

White Bear Lake Area School District

COMMUNITY SERVICES & RECREATION

Winter 2022



Flip book to see
Bear's Bulletin!

Bear's Bulletin, a White Bear Lake Area School District publication, can be found on the reverse of this catalog. The piece covers District and school news, accomplishments, 624 Facts and notice of upcoming events. *Flip this book to see the District updates!*

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WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

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ISD624

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Our Mission

The mission of Community Services & Recreation, a dynamic department at the leading edge of community programming, is to connect and engage individuals and the community in lifelong learning and enrichment through a vital system distinguished by:

- Safe, nurturing environments and accessible spaces
- Inclusive, varied programs and experiences
- Participants, volunteers, and staff who reflect and embrace the diversity of our community
- Synergistic partnerships and meaningful relationships
- Dedicated, qualified, and supported staff and volunteers

2022-2023
ECFE Registration opens at
8am online May 3

2022-2023
Preschool Registration opens
at 8am on March 1.

Visit earlychildhood.isd624.org
to stay up to date!

SUMMER 2022

ADULT ENRICHMENT
EARLY CHILDHOOD
EXTENDED DAY & FLEX
YOUTH ENRICHMENT
YOUTH RECREATION

REGISTRATION
OPENS MARCH 1

ESPAÑOL: Los enlaces culturales del distrito escolar ofrecen servicios e información a nuestras familias Latinas. Más información en página 22.

HMOOB: Koog tsev kawm ntawv cov cultural liaisons muaj kev pab thiab txhais lus rau cov tsev neeg hais lus Hmoob. Yog xav paub ntiv mus nyeem rau phab nplooj ntawv 22.



MASKS ARE REQUIRED
IN ALL 624 DISTRICT
BUILDINGS

White Bear Lake Area Schools continue to follow the recommended guidance regarding the COVID-19 virus from the Minnesota Department of Health. Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes or has any COVID-19 requirements to participate.

Don't forget to self-screen before attending in-person classes. Students, teachers, and staff should stay home if they have signs of infectious illness, and should contact their health care provider for testing and care. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

Self Screen Before Class:

Have you had:

- Fever of 100.4 or higher?
- New cough or cough that gets worse?
- Difficulty/hard time breathing?
- Few loss of taste or smell?

If you are sick or have any of these symptoms, do not attend class and call 651-407-7501. If you become sick a few days after class, please call 651-407-7501 to inform us for contact tracing purposes.

Online Classes: When you register for an online class, a link to the class will be emailed to you 1-2 days prior to the start date.

Facilities Reservations: All requests for facility use within the White Bear Lake Area School District #624 should be made on either the Facility Scheduling Voicemail Line, (651) 407-7503, or email your request to: facilities@isd624.org.

Refunds & Prorating: Notify Community Services & Recreation immediately if you need to withdraw from a class. Full refunds or credits are given if a class is canceled. Refunds are not issued after a class has begun. There are no prorated fees. To receive a refund, minus a processing fee, you must withdraw from an activity at least 3 business days prior to the first day of the activity.

Processing fees for classes:

- Under \$50 have a \$5 fee
- \$50-\$149 have a \$10 fee
- \$150-\$399 have a \$20 fee
- \$400+ have a \$30 fee

UCare Discount: UCare members may be eligible for a \$15 discount on most classes. If a class is less than \$15, the class will be free of charge. Members must be on UCare at the time of registration and during the class(es). Members need to include their UCare ID number when registering. This discount cannot be used for the following classes: Private lessons, alcohol-related activities, high-risk activities (skydiving, rock climbing, etc.), and gambling trips.

Your Privacy is Important to Us: Your registration information is considered private data under state and federal law. Information is used for the purposes of administering the activity, contacting you about upcoming activities, events or activity changes. If you may choose to withhold this information, this could limit the distribution of information to the participant or instructor.

Liability Waiver: There is an inherent risk of accident or injury in any activity. It is the responsibility of the participant or the parent of the participant to be aware that there are assumed risks in participation. ISD 624 assumes no responsibility for injuries received during activities. Any changes in a participant's activity level should be done under approval and direction of their physician and/or healthcare provider(s).

Do You Have a Disability? Do not let it be a barrier to enjoying the wide variety of class offerings in this catalog. Please call 651-407-7501 to discuss accommodations.

Need Financial Assistance? WBL Community Services & Recreation is dedicated to providing learning opportunities for people of all ages. Limited financial assistance is available. For details and to apply, call 651-407-7501.

Due to COVID-19, classes and events are subject to change. You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

White Bear Lake Area Schools Community Services & Recreation

4855 Bloom Avenue, Room 106, White Bear Lake, MN 55110
communityservices.isd624.org

Information & Registration (651) 407-7501
FAX (651) 407-7502
communityservices@isd624.org

Online Registration www.whitebear.ce.eleyo.com

DIRECTOR

Tim Maurer (651) 407-7509
tim.maurer@isd624.org

ADMINISTRATIVE ASSISTANT

Christine Beckers (651) 407-7505
christine.beckers@isd624.org

Adult Basic Education (651) 407-7501

Adult Enrichment Programmer (651) 653-3124
Michelle Hubbard michelle.hubbard@isd624.org

Adult Programs & Facilities Coordinator (651)-653-3126
Jon Anderson jon.anderson@isd624.org

Early Childhood Coordinator (651) 653-3102
Darcy Rodriguez darcy.rodriguez@isd624.org

Facility Scheduling (651) 407-7503
facilities@isd624.org

Out of School Time Coordinator 651-407-7504
Nicole Oswald nicole.oswald@isd624.org

Out of School Time Billing & Registration (651) 407-7511
Stacy Bertelsen communityservicesbilling@isd624.org

Receptionist (651) 407-7501
Stephanie Sears stephanie.sears@isd624.org

Youth Enrichment & Development Specialist (651) 407-7544
Tracy Cook tracy.cook@isd624.org

Youth Recreation & Middle School Sports Coordinator (651) 407-7506
Matt Riebow matthew.riebow@isd624.org



REGISTER  whitebear.ce.eleyo.com



Senior Housing Event

Sat, Jan 22 / 10 am - 2 pm / Senior Center

This will be a great event for older adults, adult children and their parents, or anyone wondering about the local senior housing community in our area. We will have many local housing communities at the Senior Center with information about their properties and their services. Housing representatives will be available to answer your questions. There will also be light refreshments and snacks available. Drawings for prizes will also be available throughout the event.

Sponsored by:

THE WATERS
OF WHITE BEAR LAKE™

THE PILLARS
OF WHITE BEAR LAKE
SENIOR LIVING | ASSISTED LIVING | MEMORY CARE



NORMANDY FLEA MARKET / PARKING LOT SALE

Need to have a garage sale but don't have the space?
We can help!

Sat, May 21 / 9 am - 2 pm / Rent 1-2 spaces

Call to sign up or visit whitebear.ce.eleyo.com and search "Parking Lot"

Manitou Art & Craft Fair

MANITOU DAYS EVENT

Friday, June 24, 2022
1 - 7 pm

White Bear Area Senior Center
2484 East County Rd F, White Bear Lake

SEE PAGE 34 FOR MORE DETAILS



MARK YOUR CALENDAR
Food Truck Friday
is returning!

April 29 & May 20 - Vendor list coming soon!



Skating with Bears

FREE FAMILY EVENT!

Sun, Jan 30 / 1 - 3 pm / Hippodrome

Registration appreciated
Visit whitebear.ce.eleyo.com, course #8000.200

Spring Boutique

Friday, March 11
9 am - 7 pm

Saturday, March 12
9 am - 4 pm

White Bear Area Senior Center

Shop the spring boutique for
unique home crafted items by
local seniors!



MANY FACES • MANY STORIES

Building Community through Storytelling: recognizing, honoring, and embracing all cultures with humility and respect.

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LGBTQ Family Allyship Workshop

Is it important to your family to be active LGBTQ allies? Do your kids have queer and trans friends that need help feeling affirmed and safe at school? Are you part of a school PTO? This 90-minute interactive training will provide examples of ways to teach your kids about S.O.G.I.E (sexual orientation, gender identity, and gender expression) organizing family diversity events, advocating for LGBTQ-inclusive policies, and concrete language your family can use to interrupt bias-based behaviors in community settings. Every participant will leave with a wealth of resources to share with the members of their school community!

1655.300 / 1 session / \$20 / Tue, Mar 22 / 6:30 - 8 pm

Book Read: La Lacuna

La Lacuna by Barbara Kingsolver. MJ LaVigne will lead the discussion about this New York Times Bestseller. La Lacuna is a story about a man torn between worlds as he records his colorful experiences of life working for Diego Rivera and Frida Kahlo.

Tue, Jan 11 / 7 - 8 pm / FREE

White Bear Center of the Arts, 4971 Long Ave, WBL
No Registration Necessary

Homelessness - A Crisis in Our Own Community

Come join us for an evening of learning what homelessness looks like in our community, what resources are available for those struggling to have stable housing, and hear real life experiences of what homelessness looks and feels like. By attending you will gain ideas of how you can assist and learn how your actions can make an impact in your own backyard.

TBA April / St. Andrew's Lutheran Church

FREE - Goodwill donation preferred to help support CRC and HOST programs

Many Cultures Family Event

Join us for an evening of discovering the diversity within the community. Enjoy taste testing the rich flavors of ethnic foods, experience traditional music and performances, and admire ethnic clothing, as well as making some arts and crafts.

Thu, Apr 28 / 5 - 7:30 pm
Sunrise Park Middle School

No registration needed

Growing up Indian & Tribal Life Today

Join Ojibewa-Anishanabe storyteller, Bud Johnston of Pipestone, as he shares the history and traditions of his American Indian tribe and breaks down cultural stereotypes.

1655.320 / 1 session / Tue, Mar 8 / 7 - 8 pm

\$20 per household / ONLINE

Immigrants & the Making of St. Paul

Explore the role of immigrants in the making and remaking of Saint Paul. From the immigrants that impacted the foundation of our city in the 1840s to the immigration of our current time. Discover public policy and immigration reform through the lens of history.

1655.326 / 5 sessions / Wed, Feb 9-Mar 9 / 7 - 8:15 pm

\$65 per household / ONLINE

Meet the Author "When Minnehaha Flowed with Whiskey"

Dance halls, secret saloons, wild behavior, lawsuits and whiskey. Historian Karen Cooper shares the lost history of Minnehaha Falls where all this mayhem occurred a hundred years ago. Crooks, landowners, saloon owners, and hoteliers went to the Falls to turn a profit or to raise a little ruckus. The conflict between moral upright society and the dissipated partiers at the Falls is a fascinating and forgotten story.

1655.325 / 1 session / Tue, Mar 1 / 7 - 8:15 pm

\$20 per household / ONLINE

Social Justice - Action & Accountability

It is impossible to ignore the current injustices in our neighborhoods, cities, and nation. Are you familiar with racial justice history and terminology, but are struggling to figure out what you can do to support change? Join us as we discuss our role as community members in the quest for justice and develop an anti-racism living practice.

1655.310 / 1 session / Sat, Mar 12 / 9:30 - 11 am

\$20 per household / ONLINE

Who are Jews & What is Anti-Semitism

This presentation will include an overview of Jewish peoplehood, anti-Semitism, and challenges we face today. Please bring questions to the discussion. Presented by the Jewish Community Relations Council of Minnesota and the Dakotas.

1655.315 / 1 session / Wed, Mar 2 / 7 - 8:30 pm

\$20 per household / ONLINE



Red Barn

Learn to create unique, quick and expressive acrylic paintings. Working quickly allows colors to blend and brush strokes to show, creating dynamic results. Follow the step by step instructions while learning about composition and color mixing.

1561.360 1 session / \$40
Fri, Jan 14 / 12 - 2 pm
Senior Center

Wool Felt Painting

Create a beautiful "painting" completely out of wool roving. Learn to use a wet felting process to create a one-of-a-kind image in wool that can be hung on a wall or made into a pillow. Dress to get messy.

1561.370 1 session / \$40
Fri, Feb 11 / 12 - 2 pm
Senior Center

Red Trees, Bob Ross Oil Painting Class

Discover your creative side in this easy to follow class. You will be amazed at the talent you have! The 16" x 20" canvas will be ready to frame and hang on your wall at home. Quality, inexpensive frames will be available to purchase. A \$20 material fee is due to the instructor at class.

1560.220 1 session / \$60
Tue, Mar 1 / 9 am - 1 pm
Senior Center

Oil Pastel Drawing

Create a beautiful image in oil pastels with confidence, even if you have never used them before. You'll learn how easy and fun creating a landscape in oil pastels can be following step-by-step instructions.

1561.400 1 session / \$40
Fri, Apr 22 / 12 - 2 pm
Senior Center



Barn Quilt Painting Class

Come join Aryn and create your own unique 14"x14" barn quilt design on reclaimed barn wood! Locally sourced, carefully selected, sanded and assembled. Choose from nine beautiful designs, pick your own color scheme to match your decor and relax in a welcoming environment.

1520.350 1 session / \$60
Sat, Mar 19 / 10 am - 1 pm
South Campus

1520.450 1 session / \$60
Sat, May 7 / 10 am - 1 pm
South Campus

Glass Mosaic Window or Table Lamp

Glass mosaic sounds like a fancy, difficult art form, but you will easily learn how it can be fun to create a four pane window or a lamp with colorful glass! Design options and stencil will be available as well as dozens of colors of precut glass. Night 1: Design and glue the glass, Night 2: Grout the finished project and learn about mosaics. Material fee due at class: Window fee: \$60 Lamp fee: \$35

1403.400 2 sessions / \$45
May 2 & 9 / 6 - 9 pm
South Campus

Watercolor Poppies

Join us for a fun evening learning basic watercolor techniques. Our step-by-step approach will help you create this beautiful watercolor painting. No previous experience is necessary. Complete a painting of poppies on 11"x15" watercolor paper. All supplies provided.

1512.350 1 session / \$40
Wed, Apr 6 / 7 - 8:30 pm
Senior Center

Fun with Epoxy (Ages 9-15 w/adult)

Learn the basics of working with Epoxy by decorating a wall plaque! Choose the State of Minnesota, a rectangle, a heart, or a dragon. To personalize your art, bring any items from home such as sea shells or a heart shape to mark where you live. You can make additional projects 20 each if you have time.

1415.300 **1 session / \$50**
Sat, Jan 29 / 10 am - 1 pm
White Bear Makerspace
 5966 Hwy 61 N, WBL

1415.400 **1 session / \$50**
Sat, Apr 2 / 10 am - 1 pm
White Bear Makerspace
 5966 Hwy 61 N, WBL

DIY Cutting Boards

Join us in custom making a cutting board. The class covers the step-by-step of designing and making your own custom cutting board. You will be using a variety of woods and cuts.

1415.320 **1 session / \$65**
Sat, Feb 26 / 1 - 4 pm
White Bear Makerspace
 5966 Hwy 61 N, WBL

Alcohol Inks

Experiment with alcohol inks! Instructor Julie will walk you through the steps to creating beautiful vibrant paintings. Enjoy watching the inks move and flow right in your hand. In this class you will also work with different brands of inks and learn new techniques. Enjoy the day with fun colors and free flow painting. You'll take home many little gems of paintings as well as some on tiles! No experience needed.

1413.400 **1 session / \$60**
Fri, Apr 1 / 10 am - 1 pm
Senior Center



Glassblowing 101: Paperweight

Experience the art of working with hot glass, no matter your skill level. Under the guidance of an instructor, students will experience how glass is manipulated and formed into a simple shape. Creating a glass paperweight teaches the fundamentals of gathering, coloring, shaping and transferring the piece off of the blowpipe. You'll need to return at a later date to pick up your finished work

1414.300 **1 session / \$90**
Sat, Feb 12 / 10 am - 1 pm
Vandalia Glassworks
 103 Concord Exchange N, South St. Paul

Glassblowing 102: Succulent Bowl

The succulent bowl is a perfect project for students looking to improve their glassworks skills or first-timers! Students will work on the full process of creating a vessel from start to finish. This bowl will teach the skills of gathering, adding color, blowing shaping, transferring and finishing a vessel form. We recommend taking the paperweight class first, but it's not a requirement.

1414.400 **1 session / \$90**
Sat, Apr 23 / 10 am - 1 pm
Vandalia Glassworks
 103 Concord Exchange N, South St. Paul

Come Sail Away

Join instructor Julie Schroeder and have an amazing time creating with sailboats on the ocean. Using just palette knives and thick body acrylics we'll experiment with blending luscious thick colors and creating a 3-D effect with paint. A \$10 material fee due at class.

