

Communities in Schools' makes a strong impact at high school

■ **By Shaylee Wainman**

A great number of people in our community cannot afford to feed everyone in their household. This is especially challenging in a household with hungry teenagers. Often, schools try to help out, and in Kalkaska, we are fortunate to have an incredible community partnership.

Communities in Schools, commonly known

as CIS, plays a big role in helping Kalkaska Public Schools' families. CIS secured a grant for \$4,500 for food and hygiene products from the Michigan Department of Education.

Jessica Davenport, CIS Site Coordinator, and the KHS office staff went to work. They gathered items that would be not only filling but would also be foods that the students would actually enjoy. Some of the items purchased included Kraft Macaroni and

Cheese cups, Hormel entrees, SpaghettiOs, Ramen noodles, Campbell's chicken soup, pouches of tuna fish, granola bars, and much more.

The food was assembled into weekend food bags that were packed by Davenport and groups of student volunteers. Fifty bags were made available, large enough to provide up to eight meals for hungry families. The

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BULLETIN

Kalkaska Public Schools
315 S. Coral St.
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RCE students enjoy fall fun

Fourth and fifth graders visit Rugg Pond Natural Area

Mr. Malbouef's 2nd/3rd grade class went to the Grass River Natural Area where they learned about the diverse ecosystem of our local wetlands and learned the importance of preserving our natural environment. They gathered samples from the river and used charts to identify the living organisms.

Mrs. Zamaites and her 4th/5th grade class went on a Kalkaska Conservation Tour which included several stops in the area including a visit to Iott Seed Farms of Kalkaska County. The students went on a tour of their 2,000-acre potato farm

and processing facility. Rockstars left Iott Seed Farms educated on the value of local agriculture, recognizing the importance of farming, and a bag of their favorite potato chips!

The 4th/5th grade class also visited Rugg Pond Natural Area this fall. Our future environmentalists were eager to put on waders and join experts in collecting samples from the Rapid River. Students learned about the natural filtration process that occurs within Rapid River and participated in a guided forest excursion through the natural area.

The Kalkaska Kiwanis Club delivered a new "Knowledge is Power" dictionary to each of our 3rd grade students.

RCE students recognized Red Ribbon Week with an assembly to discuss the importance of safe and healthy bodies. Students shared ideas about what it means to be kind to one another and what they could do to keep their friends and themselves safe. Upon committing to safety, good health and kindness toward one another, they celebrated with a dance party!



FALL FUN!

In addition to the many fall school adventures, RCE's Halloween festivities included "Halloween Gym," a spooky lunch, a costume parade, and classroom parties.

Fall is in full swing!

Leaves continue to *change colors*

As the the air gets crisp, we're excited to share what's happening at Birch Street Elementary. November is a month filled with gratitude, joy, and community spirit.

Outdoor Adventures

- ★ Leaf Peeping: Take a scenic drive or hike to admire the vibrant fall foliage.
- ★ Pumpkin Patch: Visit a local pumpkin patch to pick out the perfect pumpkin for your family.
- ★ Apple Picking: Enjoy the fresh air and pick your own apples at a nearby orchard.
- ★ Nature Walk: Explore a local park or forest and discover the wonders of nature.

Indoor Fun

- ★ Fall Crafts: Create festive fall crafts like leaf rubbings, pine cone bird feeders, or Thanksgiving placemats.
- ★ Baking: Bake delicious fall-themed treats such as pumpkin bread, apple pie, or gingerbread cookies.

- ★ Movie Night: Cozy up and watch a family-friendly fall movie.
- ★ Board Games and Puzzles: Gather around the table for a fun game night or puzzle challenge.

Educational Activities

- ★ Learn About Fall: Teach your children about the science behind changing leaves and the history of Thanksgiving.
- ★ Read Fall-Themed Books: Explore fall-themed books together and discuss the stories.
- ★ Write a Fall Poem or Story: Encourage your child's creativity by writing a poem or story about fall.

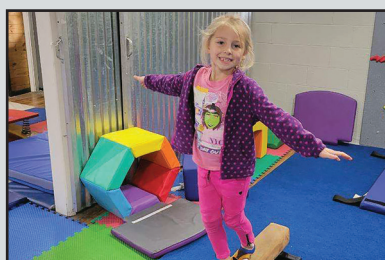
Remember to check your local community calendar for specific events and activities. Enjoy these fun-filled fall activities and create lasting memories with your family!

