

# MISD News & Notes

October 2020

## Important Reopening Update

Because of a recent increase in COVID-19 cases, MISD is postponing the opening of in-person classes. All classes began virtually on Sept. 21. All students should have a Chromebook and classes loaded in their Google classroom accounts. If your student has not picked up a Chromebook yet, please contact their school.

Coinciding with the start of online classes, we will have a Mobile Classroom site open throughout the community where students can access Wi-Fi and district staff members will be available to help. Mobile classroom schedules will be on the MISD website and each school's Facebook pages.

We are continuing to evaluate the situation and will update families by Thursday, Sept. 24. Waewaenen!



**MISD VISION**  
Enriching the lives  
of our children  
through education

## Leading the Way in Native Music Education

Keshena Primary School music teacher, Natasha Verhulst, is leading the way nationally with her approach to Native music education.

The National Indian Education Association "Education for All" project is featuring her music lesson plans for teachers nationally, and world-wide, to use for free; as an example of how

to teach Native music in an authentic way.

"I'm honored to have my work recognized in this way," said Verhulst. "There is such a deep connection between music and my Indigenous roots that I have always felt it's just a part of me; something I love sharing with my students."

The Education for All project is dedicated to developing Native-based lesson plans by Native individuals for all teachers to use. "The more we can share and educate one another as teachers, the more impactful our work will be," added Verhulst.

Congratulations Ms. Verhulst!



**KPS Music Teacher  
Natasha Verhulst**

## Calendar Correction

In the last MISD newsletter, we inadvertently had the wrong dates for this year's Thanksgiving holidays. The correct dates are November 26 and 27. We apologize for any confusion this may have caused.

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## Summer Food Program Extended



*The weekly Wednesday food distribution service is continuing.*

*In-school breakfasts and lunches will begin when in-person classes take place; with the date to be determined.*

The USDA recently announced that it is issuing a waiver allowing schools across the country to extend the Summer Food Service Program (SFSP) through December 31, 2020.

“The change allows MISD to continue offering any child in our community, 18 years old or younger, free breakfast and lunch through our meal distribution sites, in addition to serving in-school meals once school is in session,” explained

Robert Ferguson, Menominee Indian School District Business Manager/ Food Service Manager.

MISD is continuing the weekly Wednesday food distribution for virtual learning students at KPS, South Branch Community Center and MIMS parking lots from 11:00 a.m. to 12:30 p.m.

Once school resumes in-person classes, MISD will serve breakfast and lunch at KPS, MIMS, and MIHS on Mondays,

Tuesdays, Thursdays and Fridays.

“We look forward to continuing to serve our district families and the Menominee community,” added Ferguson.

MISD is an equal opportunity provider.

## KPS Teachers Go The Extra Mile

KPS teachers are once again showing they’re going the extra mile for our students!

Another group of KPS teachers is receiving funding for student projects through the Donor’s Choose platform. Congrats to:

**Eliza Koeller:** "Social Distancing in our Classroom" project. It allows students to have their

own materials in the classroom, with social distancing.

**Lucy Hess:** "SEL Rocks Our World." This project consists of tools, such as fidgets, Kiddy Dough and glitter jars for students she works with in each grade.

**Robin Pyawsay:** "Hands on Learning from Home." This

effort includes materials allowing hands-on learning to happen at home.

**Shaunda Williams:** "Teaching from Home." The project consists of materials to make file folder games and activities for students to use for home learning.

Thank you, teachers!

CONGRATULATIONS!



## Lady T-Birds Recipe Featured in Cookbook

Earlier this year, a recipe developed by the MIMS Lady T-Birds cooking group was selected as a finalist for the “Whipping Up Wellness Wisconsin Student Chef Competition” presented by Wisconsin Team Nutrition.

Now, the team’s “Spaghetti Remix” recipe is featured in Whipping Up Wellness Wisconsin Student Chef Competition 2020 Cookbook.

The recipe the students created is nutritious, school/

family friendly and tasty!

The Lady T-Bird cooking team consisted of students Lainey Peters, Lylee Helms, and Keyuntae Oshkeshequoam. Their teacher advisor was LaRon Buettner.

To download the recipe, just google **Whipping Up Wellness Wisconsin Student Chef Competition 2020 Cookbook**. Or go to the Wisconsin Department of Public Instruction website.

### SPAGHETTI REMIX

Lady T-Birds  
Menominee Indian Middle School  
Menominee Indian School District

Spaghetti remix is a savory twist on a classic dish. Sparkling strands of spaghetti squash form the base of the plate. Perched in the center, turkey meatballs are packed with tiny vegetable textures, adding a colorful surprise. To finish it off, this appetizing entrée is drizzled with a sensational sauce.



FINALIST

#### Ingredients

- 1 spaghetti squash
- 1 Tbsp olive oil
- ¼ tsp salt
- ½ tsp black pepper
- 1 lb ground turkey
- 1 egg
- ½ c bread crumbs
- ½ c carrot, finely diced
- ½ c zucchini, finely diced
- ½ c onion, finely diced
- ½ tsp dried parsley
- ¼ tsp dried oregano
- ¼ tsp dried thyme
- ½ tsp fresh basil, chopped
- 28 oz can whole peeled tomatoes
- ½ c water
- 3 tsp brown sugar
- 3 tsp garlic, minced
- ½ tsp crushed red pepper flakes

#### Instructions

1. Preheat oven to 400 degrees.
2. Slice ends off the spaghetti squash. Slice the squash into 1 inch rings. Remove seeds from each ring.
3. Place the rings on a foil lined baking sheet and brush with ½ Tbsp olive oil. Sprinkle with ¼ tsp salt and ¼ tsp pepper. Bake for 35-45 minutes or until tender.
4. In a mixing bowl, combine turkey, egg, bread crumbs, carrot, zucchini, onion, ¼ tsp salt, ¼ tsp black pepper, dried parsley, dried oregano, dried thyme, basil, and mix by hand.
5. Scoop meatballs with a 2 oz. disher (about 18 meatballs). After the meatballs are portioned, roll them with hands to make round balls.
6. In a large skillet over medium heat, place the meatballs into the skillet and fry, turning often until the internal temperature reaches 165 degrees.
7. Place the tomatoes into a mixing bowl and crush by hand into small pieces. Add ½ cup water to the tomatoes.
8. In a large saucepan, sauté minced garlic in ½ Tbsp olive oil for about 2 minutes. Add the red pepper flakes and stir for about 15 seconds.
9. Add the tomatoes, water, and brown sugar to the saucepan. Bring to a boil and then reduce to a simmer for 20 minutes.
10. To serve, place a ring of squash on a plate, add 3 meatballs to the center of the squash and cover with tomato sauce.

Prep Time: 30 minutes  
Cooking Time: 30 minutes

Yield: 6  
Serving Size: 1½ cups

## Homework Help

With the school year now underway, there’s always a lot to learn.

If your student would like help with their homework, there’s a great local resource for them: The S. Verna Fowler Academic Library/

Menominee Public Library can help! Library staff will be assisting students on **Tuesday, Sept. 29 from 6-7 p.m.**

It’s easy: just go to: <http://bit.ly/library-homework-help>.

A Library staff person will help students via Zoom. If staff is assisting someone when you log in, you’ll be asked to wait until they are available.





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# October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 No school	3
4	5 School board mtg. @ 5 p.m.	6	7	8	9	10
11	12	13	14	15	16	17
18	19 School board mtg. @ 5 p.m.	20	21	22	23	24
25	26	27	28	29	30 No school	31