1413.303 **1 session / \$40**
Fri, Feb 4 / 10 am - 1 pm
Senior Center

Learn to Knit: Beginners & Returning Students

Knitting is relaxing, creative, and a great way to spend a cold winter afternoon! Beginners will learn the skills necessary to get knitting and by night three, with practice, you will be able to create a beautiful scarf, cute hat or a handy washcloth. Returning knitters will continue to practice their skills and learn a few new tricks such as different ways to cast on/bind off, increase/decrease stitches and work on a new project, a KeyHole Scarf.

1565.360 3 sessions / \$40
Wed, Jan 26 - Feb 9 / 5:30 - 7:30 pm
Senior Center



Organize Your Photos - Digital and Print

Imagine, all your photos organized and being able to find any photo in literally seconds! Learn about scanning old media, slides, photos, movies etc. We will talk about cloud organization systems for your photos as well as editing and repairing old movies and damaged photos. By the end of this class you will have a plan for a system in place so you can find any photo in literally seconds!

1512.310 1 session / \$30
Wed, Mar 30 / 6:30 - 8:30 pm
Senior Center

Snowy Drive - Adult/Child Paint Date
(Ages 8+ w/adult)

Experience a fun and relaxing environment with the challenge of a class guided by a professional artist. Each individual will work on a different side of a canvas at the same time with a partner. When the two sides join at the end of class, you will have one complete artwork. A \$15 material fee due at class.

1200.310 1 session / \$55 per couple
Wed, Mar 30 / 6 - 8 pm
Senior Center



Get nutritious meals delivered to your home regardless of age or ability.

Proudly serving the White Bear Lake area, delivering hot, fresh, locally prepared meals right to your door.

Meals on Wheels is a community based program that delivers nutritious meals to your home through the help of volunteers. Meals on Wheels is for anyone in our community in need of support or for those who just need a break. If you're tired of cooking but want a day off, give us a try. If you don't want to go grocery shopping, give us a try. Recovering from an illness or surgery, give us a try. Worried about a loved one in need of a hot meal, give us a try. We are here for you.

What's on the menu? The Meals on Wheels menu has many options to choose from. Popular choices are beef pot roast, chicken & dumplings, and lasagna. We also have Latin, Asian, and Vegetarian options to choose from. Each meal comes with a beverage, vegetable, and dessert.

For more information or to get meals delivered to your home, call 651-653-6123.

| MONTHLY INCOME (1 person in a single or multiple person, non-spousal household) | MONTHLY INCOME (2 person) | MEAL PRICE RANGE |
|--|------------------------------|------------------|
| Up to \$1,073 | Up to \$1,452 | \$5.80 |
| \$3,221+ | \$4,356+ | \$8.90 |

ONLINE Cooking Classes with Kirsten Madaus

Winter Wellness Bowl Meal Prep

You can create the building blocks for a variety of healthy meals using your Instant Pot and/or air fryer! In this live online class Kirsten will demonstrate Black Bean & Kale Bowls, Korean Chicken Bowls, and Taco Tamale Bowls while discussing ways to change up your daily meals with different sauces and toppings.

1560.200 1 session / \$25 per household
Thu, Jan 27 / 6:30 - 8 pm

Instant Pot Basics Series

It's time to finally use that Instant Pot! In this live 4-part online class you'll learn how to make breakfasts through dinners and appetizers through desserts! Each week Kirsten will demonstrate a different aspect of pressure cooking: from how a pressure cooker works to how to cook with frozen meats to all-in-one meals to pot-in-pot cooking.

1560.205 4 sessions / \$75 per household
Thu, Feb 3 - 24 / 6:30 - 8 pm

Chili Night with your Instant Pot

The Instant Pot makes a faster, more flavorful pot of chili compared to stove top or slow cooker and you can make your sides in it too! Watch a live demonstration of Easy Weeknight Chili, Turkey Verde Chili, and vegan Quinoa Chili, along with Instant Pot "Baked" Potatoes and Loaded Cornbread... AND learn to adapt your favorite recipe for pressure cooker!

1560.210 1 session / \$25 per household
Tue, Mar 8 / 6:30 - 8 pm

Air Fryer Veggies

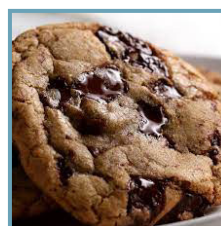
Using an Air Fryer to cook vegetables is quick and the healthy results are delicious! Watch a live demonstration of a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potatoes.

1560.300 1 session / \$25 per household
Tue, Apr 19 / 6:30 - 8 pm

Glorious Garlic

Learn to cook with garlic! Roast garlic to use as a French Bread spread or to give an old recipe a mild, slightly sweet flavor and make a warm mushroom garlic dressing and garlicky croutons. Make a starter, Baba Ghanouj, a roasted eggplant dip and bruschetta with sun-dried tomato pesto; Garlic Soup; Asian and Philippine Adobo with Pork Almonds and Chicken and Mashed Cauliflower and Potatoes and more! Remember to bring empty containers for leftovers. A \$15 food fee due at class.

1632.200 1 session / \$40
Tue, Jan 18 / 6 - 9 pm
South Campus



COOKIES!!! (Adult & Youth Class)

Kids and adults and cookies... a terrific combination! Bake an assortment of yummy chocolate chip cookie variations: Almost Mrs. Field's Chocolate Chip, Banana Chocolate Chip, Chocolate with White Chips and Toffee Chocolate Chip.

As a bonus we will also bake Chocolate Mint Cookies, Peanut Butter Cookies, Sugar Drops and Rolled Sugar Thins. A \$11 food fee due at class.

1632.250 1 session / \$40 per pair
Sat, Mar 26 / 9 am - 12 pm
South Campus

Festive Spring Salads

Head into spring with a Wild Rice & Chicken Breast Salad or Wild Rice with Fresh Mushrooms & Cashews! We will also make a vegetarian main dish salad using multi-colored peppers with Quinoa, a fruit salad with cantaloupe and strawberries and a Raspberry-Spinach Salad with Glazed Pecans. Finally make three easy dressings of your favorite combination of assorted garden greens - Feta Cheese, Creamy Blue Cheese and Orange Dressing.

1632.300 1 session / \$40
Tue, May 10 / 6 - 9 pm
South Campus

MASKS ARE REQUIRED AT ALL 624 DISTRICT BUILDINGS

Due to COVID-19, classes and events are subject to change.

You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

Clases de Finanzas

*Disponibilidad de cuidado de niños.
Ver detalles al registrarse.*

El proceso de comprar una casa en MN (Process of Buying a House in MN)

Los temas que se cubren en la clase: El contrato con el agente de bienes raíces: ¿Cómo se hace? ¿Cuánto cuesta los servicios del agente? La preaprobación para la hipoteca: ¿Qué opciones de préstamos para hipoteca hay? ¿Qué requisitos se necesitan para ser aprobado? El proceso de búsqueda de casas: Consulta inicial con el agente de bienes raíces para determinar las necesidades y el plan de búsqueda de casas La oferta de compra El contrato y su negociación La ejecución del contrato y las responsabilidades La evaluación del valor de la casa, inspección y condiciones físicas de la casa Las condiciones de financiamiento El cierre del negocio de la compra de la casa.

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Topics included in the class: Buyer's agreement representation by a real estate agent: How it gets done? How much does it cost? Mortgage pre-approval: What options exist? What do I need to provide to be preapproved? Search for homes process: Initial consultation with a real estate agent to determine needs and put together a search plan). Making an offer. Negotiation and purchasing agreement. Execution and responsibilities. Home appraisal and inspection. Review terms with lender and closing.

1150.350 **1 session / \$5**
Wed, Apr 20 / 6 - 7:30 pm
Senior Center

Preparación de un presupuesto para lo más importante (Budgeting for What Matters Most)

Obtenga una mejor comprensión de lo que es más importante para usted y como se puede impactar su vida financiera. Obtenga las herramientas necesarias para comprender sus hábitos de gasto. Aprenderá el secreto para una gestión diaria del dinero exitosa.

--
Gain a better understanding of how what's most important to you can impact your financial life. Get the tools you need to track your spending habits. You will learn the secret to successful, everyday money management.

1150.310 **1 session / \$5**
Thu, Mar 24 / 6 - 8:30 pm
Senior Center



55+ Driver Safety

INSTRUCTOR: MINNESOTA SAFETY COUNCIL

If you're 55 or older, receive a discount on your auto insurance and improve your driving skills! Review basic crash prevention techniques that have proven to reduce traffic violations and incidents. The class consists of lecture, films and discussions and does not have any tests! At the end of class, you will receive a certificate of completion to give to your insurance company.

FULL CLASS - 2 sessions / \$45

1578.211 **Wed & Thu, Feb 9 - 10 / 5:30 - 9:30 pm**
1578.213 **Thu, Mar 17 & 24 / 1 - 5 pm / **ONLINE****
1578.315 **Tue, Apr 26 & May 3 / 5:30 - 9:30 pm**
1578.317 **Tue & Wed, May 24 - 25 / 5:30 - 9:30 pm**

REFRESHER CLASS - 1 session / \$35 / Senior Center

1579.201 **Thu, Jan 27 / 1 - 5 pm**
1579.202 **Tue, Feb 8 / 1 - 5 pm**
1579.205 **Fri, Mar 25 / 1 - 5 pm**
1579.206 **Tue, Mar 29 / 5:30 - 9:30 pm**
1579.300 **Tue, Apr 5 / 1 - 5 pm**
1579.301 **Thu, Apr 21 / 8:30 am - 12:30 pm**
1579.302 **Fri, May 13 / 8:30 am - 12:30 pm**
1579.304 **Tue, May 24 / 1 - 5 pm**

**Stay connected and follow us
on social media!**



@wblasrec



@WBLCommunityEdu

90-Minutes with an Estate Attorney

We all have goals. And we all have questions on how to get there. Sometimes our goal is to give assets to others either while we are alive or after we've passed. This class will answer many topics including: Estate Tax and Gift Tax Planning, Gifting money in a Will, or a Trust? Do you qualify for Medicaid? What is the 60-month claw back? Is my Trust safe from nursing home fees? Most people believe that their trust shields the assets from the nursing home and creditors. Many people may be wrong! We also discuss how to plan and place your assets to meet your retirement, your nursing home goals, and after you have passed.

1122.201 1 session / \$25 per household
Wed, Feb 16 / 6:30 - 8 pm
ONLINE

Getting Started with Medicare

It's time to discover your Medicare options and choices. Attendees will learn what they need to consider along with the benefits and costs of each plan.

1540.220 1 session / \$25
Tue, Mar 29 / 6:30 - 7:30 pm
Senior Center

Financial Power of Attorney & the Health Care Directive

Unexpected events happen. Plan now and learn about the use and benefit of a Financial Power of Attorney and the Health Care Directive. Understand what the agent's responsibility is and factors in selecting your agent(s). You will leave class with all the forms and information you need to aid you in preparing them.

1142.300 1 session / \$40
Wed, Apr 20 / 6:30 - 8:30 pm
Senior Center

Estate Planning for 2nd Marriages

The end of a marriage through death or divorce is a common occurrence in today's world. As life presses forward it is imperative to get educated and plan what's best for your estate. Lives change and without proper planning, your goals will not be achieved. You might have a home, cabin, business, investments, children, stepchildren and family heirlooms to deal with. The plan has to be tailored to your situation. In this class we will discuss how to position your assets to make everyone in your family happy. Have your questions ready!

1132.310 1 session / \$25
Tue, Apr 26 / 6:30 - 8 pm
ONLINE

*THIS CLASS IS FREE THANKS TO THE SPONSORSHIP BY
 VAUGHN KAVLIE FROM LUMINATE HOME LOANS.*

Equity Conversion: The New Reverse Mortgage

Identify and understand the pros and cons of the equity conversion (reverse mortgage). There are myths as well as benefits in utilizing the program for those who are 62 and over. People of all ages as well as financial professionals including financial planners, realtors and tax professionals are encouraged to learn about equity conversion.

1147.312 1 session / FREE
Fri, Apr 22 / 10 - 11:30 am
Senior Center

Drafting Your Own Will

Developing a will is an important step in providing for the ones you love and for you to "finish well". Learn various techniques of property distribution, protection of the estate and beneficiaries, explore basic will concepts and assess your need for a simple will. You will receive individualized personal attention, sample forms, and language for use in drafting your own will. Also you will identify safekeeping techniques and circumstances that may require a review or revision of your will.

1143.300 2 sessions / \$ 60
Tue, Apr 5 & 12 / 6:30 - 8:30 pm
Senior Center

Retirement: Making Your Money Last

Consider your trade-offs when developing a withdrawal strategy. Should you work longer? Spend less now? Delay Social Security? Develop ways to plan for expected and unexpected expenses with insurance.

1147.360 1 session / \$30
Thu, May 12 / 6 - 7:30 pm
Senior Center

The 4 Pillars of the New Retirement

Get insights from the Edward Jones/Age Wave research about how retirement is changing. Attendees will gain knowledge about the four essential pillars that can impact quality of life in retirement. The Pillars are Health, Family, Purpose, and Finances

1147.340 1 session / \$30
Thu, Apr 21 / 6 - 7:30 pm
Senior Center

*FREE CLASSES THANKS TO A SPONSORSHIP BY
MATTHEW MERRICK OF THRIVENT FINANCIAL.*

Five Keys to Retiring Fearlessly

After years of hard work, retirement may finally be in sight. Learn the five keys to unlocking a fearless retirement and gain insight into Social Security. While it can be confusing, making the most of your Social Security has a lot to do with when you apply for benefits. This is a great opportunity to get answers to your questions and learn what Social Security can mean for you.

1535.200 **1 session / FREE**
Thu, Mar 3 / 6 - 7:30 pm
ONLINE

Social Security: Timing is Everything!

Social Security is a vital income source for many retirees. But it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you.

1535.310 **1 session / FREE**
Thu, Apr 14 / 6 - 7:30 pm
ONLINE

Why You Can't Trust Your Trust

Understand the strengths and weaknesses of different types of Trusts and when to use them. Explore your goals and wishes to see where they fall in the realm of Trusts. Get answers to questions such as "Am I using the right Trust for my needs and goals? And , "Does my Living Trust protect my assets against Medicaid and the nursing home?" and much more. Bring your questions and we hope to set your mind at ease or assist you in the decision making.

1132.301 **1 session / \$25 per household**
Wed, May 11 / 6:30 - 8 pm
ONLINE

Cryptocurrency

Cryptocurrency - What is it? Where did it come from? And how does it work? Learn some of the fundamental concepts about cryptocurrencies, how history can repeat itself in the current cryptocurrency hype and what are some of the potentials and vulnerabilities of digital currency.

1655.305 **1 session / \$20 per household**
Wed, Feb 16 / 12 - 1 pm
ONLINE

Foundations of Investing

Learn some basic rules for investing as well as developing a strategy, choosing quality investments, diversifying your portfolio invest for the long term and focus on what you can control!

1147.240 **1 session / \$30**
Wed, Mar 23 / 6 - 7:30 pm
Senior Center

Need-to-Know Changes to the College Planning Process

This past year has resulted in some of the most significant changes to the college planning process in decades. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships. Recent legislation included substantial changes to the FAFSA and college financial aid behind-the-scenes rules have changed on how colleges can recruit students and award scholarships. Join us to learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

1609.200 **1 session / \$25 per household**
Mon, Feb 7 / 7 - 8 pm
ONLINE

Get Top Dollar For Your Home

With so many options to choose from, selling your home can be a confusing process. We'll help you find the best approach for your home with tips on pricing, preparing your home and staging for the best price. Learn inexpensive ways to boost your value. Once your home is sold, learn options to put your proceeds to best use. Bring your questions and leave with a plan!

1200.200 **1 session**
\$25 per person, \$40 per couple
Wed, Mar 2 / 6:30 - 8 pm
Senior Center

Buying a Home with a Small Down Payment

Find out details of low down payment mortgages and learn the pro's and con's of various options. Discover how to get a great home at a fabulous price. View examples of what to look for when home shopping. Avoid the top 5 mistakes people make when buying their first home. There will be time for questions and you'll take away a Home Buyer Inspiration Kit.

