

Men and women attend these classes. Everyone gets a good workout

BOSU BOOTCAMP

Adults and older students are invited to get serious about a total body workout and try this class. A bosu in a heavy half ball that is used for sitting, kneeling and stepping on during the workout. Hand weights are used. Class size is limited to 15 participants.

Location: Small gym at Underwood

Date: Wednesdays in February and March

Time: 5:30 - 6:00 Fee: \$10/month

Instructor: Tate Goeden of the Y

ABSOLUTELY ABS

Adults and older students are invited to join an absolutely abs class. You'll feel the benefits after only a month. Mats and bosu balls are provided, so you bring the energy. We target the abdominal, oblique, and lower back muscles, and will work towards a stronger, leaner core, which is very important to all physical activity. All fitness abilities are welcome. The class meets in the small gym at Underwood School.

Dates: Wednesdays in February and March

Time: 6:00 - 6:30 p.m.

Fee: \$8/month Instructor: Tate Goeden

MEN'S BASKETBALL

Men get together for pick-up basketball games on Wednesday evenings at 7:30. It's just for fun and it's definitely lots of exercise. The fee is \$20 for the season.

WALK At SCHOOL

We enjoy having adults walk in the building. Waiting for your kids during an activity? Take advantage of our long hallways and move. The floors make a smooth, safe walking surface. Please enter the main door on the west side of the building anytime after 3:15 until 10:00.

ZUMBA FITNESS

Ditch the work-out and join the party! This popular fun fitness dance class will really get you moving and your heart beating. Wear comfortable shoes and light weight clothing.

Sponsored by the YMCA and Community Ed.

Location: Small gym Time: 5:45 - 6:45

Dates: Mondays in February and March

Instructor: Michelle Hoen Fee: \$15 / month

FREE ZUMBA SATURDAYS

You've heard about the fun of zumba and just want to try it? We are having two free zumba classes on Saturday morning. Bring a water bottle and plan to dance at the your own level.

Dates: Saturday, January 28 and February 4th.

Time: 8:45 - 9:45 in the small gym

Instructor: Dawn Hess

TAE KWON DO

This class is another good opportunity for getting exercise and getting fitness for your brain as well. Adults and children can learn the basics of this martial art and work towards advancement of your levels. We have beginners through black belt level, so all abilities are welcome. Shin insteps are required and can be purchased from Master Kipp. It is a good way to exercise, learn self defense, gain self confidence and make friends.

Instructors: Daryl and Sara Kipp

Date: Mondays & Thursdays each month

Time: 6:45 - 7:45

Fee: \$35 per month. Family rates are available.

FREE TAE KWON DO

Think you might like it but you are a little afraid? Try a class or two on us! We'd love to have you join the fun. Wear clothes that you can move in and arrive by 6:40 so that you can meet Ms Sara and Master Daryl. The class meets either in the small gym or the big gym, depending on the other activities. The class is on Monday & Thursday.

Register for Community Ed Classes

Contact Underwood School at

218-826-6101

astenoien@underwood.k12.mn.us

Anne Stenoien, Director

WOMEN'S VOLLEYBALL TOURNAMENT

Get a team together and join the "frost bite fun" of this competitive women's tournament on Saturday, February 11th. Each team is guaranteed 4 matches. The entry fee of \$100 is due by February 1st, so contact us right away. The first place team will win a t-shirt. Contact Anne Stenoien or Diane Ross at UHS for more information. E-mail dross@underwood.k12.mn.us.

YOUTH BASKETBALL

Our kids participate in a basketball league with ten communities. We need volunteers to help us host, so if you can help as a referee, taking gate fees, clean-up, or running a clock, please contact Anne Stenoien at school. Underwood will host 12 teams on February 18th for the boys' games. The fifth graders will be selling concessions those days.

5th & 6th Grade Girls

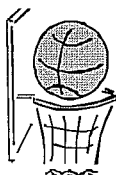
February 12 - Evansville at 9:00

February 26 - Sauk Centre at 9:00

5th and 6th Grade Boys

February 4 - Sauk Centre at 9:00

February 18 - Underwood at 9:00



ELEMENTARY WRESTLING

All kids in grades K-6 are invited to participate in the elementary wrestling program.

The kids practice at 6:30 on Wednesday evenings and at 3:00 on most Sundays. Singlets (uniforms) are available for those participating in tournaments.



We will host a tournament in Underwood on Friday evening, February 10th. Weigh-ins begin at 4:00 and wrestling begins at 6:00. There is a \$10 fee to participate in the tournament. We expect young wrestlers from all around the area to participate. Thanks to Darren Goeden, Jess Bugbee and to all of the parents for helping to coach the kids this year.

A pancake breakfast to support the OTC Bulldog elementary wrestling program will be held on Sunday, Jan. 29 from 8:30 - 12:30 at the Henning Community Center. Funds will support the programs in Underwood, Battle Lake & Henning.

