

RAIDER REVIEW MONTHLY

May 2008

Round Lake / Brewster Cooperated Districts

RL/B Community Education Carmen Johnson & Kay Schmitz Co-Directors

Carmen Johnson and Kay Schmitz are the Co-Directors for the RL/B Community Education Program. If you have any questions or suggestions for upcoming programs or talents you would like to share with the community, please let us know. We are welcome to suggestions! Carmen Johnson's phone number is 842-5285, and Kay Schmitz's phone number is 842-5491.

Gym Walking in the Brewster Gym – The gym is available weekdays from 8:15 a.m. - 9:25 a.m.

Bicycle Safety – Saturday, May 10. Information will be sent home with elementary students.

Upcoming Events – Round Lake City Wide Garage Sales – June 7.

Round Lake/Brewster Community Education Summer Recreation - Information will be sent home with students in May.

Help Wanted – RL/B Community Education is looking for a summer baseball coach for Mites and Midgets. The summer baseball program runs for approximately one month from mid-June to mid-July. Please contact Carmen Johnson or Kay Schmitz for more information.

Industrial Tech Request

It's that time again for spring clean up. If you happen to have a small engine (lawn mower, snow blower, etc.) that you are planning to discard, the Round Lake-Brewster small engines class would love to have it. It may be delivered to the back of the school by the big shop door; or if you live in town and can't deliver, please give me a call and we will pick it up.

Number to call is 945-8123, and ask for Mr. Eichenberger.
Thanks.

Thank You

Thank you to everyone who donated pencils for Operation Pencil. A total of 2,654 pencils and thirty-five notebooks was collected to be sent to Iraq to be distributed to the children by American soldiers.

Students Attend Southwest Minnesota Junior High Music Festival in Jackson

On Wednesday, April 9, junior high students from RLB attended the Southwest Minnesota Junior High Music Festival in Jackson. Their day began with rehearsals at 8:30 a.m. and concluded with a concert at 2:00 p.m. Students who attended included Zoe Baerenwald, Madie Roos, Jenessa Ling, Adam Wallace, Jacob Clarke, Brady Meyer, Mitchel Van Westen, Mariah Brandt, Andrea Baumgartner, Michael Hillesheim, Ashley Paladie, Veronica Bixby, and Devin Webb.

Opportunity for Hosting Exchange Students

Would you like to host a foreign exchange student next year? This is a great opportunity to get to know someone from another country and to be involved in many school activities. Anyone who is interested in hosting a foreign exchange student for next school year is asked to contact Pam Wendland.

Student Earns Superior Rating

Maxime LeBlanc earned a superior rating at the solo/ensemble contest, which was held at JCC. He and his accompanist, Breanna Spartz, scored 39 out of 40 for his saxophone solo, "Take Five."

Driver's Education Begins Soon

Driver's education classes will begin on May 29 at the American Legion Hall in Okabena. Students must be fourteen years of age by the first classroom date. This course will include ten sessions and will end June 16.

To enroll, students or their parents may call Mrs. Milbrath at 507-853-4472 or at her cell at 507-840-1055.

A Prom to Remember

The junior class hosted “A Night at the Ritz.” The gym was decorated in a classy red, black, and gold theme. The dance was DJed by DJ Ben Daws.

When midnight rolled around, the carriage did not turn into a pumpkin. Instead it became a school bus which took them to Boji Indoor Waterpark, where they enjoyed swimming, Texas Hold'em, and a hypnotist show.

Advice to Parents

Reduce Screen Time for Children

Children and teens who spend more than a couple of hours a day on average in front of a television, video, or computer screen, are more likely to be overweight than their peers who limit their screen time. We Can! (Ways to Enhance Children's Activity and Nutrition), a science-based national education program from the National Institutes of Health (NIH) to help children ages 8-13 stay at a healthy weight, is working with the Center for Screen Time Awareness (CSTA) and other national and community organizations to raise public awareness about the negative impact of excessive screen time. CSTA is a leading nonprofit organization focused on the impact of electronic media on society, health, education, family, and community.

More than 12.5 million American children and adolescents are overweight, putting them at increased risk for chronic conditions such as high blood pressure, high blood cholesterol, type 2 diabetes, and asthma.

Consider this:

Every day, children ages eight to eighteen spend more than six hours watching television, playing video games, or using the computer for recreational purposes.

The more time youth spend in front of the screen, the more likely they are to be overweight.

Overweight is highest among children watching four or more hours of television, video games, or computer a day.

Research has shown that children who reduced their screen time showed decreases in body mass index (BMI), which measures body fat related to height, and decreases in unhealthy weight gain.

What Should Be Done?

Agree to limit screen time to no more than two hours a day.

Don't put a television in your child's bedroom.

Make screen time active time by doing simple exercises during commercial breaks.

Take a family walk after dinner instead of turning on the television.

Turn off the television and play ball at the park.

For More Information, Contact:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/>

Speech Team Members Represent RLB at State Tournament for Twenty-third Year in a Row

The duo team of Ally and Gabby Cross advanced to state speech competition in South St. Paul in April. Ashley Paladie was a third alternate in storytelling to that same tournament. This is the twenty-third year in a row that RLB has had a speech competitor at state speech.

The duo team's selection was *The Complete Works of William Shakespeare, Abridged* by Daniel Singer, Jess Winfield, and Adam Long.

Students who also performed well at section competition were Kayla Bartlett in Creative Expression, Breanna Spartz in Storytelling, and Madie Roos in Humorous.



Students who represented RLB at the state speech tournament in South St. Paul are (left to right) Gabby Cross, Ashley Paladie, and Ally Cross.

Seniors Travel to St. Louis

The seniors left Friday night about nine, spent lots of hours on the bus, and arrived in St. Louis about 6 a.m. They ate breakfast and toured the Budweiser Brewery. Later they

attended a Cardinals game, checked into the hotel, and then went out for pizza.

The next day they went to Six Flags and Hard Rock Café.

The third day they visited the St. Louis Arch and museum, enjoyed a cruise and a meal on the Mississippi River, and shopped at a mall before boarding the bus for the return home.

Graduation is May 30, which is also the last day for underclassmen with an early dismissal.