1200.203 **1 session**
\$25 per person OR \$40 per couple
Tue, Feb 22 / 6:30 - 8 pm
Senior Center



Cardio Drumming

Take a simple movement - drumming - and turn it into a full-body workout that will leave you smiling, sweating, and feeling great. Cardio drumming brings together drumsticks, an exercise ball, and an exercise ball stand to create one of the most fun workouts you'll ever do. Jam out to the music, take out your anger, sweat and HAVE FUN!

1624.220 **8 sessions / \$100**
Tue, Jan 18 - Mar 8 / 6 - 6:45 pm
Zen Fitness & Wellness
 1350 Hwy 96 E Suite 9

1624.330 **8 sessions/ \$100**
Tue, Mar 22 - May 10 / 6 - 6:45 pm
Zen Fitness & Wellness
 1350 Hwy 96 E Suite 9

Soma Yoga

The practice of Soma Yoga helps re-educate our muscles to release tension and create freer mobility. The class emphasizes moving from within our bodies using breath practice and meditation to calm minds and spirits and gain strength, flexibility, balance, and stamina.

6 sessions / \$45 per household / ONLINE

1600.250 **Tue, Jan 4 - Feb 8 / 9:30 - 10:30 am**
1600.255 **Tue, Feb 15 - Mar 22 / 9:30 - 10:30 am**
1600.300 **Tue, Mar 29 - May 3 / 9:30 - 10:30 am**
1600.310 **Tue, May 10 - Jun 14 / 9:30 - 10:30 am**

Yoga - Whole Body Vinyasa

Increase both your strength and flexibility while incorporating breathing into each exercise. The program is designed to relieve stress and anxiety. Each pose will be described in detail for beginners as well as modifications offered for more advanced students. Improve the health of your body, mind and soul through yoga!

6 sessions / \$70 / Senior Center

1600.200 **Tue, Jan 18 - Mar 1 / 5:15 - 6:15 pm**
No Class Feb 1
1600.210 **Tue, Mar 8 - Apr 12 / 5:15 - 6:15 pm**
1600.320 **Tue, Apr 19 - May 24 / 5:15 - 6:15 pm**

Zumba

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness.

1623.300 **7 sessions / \$55**
Mon, Apr 11 - May 23 / 6:30 - 7:30 pm
Oneka Elementary

Pickleball

The White Bear Area Pickleball Club runs year-round. Starts January 1 - December 31.

Club Dues: \$25 for district residents / \$30 for non district resident

Indoor Pickleball:

Lincoln Elementary Gym, 1961 6th St, WBL

Schedule:

- Tuesdays: 6-9pm, Dec 7, 14, 21, Jan 4, 11, 18, Feb 8, 15, 22, Mar 1, 8, 22, 29

The Armory, 228 4th Street, WBL (downtown)

Schedule:

- Mondays: 9-11am, Nov 1, 8, 15, 22, 29, Dec 6, 13, 20, 27
- Tuesdays: 9-11am, Nov 2, 9, 16, 23, 30, Dec 7, 14, 21, 28
- Wednesdays: 9-11am, Nov 3, 10, 24, Dec 1, 22
- Thursdays: 9-11am, Nov 4, 11, Dec 9, 23
- Fridays: 9-11am - Dec 3, 17, 31
- Sundays: 3-5pm - Nov 7, 28, Dec 5, 19

Register online at whitebear.ce.eleyo.com, course # 9600.500

In-Person: Pay Sue Grun cash or check at Pickleball.

Warming House Schedules

OPENS MID TO LATE DECEMBER

SUNRISE PARK MS
Mon - Fri / 5 - 8 pm
HUGO ELEMENTARY
Mon - Fri / 5 - 9 pm

SPRUCE PARK
Mon - Fri / 5 - 8 pm
SAT & SUN
12 - 6 pm

PODVIN PARK
Mon - Fri / 5 - 9 pm

Open Skating - Hippodrome

SUGGESTED DONATION \$2/PERSON

The Hippodrome, the School District's ice arena, is located in front of Central Middle School on Bloom Ave.

Nov 6 - Mar 7

| | |
|------------------------|---|
| Saturday | 6:45 - 8:45 pm |
| Sunday | 1 - 3 pm |
| Non-school days | 2:15 - 3:45 pm (Nov 26, Dec 27, 28, 29, Jan 17) |

Questions about the rinks or Pickleball?

JON.ANDERSON@ISD624.ORG / 651-653-3126

Get Up & Go Fitness (Ages 18+)

\$55/punch card for 8 classes. See page 19.

Alzheimer's Series: Driving, Doctor Visits, Legal and Financial Planning

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. Learn helpful tips for breaking the ice with your family to address some of the most common, but difficult discussion issues such as; going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

1642.420 1 session / \$15 household
Mon, Apr 11 / 6 - 7 pm
ONLINE

Alzheimer's Series: Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

1642.300 1 session / \$15 per household
Mon, Mar 14 / 6 - 7 pm
ONLINE



Creating Balance

Finding balance in all areas is an essential part of life, including keeping physical balance. Unlike typical fall prevention programs that focus on balance exercises and removing fall hazards from the home, this workshop focuses on exercises for whole-body health that simultaneously improve balance and stability. Develop techniques to regain balance that can be easily added into everyday life without taking time away from a busy schedule.

1642.250 1 session / \$35
Wed, Feb 23 / 6 - 8 pm
Senior Center

Everything You Want To Know About Medicare

An educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, application process, estimated costs, supplements, the advantage plan (MAPD), and when is the right time to sign up. This is an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan.

1245.400 1 session / \$20 per household
Tue, May 3 / 6:30 - 8 pm
ONLINE

Honoring Choices: Is Your Healthcare Directive Up To Date?

Is your Advanced Directive up to date? Do you know what a Health Care Directive is and do you have one in place? Receive information on creating a healthcare directive or updating your current wishes. This is how you make your wishes clear to everyone, when you are no longer able to share them.

1243.235 1 session / \$10
Fri, Apr 15 / 10:30 - 11:45 am
Senior Center

Hypnosis: Weight Loss/Health Eating, Stop Smoking/Vaping, or Chewing Tobacco

Do you feel like your life revolves around food, smoking cigarettes or vaping? Stop the cravings and urges and learn through hypnosis to get healthy today! Participants will receive a hypnosis reinforcement CD and membership card to attend future classes.

1 session / Wed, Apr 27 / 5:45 - 9 pm / Senior Center

1550.400 Tobacco / Vaping
\$65 per person

1550.410 Weight Loss
\$65 Per person

1550.420 Smoke/Vape/ Weight Loss
\$120 per person

1550.430 Lifetime Member
\$25

MASKS ARE REQUIRED IN ALL 624 DISTRICT BUILDINGS

Due to COVID-19, classes and events are subject to change.

You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

Mindfulness: The Art of the Present Moment

The practice of Mindfulness teaches us how to come out of the stories in our heads to live in the real world here and now. This ancient method of self-understanding and self-management is used widely for handling pain, stress, habit control, insomnia, and dealing with painful emotions and disturbing thoughts. It is the foundation for pain and stress management clinics around the world and is successfully used for chemical dependency and other habit management. It leads to deep self-knowledge and self-management skills that make life richer. The content of the practice is simply our own experiences of body and mind.

1146.200

5 sessions / \$50

Mon, Feb 7 - Mar 14 / 6 - 7:30 pm

ONLINE

No Class Feb 28

Secrets to Relieving Back Pain

Discover brand new ways to align and move your body to alleviate and prevent back pain. Uncover how these previously unknown, but simple and effective, adjustments in body positioning can erase back pain and discomfort. This workshop will be mostly interactive as participants learn and practice the exercise techniques. Optional exercises will be done from the floor. Bring a yoga mat or towel.

1642.350

1 session / \$35

Mon, Apr 4 / 6 - 8 pm

Senior Center

Soothe Those Achy Joints

Do you have joints that ache - a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

1642.320

1 session / \$35 per household

Thu, May 19 / 6 - 7:30 pm

ONLINE



Women's Heart Health

Do you know the symptoms of heart disease in women? Symptoms are different for women than men so many symptoms are ignored or go unrecognized. This is why heart disease is the #1 killer of women. You have the power to control, prevent and, in some cases, reverse heart disease. Learn all the things you need to know: signs, symptoms and risk factors of a heart attack; hormones and your heart; foods that can help prevent and reverse heart disease; nutrients that are particularly helpful for heart health; exercise and the four numbers you need to know that could save your life.

1642.205

1 session / \$35 per household

Wed, Feb 2 / 6 - 7:30 pm

ONLINE

Stress Busting Strategies for Busy People

Is your life stressful? Stress not only causes a multitude of physical and emotional problems, but it will age you quicker and more efficiently than time itself. Learn the damaging effects of stress on your nervous system; how to keep stress from aging you; stress busting techniques; breathing techniques to calm the nervous system; ways to decrease stress hormone levels; how different types of foods, colors, surroundings, and even music can affect stress.

1642.315

1 session / \$35 per household

Wed, Apr 13 / 6 - 7:30 pm

ONLINE

Women, Weight & Hormones

Are you finding that fat is collecting around your midsection no matter how well you watch what you eat or how much you exercise? Your inability to lose weight probably has more to do with your hormone levels than anything else. Until you discover and correct any imbalances, trying to lose weight will be like shoveling sand against the tide. Discover seven key strategies for fighting fat and losing weight, including: solutions for controlling appetite and cravings; 10 simple, daily things to keep your metabolism burning brightly; how to tell if your thyroid is creating weight problems; what HRT or birth control pills have to do with weight gain, and how to help your body begin to lose weight again.

1642.220

1 session / \$35 household

Thu, Mar 10 / 6 - 7:30 pm

ONLINE



A Parent's Guide to Tik Tok

Have you heard about the latest new app called TikTok? In this fun class we'll take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their kids stay safe while on it. We'll cover everything you need to know as it's paving the future of a new social media

1250.240 **1 session / \$20 per household**
Mon, Feb 7 / 5:30 - 6:30 pm
ONLINE

Cell Phones & Parenting

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely without worry

1250.270 **1 session / \$20 per household**
Tue, Feb 22 / 5:30 - 6:30 pm
ONLINE

Aging Loved Ones: How to Have the "Heart to Heart"

Some conversations can't wait. Now's the time for an honest discussion with your loved ones about their goals, wishes and potential needs as they age. Learn practical ways to have challenging conversations. Get a list of essential legal documents. Explore the financial aspects of providing care.

1540.330 **1 session / \$25**
Tue, Apr 12 / 5:30 - 6:30 pm
Senior Center

Armchair Travels: Theodore Roosevelt National Park

Theodore Roosevelt National Park is unique among National parks as it preserves not only the stunning landscape of the area, but also the memory of an extraordinary person. He visited the area in 1883 to hunt Bison, and went on to have a ranch there. Join our instructor as he shows you some of the landscapes in the park as well as the wildlife you might find such as: wild horses, buffalo, antelope, and more.

1200.410 **1 session / \$25 per household**
Thu, May 19 / 6:30 - 7:30 pm
ONLINE

Identity Theft: What You Need to Know

Being proactive in protecting your identity can pay off down the road. Get tips and tools to help you avoid identity theft and minimize the impact if you become a victim.

1540.310 **1 session / \$5**
Fri, May 20 / 10:30 am - 12 pm
Senior Center

Introduction to Podcasts

Have you heard about Podcasts and would like to learn more? In this class we will learn all about how to listen to these digital audio shows online, select your favorite topics and even learn about any subject. You'll see how Podcasts are now one of the most popular tools for learning and personal growth, as well as fun form of entertainment! Learn how to download a Podcast app, understand the different categories to choose from, how to subscribe to a Podcast you enjoy and how to listen to them while in your home, car, or out for a walk.

1250.300 **1 session / \$20 per household**
Tue, Jan 18 / 5:30 - 6:30 pm
ONLINE

Introduction to Voiceovers... Get Started in Voice Acting!

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more at www.voicesforall.com/ooo.

1260.260 **\$50**

Upon registration you will be contacted by Voices for All to schedule your class for a day and time of your convenience.

So It's Time to Start Downsizing

At some point you will have to make a decision about leaving your home and downsizing. Whether the kids have all moved out or you find your house is just too big to upkeep we can help you start. Learn strategies on how and where to begin the process of decluttering, dealing with your stuff, getting your current home ready for sale, and you into a new home that will meet your needs into the future.

1200.250 **1 session / \$20**
Tue, Feb 22 / 6:30 - 8:30 pm
Senior Center

Kitchen Design 101: Curating Your Dream Kitchen

Looking for ideas on improving your kitchen? Discuss advantages and disadvantages of open concept and how to make selections on cabinetry, layout, countertops and the putting it all together. See tons of samples for everything in the kitchen. And if you are DIY we can cover that too. We will go over costs and talk about the order of operations. Bring pictures and questions!

1210.210 **1 session / \$30**
Tue, Apr 19 / 6:30 - 8:30 pm
 690 Mahtomedi Ave, Mahtomedi

*THIS CLASS IS FREE THANKS TO THE SPONSORSHIP BY
 JOY ERICKSON FROM EDINA REALTY.*

Repairs, Renovations & Staging vs. Selling Your Home As-Is

Do you keep wondering what would help you sell your house for the most money? And then you worry about overspending on projects that may be unnecessary? Given the current seller's real estate market, we will give you the best advice on how to get the best "bang for your buck" WITHOUT overspending. You may not need to do as much as you think and there may be a few inexpensive items that can help a lot. Bring pictures of your home on your phone for practical advice on the cost effective ways to prep your house.

1200.440 **1 session / FREE**
Thu, Apr 21 / 6:30 - 8 pm
Senior Center



Interviewing with Confidence

Do you dread being interviewed? They are nerve-wracking, mostly because we don't know what to expect. Talking about our experience and our skills isn't something we're used to doing. Join us in learning how to prepare, including how to predict what questions you will hear. Employing these tips will result in greater confidence and leaving a good impression in any job interview!

1260.270 **1 session / \$30 household**
Mon, Feb 28 / 6:30 - 7:45 pm
ONLINE

Writing Resumes & Cover Letters that Get Noticed!

Some resumes get noticed more than others; do you know why? Do you find that your applications never lead to interviews? Or, has it simply been a long time since you dusted off your resume? This session will provide answers to these questions, highlighting effective formats and how to customize your resume. We'll also cover how to structure an effective cover letter and the biggest opportunity most people miss.

1260.265 **1 session / \$25 household**
Mon, Feb 7 / 6:30 - 7:30 pm
ONLINE

Simple Actions for Climate Crisis

This class will help you understand climate change and will outline actions we can take to help reduce climate chaos impact in our urban and rural habitats.

1655.307 **1 session / \$20 per household**
Wed, Mar 16 / 6:30 - 8 pm
ONLINE

**Stay connected and follow us
 on social media!**



@wblasrec



@WBLCommunityEdu

Ballroom Dancing for Newcomers & Prior Attendees!

ALL AGES OF PARTNERED ADULTS & TEENS 15+

Looking for a unique date night activity? Consider 4 fun-filled weekly lessons learning to dance together! Whether taking dance lessons for the first time ever, or you've had Deanna's classes before, register to learn new and exciting steps in each. You're sure to have some laughs learning to dance together, and lessons will build your confidence for dancing in front of others! Learn waltz, foxtrot, swing, rumba and more! Practice in class to popular party & wedding dance songs.

1300.300

4 sessions / \$60 per person
Fri, Mar 18 - Apr 15 / 7 - 8:30 pm
South Campus
No Class Mar 25

2-Left Feet Social Dance Workshop

Convinced that you have two left feet and that dancing is not meant for you? Or, someone you know? But still... It would be helpful to know a few steps. Just in case...learn fun moves and simple tips from a pro to ease you over those times. This workshop takes your old "Swing and Sway" and spices it up with simple, easy moves. You'll be spinning, turning and twirling together before you know it and you'll feel comfortable in any setting! Couples only, please.

1312.320

1 session / \$40 per couple
Thu, Apr 21 / 7 - 9 pm
South Campus



TRAVEL SHOW

Join us for an informational meeting about unique travel opportunities. Get detailed inside information regarding the destinations below, trip activities, and transportation. Attending travel shows does not commit you to the trip. Join us even if you are just curious. The Travel Show is free but advanced registration is required.