FUTURE ROCKETS BASKETBALL

Saturday mornings are a blast as kids learn basic ball handling skills and get exercise. Your kids will show off their skills at a varsity Rocket game on Friday, February 17th so be sure to invite the grandparents for that event! Kids should be with their parents until they perform. They will put on their show during half time of the varsity game, so it will be after 8:00.

That same afternoon as their performance the Spanish program will have entertainment for kids in the commons. Games and fun for a small fee, so it's a big Frid

EARLY CHILDHOOD SCREENING 3 and 4 Year Old Children

We have sent letters and e-mails to all children that we are aware of in the district. If you didn't get contacted, please call asap! Children ages 3 - 4 must participate in early childhood screening. The screening is provided free of charge to every child attending Underwood School and is conducted by the Otter Tail Public Health Department. The purpose of the program is to check on the normal health and development of children. Contact Anne Stenoien at school, 826-6101 to schedule your child's appointment. Screenings will be done at Underwood School on Thursdays, February 2nd and 9th at 8:30 am, 10:00, 11:30 and 2:00. If you are unable to come on a Thursday, please call about a different day.

ARTIST MENTOR SCHOLARSHIP

High School students currently in grades 9, 10, or 11 may apply for arts student awards for private instruction with a professional artist, attend an art workshop or summer camp. The mentorship will start in June and run through October 2012 and has a value of \$500. Arts study awards are available in dance and theatre arts, literary arts, instrumental and vocal arts, and visual and media arts. Grant guidelines applications are available at www.LRAC4grants.org. The deadline to apply is February 1st and auditions are March 3rd.

**For Community Education Information
Contact Anne at Underwood School
astenoien@underwood.k12.mn.us**

SENIOR DEFENSIVE DRIVING

Persons age 55 and older who complete this course qualify for a ten percent discount on their auto insurance for three years. Driver safety, confidence and comfort are enhanced by utilizing the most up to date research in driving and vehicles. First time participants must complete two four hour sessions. A four hour refresher course is required every three years to continue the discount. You may enter the library door on the west end between the buildings to save steps. Instructor: Sheri Siira has been teaching our classes for eight years.

Time: 5:00 - 9:00 p.m.

Fee: The fee for the four hour refresher course is \$20.00 and the fee for the eight hour first time course is \$22.00.

Date for Renewal Course: Thursday, March 22nd

Date for 8 hour course: February 6 & 9

Location: School Library/Media Center

ADULT BASIC EDUCATION

ABE is the program for all adults in the area who would like to improve reading, writing, and math skills or learn to speak English. All classes are free and serve adults who are not currently enrolled in a high school program.

Programs also include:

* English as a Second Language - Individual instruction for any adult whose native language is not English.

* GED (High School Equivalency Certificate) - Individual tutoring for adults who did not complete high school.

SNOWMOBILE SAFETY

An instructional program for students ages 11-18 to receive their driving permits. Participants must complete the course on a CD before attending the class at school, which takes at least 2 hours to complete on the computer. Students may pick up the DNR's CD from Anne Stenoien and may use a school computer if needed. The class at school includes additional instruction, a written test, and a riding course. Students must wear warm clothing, including boots, gloves, hat, snowpants, and a helmet, if available.

Instructor: DNR Troy Richards & volunteers

Fee: \$7.50 Payable after completing the course at school and must be paid through DNR web site.

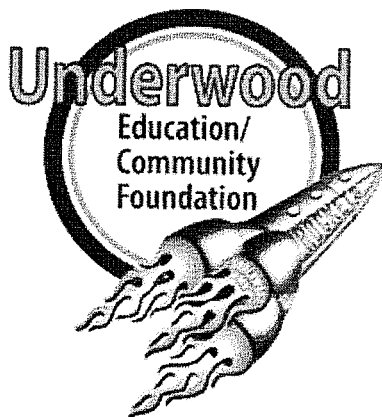
Date: When we have enough snow! You must sign up for the class to get the CD and to know when we will have the class.

OPEN COMPUTER LAB

Visit a web-site, type a report, or play computer games. The elementary lab is open to adults and kids and will be open from **on Monday, Feb. 6 and Thursday, March 22 from 5:30 - 7:00.**

PARENTING WEBINAR

Parents of children ages 0-5 should consider the free parenting webinars put on by the Dept of Education. Monthly events are from 12:00 - 1:00 but are also recorded for anytime. A literacy class on Feb 8th explores many meaningful activities that you do at home to help your young child develop. Go to www.workingfam.org/events and click on the register button.



Mark your calendars for the Underwood Education/Community Foundation Fundraising Banquet on Saturday, March 10th at the Underwood Community Center. The doors will open at 5:30 with a meal served at 6:00 followed by a short program. Come support the Foundation and enjoy a great meal with friends. Tickets must be purchased in advance from one of the Foundation Board Members or by contacting Katrina Wass at 218-770-2003 or k.wass@pemlaw.com. The price of \$15 makes it a fun and supportive evening. Find out what you can do for your community!

