## **Knights News**









March 201

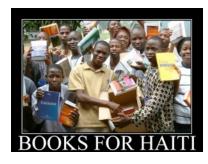
#### Terril Kiwanis "Fun Night"

The Terril Kiwanis Club will be hosting a "Fun Night" on Saturday, March 19<sup>th</sup> to be held at the Terril Library/ Memorial Building. The evening will begin with a Maid rite supper from 5-6:30 PM. The meal includes maid rite, baked beans, chips, dessert and a drink for \$5.00. Kids 5 & under - \$3.00.

At 6:30, local auctioneer Steve Clark will be auctioning off 4-5 items live. Immediately following, <u>BINGO</u> will be played, with the price being 50 cents per card. All the wonderful prizes and auction items have been donated by local businesses. Bring 1 can of food for the food drive or 1 sandwich baggie of pop tabs to receive 1 free game of Bingo. (Limit 1 free game per person).

Also throughout the evening there will be a silent auction with some collectible items, with the bid item going to the highest bidder. Kiwanis members are currently selling raffle tickets for the chance to win a gift basket valued at over \$100+ value. Chances will be sold the evening of the event also.

Kiwanis will be hosting a bake sale this evening too!



Last June I had the wonderful opportunity to travel to Haiti to do mission work. While I was in Haiti, I met a couple who were

starting a school on the compound of their home. They opened the school last August with 125 children. Jean-Jean and Kristie were in the United States in November and were able to come talk to the students at Graettinger-Terril Middle School. They made quite an impression on the students. In talking to them, I learned that they are in

need of books written in French. I am returning to Haiti again in June. I would like to fill a box with books to take with me. The people of Haiti feel that their success in the future depends on educating their children. If you would like to make a donation for books, please send a check to school made out to GT Schools and put in the memo "books for Haiti". I would greatly appreciate your help and so would the children of Haiti.

Sincerely,

Calista Boeve Special Education Instructor GT Middle School

### CONGRATS ON A GREAT SEASON KNIGHTS WRESTLERS, COACHES,

CHEERLEADERS & SPONSORS!



## What if Facebook WAS Your Resume?

A message for our students... on entering their future career...

Something to think about, students, is the fact that more and more companies are using a person's online presence as his/her resume and background check.



www.blogtalkradio.com/
drgwenn

What does this mean? This means that your Facebook profile and other social

networking accounts, the pictures you post online, the discussions you have on message boards, blogs you may post, etc. is all fair game for your digital personality, a.k.a. your online presence. Take a look at this article by Dan Schawbel, "5 Reasons Why Your Online Presence Will Replace Your Resume in 10 Years."

Start now. Start building your "digital resume." Start censoring what you say online. Start thinking about how you want people to perceive you, what you want to do, and how successful you want to be. The world is changing as I type this message, and you are in the perfect place to prepare for your future, especially as it relates to technology.

How are you going to present yourself? How are you going to sell yourself?

Think about it as your digital footprints... are you planning where you will leave your footprints(?), or in three years from now, will you be trying to erase the tracks behind you?

Take Mr. Schawbel's advice and plan your path.

Students were sent an email from Mrs. Alesch to aid in the process!

# Knights "Happenings"

We're very busy at Graettinger-Terril...so busy, you might not have heard about...

#### **Pennies for Patients**



Over the next 3-4 weeks the GT High School Student Council will being sponsoring two patients in the "Pennies for Patients" program. This is a fundraiser for the leukemia and lymphoma society. Our Money will go directly to these to kids in Iowa. The winning high school and elementary classes will get a Pizza/Ice cream party. The boxes for the High school students will be by the concession stand windows and the elementary boxes will be in the classrooms. There will also be boxes around town and business's. Thanks so much for your support!

#### Open GYM!



Softball Open Gym (grades 7-12) in Terril from 1:30-4:00 p.m. on the following Sundays: Feb. 27, March 13, 27, April 10, and May 1. Contact Coach Hanson with questions.

#### Congrats!



Congratulations to the following girls and boys who made the 2010 Cornbelt Conference All-Conference Basketball Teams:  $2^{nd}$  team – Hailley Nelson, Honorable Mention – Tiffany Harris,  $1^{st}$  Team – Beau Craig,  $2^{nd}$  Team – Mitch Girres, and Honorable Mention – Colin Leiting.



Congratulations to the participants in Individual Speech competition this past Saturday. Once again, we were well represented by hard workers and great sports. Baylee Clayton received a II for her performance in Improvisation and a II for her presentation of a Literary Program. Alex Oleson received a I rating for her Storytelling of Hooway for Wodney Wat and a I rating for her Prose presentation. Finally, Lindsay Flaharty received a I rating for her Storytelling of Pinkalicious and a I rating for her Prose presentation. Congratulations to all of the girls for a job well done!

#### Help, please!

We will be starting our Space Unit in the 4-5 yr. old preschool class the final two weeks in March. Along with that unit, I need cereal boxes, to make jet packs & empty 2 liter pop bottles, to make rockets - of course. :-) If you have either or both of these items, I would appreciate you sending them the Terril Preschool way!

Thanks in advance!