1200.375

1 session / FREE
Thu, Mar 17 / 10:30 - 11:30am
Senior Center

Upcoming destinations:

- September 11, 2022
Great Trains & Grand Canyon
- September 24, 2022
Landscape & Lighthouses of Coastal Maine
- October 12, 2022
California Rail Discovery
- November 29, 2022
Music City Christmas



White Bear Area Senior Center

Normandy Park Education Center
2484 East County Road F, White Bear Lake, MN 55110
Mon - Fri / 8am- 4:30pm / 651-653-3121
Email: whitebearseniorprogram@isd624.org
www.WhiteBearSeniorProgram.org

The White Bear Area Senior Program provides education, recreation, volunteer opportunities, resource navigation and support services for seniors and their families.

Senior Center Membership

Membership is required to attend ongoing group activities at the Senior Center. Members receive an access card which allows automatic entry into the building. Membership fees help offset expenses for coffee, supplies, staffing and facility costs.

New memberships and renewals can be processed in our Main Office, by calling 651-653-3121 or visit our website at whitebear.ce.eleyo.com and search "membership".

The Voice Newsletter

The Voice is a quarterly newsletter. If you would like to be added to our mailing list please call 651-653-3121

Current Wave Monthly Email

Monthly eNewsletter with supplemental information to the Voice newsletter. To receive this email call 651-653-3121.

The WB Senior Center Advisory Council is looking for new members. If you would like more information, call 651-653-3126.

Many Cultures Family Event

Join us for an evening of discovering the diversity within the community. Enjoy taste testing the rich flavors of ethnic foods, experience traditional music and performances, and admire ethnic clothing, as well as making some arts and crafts.

Thu, Apr 28 / 5 - 7:30 pm / Sunrise Park Middle School
No registration needed

Meals on Wheels

Doug Nelson, (651) 653-3123
MealsOnWheels@isd624.org

Meal on Wheels is a community service where volunteers deliver hot or cold nutritious meals Monday-Friday during the noon hour. Special diets are available. You can also choose to have frozen meals delivered once a week.

All residents of the White Bear Lake Area School District and Mahtomedi are eligible for delivery regardless of age or income. Meals are priced on a sliding fee scale.

To donate to Meals on Wheels, please visit whitebear.ce.eleyo.com, search course #9999.501.

Craft Corner Gift Shop

Open 11am - 3:30pm daily
(651) 653-3130

Looking for a unique gift for a birthday or special event? Our gift shop is the perfect place to shop for a variety of beautiful, handcrafted items. Stop in. We will be happy to assist you.

If you are 50 years of age or older, or a disabled adult, you can sell your items in our shop. A small portion of sales is donated to the Senior Program, the rest is paid to the consignee.

Senior Center &
Meals on Wheels are closed:
Dec 22, 23, 24, 29, 30, 31
Jan 17, Feb 21, May 30

Get Up & Go Fitness

(AGES 18+)

\$55/punch card for 8 classes

Purchase punch cards at the White Bear Area Senior Center.

Classes held at White Bear Dance Center, 2462 County Rd F East

Aerobics

Tue, Wed, Thu, Fri
9:30 - 10:30 am

Improve endurance, flexibility and strength, balance and coordination. Designed for people needing a slower tempo and less vigorous program.

Silver and Fit Program

Your health insurance plan may participate in the program. Contact your insurance provider to find out about cost. Silver and Fit applies to one facility only.

Qualifying members can participate in the Get Up & Go classes for free.

**See more fitness classes
on page 13!**

SPRING BOUTIQUE

Friday, March 11
9 am- 7 pm

Saturday, March 12
9 am - 4 pm

Shop this spring boutique for unique home crafted items by local seniors!



Senior Center Crafts

January: Kolrosing - A Scandinavian tradition dating back to the Vikings which was used to decorate everyday wood objects. Discover how easy this simple art form of "carving".

February: Inked Tiles - Create colorful tiles that can be displayed or used as a coaster!

March: Plant Jewelry - Add some sparkle to your plant or vase.

April: Button Flowers - Create a fun and funky bouquet of spring flowers.

May: Faux Mosaic - Take an ordinary picture frame, a little glue, a little paint and wah-laa! A beautiful piece you can hang in any window.

All classes are at the Senior Center

- 1401.200** **Kolrosing**
\$15 / Fri, Jan 21 / 10 am - 12 pm
- 1401.250** **Inked Tiles**
\$15 / Thu, Feb 24 / 10 am - 12 pm
- 1401.270** **Plant Jewelry**
\$15 / Mon, Mar 21 / 10 am - 12 pm
- 1401.300** **Button Flowers**
\$15 / Wed, Apr 20 / 10 am - 12 pm
- 1401.305** **Faux Mosaic**
\$25 / Thu & Fri, May 26 & 27
10 am - 12:30 pm

Learn to Play Mah Jongg

Want to learn how to play Mahjong? Now is your chance! Learn to play the American style of Mahjongg! Mahjongg (or mah-jongg) is a tile game developed in 19th century China and has spread throughout the world. It is commonly a four player game.

1642.142 **4 sessions / \$20**
Tue/Thu, Apr 5 - 14 / 9 - 11 am
Senior Center



Senior Housing Day

Sat, Jan 22 / 10 am - 2 pm / Senior Center

Older adults, adult children and their parents, or anyone wondering about senior housing, this is the event of the season to educate yourself on the local senior housing community. There will be local housing community representatives with tons of information on their facilities, activities, etc. and available to answer your questions. Light refreshments and snacks will be available.

Drawings for prizes will also be available throughout the event.

Sponsored by:

THE WATERS
OF WHITE BEAR LAKE™

THE PILLARS
OF WHITE BEAR LAKE
SENIOR LIVING | ASSISTED LIVING | MEMORY CARE

Foot Care Clinic at the Senior Center

2484 East County Rd F, White Bear Lake

Dec 27 & 28, Jan 4, 11, 18, Feb 1, 15, 22, Mar 15, 22, 29
Apr 12, 19, 26, May 10, 17, 31

\$45 / 35 minute appointment. Call 651-653-3121.

Appointment with nurses from Sole Purpose Professional Foot Care, LLC

At your appointment they will:

- Brief medical history and referrals if needed.
- Trim and file toenails
- Reduce thick toenails, calluses, and corns
- Treatment of ingrown nails
- Minor skin irritation, cuts, cracks, maceration
- Light massage and moisturization

Mobility & Diabetic Shoe Show

Fri, April 29 / 10 am - 2 pm / Senior Center

Check out a sampling of our mobility equipment:

Scooters, Power Chairs, Power Lift Recliners, Rollators, Walkers, Wheelchairs, and more. We like you to try our products before you buy. Also discover hundreds of shoe styles while receiving personal attention at our on-site shoe fitting and measuring. Bring your medicare card, supplemental insurance information and a diabetic shoe prescription from your doctor.

Free Hearing Clinic at the Senior Center

Services provided by HearingLife

Feb 10 / 10am - 12 pm

April 29 / 10am - 2 pm*

*Call 651-653-3121 to schedule hearing test.

Get your hearing aid professionally cleaned and checked for FREE

FREE Blood Pressure Screening

Provided by The Shores of Lake Phalen

Friday, April 29 / 10 am - 12 pm

Spring Boutique

Friday, March 11

9 am - 7 pm

Saturday, March 12

9 am - 4 pm

Shop the spring boutique for unique home crafted items by local seniors!



Community Bridge Consortium

(651) 748-7252

To register call 651-748-7232.

www.isd622.ce.eleyo.com

Programming for Adults with Cognitive Disabilities



Brochure Mailing List Sign-Up

(651) 748-7232

The Community Bridge Consortium publishes a quarterly brochure that lists a variety of customized classes/activities for adults with Developmental Cognitive Disabilities (DCD).

These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. Call 651-748-7232 for information or to be placed on the brochure mailing list.

Next Catalog arrives beginning of January for the months February to May!

Watch for these classes and more!

February 2: Painted Birdhouse & Feeder

March 19: Painting class with Julie Schroeder

April 12: Button Flowers

May 12: Bead Soup Bracelet





White Bear Lake Area Schools
Community Services and Recreation
Department, in cooperation with
North St. Paul-Maplewood-Oakdale
Community Education and
Mahtomedi Community Education,
offer full-service Adult Basic

Education (ABE) programming for all area residents through
Harmony Adult Education.

Courses:

- **English Language Classes (ESL):** Join our community of adult learners and improve your English language skills. Classes are held online on Tuesdays and Thursdays. Teachers are available from 9am - 12pm or 5- 8pm. To register, please call 651-407-7501.
- **GED Prep & Testing:** General Education Development (GED) Preparation is a self-paced program designed to help you study and prepare to take the GED tests. Day or evening drop-in classroom training is available at no cost to adults in our community. Our staff will work with you on the subjects in which you need improvement. Practice tests help monitor your progress and prepare you for taking the official GED tests. The time needed to complete the GED varies for each student.
- **Health Care Careers:** Are you interested in a career in health care? We can help you train for an entry-level position on a track toward a career as a Home Health Aide (HHA), Certified Nursing Assistant (CNA), Licensed Practical Nurse (LPN) or Registered Nurse (RN). We work with local Senior Housing and assisted living and memory care facilities to help workers find employment.
- **IT Careers:** Harmony Adult Education can help you prepare for a future career in the Information Technology (IT) field. Students may begin this free course at any time and certification tests are offered onsite.
- **Paraprofessional Careers:** Adults seeking employment as a paraprofessional are often required to have an associate's degree or at least 60 college semester credits. The ParaPro test is an alternative way to satisfy this requirement.

We offer no cost study classes and practice tests for the ParaPro test. Testing is also available onsite. Students are responsible for testing fees.

For more information or questions on the many free classes offered, GED Diploma, and testing, call 651-407-7501 or visit communityservices.isd624.org/adults-seniors/adult-basic-education
To register for any class offerings, call. 651-748-6208.

Somali, English/other languages: Haddii aad u baahan tahay macluumaad this turjumay Soomali fadlan la xiriir 651-592-3950.

English/other languages: 651-407-7625.

ESPAÑOL

Clases de la Educación Básica de Adultos (Gratis)

- Inglés como Segundo Idioma
- Clases de GED
- Clases para entrar a carreras en: IT, el sector de salud, o escuelas profesionales

Para buscar empleo con las escuelas de White Bear:
www.isd624.org/employment

Recursos Adicionales:

- Ayuda Alimentaria (White Bear Food Shelf)
- La Fundación Educacional de White Bear
 - “El Closet”- Ropa gratuita para familias
 - Ayuda financiera para clases y actividades de niños y adolescentes

Cursos Populares:

- Clases de manejar
- Preparación para el ACT
- Clases en español acerca de las finanzas

Para Español por favor llame al 651-407-7625.

HMOOB

Cov Chav Kawm Rau Cov Neeg Laus Basic Education (DAWB)

- Lus Askiv Yog hom lus Ob
- GED Kev npaj & Xeem
- Kev cob qhia ua haujlwm hauv: IT, Healthcare, or Paraprofessional hauv Tsev Kawm Ntawv

Ua haujlwm hauv 624: www.isd624.org/employment

Muaj keb pab cuam:

- White Bear Lake Food Shelf
- White Bear Lake Educational Foundation
 - The Closet khaub ncaws - Khaub ncaws ua xav tau
 - Kev Pab Nyiaj rau Cov Hluas rau Kev Txhim Kho thiab Kev Ua Si

Cov chav kawm nrov:

- Kev Kawm Tsav Tshab
- ACT Xeem Kev npaj

Xav tau ntawv Hmoob hu rau 651-407-7623.

Early Childhood Family Education

ECFE offers classes for parents and their children ages birth to five years of age (before kindergarten).

- » Programs are designed for parents and their infants, toddlers and preschool age children.
- » Classes help strengthen family relationships and provide information and resources to parents.
- » Programs strive to build a strong foundation for families by forming a partnership between home and school.

Early Childhood Programs

- » Early Childhood Family Education (ECFE)
- » White Bear Lake Area Preschool
- » Early Childhood Screening
- » Outreach programs and services, Special Education programs and services, home visits and much more!

Program Brochures

Program brochures are available at any of the program sites, the Community Services office or online at earlychildhood.isd624.org.

Early Childhood Sites

Each of the White Bear Lake Area Schools' Early Childhood program sites have unique areas that foster large muscle development and active play. Locations and codes for those school are listed below.

- **Hugo Elementary - HU**
14895 Francesca Avenue, Hugo
- **Normandy Park - NP**
2482 E County Road F East, White Bear Lake
- **Tamarack Nature Center - TAM**
5287 Otter Lake Road, White Bear Township

2022-2023 ECFE Registration Guide will be available on online April 5

2022-2023 ECFE Registration opens at 8am online May 3

facebook

Follow us on Facebook!

White Bear Lake Early Childhood Programs

Early Childhood Screening

SCREEN AT THREE

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten. White Bear Lake Area School District provides this screening at no charge.

3 reasons to screen at age 3:

- » Screening can ensure school success
- » If health or developmental concerns are identified, educational services are available immediately
- » It is fun for children and provides caregivers with valuable information regarding child development

To register, call 651-653-3100 or visit whitebear.ce.eleyo.com.

Early Childhood Screenings are held at:

Normandy Park Educational Center
2482 East County Road F, White Bear Lake, MN

Upcoming Early Childhood Screening Dates

| | |
|---------------|-----------------------------------|
| Jan 7, 21 | 8:30 - 10:30 am / 12:15 - 2:15 pm |
| Feb 4, 18, 25 | 8:30 - 10:30 am / 12:15 - 2:15 pm |
| Mar 4, 18, 25 | 8:30 - 10:30 am / 12:15 - 2:15 pm |
| Apr 8, 22, 29 | 8:30 - 10:30 am / 12:15 - 2:15 pm |
| May 13, 20 | 8:30 - 10:30 am / 12:15 - 2:15 pm |

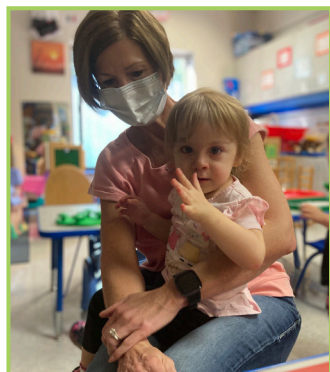
Sliding Fee Scale for ECFE Classes

| Gross Annual Household Income | Fee A | Fee B | Fee C |
|-------------------------------|-------|-------|-------|
| \$100,000+ | \$550 | \$430 | \$750 |
| \$75,000 - 99,999 | \$475 | \$370 | \$625 |
| \$50,000 - 74,999 | \$365 | \$280 | \$500 |
| \$35,000 - 49,999 | \$280 | \$225 | \$375 |
| \$20,000 - 34,999 | \$225 | \$150 | \$275 |
| \$0-19,999 | \$140 | \$120 | \$160 |

Please note the appropriate combined family income.
This is your class fee for the school year.



Early Childhood



Infants

This class includes activities, songs, rhymes, movement, and parent discussion with a trained parent educator. You and your child will spend time together exploring toys and participating in classroom activities in a stimulating environment.

Ages Birth - 12 months

Mon / 8:45 - 10:15 am / NP / Cost: Fee B

Ages Birth - 6 months

Mon / Jan 3 / 10:30 - 11:30 am / NP / FREE

Ones

AGE 1 BY SEPT 1, 2021

Parent-child activities are planned for children ages 12-23 months. Discussion topics include child development, eating and sleeping routines and parenting styles. Gradual parent/child separation will occur as the class and children's needs are met.

Tue / 8:45 - 10:45 am / NP / Cost: Fee A

Fri / 8:45 - 10:45 am / HU / Cost: Fee A

Terrific Twos

AGE 2 BY SEPT 1, 2021

Join us for this unique opportunity where we highlight the developmental milestones happening during this age, such as self regulation, independence, motor development, communication and language development. This class is a traditional ECFE class with parent and child time and a gradual separation for a parent education component.

Thu / 8:45 - 10:45 am / NP / Cost: Fee A

Multi-Age

AGES BIRTH - 5 BY SEPT 1, 2021

Join families with children birth to five (before kindergarten) and participate in age appropriate activities. There will be a separate parenting time to learn about child development, handling tantrums and anger, toilet learning and other topics. Gradual parent/child separation is flexible and can occur as the child's needs are met.

