

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 four hour 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 good information to keep up with the new technology and driving rules.

Refresher classes: Fee: \$20

Monday, May 7 from 5-9 pm

8 hour class: Fee: \$25

Will be offered in the fall.

WEDNESDAY FITNESS BLEND

Experience weight training, muscle toning, pilates and stretching. This is for all fitness levels as modifications are presented. You will enjoy how you feel and you will be glad you are challenged. Each week is different so you will learn lots of ways to strengthen and improve your fitness level.

Instructor: Missy Hexum

Dates: Wednesdays in April & May

Time: 5:45 to 6:45 in the small gym area

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

JOIN OUR FITNESS CENTER

District residents can join our fitness center at no cost. Call to make an appointment. The fitness center is open weekdays from 6:00 -7:00 am and from 5:00 - 10:00 pm.

You can pay on-line for any community education activity. On the school web page www.underwood.k12.mn.us go to "Activities and Athletics" then to "Community Ed" then to "Pay Community Ed Fee"

Underwood Community Education

Anne Stenoien, Director

218-826-6101 ext 108

astenoien@underwood.k12.mn.us

DANCE NIGHT OUT

Join us for another fun "Night Out" with Dance Fitness on Friday, April 27th. Our theme this year is "Strong Through the Decades" so you can wear any of your favorite workout gear. Everything will be in fashion. If you have always wondered what it's like, this is a great tune to try it at no cost. Count on favorite dance music, great prizes, food and of course lots of fun! Dress to move comfortably! Bring friends to dance too and a water bottle! Starts at 6:30 pm. Instructors: Missy and Missy

dancefitness

MONDAYS

Ditch the boring work-out and join the dance party each week. This fun fitness class is great for all ages and abilities 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

Dancing 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 and keep moving! Bring a water bottle. Dates: Saturdays from 8:30 - 9:30
Fee: \$5/ class or \$15 for the month
Instructor: Missy Hexum

ELEMENTARY VOLLEYBALL

Several teams of young volleyball players will be competing in a tournament at UHS on Friday, April 20th. Our girls have been practicing since March for this big event and will also play in other area tournaments.



ATV SAFETY

Students age 11 through 15 must complete the MN ATV Safety online class before signing up for a hands on ATV class. The certification is required for all ATV operators age 12 and older who were born after July 1, 1987. **First, complete the MN ATV Rider's Safety Class online: Offroad-ed.com** (the fee for the online course \$29.50) **Next, attend a driving ATV Safety class.** You can find the dates and locations in the DNR website.

FIREARM SAFETY

All students ages 11 and older should know how to be safe around firearms. Our class is filling quickly, so register asap! Classes are on Monday and Thursday starting in mid July for three weeks. Most students take this class when they are 11 or 12, but adults are welcome to take the class too - especially parents of kids in the class. This course qualifies you for the DNR certificate.

AFTER SCHOOL ADVENTURES

Our last class is on the second Wednesday in April. Learning about science, making projects, eating fun and healthy snacks, and being active are all part of the after school fun. Thanks to the 4-H Extension leader Tammy Nordick, for teaching these classes.

BABY SITTING CLINIC

This course is for boys and girls who are soon ready to babysit - usually fifth grade and older. Learn about caring for infants, and young children. You'll learn about developmental stages, how to handle situations and emergency care. You'll also prepare for playtime by making activities for babysitting fun kits. Instructor: Tammy Nordick Date: Monday, April 23 Time: 3:15 - 6:00 Fee: \$10

PRESCHOOL REGISTRATION

We have beautiful new preschool rooms on the east end of our elementary wing and plan to expand our preschool classes so that more children can attend more days this year.

We are accepting registrations for our three year old and four year old preschool classes for next fall. Students must be 3 or 4 by September 1, 2018. Classes for four year olds will be held on Monday, Thursday and every other Wednesday, and another class will be held on Tuesday, Friday and every other Wednesday. Three year olds attend one day a week and we will have two classes this year. Children must be potty trained to attend.

There is a sliding fee scale and scholarships available so that everyone can afford to send their children to preschool. We are a four star Parent Aware program and have been in existence for over 45 years! We are one of the best preschools in Minnesota!

Our classes are all day - the same hours as our K-12 school and bus transportation is available. Our school year is from September until May. Contact Anne Stenoien to for a registration packet. 826-6101 ext 108 or email astenoien@underwood.k12.mn.us.

Preschool

DRIVER EDUCATION

Students who are fourteen and fifteen will want to enroll in the classroom portion of Driver Education in August. This is the only time of year that it is held. Students are required by the state to have thirty hours of classroom education before they can get their permit. This dates for this year's class are Monday - Friday, August 6th to the 17th. Class will be held in the air conditioned music rooms from 12:00 noon to 3:00. Students need to be on time for class so that they are there for the thirty hours of class time. Parents should plan to attend their class on the last morning session to benefit on requirements for student driving time. It will be held at 1:30 and we will discuss laws, give hints/tricks, teach responsibilities, insurance, and other teen driving information. Students should be returning a driver education contract to school to register for this class.