Important Reminders

Winter Clothing: Please ensure your child has appropriate winter clothing for school,

including a warm coat, hat, gloves, and boots.

Holiday Break:
Our school will be closed for the Thanksgiving holiday break from November 27 to December 2.



KUE students welcome fun fall

The Upper Elementary would like to thank Kiwanas for the donations of dictionaries to the 3rd grade students. This program provides each 3rd grade student with their own dictionary to use at school or at home. We greatly appreciate this gift.

Red Ribbon Week at the Upper Elementary was supported by the Live Well Kalkaska Substance Free Coalition. The

Coalition was on hand to promote living a drug-free life. Students were able to talk to our resource officer, Deputy Rohring, and were treated to some free trinkets.

Halloween is always a big deal at the elementary. Students were ready to show their costumes off to the rest of the school. The route for our annual costume parade was changed to an inside route due to the

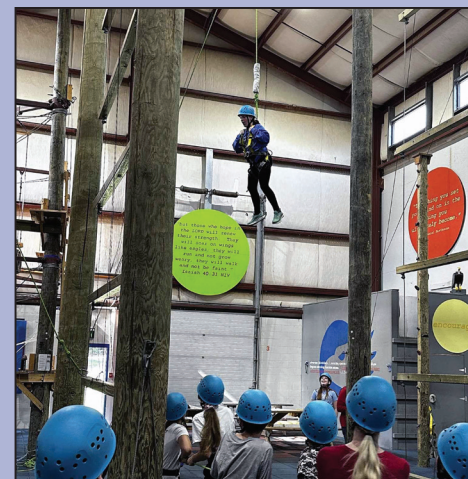
rain, but that didn't stop the fun. To also help out, the Commission on Aging also passed out treats to the UE students. It was a great time!

When your Principal dresses up as a ghost and you have a librarian dressed as a Ghostbuster ... you just have to take a picture!



FUN AT THE UE!

October ended with a Halloween celebration at the upper elementary school!



PASTRIES FOR PARENTS

Parents, guardians, and caretakers along with their 6th–8th grade students were invited to the annual KMS Fall “Pastries for Parents” on October 22 from 7:30–7:55 a.m. in the gymnasium. This special breakfast event with their student included pastries, yogurt, milk, juice, and coffee. Additionally, Principal Morey and teachers were busy hosting, visiting with guests, DJing all while Mrs. Vyverburg was taking some great photographs.

6TH GRADE EAGLE VILLAGE FIELD TRIP

Our KMS 6th graders had an opportunity visit Eagle Village at the beginning of October. Students participated in team-building with some low-initiative activities. Students needed to exercise patience, good communication skills, and compromise to successfully complete the task. They also had a chance to harness up to rock climb, stack and stand on milk crate towers, and — for the most brave — be a “flying squirrel” suspended in the air, all while relying on the Eagle Village staff and classmates for directions and support. The day’s lunch was also a huge hit! This field trip opportunity was made possible by a grant and organized by Mrs. Stapleton, CIS Site Coordinator.

CROC & TENNIS CHARM KMS FUNDRAISER

Time to get in the spirit. Blazer Spirit, that is. KMS has these amazing shoe charms that work on both Crocs and shoelaces for sale in the office. Charms are \$6 for one or \$10 for two. Mix and match or double up. These Blazer themed charms would be perfect as a gift or holiday treasure. Stop in during office hours 7 a.m.– 3:30 p.m. M–F, and get yours today!!



Mr. Dimon is teaching students to visualize how long history truly is. With the teacher’s direction, his students condensed the entire history of the universe into 100 feet (using the one-foot floor tiles). Each tile represented 130 million years, with key “points” like “Formation of our Solar System” and the “Dawn of Agriculture”. This will allow students to “see” that according to the theory everything from the disappearance of the dinosaurs until present day only takes up ¼ of an inch. Mr. Dimon said “These large numbers are tough for our brains to fathom, so the visual helps with just how much time we are talking about”.