Mon / 6 - 7:30 pm / NP / Cost: Fee B

Tue / 8:45 - 10:45 am / NP / Cost: Fee A

Knee-High Nature

AGES 2 - 3 BY SEPT 1, 2021

In this unique parent-child program, we explore, investigate, and unearth nature's secrets that lie beyond the classroom doors. Parents will have one-on-one time with their child(ren); indoors and outside. There will also be time for parents to meet with the teacher in a different room to discuss their child's learning and development while children spend time with a Naturalist learning more about themselves, each other and the natural world.

Mon / 8:45 - 10:45 am / TAM / Cost: Fee C

Wed / 8:45 - 10:45 am / TAM / Cost: Fee C

Parent-Child Playschool

AGES 2 - 3 BY SEPT 1, 2021

Playschool is an opportunity for children to become more comfortable and confident in a classroom setting, learn to follow rules, routines and directions, begin to initiate social interactions, and become an integral part of a group. Children will come to school with a parent/guardian and spend time in a traditional ECFE classroom gaining these skills and separating during parent time. Starting the week of November 3 we will implement the second day as child-only. Children may attend the second day, Wednesday, as soon as they are 2.5 years old.

| Parent-Child Playschool Fee Scale | |
|--------------------------------------|-----------|
| Income | Class Fee |
| \$0-29,999 | \$450 |
| \$30-49,999 | \$550 |
| \$50-69,999 | \$650 |
| \$70-89,999 | \$750 |
| \$90,000+ | \$850 |

Mon & Wed / 8:45 - 10:45 am / NP

Monday: Parent/child day Wednesday: child only starting Nov 3

Playground Playgroup

AGES BIRTH - 5

Meet us at West Park for some playground fun! These playground sessions last 4 weeks. During our hour and a half time together we will sing songs, read stories and explore outside together. Each session will have different adventure activities led by a licensed ECFE teacher. This play group is geared for children age birth to five years old (before kindergarten). Dress for the weather and come ready to play, create, and learn together.

Thursdays / 8:45 - 10:15 am / 4 Week Sessions / \$25

Session E Jan 6, 13, 20, 27

Session F Feb 3, 10, 17, 24

Session G Mar 3, 17, 24, 31

Session H Apr 7, 14, 21, 28

Session J May 5, 12, 19, 26

Movin' and Messin'

AGES 0-3

Join us for hands-on interaction and exploration with a wide variety of sensory materials. You and your child will have fun in our ECCE classrooms exploring with your senses. Watch your child crawl into tents, wiggle through tunnels, climb up and down and roll. This event is geared towards children 3 years old and under. Wear clothes you don't mind getting messy. Registration is required.

FREE / Jan 27 / 9 - 11 am / NP

Storytime by Ramsey & Washington County Librarians

AGES 0-5

Join us for a fun night filled with stories, songs, and crafts. Wear your pajamas, bring a blanket and flashlight to cuddle up for story time. Enjoy hot chocolate and a cookie while you dive into a good book. Families will take home literacy tips to help support reading success at home. This night of literacy is sponsored by the White Bear Lake Early Childhood Programs and in partnership with the Ramsey & Washington County Library. Geared for ages 0-5. Registration is required and space is limited.

FREE / Thu, Feb 10 / 6 - 7:30 pm / HU

FREE / Thu, Feb 24 / 6 - 7:30 pm / NP

Community Baby Shower

INFANTS UP TO 6 MONTHS OLD



You and your infant are invited to join us! You will meet our Early Childhood staff, receive free takeaways from our resource fair, take a tour of our facility, and enjoy some healthy snacks while meeting other new parents in the community.

Register online or call 651-653-3100.

FREE / Tue, Apr 5 / 9:30 - 11:30 am / NP

Many Cultures Family Event

Join us for an evening of discovering the diversity within the community. Enjoy taste testing the rich flavors of ethnic foods, experience traditional music and performances, and admire ethnic clothing, as well as making some arts and crafts.

Thu, Apr 28 / 5 - 7:30 pm
Sunrise Park Middle School
No registration needed

WE NEED YOU!

What is the Parent Teacher Association (PTA)?

Every Early Childhood program is required to have an advisory council that assists in the developing, planning, and monitoring of the ECCE program.

The PTA consists of parents participating in the program, local community professionals, and agency representatives who can offer input and guidance on community needs.

If you are interested in joining the PTA, please email us at wblearlychildhoodpta@gmail.com.

Early Childhood PTA Meeting Dates

6 - 7:30 pm / Normandy Park - Parent Ed Room
Child care available

- January 20, 2022
- February 17, 2022
- March 17, 2022
- April 21, 2022
- May 19, 2022
- June 16, 2022
(Dinner out)

WBL EC PTA Winter Sledding

Thu, Feb 3 / 3 - 5pm

Jack Yost Park, 1856 Florence Street, WBL

Join us at Jack Yost Park for a fun family event! Grab your sleds and join other early childhood families for a playdate at the park. PTA will provide a free snack as you and your children have fun sledding and enjoying the winter snow. This event is weather dependent. Please check our WBL EC PTA facebook page for updates.

W.B.L. Early Childhood

Community Baby Closet

Free Infant Toiletries For Anyone Who Needs Them

Open: 8:30am-3:30 pm or by appointment

Free Will Donations make this resource possible. Donations of formula, diapers, lotion, shampoo, wipes, & baby food accepted.

Feel free to donate your Baby Hygiene Items Here.



Location: Normandy Park Education Center



White Bear Lake Area Preschool Program

Four star (highest possible rating) Parent Aware rated White Bear Lake Area Preschool provides a safe and nurturing environment for a child's first school experience away from home.

Age-appropriate activities provide a variety of meaningful hands-on learning experiences in literacy and math, science and social studies, art and sensory, music and dramatic play.

White Bear Lake Area Preschool practices are aligned with kindergarten entry expectations.

We are accepting registrations for our preschool sections for school year 2021-2022. Please call our office at 651-653-3100 to inquire about current openings.

Please reference the class options, age requirements, and descriptions online at whitebear.ce.eleyo.com.

2021-2022 Preschool Registration

REGISTRATION NOW OPEN

Please call our office at 651-653-3100 to inquire about current openings for school year 2021-2022.

The brochure is available in our office and online at earlychildhood.isd624.org/registration.

Registration accepted in-person at Normandy Park Education Center and online at whitebear.ce.eleyo.com.

Registrations **MUST** include the following items or your enrollment will not be accepted:

- ◆ A non-refundable \$55 registration fee
- ◆ Copy of birth certificate (new families only)
- ◆ Current immunization record faxed to:
651-653-3155 *a new copy needed every year

If you have any questions, please call 651-653-3100.

Tuition Assistance

School Readiness tuition assistance forms are available at the Normandy Park Early Childhood Office. For more information call 651-653-3100.

Creative Movement for Preschoolers with Children's Performing Arts

AGES 4-6 / CHILDREN'S PERFORMING ARTS

Fly like a bird, melt like the snow, sail on a pirate ship! Do all these and more as we explore the many ways our bodies can move and tell a story. Children will develop large and fine motor skills, as well as coordination, rhythm and teamwork while being encouraged to explore expression through movement and the thrill of improvisation. Join us for the fun!

1901.200

6 sessions / \$125

Wed Jan 19 - Feb 23 / 10 - 10:45 am

Hanifl Performing Arts

4941 Long Ave, WBL

1901.201

6 sessions / \$125

Sat Jan 22 - Feb 26 / 10 - 11 am

Hanifl Performing Arts Center

4941 Long Ave, WBL

Parent-Child Gym Time

AGE 6MO - 5YRS WITH ADULT

Wednesdays, Nov 3 - Mar 2

5:30 - 7:30 pm · Normandy Park

No class Dec 22, 29

\$3/child · \$7/immediate family

Payable at the door each night.

FREE Gym Night: 1/19, 2/16

(sponsored by the PTA)

Due to the district's community wide conversations around the boundary changes, the 2022-2023 Preschool Registration Guide will be available online Tuesday, February 1.

Preschool Registration for the 2022 -2023 school year will open at 8am on Tuesday, March 1 in order to allow for final boundary decisions to be made prior to enrollment.

Families will need to check the district website for information and questions regarding boundary changes.

EXTENDED DAY

WHITE BEAR LAKE
AREA SCHOOLS

EXTENDED DAY is a youth-focused and choice-based program for pre-K through 5th grade students. Extended Day offers students the opportunity to develop strong social skills and positive relationships with peers, increase literacy and math skills, participate in individual and group activities, and work on special projects. Program activities include health and fitness, service projects, arts and crafts, creative play, languages and literacy, cooking, science, and much more.

- » 2 after school options: 2:15 - 4:30 pm and 2:15 - 6:00 pm at early start schools.
- » Pick Your Day contract available - only 5 day notice required.
- » Drop-ins available (24 hours notice).
- » No minimum number of days required for consistent contracts (attend 1-5 days per week).
- » Unsure of schedule? No contract change fees and partial refund for cancellations prior to the first day of the school year.

REGISTRATION INFO:

- Registration fee: \$30/child
- Registrations received after July 15 accepted on a space available basis.

Sample of Daily Afternoon Schedule

| | |
|---|--|
| 2:15 | Check-in & Group Team Building Game |
| 2:25 | Daily Meeting: Review daily choices and schedule and Social Emotional Learning Activity |
| 2:45 | Homework, Literacy Time (Read to Self, Read Aloud, Word Games, etc.) |
| 3:00 | Snack Opens |
| 3:15 | Active Play (Gym, Outside, Classroom Yoga or Go Noodle) Camps & clubs of varying topics offered |
| 4:00 | Daily Special or Youth Led Activity such as STEAM, Social Studies, Social Emotional Learning & Life Skills, Literacy, and Service Projects |
| 4:45 | Free Choice: Active Play, Dramatic Play, Games, Art, etc. |
| 6:00 | Program Close |
| *All activities offered are open for varying lengths. Students will be able to access a variety of choices after school to tailor to their own individual enrichment interests! | |

Questions? We are here to help!
Call 651-407-7511 or email
communityservicesbilling@isd624.org

CONTRACT TYPES & RATES:

CONSISTENT

Mix and match mornings and afternoons but requires consistent days from week to week.

| SESSION & HOURS* | RATE |
|-------------------------------|---------|
| Before School: 6:30 - 7:45 am | \$6.15 |
| After School: 2:15 - 4:30 pm | \$11.00 |
| After School: 2:15 - 6:00 pm | \$18.30 |
| Matoska AM: 6:30 - 8:30 am | \$9.80 |
| Matoska PM: 3:00 - 6:00 pm | \$14.65 |

PICK YOUR DAYS

Choose varying days each week, requires a minimum of 5 days advance notice.

| SESSION & HOURS* | RATE |
|-------------------------------|---------|
| Before School: 6:30 - 7:45 am | \$7.35 |
| After School: 2:15 - 4:30 pm | \$13.20 |
| After School: 2:15 - 6:00 pm | \$22.00 |
| Matoska AM: 6:30 - 8:30 am | \$11.75 |
| Matoska PM: 3:00 - 6:00 pm | \$17.60 |

**All elementary schools (except Matoska) have switched to the same, new times.*

2021-2022 NON SCHOOL DAYS:

| DATE | LOCATION | REGISTRATION DEADLINE |
|----------------|----------------------|-----------------------|
| Jan 14, 2022 | Birch, Hugo, Matoska | Dec 13, 2022 |
| Feb 7, 2022 | Oneka, Otter, Willow | Jan 24, 2022 |
| Mar 7-11, 2022 | Lincoln & Oneka | Feb 21, 2022 |
| Apr 15, 2022 | Birch, Hugo, Matoska | Apr 1, 2022 |
| Apr 25, 2022 | Oneka, Otter, Willow | Apr 10, 2022 |

YOUTH SUMMER 2022

**Extended Day & FLEX Summer
registration will open on March 1st!**
**For more information visit
communityservices.isd624.org/youth**

Breakfast Club

Is your child an early riser? Do you live out of district and are looking for an option for your child before work and school? Want a safe space for your student to get ready for the day? This is the club for them!

Breakfast Club will run Monday-Thursday mornings at both middle schools for 6-8th grade students. This club will provide students with an opportunity hang out with friends, finish up any assignments, participate in fun, hands-on activities, and prepare for their day ahead.

7:45 - 9 am / Jan - May

Winter: 26 sessions / \$130

Winter/Spring: 30 sessions / \$150 - No class week of 3/7

Spring: 16 sessions / \$80

| Session Dates | Central | Sunrise |
|----------------------------|-----------|-----------|
| Winter (1/1- 2/28) | #2500.200 | #2499.200 |
| Winter/Spring (3/1 - 4/28) | #2500.201 | #2499.201 |
| Spring (5/2 - 5/26) | #2500.300 | #2499.300 |



FLEX is an after school program designed just for middle schoolers! Students will have opportunities to design their daily activities,

work on homework, participate in open gym, and hang out with friends in a safe, relaxed, and engaging atmosphere. Students may be picked up, bike/walk home, or take the activity bus.

Schedule is flexible and can wrap around intramural, enrichment, or other after school athletics and activities. Must complete contract and select each day your child will attend. Multiple absences will result in removal from program to allow students in waitlist to enter.

4 - 5:20 pm / FREE

Session dates: Mon - Thu, Sept 13 - May 26

No Class Oct 18 - 21, Nov 1 - 2, & Nov 22 - 25

To register visit whitebear.ce.eleyo.com, keyword FLEX.

LIMITED SPACE AVAILABLE FOR BREAKFAST CLUB AND FLEX!

Financial assistance and scholarships are available.

Register at whitebear.ce.eleyo.com.



White Bear Lake Area Schools Middle School Athletics

Online Registration at: <http://lobby.wordwareinc.com> (smartschoolsK12)

SPORTS PHYSICALS

Get Form: communityservices.isd624.org > Youth Programs > Middle School Athletics

- Students must have a current qualifying Sports Physical Examination form on file in their school's Health Office.
- Sports Physicals are good for 3 years. To check on a physical date contact your school's athletic office.
NOTE: A Well-Child exam does not meet the Sports Physical requirements.
- Mail/Email/Fax the Sports Physical to the student's school.

FINANCIAL ASSISTANCE

Students currently receiving free/reduced meals will automatically receive a discount when registering. *Exception:* MS Cheerleading assistance requires a phone call to Community Services, call 651-407-7506.

IMPORTANT

- All athletes must be registered before he/she may participate in practice or competitions.
- Some sports may have additional team apparel fees.
- Refunds may be issued only within the first ten days of the season if the athlete has not yet competed.
- If needed, please email your school's athletic secretary for a Family Key or any registration questions.
- An Activity Bus is available after practice for students. Pick up @ 5:30 pm. View schedule: communityservices.isd624.org > Youth Programs > Middle School Athletics

| REGISTRATION OPENS | SEASON STARTS | SPORT | COST |
|--------------------|--------------------|--|-------|
| August 1 | 1st week of school | Cross Country (6-8) | \$125 |
| | | Tennis-Girls (6-8) | \$125 |
| | | Volleyball (6) Oct Start | \$120 |
| | | Volleyball (7-8) | \$125 |
| | Late Oct. | Wrestling (6-8) | \$125 |
| February 15 | Early April | Golf (6-8) | \$150 |
| | | Tennis-Boys (6-8) | \$125 |
| | | Track & Field (6-8) | \$125 |
| April 1 | Early June | Cheerleading (6-8) <i>Register at: www.whitebear.ce.eleyo.com</i> | \$500 |

Middle School Website visit for updates and general information on schedules, coaches info, meetings, and directions.
communityservices.isd624.org > Youth Programs > Middle School Athletics

Community Services & Recreation

4855 Bloom Ave., White Bear Lake, MN 55110
651-407-7501
communityservices.isd624.org

Matt Riebow, Coordinator

matthew.riebow@isd624.org

Ninchai Nok-Chiclana, Sunrise Athletics

ninchai.nok-chiclana@isd624.org

Fax Physicals: 651-653-2716

Christine Beckers, Central Athletics

christine.beckers@isd624.org

Fax Physicals: 651-407-7502

Driver's Education: A+ Driving School

AGES 14+ / INSTRUCTOR: A+ DRIVING SCHOOL

Students may start classroom driving lessons at age 14, take the Knowledge Test and obtain their Instruction Permit at age 15, and take the Road Test and obtain their Provisional License at age 16. To be eligible to take the Road Test, students must have had their Instruction Permit for a minimum of six months

Classroom Phase: This phase includes the required 30 hours of classroom instruction that prepares the student to take the Minnesota permit test and to take on the responsibility of driving. If a lesson is missed, a make-up lesson can be arranged with the office at either the next session or at another of A+'s locations.