Instructor: Susan Nelson

BEHIND THE WHEEL TRAINING

Please contact UHS to schedule your student. Remember they must have their permit to drive. The DMV office at the Armory is only open Monday and Tuesday and written tests can be taken from 9:00 - 11:15 and from 1:00 - 3:15. Be sure to have all of the required documents for the DMV so that you can complete the test. The information is in the manual and on-line.



Pay On-line for Driver Education classes on the Underwood School web page with PaySchool. Look for the Available Products button and you will find the Driver Education link.

FUN FABRIC BOWLS



Just in time for May baskets!

These beautiful bowls are made from cherry wood muslin fabric and cotton clothes line. Very lovely and easy to make. Class supplies to bring:

- sewing machine with zig-zag stitcher, or use one from school
- gray or a selection of cotton thread
- rotary cutter
- can do attitude for fun and creativity!

Date: Tuesday, April 24 from 5:30 - 8:00

Register by April 20

Fee: \$35 includes all materials

Instructor: Heather Thormodson

EARLY CHILDHOOD SCREENINGS FOR 3 & 4 YR. OLDS

Our spring dates are filled, but we will have more times available this summer for the Early Childhood Screenings for children three and four years old. This is a free service for families and is required before entering kindergarten. At the screening a professional early learning teacher will check vision, hearing, height, weight, immunizations, large and small muscles, thinking, language and communication skills, and social and emotional development. It takes about 45 minutes and is held at Underwood School. Forms will be mailed to you that you will complete before the screening appointment. Please contact Anne Stenoien at school to schedule an appointment. 826-6101 ext 108 or email astenoien@underwood.k12.mn.us.

WALKING

Walkers are welcome to come in to get out of the spring rain and wind and keep moving. Walkers are here between 3:15

TESTING

Minnesota Schools will be using the MCA's again this year to measure student progress toward meeting the state standards in reading, math, and science. The tests are given in March, April, and May and our district's testing schedule has been posted on our web page. Parents should check out the dates so that their children are prepared with a good nights sleep and by eating breakfast the day of testing. It's so important to help students feel ready to work.

Reading and math MCA's are taken by students in third through eighth grade. Science tests are in grades 5, 8, and HS Biology. A high school reading MCA is taken in 10th grade and a math test in 11th grade. All students are included in testing.

mn.pearsonperspective.com has very good resources for parents and students to use for preparing for testing as well as helping to understand the concepts taught in class. Math, science and reading resources are available for grades 3 through high school.

ACT's FOR JUNIORS OR SENIORS

Any Junior who wants to take the ACT will have an opportunity this spring at Underwood School. Any senior who did not take it last year in a Minnesota High School can also participate. It will be held on Tuesday, April 3rd and will include the ACT writing test. The test will start at 8:30 and will be over about 1:00.

The ACT is used by many colleges as part of their application process. The cost is free for students on free and reduced meals and others will pay \$31.50 before the test date. The program offers other opportunities on Saturdays around the country at a cost of \$62.50. It is a bargain to take it at UHS!

LOOKING FOR A PART TIME JOB?

Looking for a part time job or a way to earn some money for a trip? Driving a school bus could help you earn that extra fun money for you to enjoy.



We will provide the information to study for the written test and help you learn to drive the bus. We think that many adults can have success in this occupation. A morning and afternoon route will be available this fall and there are always opportunities for driving teams to events. To get started please call Anne Stenoien, bus coordinator, at 826-6101 ext 108.

HELP NEEDED

We are also looking for a supervisor for our after school program on Thursdays from 3:15 – 6:00. To apply, please contact Anne Stenoien at school.

HELP COLLECT THESE ITEMS

- Box Tops for Education
- Grocery Receipts from Service Food
- Grocery Receipts from Sun Mart
- Used Ink Cartridges

Service Food and SunMart Foods in Fergus Falls both donate to our school with receipts from their stores. Please send your grocery receipts to the school.

We received \$407.70 this year from collecting Box Tops for Education. Each one is worth ten cents, so we are so thankful for all who have been saving them for the school! It helps when you trim the edges before sending them to the school.

Used ink cartridges are sent with the schools ink toner cartridges to earn money for UHS.



GYMNASTICS PROGRAM

Young Beginners: "SPARKS"

Boys and girls ages 3 through 1st grade are encouraged to try gymnastics. Girls should wear a leotard and hair should be pulled back.

Boys can wear shorts. Students are learning tumbling, stunts on the balance beam, mini-tramp, and trampoline.

