehension, Electronics Information, and Sum of Word Knowledge and Paragraph Comprehension. If you have questions, please contact Anne Stenoien, District Assessment Coordinator.

ACT TESTING

This year the state is once again offering the chance for students to take the ACT Plus Writing during the school day. All juniors and any seniors who have not taken the ACT may take it during the school day at UHS. It will be held on April 2nd Important information on fees this year: Students eligible for free and reduced meals will have their fee paid for by the state. Other students will benefit from our school funding \$30 of the fee, so the student will pay \$28 – a very good bargain.

GYMNASTICS HOLIDAY SHOW

Enjoy seeing what our gymnasts have learned this fall at their Holiday Show on Saturday, December 15th at 11:00 in the small gym. They will amaze you with their flips and skills.



SCHOOL SUPPLIES

We have had some back packs donated for elementary and high school students and also some school supplies such as glue, notebooks, pencils, crayons, winter gear and other necessary items for students. If your child could use some of these supplies, please notify anyone in the office. They could help to get them off to a good start for the winter months.



SAVING TO SUPPORT YOUR PRE-SCHOOL PLAYGROUND

We have a playground design planned for our preschool children to have an age appropriate area to climb, slide, jump, and move. Now we are hoping that you will help to raise the funds.

Please send these items to school:

- * "Box Tops for Education" from hundred of grocery and paper products. Each is worth ten cents for our school.
- * Grocery receipts from Service Food. We receive 1% of the total and have received \$53,321 from their program since it started!
- * Also SunMart receipts. We need less than \$2,000 worth of receipts in order to submit these for funding. If you shop in Moorhead or still have some from Fergus Falls, please send them to school!
- * UPC's from Our Family Products

Please note we can no longer take Campbell labels. The program has been discontinued.



DOUBLE WEDDING RING QUILT

The double wedding ring is truly a beloved American quilt. Learn how to beautifully and perfectly piece this classic quilt. I will take you through all the tips and you will learn all the skills to achieve this. You will receive a pre cut table runner kit including binding out of Cherrywood fabric. You will also receive the double wedding ring book and templates.

Intermediate sewing level but don't be intimidated as it is truly easy with this method. You will have all the skills to make any size double wedding ring quilt after this class.

Bring a sewing machine (you need to be able to set to quarter inch or have a quarter inch piecing foot), cotton thread (grey or cream), seam ripper, scissor, pins. Pack your lunch. If you need a school machine, please let us know.

Date: Saturday Dec 8th 10:00-4:00

Fee: \$65 includes the class and materials.

Instructor Angela Weber, a quilt teacher and pattern designer for over 25 years.

KIDS PROJECT DAY

Watch for the flyer with more information on this fun morning activity on Saturday, January 19th. It's for all children in grades K-6 and their parents are invited too.

Participants will select several different "hands on activities" to attend. There will be several projects to make & fun things to do.

You will select your sessions that you want to attend when you arrive with tickets posted in the registration area. A limited number of students are allowed in each session, which are taught by high school leaders and volunteer adults. Activities include sewing projects, woodworking, beads, cooking --something for everyone. Please pre-register when the flyer is sent home so that we know how many to expect. This fun day is co-sponsored by Minnesota Extension and Underwood Community Ed..

DISTRICT PLANS TO SURVEY STUDENTS 2019 MINNESOTA STUDENT SURVEY

Our school district is asking students in grades 5, 8, 9 and 11 to participate in the 2019 Minnesota Student Survey. Federal law requires us to notify parents of this school activity. The MN Student Survey is conducted in schools across our state every three years. Questions on the survey are about many topics relating to young people's lives. The survey asks about how well school is going, future plans, out-of-school activities, physical and mental health, relationships, substance use and more. High school students are asked about sexual behavior. This useful information about their thoughts and behaviors helps communities and schools develop effective programs and provide better services.

The Minnesota Student Survey will be administered the week of February 19th. If you have questions about the survey, please contact: Anne Stenoien, 218-826-6101 ext 108, or email to astenoien@underwood.k12.mn.us. You have the right to review a copy of the survey.

This survey is anonymous and is voluntary. You may choose to have your child not take the survey by completing and returning the form below. Students may also decline to take any part of the survey or the whole survey when it is administered. *If you do not want your child to take the Survey, please return this form to school.*

Student's name: _____ Grade: _____

Parent/Guardian signature: _____ Date: _____

YOUTH BASKETBALL LEAGUE

Boys and girls in the fifth and sixth grade basketball teams have started practicing for their games. Their regular season games in the Youth Basketball League are on Saturdays in January and February. Each team plays three games at league events.



5th and 6th grade GIRLS

January 5 - Ashby at 9:00

January 19 - Underwood at 9:00

February 2 - Osakis at 9:00

February 16 - Perhams at 9:00

5th and 6th grade BOYS

January 12 - WCA at Barrett at 9:00

January 26 - Perham at 9:00 (or possibly BL)

February 9 - Perham at 9:00

February 23 - Sauk Centre at 10:00

Each team has their own practice schedule and notes are sent home or coaches are contacting parents about the practice times. If you have questions on times, please contact Anne Stenoien. Thanks to all of our volunteer coaches!

ELEMENTARY WRESTLING PROGRAM



The elementary wrestling program is for kids in grades Kindergarten - sixth grade. Their practices are scheduled on **Mondays from 6:00**

to 7:30 in the OTC wrestling room in Battle Lake starting December 3rd. There is no fee to participate in elementary wrestling, but there is a deposit required for any singlets worn for area tournaments. Singlets can be picked up from Anne Stenoien at Underwood School. There are many tournaments for kids in west central Minnesota and Underwood will host an elementary wrestling tournament on Friday, February 8th and there will be a scrimmage at Underwood on March 12th. Parents are encouraged to help with practices. Registration forms are available at school.



BUS ROUTES REVERSE JANUARY 22

Half way through the year we reverse our bus routes so that those kids who have been getting on early will get on later. The change will be on Tuesday, January 22nd. Bus lists will be sent home with the new times and posted on our web page. If you have questions, please contact Anne Stenoien at 826-6101 ext 108 or email to astenoien@underwood.k12.mn.us

ARTIST MENTOR SCHOLARSHIPS

\$600 scholarships are available to assist students to study with an artist during the summer of 2019. Students currently in grades 9, 10, and 11 attending public, private, or home schools and living in the region will be selected. The arts study may be in any arts discipline, including visual arts, dance, creative writing, drama, music, design, media arts. These awards will be made on the basis of commitment and potential for artistic development. Application Deadline: Midnight, Wednesday, Jan. 23rd

The review session for the nine county area is held at **Underwood School**, on Saturday, March 2, 2019. At this session you will show your work and discuss your interests privately with two judges. To apply go to the Lake Region Arts Council web page and complete the on-line application. www.lrac4.org/grants



Artist Mentor Program
LRAC4.org