Behind-the-Wheel Phase: After students pass the permit test, they are required to complete 6 hours of driving lessons. The lessons are provided in three, two-hour lessons. The lessons are one-on-one instruction with instructors licensed through the MN Department of Public Safety.

Parent Involvement: A+ Driving School is proud to offer a 90 minute parent informational meeting that will cover the following information and make your student the safest driver possible: GDL Process and licensing, accident avoidance, A+ Driving School's classroom policies and BTW scheduling, parental guidelines and insurance rates and discounts. This is open to ANYONE at any stage of the licensing process. Attending this class will meet the requirement to REDUCE the number of hours that students need to drive with a parent from 50 to 40 hours.

Fees include classroom instruction, materials and 6 hours of behind-the-wheel training. Permit and road exam fees are not included. *Payment plans available.*

ONLINE CLASS OPTIONS EXTENDED!

10 sessions / \$395 / North Campus 421 or **ONLINE**

- 2000.201** Mon - Thu, Jan 10 - 27 / **ONLINE**
- 2000.202** Mon - Fri, Jan 31 - Feb 15 / 3:15 - 6:15 pm
North Campus 421
No Class Feb 1 & 7
- 2000.203** Mon - Thu, Jan 31 - Feb 16 / **ONLINE**
No Class Feb 1
- 2000.204** Mon - Thu, Feb 22 - Mar 9 / **ONLINE**
- 2000.300** Mon - Thu, Mar 14 - 29 / 3:15 - 6:15 pm
North Campus 421
- 2000.301** Mon - Thu, Mar 14 - 29 / **ONLINE**
- 2000.302** Mon - Thu, Apr 4 - 19 / 3:15 - 6:15 pm
North Campus 421
- 2000.303** Mon - Thu, Apr 11 - 26 / **ONLINE**
- 2000.304** Mon - Thu, Apr 27 - May 12 / **ONLINE**
- 2000.305** Mon - Thu, May 9 - 24 / 3:15 - 6:15 pm
North Campus 421
- 2000.306** Mon - Fri, May 16 - 27 / **ONLINE**

ACT Preparatory Course

JUNIORS & SENIORS

Advantage Educational Programs is giving students the option of preparing for the ACT exam in a variety of ways: In-School, Online, or Live Virtual.

\$150 / In-Person Course: This course consists of four, three-hour classes that meet once a week at South Campus. It includes diagnostic testing, instruction in time management, overcoming test anxiety, science reasoning, English strategies and review, essay writing, reading comprehension, and math strategies and review. Students will also have free access to our online course.

\$60 / Online - At Your Own Pace: This course is an excellent alternative for any student unable to attend in-school classes or for a student preferring to prepare for the ACT exam on their own, and study at their desired pace.

\$150 / Live Virtual Course: This course is an excellent alternative for any student unable to attend an in-school class, but still prefers the interaction with one of the Advantage instructors. The instructors teach live via virtual classroom and are available to answer questions if needed.

4 sessions / South Campus 610 or **ONLINE**

- 2100.888** **ONLINE** - At Your Own Pace
- 2100.908** Sat, Jan 8 - 29 / 9 am - 12 pm
ONLINE - Live Virtual
- 2100.909** Sat, Feb 5 - 26 / 9 am - 12 pm
ONLINE - Live Virtual
- 2100.200** Sat, Feb 26 - Apr 2 / 12:15 - 3:15 pm
South Campus 610
No Class Mar 5
- 2100.300** Wed, Mar 2 - 30 / 5:45 - 8:45 pm
South Campus 610
No Class Mar 9
- 2100.910** Sat, Mar 12 - Apr 2 / 9 am - 12 pm
ONLINE - Live Virtual
- 2100.301** Sat, Apr 30 - May 21 / 9 am - 12 pm
South Campus 610

Need-to-Know Changes to the College Planning Process

This past year has resulted in some of the most significant changes to the college planning process in decades. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships. Recent legislation included substantial changes to the FAFSA and college financial aid behind-the-scenes rules have changed on how colleges can recruit students and award scholarships. Join us to learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

- 1609.200** 1 session / \$25 per household
Mon, Feb 7 / 7 - 8 pm
ONLINE

5th Grade Learn to Ski Day!

Calling all 5th grade students! Come and join us for a non-school day trip to Wild Mountain on Monday, January 14th, 2022. Please plan on bringing a bagged lunch. Parent/Guardian chaperones* are welcome and needed! Chaperones will be given a free lift ticket, and bus transportation. All students and chaperones will be required to wear a helmet. No helmet, no lift ticket! All students will use rental equipment, please do not bring your own (unless you are an adult chaperone).

PICK UP SITES: Otter Lake Elementary or Oneka Elementary

BUS DEPARTS: Otter Lake Elementary - 7:40 am
Oneka Elementary - 8:10 am

BUS RETURNS: Otter Lake Elementary - 3:30 pm
Oneka Elementary - 3:00 pm

Students must ride their assigned bus to and from the hill. Switching between buses will not be allowed.

*Chaperones must be 21 years or older, pass a background check, able to commit to the whole day from 7:30 am until approximately 3:30 pm. Complete chaperone duties can be found online.

2900.202 Chaperone / FREE

2900.200 5th grader / \$50

Alphabet STEM

GRADES K-1

Experience hands-on learning as we work our way through the alphabet, STEM style! A is for Alien and B is for Bubble in this fun club! What will the rest of the alphabet hold?

1547.200 4 sessions / \$60
Wed, Jan 5 - 26 / 2:25 - 3:25 pm
Otter Lake Elementary

Art Attack

GRADES K-1

Art Attack will be a great way to not only create interesting and unique art pieces, but it also provides an opportunity to explore new ways of making art. All of the projects can be replicated at your own home but warning! IT MIGHT GET MESSY! Also, there will be SLIME!

2901.200 4 sessions / \$40
Tue & Thu, Jan 11 - 20 / 2:25 - 3:25 pm
Hugo Elementary

Bento Box Food Art

Food becomes art! Learn to create art out of rice, seaweed, vegetables, and more. Students will learn about the history of Japanese Bento Boxes and techniques for creating them at home.

1549.300 4 sessions / \$40
Wed, Mar 16 - Apr 6 / 2:25 - 3:25 pm
Otter Lake Elementary

Art Factory: Canvas Paintings

GRADES K-2

Come and be an artist with canvas painting. We will be experimenting with bubble painting, salt painting, tape painting and painting on a canvas. We will be making our own paintings for you to take home and end our sessions with Cookie & Canvas day!

1235.200 4 sessions / \$40
Thu, Feb 3 - 24 / 3:10 - 4:10 pm
Matoska Int'l

Canvas Painting: A Walk Through the Seasons

Release your inner artist with us! Each session we will start with a blank canvas and focus on a season. Watch your vision beautifully come to life with each stroke of your paintbrush!

1700.200 4 sessions / \$40
Wed, Feb 2 - 23 / 2:25 - 3:25 pm
Lincoln Elementary

Creative Movement for Preschoolers with Children's Performing Arts

AGES 4-6 / CHILDREN'S PERFORMING ARTS

Fly like a bird, melt like the snow, sail on a pirate ship! Do all these and more as we explore the many ways our bodies can move and tell a story. Children will develop large and fine motor skills, as well as coordination, rhythm and teamwork while being encouraged to explore expression through movement and the thrill of improvisation. Join us for the fun!

1901.200 6 sessions / \$125
Wed Jan 19 - Feb 23 / 10 - 10:45 am
Hanifl Performing Arts
4941 Long Ave, WBL

1901.201 6 sessions / \$125
Sat Jan 22 - Feb 26 / 10 - 11 am
Hanifl Performing Arts Center
4941 Long Ave, WBL

Explosive Science!

GRADES K-5

Join us for this messy, explosive science camp! Elephant toothpaste, bottle rockets, and lava volcanoes are sure to get you bursting with excitement!

1564.200 3 sessions / \$30
Thu, Mar 17 - 31 / 2:25 - 3:25 pm
Willow Lane Elementary

Fantastic Frozen

GRADES K-5

Let's celebrate Winter! We will start with learning about the St. Paul Winter Carnival and making our own "Ice Castles". Weather permitting we will go sledding on the school grounds and do some snow science, and finally, we will explore the world's coldest places from the comfort of the school and create peek-box habitats! Come "chill out" with us!

1721.200 4 sessions / \$40
Mon, Jan 3 - 31 / 2:25 - 3:25 pm
Willow Lane Elementary
No Class Jan 17



Grandmasters of Chess

GRADES K-5 / INSTRUCTOR: YOUTH ENRICHMENT LEAGUE

New and returning students invited. Learn, Practice and Play chess each class. The {YEL!} Teach It!...Practice It!...Play It! method keeps students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value)!

6 sessions / \$90

2412.200 **Mon, Jan 24 - Mar 21 / 2:25 - 3:25 pm**
Oneka Elementary
No Class Feb 7, Feb 21 & Mar 7

2412.201 **Tue, Jan 25 - Mar 1 / 2:25 - 3:25 pm**
Otter Lake Elementary

2412.203 **Thu, Jan 27 - Mar 3 / 3:10 - 4:10 pm**
Matoska Int'l

2412.204 **Fri, Feb 4 - Mar 18 / 2:25 - 3:25 pm**
Lakeaires Elementary
No Class Mar 11

Handmade Jewelry Camp

GRADES 3-5

Trifles, Trinkets, and Treasures! Join us as we make creative jewelry using some unexpected materials such as paper clips and safety pins, along with more traditional materials such as beads and wire. Focus on process and creativity as students will design and make projects unique to their desires.

1712.201 3 sessions / \$30
Wed, Feb 9 - 23 / 2:25 - 3:25 pm
Willow Lane Elementary

The History of Spectacular Science!

GRADES 4-5

Take a journey through the past and learn about some of the most famous scientists and what mark they left on the world today. From solar systems, to fossils deep in the ground, learn how we still use past discoveries today!

1471.200 4 sessions / \$40
Tue, Jan 4 - 25 / 2:25 - 3:25 pm
Birch Lake Elementary

MN Swordplay Fencing

AGES 5-18

Whatever you are looking for in the sport of fencing there is something for everyone! Fencing is a vigorous sport that develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. More than a game fencing requires a mental attitude of self-discipline involving total manipulation of mind and body in perfect harmony. It utilizes natural body movement to create simple and effective self protection techniques with the sword. All participants are encouraged to have fun no matter what their ability. Attacking, defense, timing and intense tactics are all integrated into this beginning class. Whether you're fencing for a good work out, or gaining points for the Olympics, fencing is fun for the whole family. We provide everything needed to fence (mask, jacket, glove, and weapon). Dress comfortably for freedom of movement, including long sweat pants and running shoes.

6 sessions / \$75 / North Campus

2414.200 **Sat, Jan 22 - Feb 26 / 1 - 2 pm**

2414.300 **Sat, Mar 5 - Apr 9 / 1 - 2 pm**

2414.301 **Sat, Apr 16 - May 21 / 1 - 2 pm**

Menu Masters

GRADES 3-5

Ever had a party but wasn't sure what to serve? We will be experimenting with food pairings and creating our own menus for events- with new ideas for birthday parties, sleepovers, picnics and movie hangouts! We will start by making a few recipes on our own and exploring appetizers, main course selections, desserts and drink pairings! It is sure to be a delicious time!

1694.300 4 sessions / \$40
Tue, Mar 1 - 29 / 3:10 - 4:10 pm
Matoska Int'l
No Class Mar 8

Due to COVID-19, classes and events are subject to change.

You will be notified by email if the programs you are registered for experience any changes. Don't forget to self-screen before attending in-person classes. If you are sick or have any COVID-19 like symptoms, do not attend class and call 651-407-7501.

New Year, New Art with Young Rembrandts

GRADES K-5 / INSTRUCTOR: YOUNG REMBRANDTS

We're celebrating the New Year in style - Young Rembrandts Winter lessons are kicking off with African Masks, the Statue of Liberty and a winter rabbit. Every month YR students draw a complex Art History piece and this season we're highlighting Andy Warhol! Artists will be learning core art skills while boosting self-confidence and social development. We can't wait to draw with you!

2419.200 10 sessions / \$115
Tue, Jan 11 - Mar 22 / 2:25 - 3:25 pm
Oneka Elementary
No Class Mar 8

2419.202 10 sessions / \$115
Wed, Jan 12 - Mar 23 / 3:10 - 4:10 pm
Matoska Int'l
No Class Mar 8

2419.201 10 sessions / \$115
Thu, Jan 13 - Mar 24 / 2:25 - 3:25 pm
Lakeaires Elementary
No Class Mar 10

2419.204 6 sessions / \$66
Fri, Jan 21 - Mar 4 / 2:25 - 3:25 pm
Willow Lane Elementary
No Class Jan 28

2419.203 7 sessions / \$78
Mon, Jan 24 - Mar 28 / 2:25 - 3:25 pm
Otter Lake Elementary
No Class Feb 7, Feb 21 & Mar 7

Obstacle Course Racing (OCR) Training Camp

GRADES K-1

This camp will give kids a look into what an Obstacle course race is all about and how much fun fitness can be! Come and join us on our fitness adventure!

1719.300 3 sessions / \$30
Tue - Thu, Mar 22 - 24 / 2:25 - 3:25 pm
Hugo Elementary

Origami Club

GRADES 3-5

Join this club for fun paper folding crafts. Learn about the history of Origami and make many different animals and creatures out of paper. It helps your dexterity and focus. Learn to make Yoda, hummingbirds, frogs, paper airplanes, ninja stars and water balloons.

1234.200 4 sessions / \$40
Tue, Jan 4 - 25 / 2:25 - 3:25 pm
Lakeaires Elementary

Puppet Club

GRADES K-1

Join us in reading about The Hungry Caterpillar, Where the Wild Things Are, and the Wonky Donkey. After reading the stories we will make the characters come to life by creating and designing our own puppets.

1672.200 4 sessions / \$40
Tue & Thu, Feb 15 - 24 / 2:25 - 3:25 pm
Hugo Elementary

Reptile and Amphibians

GRADES K-2

In this club we will learn about snakes, frogs, lizards and more! We will play some fun word games, make collages, design our own frogs, and make fun treats to eat!

1348.300 4 sessions / \$40
Tue, Mar 1 - 29 / 2:25 - 3:25 pm
Lakeaires Elementary
No Class Mar 8

Sensational Sensory Art!

GRADES K-1

Create and enjoy art to engage all 5 senses. Art to see, hear, smell, taste, and feel! Colors and shapes, music and sounds, scents and aromas, flavors, and textures. Some projects may include the use of more than one of our senses. Come and discover what your senses reveal!

1762.300 4 sessions / \$40
Wed, Mar 2 - 30 / 2:25 - 3:25 pm
Birch Lake Elementary
No Class Mar 9

Sign Language Super Spies

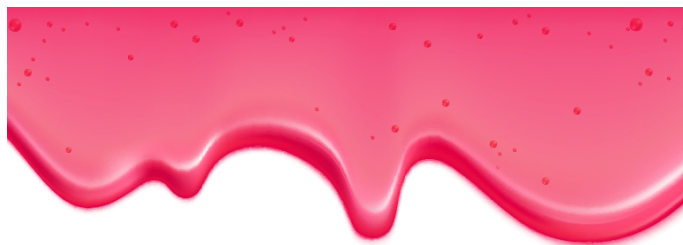
GRADES 2-3

Learn the ASL alphabet, common phrases, and how to communicate using sign language. Once you've mastered the basics, create your own secret spy messages and codes to communicate with friends and family. All the while, learn the history and importance of sign language!

1345.200 4 sessions / \$40
Thu, Feb 3 - 24 / 2:25 - 3:25 pm
Birch Lake Elementary

YOUTH SUMMER 2022

**REGISTRATION OPENS MARCH 1
MORE INFORMATION COMING SOON!**



Slime Club

GRADES 2-5

Ever wondered the purpose of slime or what it is made out of? How is some slime slimy, and other slime is soft? What reactions happen when mixing ingredients. How many different slimes can we make? Is there edible slime? Glow in the dark slime? Join this club for some extra messy fun! Remember to dress for the mess!

1699.200 4 sessions / \$40
Wed, Feb 2 - 23 / 2:25 - 3:25 pm
Lakeaires Elementary

1699.201 4 sessions / \$40
Thu, Feb 3 - 24 / 2:25 - 3:25 pm
Vadnais Heights Elementary

Spring Into Fun!

