

Stay active and engaged this summer

Pequot Lakes
Believe it or not, summer break is just around the corner!
Does that mean long days on the water, gardening, sports, family vacations – transitioning to summer break can have a real impact on both children and adults.
It has been found that children generally spend more time in sedentary activities over



JOELL TVEDT
Patriot Perspective

the summer than during the school year. A little surprising, since one would think that the nice weather would get kids out and about.
However, the lack of structure, organized

events and limited responsibility simply result in a less active lifestyle.
Summer also contributes to student learning loss, which is not a big surprise. We've heard that for years. Many students experience a "summer slide."
Research has shown that participating in activities that include both body and mind keeps kids healthier and

sharper.
Pequot Lakes Community Education has more opportunities than ever for your child to participate in. Keeping your child involved and engaged this summer will keep your child healthy, active and prepared for future learning!
Staying active and involved is not only healthy for kids. It is also what keeps us adults young and

connected.
Pequot Lakes Community Education has a full lineup of adult classes and activities planned for this summer, including enrichment classes, recreation opportunities, presentations and expert advice.
Join us for art and music classes, history lessons, cooking demonstrations, pickleball and fitness instruction, and so

much more!
Even better, these fantastic youth and adult opportunities are happening right in your backyard.
Check us out online at www.isd186.org/domain/63, give us a call at 218-568-9200 or stop by our office at Pequot Lakes High School, just inside door No. 4.
See you this summer!
Joell Tvedt is the Pequot Lakes Community Education director.

PEQUOT LAKES



Photos by Dan Determan / Echo Journal

Cancer survivors and their loved ones led the way on Wednesday, May 11 at Pequot Lakes' Relay for Life.

Relay for Life raises \$28K for cancer research

PEQUOT LAKES — More than 500 people braved inconsistent weather for a good cause, walking the Pequot Lakes High School track as part of the school's biennial Relay for Life on Wednesday, May 11.
High schoolers joined in as well, forming 58 teams to take turns walking laps. When not walking, they played games and enjoyed each other's company on the football field.
In total, the event raised \$28,800 for cancer research, which is a new record for the Pequot Lakes event.



Pequot Lakes science teacher Jim Foss shares his experiences with cancer as a child on Wednesday, May 11 at the Relay for Life.

Area teachers featured in Sourcewell Educators of Excellence awards

NISSWA — More than 50 educators from schools in Cass, Crow Wing, Morrison, Todd and Wadena counties were selected by school administration for outstanding dedication, hard work and leadership. For their achievements, they were celebrated as Educators of Excellence on April 27 at Grand View Lodge in Nisswa at an event hosted by Sourcewell.
This event recognizes and awards local educators who positively impact students and colleagues. In addition to individual Educators of Excellence awards, a Leader, Paraprofessionals, Coach, Team of Excellence, Support Staff, and Silver Lining Award of Excellence were also recognized.
The following are teachers from the Pequot Lakes and Pine River-Backus school districts who were honored, and their nominations.

► **Kyle Spray, Pequot Lakes Middle School:** Kyle is a reflective math teacher - anchoring his team of high-performing eighth-grade educators with a blend of wisdom, experience and humility. On a daily basis, Kyle delivers math in a setting filled with enthusiasm, laughter and academic challenge. His positive engagement with kids starts

at the door and continues throughout the lesson. He maximizes every opportunity to connect with his students.

► **Kelly Crosby, Eagle View Elementary School:** Kelly is a teacher who provides consistency within her classroom and is a quiet leader in using Catalyst strategies every day. Students know what to expect with procedures and routines, allowing them to feel safe, welcome and supported in her predictable, yet still creative, classroom environment. Her passion for art education, blending creativity and standards, is evident in the unique and thoughtful projects she designs.

► **Megan Johnson, Pequot Lakes High School:** Adored by her students and admired by her colleagues, Megan has shown incredible versatility and resilience in her young career. She is full of endless empathy for her students, keeping them at the center of everything. Megan works hard to pursue the highest levels of instructional practice so that her time spent with students is highly effective.

► **Benjamin Kinser, Pine River-Backus Elementary School:** Ben is a talented musician who has a great attitude and a focus on building positive relationships with his students. Whether it's individual or small-group band lessons, whole-group rehearsals, pep band, concerts or just visiting in the hall, he has been intentional about connecting with all students in his band program.
► **Lisa Toft, Pine River-Backus High School:** Lisa is a highly skilled teacher who has high expectations for herself and her students. Her work ethic and dedication to her students and profession are second to none. She holds this high standard while finding a way to build and maintain meaningful relationships in her classroom and with her colleagues. She is a teacher leader who leads by example through her dedication, authentic love of learning, and growth mindset.
The event was broadcast live on Facebook for the general public and may still be viewed on Sourcewell's Facebook page.



Crosby



Kinser



Toft



Spray



Johnson

Eagle View students go downtown for hands-on learning

PEQUOT LAKES — Eagle View Elementary School students didn't have to travel far to learn second grade social studies state standards in a fun and interactive way.
Students experienced a hands-on field trip Friday, May 13, to downtown Pequot Lakes, where they learned about historical records and artifacts and how they have changed over time while visiting the Pequot Lakes Historical Society Museum.
They learned about community government from Mayor Tyler Gardner and toured Pequot Lakes City Hall.
They learned about the community with a landmarks search. Students drew and colored some of the landmarks in a flipbook.
Landmarks included the murals, bobber water tower, as well as Paul Bunyan's chair and Babe the Blue Ox at Bobber Park under the



Photos by Nancy Vogt / Echo Journal

Sharon Thurlow shows Eagle View Elementary School second-graders Trevor Homan, Everett Sangren, Emma Knudsen and Payton Tuomi a butter churn in the kitchen at the Pequot Lakes Area Historical Society Museum in the basement of the Cole Memorial Building during a Friday, May 13 field trip.

bobber water tower.
At the Trailside Park gazebo, students worked to complete a worksheet that required them to locate key features and use cardinal directions while using a map of

Pequot Lakes.
Students worked to identify and locate states and their flags at the flag display on Main Street. They colored in the states on a template as they found them.
Classes also enjoyed

a stroll along the Paul Bunyan Trail. They had a sheet of "look fors" and a space to write adjectives about some of the objects.
It was a fun day of learning, teacher Belinda Reier said.



Jacob Falenschek and Oliver Mraz, second-graders at Eagle View Elementary School, play at the flag poles on Main Street May 13 during a field trip.