Athletically Speaking

What's Happening in Blazer Nation

WINTER SPORTS SEASON IS HERE

As November arrives, we look ahead to our next sports season. The start dates for our winter sports teams is as follows:

- ★ Middle School Boys Basketball — First practices: Monday October 28; First games: Monday November 11.
- ★ High school boys basketball and wrestling — First practices: Monday November 11.
- ★ High school girls basketball — First practices: Monday November 18.
- ★ Middle school girls basketball — First practices: Monday January 26.

Athletes must have a completed sports physical form on file prior to practicing and be up to date with their pay to participate prior to the first date of competition.

FALL SPORTS WRAP UP

The girls golf and football teams have finished up their seasons, but the varsity cross country and varsity girls volleyball teams will be competing in their respective MHSAA tournaments soon.

MHSAA Regional Cross Country Meet was Saturday October 26 at East Jordan High School. Individual and team qualifiers ran at the MHSAA State Finals Meet at Michigan International Speedway on Saturday November 2 at 10 a.m.

MHSAA District Volleyball Tournament- Round 1: Monday, November 4, at Boyne City High School, opponents and start times to be determined. Winners advance



to the District Semifinals on November 6, and the District Finals will be played on November 7.

KHS ATHLETES OF THE WEEK- OCTOBER

- ★ Week of October 7 — Senior Trevor Denike, varsity football, and Senior Kylee Reust, varsity girls cross country.
- ★ Week of October 14 — Junior Lily Jenema, varsity girls golf, and Sophomore Seth Storm, varsity boys cross country.
- ★ Week of October 21 — Junior Spencer Burke, varsity football, and

Sophomore Xiana Buyze-Prieto, JV volleyball.

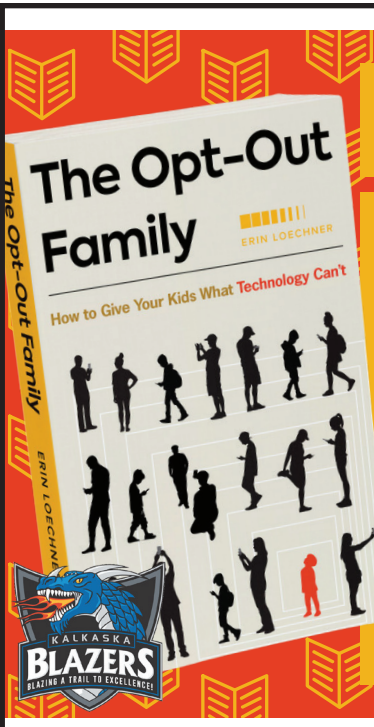
- ★ Week of October 28 — Freshman Angel Belbot, freshmen volleyball, and Sophomore Ephraim Conway, varsity cross country.

SPONSORSHIP OPPORTUNITIES

Are you looking to gain more exposure for your business or civic group? Are you interested in promoting your company or business in a way that is tax deductible? Advertise with us! Whether it is with gym or fence banners, panels on our scoreboards, or featured logo placement on our Athletics website or NFHS Network broadcasts, we have promotional opportunities available! Please email Athletic Director Bryan Hawkins for more details — athletics@kpschools.com.



#BLAZERPride



Staff Pick!

The Opt-Out Family is a new title designed to help facilitate a larger conversation with your family about how to build a family that relies on tech less, communicates more, and takes it easy on stress.

Whether your goal is to keep your toddler entertained without YouTube, limit your 4th grader's requests for a smartphone, shelter your pre-teen from cyberbullying, ensure your sophomore doesn't spend their entire paycheck on viral TikTok products, or resist your own temptation to "just respond to this e-mail real quick," this insightful, honest book is here to help!

Check it out at the library!

info@kaskaskalibrary.org (231) 258-9411



TEEN HEALTH CORNER

Helping kids find the help they need

Teen Health Corner


Turn back the clocks...better sleep?

At 2 a.m. on the first Sunday in November, DST comes to an end and the time "falls back" by one hour. Since you gain an extra hour, you may not have the same kind of immediate sleep disruption that occurs when springing forward. That said, the end of DST can still affect circadian rhythm, and you may struggle to adjust their wake-up times. Those who are chronically sleep-deprived cannot erase their total sleep debt after one night.