GRADES K-1

Embrace Spring with us! From painting to planting, students will experience the fun and magic of Spring! Each session we will offer a stand alone project sure to get your little bear excited and engaged!

1800.300 4 sessions / \$40
Wed, Mar 16 - Apr 6 / 2:25 - 3:25 pm
Lincoln Elementary

Storybox Club

GRADES 2-3

Make your favorite story come to life in Storybox Club! Students will create a diorama of scenes from their favorite book.

1548.200 4 sessions / \$40
Wed, Feb 2 - 23 / 2:25 - 3:25 pm
Otter Lake Elementary

Urban Unwind: Spa & Self-Care

GRADES 3-5

Join us at the Urban Unwind- our DIY Day Spa at Matoska! We will have a calm and relaxing oasis where we make our own DIY Bath Bombs, Stressballs, fidgets, participate in yoga, and relax our bodies! Everyone is sure to leave our oasis having fun and feeling more relaxed to take on the rest of their day!

2327.200 4 sessions / \$40
Tue, Jan 11 - Feb 1 / 3:10 - 4:10 pm
Matoska Int'l

Waffle Iron Cooking!

GRADES K-5

Have you ever cooked with a waffle iron before? Did you know that it is not just for waffles? During this club we will learn all kinds of fun foods you can make with a waffle iron. Kids will get to take these recipes home with them as well.

3654.300 4 sessions / \$40
Wed, Mar 2 - 30 / 2:25 - 3:25 pm
Vadnais Heights Elementary
No Class Mar 9

Window Art

GRADES K-5

Looking for fun, come and create different types of window art ! Imagine having your art reflect the sunlight as it passes through and all the colors you will see.

1900.200 4 sessions / \$40
Thu, Feb 3 - 24 / 2:25 - 3:25 pm
Oneka Elementary School

Winter Wonder Days

GRADES 2-3

Come and embrace winter with us! From carpet skating to bubble blizzards, we will experience the wonders of the winter - warm, cozy, and creatively inside. Hot chocolate of course is in order. This will one not to miss!

1400.200 4 sessions / \$40
Wed, Jan 5 - 26 / 2:25 - 3:25 pm
Lincoln Elementary

Woodburning {Pyrography}

GRADES 3-5

Woodburning (also known as pyrography) will give participants the opportunity to learn how to use a woodburning pen, various tips to create different effects, and how to put their ideas down on the wood. After learning how the tools work, and practicing different techniques, participants will be able to craft their own project.

2367.200 4 sessions / \$40
Mon, Jan 3 - 31 / 2:25 - 3:25 pm
Oneka Elementary
No Class Jan 17

A Parent's Guide to Tik Tok

Mon, Feb 7 / 5:30 - 6:30 pm / **ONLINE**

Cell Phones & Parenting

Tue, Feb 22 / 5:30 - 6:30 pm / **ONLINE**

See page 16 for more details!

World Eats

GRADES K-5

Have you ever wondered what kids around the world eat? Do you enjoy making and trying new things? Then this club is for you! We will be making some fun simple dishes and snacks from around the world. All the recipes made in this club you will be able to take home in your own recipe book!

1712.200

4 sessions / \$40

Tue, Jan 11 - Feb 1 / 2:25 - 3:25 pm

Vadnais Heights Elementary

Child & Babysitting Safety Class

AGES 11-15

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives everything you need to know for safe and successful babysitting. The YouTube "vlogger" style presentation of the video brings a youthful and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success. Students must be present for the entire class and complete achievement of the core learning objectives to receive certification valid for two years. Instructor provides baby dolls, bottles, diaper supplies for skills participation. Students attend this class independently. Parents are encouraged to review the take home information and discuss it with their child.

2300.300

1 session / \$56

Fri, Apr 15 / 9 am - 12:30 pm

Central Middle School

Manitou Art & Craft Fair

MANITOU DAYS EVENT

**Friday, June 24, 2022
1 - 7 pm**

White Bear Area Senior Center
2484 East County Rd F, White Bear Lake

**Artists, Artisans & Crafters are invited
who sculpt, carve, weave, paint, draw or
work with glass, pottery, photography or
other mediums.**



For more details or to reserve space
call 651-653-3121 or visit
www.whitebear.ce.eleyo.com Search: Manitou

Thursday Night Ski 2022

Thursday Night Ski & Snowboard is back! Trips will take place at Trollhaugen, Wild Mountain & Afton Alps. Rental equipment available at an additional cost (paid directly to the hill). Bring food/snack money. All students are required to wear a helmet (regardless of age). Bring your own or rent one at the hill. No helmet, no ticket!

4 nights and 1 day trip

DATES: Jan 20, Jan 28 (DAY TRIP - Afton), Feb 3, Feb 10, Feb 17

FEES: \$185 - Transportation & lift ticket included

STUDENT IDs (MANDATORY): Student IDs must be brought on every trip and presented when loading the bus and anytime they are requested by a staff member/chaperone.

TRANSPORTATION: Bus Transportation will be provided. Details coming soon.

SEASON PASSES: If you have a season pass to one of the hills, please contact the Community Services office at 651-407-7501 to arrange for a \$10 dollar fee reduction. Season pass holders are responsible for obtaining their own lift ticket at the hill. You will not receive a lift ticket on the bus.

BEGINNER LESSONS: Interested in a beginner ski or snowboard lesson? Lessons are for one hour. You can indicate lessons at the time of registration. A minimum of one week notice is needed to schedule lessons.

CHAPERONES: We welcome chaperones! For chaperone requirements, visit whitebear.ce.eleyo.com, keyword: "Thursday Night Ski".

2888.100

5 sessions / \$185

Thu & Fri, Jan 20 - Feb 17 / 8 am - 10 pm

No Class Jan 27

2888.101

Chaperone / FREE

Skating with Bears

FREE FAMILY EVENT!

Sun, Jan 30 / 1 - 3 pm / Hippodrome

Registration appreciated
Visit whitebear.ce.eleyo.com, course **#8000.200**

WHITE BEAR LAKE SCHOOL-DIST. RECREATION-DEPT.

In the White Bear Lake Area, there are a variety of sports opportunities. Questions about specific information, tryout dates and seasons should be directed to the contacts below.

WBL Recreational Sports

» **Matt Riebow, Youth Rec Coordinator**651-407-7506

WBL School Sports

» **Middle School Athletic Office**651-407-7506

» **South Campus Athletic Office**.....651-773-6206

» **North Campus Athletic Office**.....651-653-2933

Vadnais Park and Recreation Sports

» **Vadnais Heights Park & Recreation**.....651-204-6000

Sport Specific Organizations

» **Baseball**www.whitebearbaseball.com

» **Basketball**www.whitebearbasketball.com

» **Cheerleading** www.whitebearcheer.com

» **Fast Pitch Softball** www.wbafsa.com

» **Football** www.wbyouthfootball.org

» **FLIPS Gymnastics**www.flipsgym.com

» **Hockey**..... www.wblhockey.com

» **Lacrosse**www.wblax.com

» **Soccer**..... www.whitebearsoccer.org

» **Speedskating in Roseville** www.skatetheoval.com

» **Ultimate Frisbee** www.wblultimate.blogspot.org

» **Volleyball**..... www.whitebearvolleyball.org

» **Wrestling Club** leaguelineup.com/wbl-icebears

» **WB Sailing Club**..... www.whitebearsailingschool.com

Facilities

» **Hippodrome Ice Arena** Hipp Office: (651) 653-2699
Jon Anderson, Coordinator (651) 653-3126

» **White Bear Area YMCA** (651) 777-8103

» **Ramsey County Arena**..... (651) 748-2515

» **Tamarack Nature Center**(651) 407-5350

» **WBLAS Facility Reservation Line**.....(651) 407-7503

» **WB Armory & Sports Center**(651) 429-8572

Basketball Clinic

GRADES K-2 / BOYS & GIRLS

Welcome to the NEW Basketball Clinic for grades K- 2! Boys and girls will learn how to dribble, pass, pivot, rebound, and shoot. Each grade will advance more in basketball skills and instruction. Players should register for current grade.

Each session will meet 6 times on Saturdays at Central Middle School.

6 sessions / \$75 / Jan 15 - Feb 19, 2022

7300.115 GR K / 9 - 9:45 am

7300.116 GR 1 / 10 - 11 am

7300.117 GR 2 / 11:15 am - 12:30 pm

REGISTRATION CLOSING: **JANUARY 9**

Boys Baseball

Youth Rec Baseball is for boys currently in grades 2-5. Practice will start mid May with games scheduled to start the first week in June. Your season will run from mid May to early August. Games and practices will be at local WBL fields throughout the week. Coaches will contact your about team details. All players will register for current grade level.

Games nights are Tuesday and Thursday. Team hats and jerseys are provided.

REGISTRATION OPENS: **MARCH 1** | REGISTRATION CLOSING: **APRIL 30**

Girls Softball

White Bear Lake Community Services & Recreation is offering girls Slow Pitch Softball for grades 2-10. Leagues will combine with other surrounding communities if needed

Practice will start Mid May weather depending. The season is 5 weeks (10 games) and will have an end of season tournament. Games start the first week in June and finishing approximately in late July or early August.

Junior League games will start in May and will be played with North St. Paul on Monday nights.

REGISTRATION OPENS: **MARCH 1** | REGISTRATION CLOSING: **APRIL 30**

Volunteer coaches are needed!
Contact Matt at 651-407-7506 or
matthew.riebow@isd624.org.

**SUMMER 2022 registration for
Tennis, T-Ball, and Sports Camp
and more opens March 1!**
More information coming soon.

ISD 624 District Information

White Bear Lake Area School District ISD #624

4855 Bloom Avenue, White Bear Lake, MN 55110

(651) 407-7500

www.isd624.org

2022 School Board

Scott Arcand, Kathleen Daniels, Deb Beloyed, Jessica Ellison, Marge Newmaster, Chris Streiff Oji, and Angela Thompson

Dr. Wayne Kazmierczak, Superintendent
White Bear Lake Area Schools

The White Bear Lake Area School District serves the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.

Mission

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- » Students who design and create their own future
- » A culture that respects diverse people and ideas
- » Safe, nurturing, and inspiring experiences
- » Exceptional staff and families committed to student success
- » Abundant and engaged community partners.

Core Values

The White Bear Lake Area School District builds quality lives and strong communities through:

- » compassion
- » integrity
- » respect
- » responsibility
- » service

School Closings

If inclement weather forces the White Bear Lake Area Schools to start late, close, or dismiss early, one of the following announcements will be made:

» **Two-Hour Late Start**

Morning Community Services, Early Childhood Program, and Senior Program activities will be canceled. Afternoon and evening activities, sessions, and community facility use will meet as scheduled.

» **No School**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled.

» **Early Dismissal**

All Community Services, Early Childhood Program, Senior Program and Extended Day activities, sessions and community facility use will be canceled for the remainder of the day.

School closings will be announced on WCCO 830 AM, KSTP 1500 AM, WCCO 4 TV, KSTP 5 TV, KMSP 9 TV and KARE 11 TV. You may also call the Emergency School Closing Hotline at (651) 407-7540.



High School

1. **WBLAHS - NORTH CAMPUS**
5045 Division Ave
White Bear Lake, MN 55110
651-653-2920 / fax: 651-653-2630
2. **WBLAHS - SOUTH CAMPUS**
3551 McKnight Road
White Bear Lake, MN 55110
651-773-6200 / fax: 651-773-6215
3. **WBL AREA LEARNING CENTER**
2449 Orchard Lane
White Bear Lake, MN 55110
651-773-6400 / fax: 651-773-6402

Middle Schools

4. **CENTRAL**
4857 Bloom Avenue
White Bear Lake, MN 55110
651-653-2888 / fax: 651-653-2885
5. **SUNRISE PARK**
2399 Cedar Avenue
White Bear Lake, MN 55110
651-653-2700 / fax: 651-653-2716

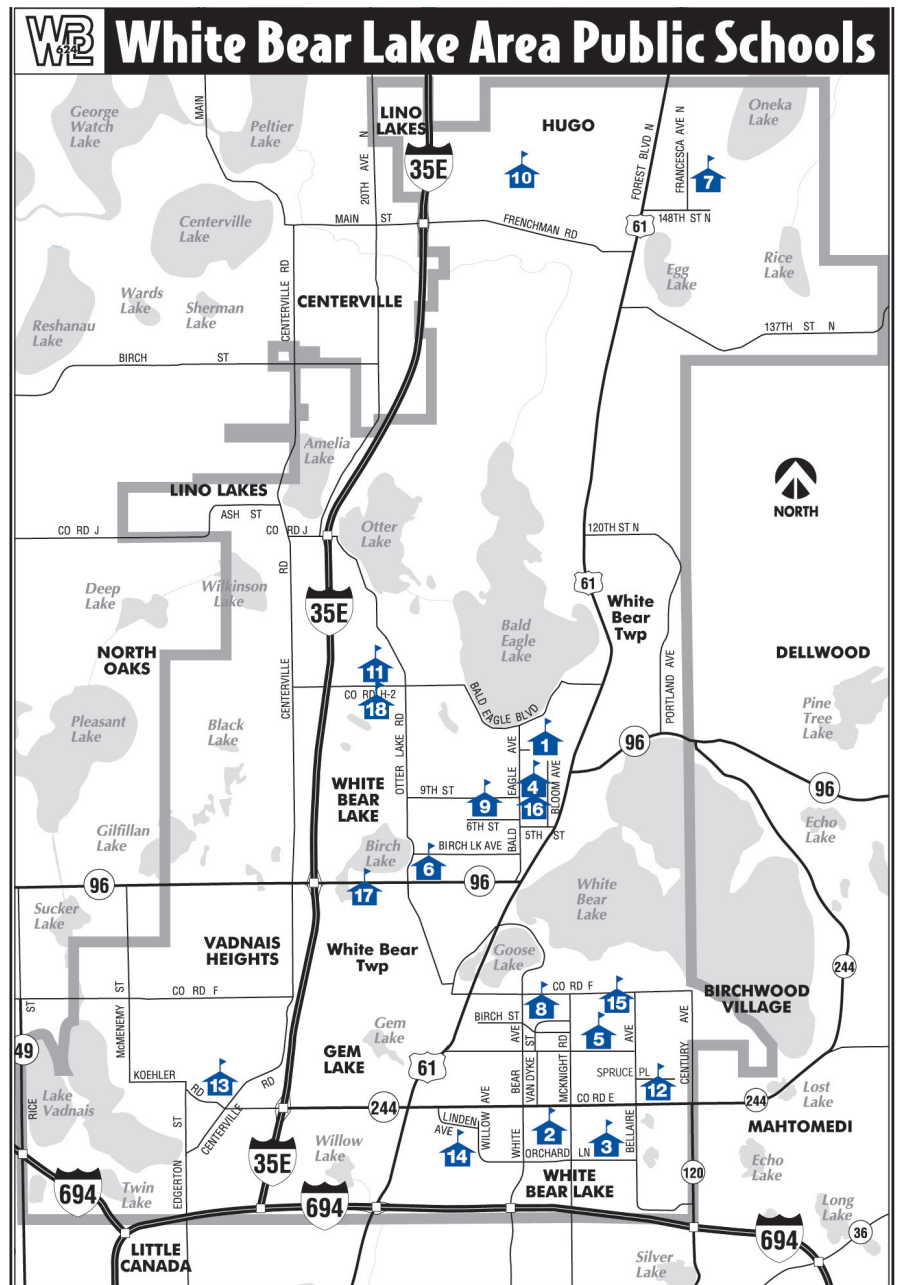
Elementary Schools

6. **BIRCH LAKE**
1616 Birch Lake Avenue
White Bear Lake, MN 55110
651-653-2776 / fax: 651-653-2778
7. **HUGO**
14895 Francesca Avenue North
Hugo, MN 55038
651-653-2798 / fax: 651-653-2800
8. **LAKEAIRES**
3963 Van Dyke Street
White Bear Lake, MN 55110
651-653-2809 / fax: 651-653-2811
9. **LINCOLN**
1961 Sixth Street
White Bear Lake, MN 55110
651-653-2820 / fax: 651-653-2822
10. **ONEKA**
4888 Heritage Parkway North
Hugo, MN 55038
651-288-1800 / fax: 651-288-1899
11. **OTTER LAKE**
1401 County Road H2
White Bear Township, MN 55110
651-653-2831 / fax: 651-653-2833
12. **MATOSKA INTERNATIONAL
IB WORLD SCHOOL**
2530 Spruce Place
White Bear Lake, MN 55110
651-653-2847 / fax: 651-653-2849
13. **VADNAIS HEIGHTS**
3645 Centerville Road
Vadnais Heights, MN 55127
651-653-2858 / fax: 651-653-2860
14. **WILLOW LANE**
3375 Willow Avenue
White Bear Lake, MN 55110
651-773-6170 / fax: 651-773-6176

Other Sites

15. **NORMANDY PARK EDUCATION CENTER**
 - » **Early Childhood Program**
2482 East County Road F
White Bear Lake, MN 55110
651-653-3100 / fax: 651-653-3155
 - » **Senior Program**
2484 East County Road F
White Bear Lake, MN 55110
651-653-3121 / fax: 651-653-3127
16. **DISTRICT CENTER OFFICES**
4855 Bloom Avenue
White Bear Lake, MN 55110
651-407-7501 / fax: 651-407-7502
17. **WHITE BEAR SPORTS CENTER**
1328 Highway 96 E
White Bear Lake, MN 55110
651-429-8571 / fax: 651-429-8545
18. **TAMARACK NATURE CENTER**
5287 Otter Lake Road
White Bear Township, MN 55110
651-407-5350 / fax: 651-407-5354

FOR MAPS TO DISTRICT
BUILDINGS VISIT
www.isd624.org/schools





FOLLOW DR. K



/DRK_ISD624

ISD624.ORG

Rounding out 2021

As we find ourselves in the final month of the calendar year, we celebrate the first half of the school year and look forward to what 2022 will bring.