Mrs. Dau

#### ACT's

Juniors & Seniors: The deadline for signing up for the April 9th ACT test date is Friday, March



4th. You can either sign up with a credit card online at actstudent.org or with a check on a paper form that Mr. Mahon can give you. Remember, as said before, if you feel you are college bound, it is best to take the ACT both during the second half of the junior year and during the first half of the senior year. You can sign up after March 4th if you're willing to pay a late fee. A June ACT date is also available with a May 6th deadline to sign up



#### Soccer!

Spring soccer will be starting soon! Elementary students should have brought a registration form home. If your child was 4 years old as of July 31st, 2010, then they are eligible to play soccer for the Palo Alto County Soccer Program. There will be a Registration Night on March 15th from 4:30-8:00 p.m. at the Pizza Ranch in Emmetsburg. If you need a registration form, please pick one up from Jane or Connie. Please contact Suzy Koenck with questions <a href="mailto:skoenck@gtschools.k12.ia.us">skoenck@gtschools.k12.ia.us</a>

TEDDY BEAR CLINIC 2nd annual at the Graettinger Library Sat March 19th from 930 to 1130ish. We are looking for volunteers to help with the clinic. This clinic is sponsored by the ambulance and we are hoping to have the fire department there as well. We need people to help with crafts, books and assist EMT's and Firemen out. The Clinic is for kids that want to learn more about the emergency response system Bring a teddy or another loved animal and see what its all about. For more information go the the Graettinger Public Library on Facebook or stop by the library or call Miranda DePyper (507-327-6638) for more information.





#### Has lots to CELEBRATE!



Congratulations to all the G-T FFA members who competed in leadership contests on Tuesday February 22nd in Sioux Rapids! Four of our contests advanced to Districts and will be representing our school on March 5th! The following members competed: Zach Harris, Quinn Parker, Trent Lundgren, Jake Schmitt, and Caroline Koekenhoff in Parliamentary Procedures receiving 1st gold and advancing; Cassy Hampson, Katie Noah, Chris Burt, Anna Kienol, Alyssa Hoffman, Clyve Jensen, and Brooke Hoffman in Conduct of Meetings receiving gold and advancing; Kayla Smith in Job Interview receiving 1st gold and advancing; Jimmy Cronk in Ag Broadcasting receiving 2nd gold and advancing, Cody Chapman receiving alternate to districts in Public Speaking, and Nate Kropf competing in Ag Sales.

Here's a run down activities during FFA Week February 19-26th:

Tuesday February 22nd was the Ag/FFA Trivia Scavenger Hunt at the HIgh School.

Wednesday February 23rd will be Blue/Gold Class Competition Day (also HS).

Thursday the 24th was the Elementary Coloring Contest and Dress as your favorite farm animal/favorite implement dealership (i.e. John Deere) in the HIgh School AND the Ag Olympics at the Middle School.

Friday was the Staff Appreciation breakfasts and members will deliver Care Packages to local businesses to thank them for supporting FFA.

We would like to thank eveyone for their support throughout the year, especially with the Youth Wrestling Tournament and Fruit Sales!

Congratulations to all the G-T FFA members who competed at the District Convention this past Saturday! Kayla Smith competed in Job Interview receiving a gold and was alternate for state. The Experience the Action team also received a gold and alternate to state. The team consisted of Hailley Nelson, Callie Herke, Kelley Harris, Grace Skattebo, and Nikki Brown. The Conduct of Meetings team that consisted of Cassy Hampson, Katie Noah, Chris Burt, Anna Kienol, Alyssa Hoffman, Clyve Jensen, and Brooke Hoffman received a silver rating. Zach Harris, Trent Ludgren, Quinn Parker, Jake Schmitt, and Caroline Koekenhoff competed in Parli Pro receiving a silver. Jimmy Cronk also received a silver in Ag Broadcasting. The members represented the chapter, schools, and communities very well! A HUGE thank you to everyone who helped prepare or encourage the students!!!

#### School Nurse Newsletter--March 2011

#### Mealtime Makeover---Chicken Fingers

Use boneless, skinless chicken with high-fiber cereal and an egg substitute to make a healthier version of this favorite kids' meal. You can make it in batches and freeze it for reheating for future meals. It goes great with a cup of skim milk and cut-up veggies.

Prep time: 10 minutes

#### Ingredients:

- 1 4-oz. boneless, skinless chicken breast, rinsed, patted dry, and sliced into strips
- ¼ c. egg substitute or skim milk
- 1/3 c. flaked, high-fiber cereal, crushed

#### Traditional Recipe:

3 oz. cooked chicken fingers, typical fast food preparation

#### Directions:

- 1. Preheat oven to 350° F (176° C).
- 2. Dip chicken strips into egg substitute or skim milk.
- 3. Roll dipped chicken in high-fiber cereal to coat.
- 4. Place coated strips on non-stick baking sheet.
- 5. Bake for 18 to 20 minutes, turning after 9 minutes, until chicken is done (white, not pink, inside).

Serves: 1

Serving size: 1 chicken breast

#### Nutritional analysis (per serving):

This Recipe Traditional Recipe

227 calories 255 calories 30 g protein 15 g protein 3 g fat 15 g fat 0.8 g sat. fat 3 g sat. fat

20 g carbohydrate 15 g carbohydrate

8 g fiber 0 g fiber

75 mg cholesterol 75 mg cholesterol 239 mg sodium 670 mg sodium 44 mg calcium 2 mg calcium 10 mg iron 4 mg iron

185 mcg folic acid n/a mcg folic acid

Note: Analysis may vary depending on ingredient brands used.

#### Variations and suggestions:

Boneless, skinless chicken tenders can be substituted. Use 4 1-oz. tenders. Reheat in conventional oven for about 20 minutes at 350° F (176° C). Do not microwave to reheat.

Recipe taken from www.kidshealth.org.