STATE TESTING FOR GRADES 3 - 11

State tests are given to students in a district once a year. The Minnesota Comprehensive Assessments (MCA) are given in math, reading and science to measure progress toward Minnesota's academic standards and also meet the requirements of the Elementary and Secondary Education Act. Classroom tests and state tests give educators an idea of how well their students are learning the concepts presented to them in the classroom. Most students take the MCA, but students who receive special education services and meet eligibility requirements may take one of the alternate assessments instead.

High school students are required to pass the written composition test, a reading test, and a math test in order to graduate from a Minnesota Public School.

Testing will start earlier this year because our students will have more opportunities to test and continue to learn the concepts. Math testing will be on-line for the first time and students will have three chances to take and improve their scores. Reading tests will continue to be with paper and only taken once in the spring. Math testing can start in February with each class working at their own speed.

To see examples of the state tests, including on-line samples, go to www.mnstateassessments.org Click on the student and family link.

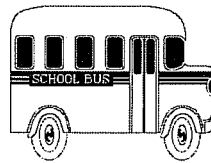
AMAZING DONATIONS - *Thank You!*

Since 2002 we have received \$15,292 from collecting those small box tops coupons that are valued at only \$.10 each. It's amazing how they really add up with everyone helps to collect. Last year we earned \$1,666. Our goal for this year is to collect \$1,999 worth of Box Tops.

Service Food receipts helped us to receive a \$1,740.90 donation recently from the store. We earned this amount by collecting receipts this fall.

SunMart also donates money for receipts. We need a few more before we can redeem them. Please send them to school so that we can keep adding!

Thanks to Ann Moore and her kids for helping to organize and total all of these papers!



BUS ROUTES

Please note that bus drivers are not allowed to use their cell phones. Please call the school for messages and we will radio the driver about your pick-up.

Reversing our bus route went so smoothly this year! Thanks to everyone for being out to their bus stop a little early! If you have questions about your pick up time, we are keeping an up to date list on our school web page.

No place like home.

Take ed2go Online Course from the comfort of your home or office at the times that are most convenient for you.

Hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

Each course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

Enroll at http://www.underwood.k12.mn.us/community_education/online_classes/online_classes.html

Check out our on-line courses. See the next page for more information.



ON-LINE COURSES FOR YOU

Photoshop Elements for the Photographer

You'll learn to edit images on your computer, correct flaws, enhance your final product, create simple art projects, prepare images for email and the Web, and organize your images so you can keep track of them. It's fun and easy, and you'll see how Photoshop Elements 10 gives you room to grow while letting you achieve high-quality results right away.

Microsoft PowerPoint 2010

You'll learn how to create captivating presentations using Microsoft PowerPoint 2010. You'll be creating slides, using templates, inserting text, changing background colors, creating WordArt titles, using SmartArt graphics, and adding slide transitions. Develop advanced skills such as inserting graphics, sound, video, custom animations, timed transitions, and hyperlinks. Upload your presentation to a Web server, email a slide show, broadcast a presentation in real time, and take your PowerPoint shows on the road.

Start Your Own Edible Garden

Not everyone has the same amount of time, space, or sunshine, so the first step to a great harvest is selecting the right crops. You'll explore climate considerations, how to identify problems in pH and drainage in your soil, select fertilizers and make compost. Each type of crop has specific needs, so you'll get tips on starting seeds, transplanting, pruning, and using container gardens and support structures. Learn about pests and diseases, irrigation, and more.

Learn to play guitar

In these lessons, you'll build basic guitar skills step-by-step with the help of hands-on exercises, audio and video recordings, and detailed illustrations. Learn how to tune your instrument. Explore the fundamentals of music notation and find out how to produce clear, beautiful notes and chords. Discover how to control your rhythm, tempo, and volume, and how to express yourself artistically. The skills you'll master in this course will allow you to play any style of music, from hard rock to country-and-western.

Online Course Format

Led by an expert instructor
Interactive discussion areas
New sessions begin monthly
6 weeks, 12 lessons
24/7 learning
Open to anyone!

The next classes start Feb 15 and March 21.

For all on-line courses, please register through our web site. Go to the Underwood Community Education page and click on the on-line course banner link.

QuickBooks 2011 for Contractors

Contractors have many unique bookkeeping needs. In this six-week course, you'll learn how to use the Premier Contractor Edition of QuickBooks 2011 to run your business more efficiently. Lessons are clearly illustrated to provide you with hands-on practice with the features you're sure to use on a daily basis. You'll discover how to create custom contract estimates, and different methods for billing your clients. Change orders and retainage requirements will also be covered as well as setting up accounts. You'll learn how specific transactions impact all your accounts, and master some techniques to prepare for tax time.

Creating Web Pages

Create and post your very own Web site on the Internet using HTML in this six week workshop. You'll plan the content, structure and layout of your Web site, create pages full of neatly formatted text, build links between the pages and to the outside world, and add color, backgrounds, graphics, and tables. You'll also learn critical and timely information on securing the best possible location in search engine listings, and powerful no-cost or low-cost web marketing strategies.

Hundreds of Courses through our school...

Lose Weight and Keep it Off
Debt Elimination Techniques that Work
Twelve Steps to a Successful Job Search
Learn a new language