

## 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, November 6 from 5-9 p.m.

## 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, but bring a water bottle. 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

## SQUARE DANCE CLASSES

We are planning to start a new round of classes with Larry Johansen for learning how to square dance. You will be notified of the day and time for classes if you contact Anne in the Community Ed office by email or phone. It's a good opportunity to get exercise and socializing!

## Underwood Community Education

Anne Stenoien, Director

218-826-6101 ext 108

[astenoien@underwood.k12.mn.us](mailto:astenoien@underwood.k12.mn.us)

*dance*fitness

## ZUMBA 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 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

## 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.

## 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 March 24<sup>th</sup>. 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 \$29 – a very good bargain.

## PSAT FOR JUNIORS

Any junior looking for a way to reach your college goals may want to consider taking the PSAT at UHS on Wednesday morning, October 16<sup>th</sup>. After the test, you'll receive feedback on how ready you are for college and tools to help you improve, and you will have a chance for a National Merit Scholarship. You must register by September 30<sup>th</sup> with Anne Stenoien. There is a fee of \$17.

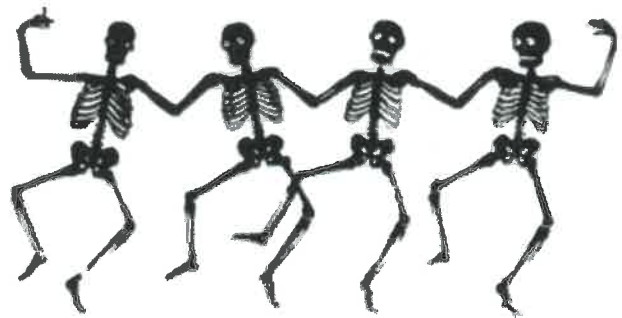
## ASVAB FOR JUNIORS

All juniors will take the Armed Service Vocational Aptitude Battery on Tuesday, November 5<sup>th</sup>. 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.

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.

## SCHOOL SUPPLIES

We have had some back packs donated for elementary and high school students and also school supplies such as glue, notebooks, pencils, pens, crayons, and other necessary items for students. If your child could use some of these items, please notify anyone in the office or a teacher.



## JR AND SR HIGH HALLOWEEN DANCE

Stay up late! Beware! You are sure to have fun!

It's time to show how crazy and fun life can be! Wear your costume or just come to enjoy the music and friends. The dance is from 9:00 – 11:00 on Friday, Oct 25<sup>th</sup>. If you need a ride home, please plan to be picked up at the north door by the old gym entrance on Southern Ave.

Students may bring friends and all guests should be registered before the dance in the school office. Entry fee: \$4  
The dance is sponsored by the 5<sup>th</sup> grade class for their conservation studies.



**FAMILY  
HALLOWEEN  
DANCE  
OCTOBER 25<sup>TH</sup>**

Spend Friday evening with your friends and family! Elementary families are invited to the dance between 6:30 and 8:30. Costumes are not required, but can be lots of fun. The entry fee is \$4/student with a maximum of \$10 per family. Parents are free! It's a great way to meet other families at school. It is sponsored by the 5<sup>th</sup> grade class for their trip to Long Lake Conservation Center.

**LIONS HALLOWEEN PARTY - Oct 31st**

The Underwood Area Lions host a supper and party at the Underwood Community Center on Main Street starting at 4:00 on Halloween night. Children ages 14 and under will enjoy hot dogs, chips, a beverage and treats! Food is served until about 7:00.



**AFTER SCHOOL  
ADVENTURES**

This class is almost full. Be sure to call to see if there is still space. Our theme,

Adventures of a Mad Scientist, is sure to create a fun afternoon. There are lots of activities planned. A healthy snack is always provided. This class is taught by the 4-H Coordinator, but you do not have to be a 4-H member to attend.

**Who:** Kindergarten—4th grade

**Where:** Science Lab at Underwood School

**Time:** 3:15 pm -5:00 pm

**Dates:** 2nd Wednesday of the month in October, November, December, February, March, and April. (No class in January)

**Cost:** \$20 per student for the whole year with a \$30 family limit. Scholarships are available.

**Fire Star Gymnastics is an Underwood  
Community Education Program**

Our program is coached by Charlie Fleck. Please contact him at 218-298-4753 to determine the best class for your child's skill level. Fees should be paid monthly to Community Education. Classes start again in October.

"Sparks" is the class for kids looking to learn gymnastics skills and improve their strength and flexibility. Sparks 1 meets Wednesdays afternoons and Saturday mornings. Fee: \$50/month Sparks 2 meets Wednesday afternoons with a fee of \$40

"Hot Shots" is the first team class for kids wanting to advance their skills and learn to perform. This class meets on Wednesday and Friday afternoons. Fee: \$55/month

"Nitro" is for skilled gymnasts and members are by invitation from Coach Charlie. This team will practice on Monday, Thursdays, and Saturdays. Fee: \$65/month

**TAE KWON DO CLASSES**

This fun sport teaches flexibility, control, and discipline. Master Jesse Kipp will teach for all ages and participants will be able to achieve the different levels of belts. Please contact our community ed office to register. Classes will be held at the school.