CONTACT US:


- ☎ (231) 258-7791 Kalkaska
419 South Coral St, Kalkaska
- ☎ (231) 258-7922 KMS-E3
Behavior Health services ONLY
Kalkaska Middle School
1700 West Kalkaska St, Kalkaska
- ☎ (231) 369-2000 Forest Area
7741 Shippy Rd, Fife Lake

Three convenient locations



So many of the sleep tips that apply for the switch to daylight saving time, including improving sleep hygiene, can be just as beneficial when making the switch back to standard time in November. Ways to improve sleep hygiene:

- Maintaining a fixed sleep schedule on both weekdays and weekends
- Having a regular routine to get ready for bed each night
- Limiting or avoiding caffeine and alcohol, especially in the afternoon and evening
- Going "device free" for at least 30 minutes before bed
- Eating dinner at least a few hours before going to bed
- Limiting consumption of heavy and/or spicy foods in the evening
- Using a supportive mattress and comfortable bedding
- Eating a healthy diet,



All services are billable to all insurances or we offer a sliding scale fee for those with no insurance. We also offer assistance with applying for Medicaid.



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Blazer Bulletin

Published by KPS

Superintendent: Rick Heitmeyer

The Blazer Bulletin is published during the school year from September—June. If you have any suggestions, or questions, please contact the office at (231) 258-9109 between the hours of 8 a.m.—4 p.m. Editorial assistance provided by Kalkaska County Library Director John P. Roberts.

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grant actually purchased so much food that CIS is asking students to bring back the empty bags - in exchange for a snack- so they can be refilled!

Additionally, hygiene products were placed in the Karen's Kids pantry, where all are welcome and items are available. On Thursdays, students are invited to survey the available items which might meet their needs.

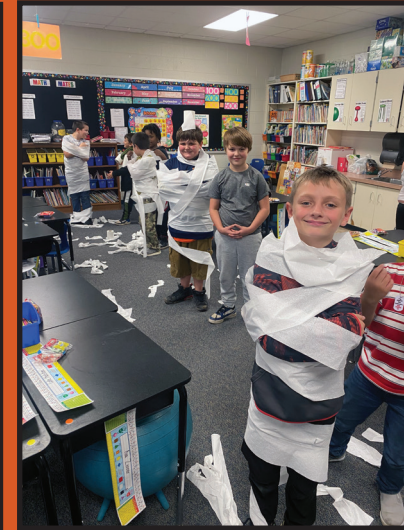
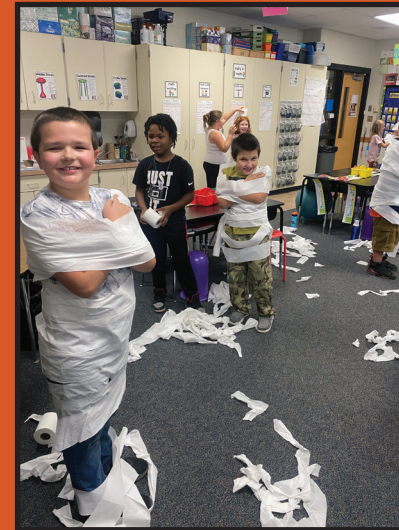
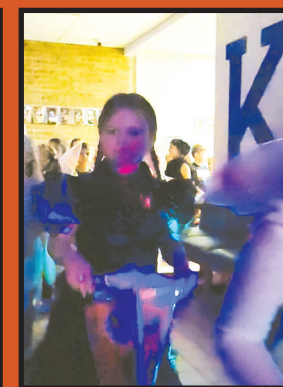
The sign up process is discreet and easy. Students simply fill out a form, available



from Davenport or from the office. The form asks for a student name, how many children reside in the household, and the date. The students can submit forms from Monday through Friday in order to receive nutritional assistance for the week. Though it may seem unusual to have to submit a form,

its main purpose is to assure that students who consistently need help can be supported in more permanent ways.

Kalkaska is fortunate to have CIS in its corner, helping fight the good fight against child hunger.



SCENES FROM THE FALL SEASON!

Kalkaska has had a lot going on this fall, ending with a great Halloween celebration throughout the District. Students and staff alike enjoyed the day, and it was followed up by a nice evening and no school on Friday! Hope everyone had a great time!