Time: 1:00 to 2:00 Fee:



\$40

Dates: Sat, April 14, 21, 28, & Mon. April 30

Instructor: Charlie Fleck

TEAM GYMNASTICS PROGRAMS

Show teams have more classes and are set up for grades K-8 and are for those who have more skills than the beginners. They have been learning more difficult tumbling and are working as a team to perform. The Hotshots and Nitro Teams have school night and Saturday practices as the gym is available.

Fee: \$55 for Hotshots and \$65 for the Nitro

Hotshots: April 10, 13, 14, 17, 21, 24, 27, 28

Nitro: April 3, 9, 12, 14, 16, 19, 21, 23, 26, 28

LARRY'S FOODS IN BATTLE LAKE - This store in Battle Lake will give 1% of receipts collected to the gymnastics program. Drop it in the box in the store near the exit. Thanks!

SPRING GYMNASTICS SHOW

Watch for our date on the school sign and our school Facebook page. You won't want to miss the fun! Boys and girls can really fly through the air!

SPRING ELEMENTARY BASEBALL

Boys and girls in grades 3 - 6 are encouraged to prepare for summer rec ball by joining the OTC spring baseball camps. There are Saturday mornings, March 24 - May 5, with different skills each week. Throwing, catching, fielding, pitching, catching, hitting, and basic skills will all be part of the morning camps. You can participate in one or several Saturdays and join the fun. Taught by OTC coaches and assisted by high school baseball players. Fee: \$15/camp
April 7 at Henning School
April 14 and 21 at Battle Lake School
April 28 at Henning School
May 5 at Underwood

SUMMER SPLASH

Our Summer Splash Program is free for preschool through grade 3, so lots of learning, fun and adventure! Funding from United Way helps to offer this opportunity! Children can attend two days a week for six weeks. Fun activities and toys offered around the themes of science, art, math, and nature. More information will be in our summer news.



SUMMER ELEMENTARY WRESTLING

OTC Wrestling will sponsor a summer wrestling camp for kids the week of July 9th. More information will be in our summer newsletter.

You can pay on-line for any community education activity. On the school web page www.underwood.k12.mn.us go to "Activities and Athletics" then to "Community Ed" then to "Pay Community Ed Fee"

SUMMER THEATER

This year's summer theatre show is "The Wizard of Oz" and we hope to have a stage full of kids this year to perform the show.

Auditions are on Monday, June 4thth at 1:00

and rehearsals will be all week from 1:00 to 5:15.

There are many fun parts for boys and girls who have completed grades 2 - 12.

Performances for the

community will be on Friday and Saturday evening that same week. Prairie Fire Theatre works with our students to present a professional show and a fun adventure!

We can have 75 students in the show as well as light and sound technicians, so there are parts for everyone. Students will audition for the roles of Toto, Dorothy, Munchkins, Glenda the Good Witch, the Tinman, the Lion, the Green Guard, the Wizard, Emerald City Traders, the Flying Monkeys, the Winkies, Aunt Em, Uncle Henry, and the Yellow Brick Road. It's always a fun week for kids!

ROCKETS SUMMER BASKETBALL CAMP

A basketball camp for boys and girls in grades 3-5 and for girls in grades 6-9. Enjoy a week filled with fundamental basketball skills and games with Coach Mark, former coach at St Cloud Apollo HS. Coach Mark coached several successful teams, including Girls Basketball State Title in 1982 with a perfect season. Dribble, pass, shoot, score, defense, and teamwork will be the work of the week. Grades 3-5 from 9:00 - 12:00 and grades 6-9 from 12:30 - 3:30. Dates: Monday - Thursday, July 23 - 26. \$25 if registered by July 6. On site registration is \$30.

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SUMMER ACTIVITIES

It's great that kids have fun things to do all day. Start with ball practice in the morning and then go to summer theater and swimming lessons. Kids get plenty of fresh air and sunshine and exercise to build strong bodies. Activities also help kids develop social skills and learning new skills will help to develop brains and problem solving skills too.

SUMMER SWIMMING LESSONS

Every child in Minnesota should know how to swim! With our 10,000 lakes and rivers, it is a necessary skill to have.

We will take kids to the YMCA for lessons the week of June 11th. Bus transportation is provided to help parents. The bus will leave the school at 12:35 and return close to 3:00. Lessons are provided for all skill levels for ages 4 and older. The youngest children participating should be independent in the locker room if the parent is not with us. Children are allowed to use the game room when not in the pool. A registration form will be sent home.

SUMMER BALL TEAMS

Every kid should learn to play the All American game of baseball or softball! They can start T-ball in preschool, Toss-ball after second grade, and play on a hard ball team starting in fourth grade. Our program goes from age four to 8th grade for boys and girls. Practices and games are in the morning Monday through Thursday and goes from the first week of June through early July. It's a fun program and everyone gets to participate and play. We have great coaches to work with the kids, so it will be a learning experience as well as summer fun! Watch for the registration form that will be sent home in April.