**SCHOOL SQUADS**

5<sup>th</sup> and 6<sup>th</sup> graders have received information on our two school squads that will emphasize designing and building cool stuff and also drawing, painting, and creating art. Both meet after school until 5:00. A jr high leadership squad will meet 5:00 - 6:30.

## YOUTH BASKETBALL LEAGUE



Parents and boys and girls interested in participating in the 5<sup>th</sup> and 6<sup>th</sup> grade basketball league are invited to a meeting on Tuesday, Nov 5th at 6:30. We will discuss how the league is organized, how you can help,

who will coach the teams, and when practices are organized. You will also get order forms for jerseys that night.

There is no fee to participate, but players should purchase the team jersey. Please meet in the elementary science lab, just past the big gym. If you cannot attend, please contact Anne Stenoien for all of the information and schedules.

## UNDERWOOD PTO

The Underwood School PTO, Parent Teacher Organization, is comprised of parents eager to be part of the relationship between their children and the teachers who are assisting to grow their hearts and minds. We, as a “village”, will work to enhance the environment at school. Through volunteering and financially supporting this mission we strive to encourage each and every teacher and faculty member as they connect with our next generation.

Some of the events we are planning for this year include providing supper for the staff during parent teacher conferences & cookie decorating day in December. To learn more and stay informed about upcoming opportunities to help please check out and like our Facebook page.

To be added to our group text list please text your name to Mandy at 218-205-6605 or Savanna at (701) 306-7789.

## COMMUNITY FLU SHOT CLINIC ADULTS, FAMILIES & STUDENTS

Otter Tail Co Public Health is providing a community flu clinic at Underwood School on Monday, October 14 from 2:30 – 4:00. Forms will be available on-line or can be completed at the clinic.

All people 6 months and older should be vaccinated yearly for preventing the virus that infects the lungs, nose and throat. An injectable vaccine is available for all children at the school clinic, regardless of insurance coverage. MNVFC vaccine will be available for those without vaccine coverage. A parent/guardian is required to be present for all kids 4<sup>th</sup> grade and below. This is a great opportunity for the family to get vaccinated.

The form can be found online under our Parent tab at [Underwood.k12.mn.us](http://Underwood.k12.mn.us) or online at <https://ottertailcounty.mn.us/wp-content/uploads/2019/08/NEW-FLU-FORM-2019.pdf>. We will also have forms available at school.

## OPENINGS IN PRESCHOOL

We have a few opening in our “three year old” preschool program, which meets on Tuesday or Wednesday. Children must be three years old by Sept. 1<sup>st</sup> and potty trained. We only have one spot left in our “four year old” program, which meets Tuesday & Friday and every other Wed.

Class size is limited with a teacher and an assistant in the classroom. Please call Anne Stenoien for more information and enrollment forms.

Underwood Preschool has the highest rating possible by the state – four stars! It’s been in existence for over 40 years.



## SAVING TO SUPPORT YOUR SCHOOL

\* Please save grocery receipts from Service Food. We receive 1% of the total and have received \$56,315 from their program since it started!

\* "Box Tops for Education" from grocery and paper products. Each is worth ten cents for our school. Eventually the Box Tops program will become digital-only. Participating brands are starting to change their packaging from a traditional Box Tops clip to the new Box Tops label.



If you see this label, use the new Box Tops app to scan your receipt. **Box Tops are still worth 10¢ for your**

**school.** The app will find participating products purchased at any store and instantly add cash to your school's earnings online. Find the app for your cell phone that looks like this.



## BUS ROUTES

The bus routes lists have been updated and can be found on the Parents tab on the Underwood School website. Please have your kids ready for the bus before it arrives so that the routes run smoothly.

## Thanks

Thanks to Lake Region Healthcare Foundation for funding to start a Healthy Cooking in the Classroom curriculum for our junior high health classes.

Thanks to Bell Banks and Ann Moore for funds for our future preschool playground!

Thanks to the Underwood Lions for helping to purchase school supplies & calculators.

## A new classes with Angela Weber

"I have been a quilt teacher and pattern designer for over 25 years and produced a PBS TV show."

## Cleopatra's Fan

Saturday October 26th 10:00-4:00

Learn to make this traditional quilt block with so many design options. I will bring to class a whole trunk show of sewing options along with my mother Sharlene Jorgenson, inventor of quilting templates and host of the PBS series Quilting from the Heartland and Sewing with Shar.

You will learn to cut and sew the gentle curves of this very fun block.

I have pre cut a 4 block table topper including binding out of fall toned, hand dyed Cherrywood fabric. The fabric is gorgeous!

Please bring to class sewing machine, neutral cotton thread, scissors, pins, and lunch for noon.

Irons and boards are provided

Cost is \$65.00, which includes the fabric kit.

Templates will be available at class

Class limited to 12

