



21st



## Century Community Learning Centers Newsletter #9 for Fall 2019

**“Happy New Year”** to all of our students, administrators, and support staff at our schools! As we begin the school year 2019-2020, we are looking forward to a progressive and successful year!

# Coordinator's Highlights

Hopefully you are all feeling refreshed, rested and ready to begin a new school year. Fall is a great time of year and when you mix in football/volleyball, leaves, caramel apples, and a box of new sharp crayons it is even better!

I would like to wish all of you a successful new year.

The 21<sup>st</sup> Century Community Center Learning Centers had their Fall Meeting in Roseville, MN on September 10-11. The meeting was presented by MDE 21<sup>st</sup> CCLC Team and You 4 Youth Team. The days featured many changes to the assessments and evaluation process. The You 4 Youth Team discussed the program management plan that will lead to more successful programs. You 4 Youth is an online learning and assistance program funded by the federal Department of Education. It is a resource for planning, implementation, and assessment as well as staff training and development.

The days also offered Grantees and MDE staff participating in small group conversations on a variety of topics.

Mr. Billiet of MDE has requested visits to our Cohort 7 schools. He will be arriving on October 28 and continue his visit through the 30<sup>th</sup>. He is hoping to visit most sites and offers his expertise on helping all of us to improve and sustain our 21<sup>st</sup> CCLC Programs.

I will inform you of his schedule as soon as I receive notification from him.

# 21CCLC News!!

- **Thanks to all our sites for their dedication this summer in providing a top quality program for our students!**
- **All of our sites welcome back our hard working coordinators that keep this machine well-oiled and in tip-top shape! Also new to the Site Coordinator position is Nevin Lubarski who will be at the SAC site as the elementary coordinator.**
- **Site Coordinators are in the process of planning and designing a new year of activities and events for our students. Any new ideas from the students and/or public are encouraged to be shared at our meeting on Monday, August 19 in Detroit Lakes.**



Our 21<sup>st</sup> Century Community Learning Centers Team met in August to begin planning the events that will impact so many students in our areas. I want to thank them for their dedication to these programs and the people who benefit from them.  
You are appreciated!



## 2019-2020

**Center Coordinator: Bobbi Bryngelson Waubun 5th-12th Grade**

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Bobbi teaches Special Education at Waubun

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**Center Coordinator: Eric Martinez Waubun High School**

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Eric is the High School Principal

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**Center Coordinator: Deb Pfieler Magelssen Elementary Fosston**

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Deb teaches Special Education K-6

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**Center Coordinator: Michael McColl Fosston High School**

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Mike teaches art

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**Center Coordinator: Terri Kaupang Win-E-Mac Elementary/High School**

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Terri teaches second grade

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**Assistant Center Coordinator: Ashley Gunderson Win-E-Mac Schools**

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Ashley is a high school Para Educator  
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**Center Coordinator: Renee Jensen SAC Jr./Sr. High**

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Renee teaches elementary and high school music  
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**Center Coordinator: Nevin Lubarski SAC Elementary**

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Nevin is Elementary and teaches at the SAC high school  
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# Recognizing, Preventing, and Managing **Anxiety** for Kids going Back to School!

- Students with anxiety can be withdrawn socially and may have a fear of losing control. Other physiological responses may be that they may have dry mouth, rapid heart beat and breathing, sweating, hot flashes or chills, and muscle tension.
- Physical reactions may include stomachaches, headaches, poor attendance, anger, and poor academic performance.
- Educate all students about what anxiety is and discuss positive coping skills with them. Model ways to prevent and manage anxiety and stress.
- PRAISE, PRAISE, PRAISE!
- Model positive self-talk and praise students for helping others.
- Using stress balls, music, or taking frequent short breaks can help relieve anxiety as well.
- Try to have an open-communication classroom/school building.



Happy New Year!!

We Can Do This.

We're

Educators.

We're Born To

Make A

Difference!