For our students, we hope the turning of the calendar page will bring time outside in the snow, a cozy place to curl up with a good book, and meaningful time spent with friends and family. For our families and community members, we hope January affords the time to look back on the last months with a sense of accomplishment for finding the internal resilience these days have required of all of us.

This issue of Bear's Bulletin contains pages dedicated to the 2021 Annual Update, including student proficiency and growth, opportunities afforded to students, finance information, and a snapshot of our district community.

We are proud of our students, families and community for the resilience shown in uncertain times. Even when new situations are presented, our students and families continue to rise to the challenge and celebrate their successes.

Thank you for your part in helping us successfully complete 2021, and please join me in welcoming the days ahead in 2022.

Dr. Wayne A. Kazmierczak
Superintendent
White Bear Lake Area Schools

Translations:

Para Español por favor llame al 651-407-7625

Xav tau ntawv Hmoob hu rau 651-407-7623

Flip book to see
Community Services &
Recreation Catalog

In this issue

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- » **2021 BUILDING
OUR FUTURE
UPDATE**
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Update, Page VI
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Page X



STUDENT GROWTH & PROFICIENCY

Minnesota Comprehensive Assessments (MCA)

Student proficiency is measured by the Minnesota Comprehensive Assessment (MCA) tests, Minnesota's state requirement for testing under the Federal Every Student Succeeds Act (ESSA).

Due to ongoing challenges with the COVID-19 pandemic, the participation rate for the MCA in spring 2021 was significantly lower than in previous years, when White Bear Lake Area Schools typically has seen more than a 95% participation rate for both assessments. Math had a 70% participation rate and Reading had a 76% participation rate. The state-level participation rate was similarly lower than it has been in the past.

2020-21 WBLAS MCA COMPARISON TO STATE AVERAGES

| | State | WBLAS | WBLAS % above state |
|-------------|-------|-------|---------------------|
| Reading | 52.5% | 56.6% | +4.1% |
| Mathematics | 44.2% | 45.1% | +0.9% |

Source: Minnesota Department of Education's "Minnesota Report Card"

Early Childhood

All of the District's preschools have a Parent Aware rating of four stars, the highest possible rating. Teachers assess the growth of children and take appropriate measures to ensure they are kindergarten-ready.

Elementary

Students in our elementary programs are assessed by teachers using a range of grade-appropriate assessments in reading, math and science to measure progress toward local and state standards. Student proficiency is measured using MCA assessments. Instructional support is personalized so students who test below grade level receive extra intervention and support, and students who already exceed standards are challenged through our comprehensive Gifted and Talented program.

Middle School

Our middle school students take the Minnesota Comprehensive Assessment (MCA). Teachers and counselors use these assessments along with other data to help students select courses. Intervention support is provided for students who test below grade level. Accelerated and enriched class options ensure each student is challenged.

High School

High school teachers assess students through common assessments in each subject. Nationally-normed assessments include the PreACT offered to tenth graders in the fall and the PSAT and ACT offered to eleventh graders. Counselors and teachers use these data, along with an understanding of student motivation and goals, to help students select from more than 250 course offerings, including 50 college-level courses and seven career pathways areas.

Responding to student needs

Anticipating challenges and disruption to student learning being created by COVID-19, staff members had begun conversations and plans during the 2020-21 school year that focused on learning recovery and targeted support for each of our students. Throughout the year, building and district teams worked to adjust instruction and intervention to meet the needs of students who were learning at home and/or returning to in-person learning.

The district coordinated and implemented a robust set of summer programming for a wide variety of students in grades K-12. Over the summer of 2021, teams of teachers and administrators worked together to plan for content, credit, and grade recovery, particularly at the high school level.

The complete picture of each student has informed instruction in the 2021-2022 school year, which has been delivered in an in-person format with the option for those families who choose online learning to enroll in the district's Distance Learning Academy.

In addition to MCA data, White Bear Lake Area Schools has utilized local academic measures that include data such as academic and social-emotional screeners, Pre-ACT and ACT, academic grades and credits.

HIGH EXPECTATIONS & ENRICHMENT

90%

White Bear Lake Area Schools 4-year graduation rate for Class of 2020 was 90.1%, 6.3 percentage points above the state average.
Graduation rate calculations follow one year behind the current graduating year.

WBLAS continues to be a recognized leader for developing Career Pathways aligned to workforce needs.

Launched in 2015, our pathway programs allow students to take one or two courses, or a series of courses. They also allow students opportunities for job shadowing, industry site visits, and credentials or certifications recognized in the field.

Career PATHWAYS at ISD 624

Pathways Currently Offered

| | |
|---|--|
|  Automotive |  Business |
|  Construction Skilled Trades |  Education |
|  Healthcare & Wellness |  Information Technology |
|  Manufacturing & Engineering | |

50

Colleges and Universities on campus

During the 20-21 school year, 50 college level courses were offered at WBLAHS: 21 Advanced Placement (AP) classes, 25 College in the School (CIS/CitHS) courses, and 4 Project Lead the Way (PLTW) courses. Students also took advantage of Post-Secondary Enrollment Options (PSEO).

More than half of the 10th-12th grade students at WBLAHS enrolled in potentially college credit-bearing courses in the 2020-21 academic year.

PLTW 36 students earned 125 credits

CIS 358 students earned 1037 credits

AP 524 students earned 2425 credits

PSEO 85 students earned 777 credits

\$2.3 mil

Total value of credits earned by WBLAHS students in college-level courses during 2020-21.

All tuition calculations except concurrent enrollment based on U of MN tuition rate of \$520.50 per credit. Concurrent enrollment based on Century College tuition rate of \$196.89. PLTW grade cutoff B-, all others C-. Students may be counted more than once if they participated in more than one program. AP credit calculations based on U of MN score acceptance.

RIISING TO THE CHALLENGE

Percentage of 10th-12th graders who enrolled in potentially college credit-bearing courses 2020-2021:

ASIAN: 63.9%
BLACK/AFRICAN AMERICAN: 34.7%
HISPANIC/LATINX: 38.9%
MULTI-RACIAL: 44.9%
WHITE: 53%

99

Advanced Placement Scholars

2021 Advanced Placement Scholars

58 AP Scholars
16 AP Scholars with Honors
25 AP Scholars with Distinction

3

students were recognized in the National Merit program. Two received Letter of Commendation and one was a Semifinalist.

Student Support Services

White Bear Lake Area Schools have high expectations for all students and offer a continuum of specialized instruction for students with special needs. Our programs are individualized and comprehensive.

AVID

Our high school and middle school students have the opportunity to participate in the Advancement Via Individual Determination (AVID) program. AVID offers rigorous instruction to students in the academic middle who have the individual determination to prepare for a four year college. In AVID classes, students collaborate, engage in inquiry, and learn college-level reading, writing and study strategies. Lakeaires Elementary also offers elementary AVID strategies to students.

International Baccalaureate

Matoska International IB World School has been an elementary IB option for all families since 2010.

FINANCE

Financial management

To help the District meet its educational goals, White Bear Lake Area Schools remain committed to fiscal responsibility to ensure that maximum resources reach our classrooms.

Stewardship:

White Bear Lake Area Schools continues to demonstrate strong stewardship to our communities.

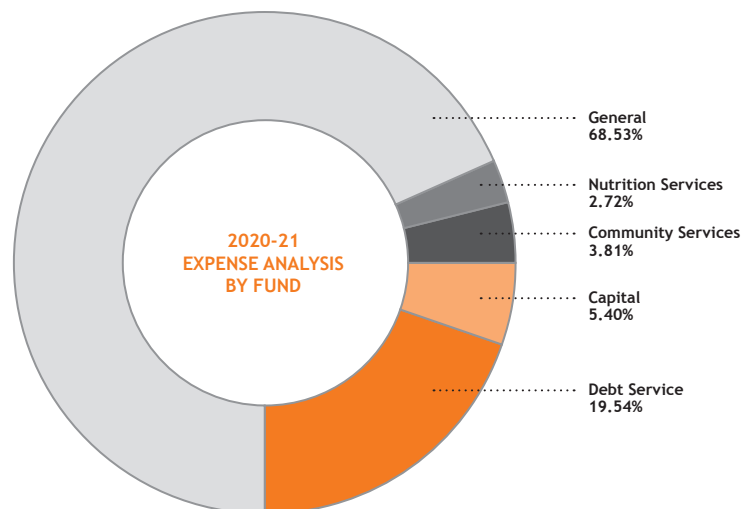
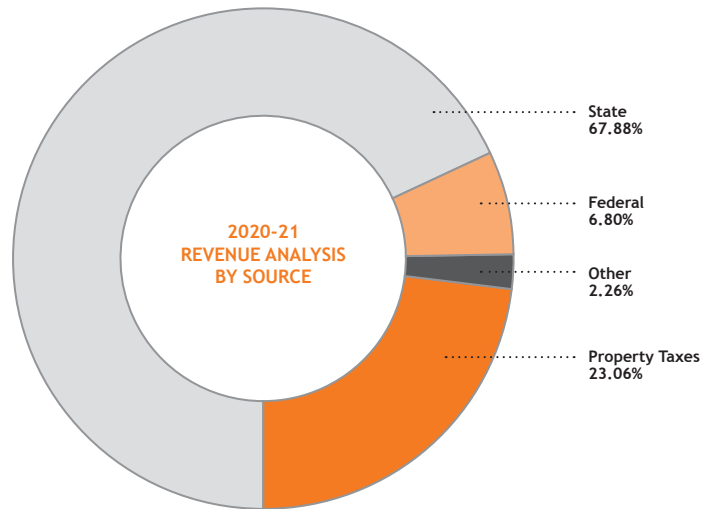
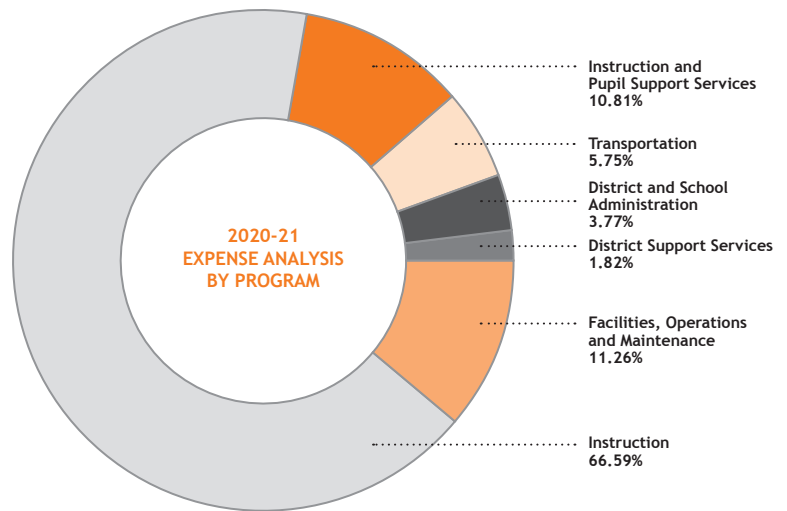
- » We have been recognized for excellence in financial reporting by the Association of School Business Officials and Government Finance Officers Association for 21 consecutive years.
- » The district refunded one outstanding debt issue during 2021, which will save district taxpayers a total of \$286,543 over the next three years. The outstanding debt was related to alternative facilities bonds that were issued in 2012 to finance several major HVAC renovation projects throughout the district.
- » Facilities across the district continue to be constructed and renovated, due to a \$326 million bond referendum approved by area residents in November of 2019.

We have been recognized for excellence in financial reporting for 21 consecutive years

by the Association of School Business Officials and Government Finance Officers Association.

The District refunded debt issue

saving taxpayers a total of \$286,543 over the next three years.



Partnerships

The district has many innovative partnerships with the White Bear Center for the Arts, White Bear Area YMCA, MacPhail Center for Music, Tamarack Nature Center and many others.

2021-22 DISTRICT PROFILE

The White Bear Lake Area School District serves all or parts of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake and White Bear Township.

Core Values

The White Bear Lake Area School District builds quality lives and strong communities through compassion, integrity, respect, responsibility and service.

Equity Commitment

To nurture the whole student, we disrupt systemic inequities by recognizing, honoring, and embracing all cultures with humility and respect.

District Mission

The mission of the White Bear Lake Area School District, the community at the forefront of educational excellence, honoring our legacy and courageously building the future, is to ensure each student realizes their unique talents and abilities, and makes meaningful contributions with local and global impact through a vital system distinguished by:

- Students who design and create their own future
- A culture that respects diverse people and ideas
- Safe, nurturing, and inspiring experiences
- Exceptional staff and families committed to student success
- Abundant and engaged community partners

| STUDENT ENROLLMENT 2021-22 | |
|---|-------------|
| Pre-K <i>Pre-K includes all District programs including preschool, early childhood, and Bear Fundamentals at all District locations.</i> | 524 |
| Elementary (Grades K-5) | 3767 |
| Middle School (Grades 6-8) | 1981 |
| High School (Grades 9-12) | 2498 |
| Transition Plus (Special Ed - ages 18-24) | 36 |
| DISTRICT TOTAL K-T+ | 8282 |
| DISTRICT TOTAL BIRTH-T+ | 8806 |

Source: Minnesota Department of Education and District data

| K-T+ STUDENT DEMOGRAPHICS 2020-21 | |
|-----------------------------------|--------|
| Free/Reduced Price Lunch | 20.68% |
| English Language Learner | 3.99% |
| Special Education | 17.16% |
| American Indian/Alaska Native | 0.44% |
| Asian | 7.46% |
| Black/African American | 6.68% |
| Hispanic/Latinx | 7.67% |
| Native Hawaiian/Pacific Islander | 0.12% |
| Two or more races | 5.98% |
| White | 71.66% |

Source: Minnesota Department of Education

In addition to English,
students in our district



- Afaan/Oromo/Oromiffa
- Afrikaans
- Akan
- Amharic
- Anauk
- Arabic
- Azerbaijani
- Bengali
- Bosnian
- Burmese
- Cambodian
- Chinese, Mandarin
- Czech
- Danish
- English
- English Creole
- Fanti
- Farsi
- French
- German
- Gujarati
- Harari
- Hindi
- Hmong
- Igbo
- Japanese
- Karen
- Kiswahili, Swahili
- Kom
- Lao, Laotian
- Latvian
- Lithuanian
- Mandar
- Marathi
- Nepali
- Pilipino, Tagalog
- Portuguese
- Punjabi
- Romanian
- Russian
- Rwanda
- Sign Language/ASL
- Somali
- Spanish
- Thai
- Tigrinya
- Turkish
- Turkman
- Twi
- Ukrainian
- Urdu
- Vietnamese
- Yoruba

2021 Building Our Future Update

The White Bear Lake Area Schools facilities projects to address building needs across the district are well underway, with construction crews digging in and making headway at sites across the district.

Our students, staff and community members are seeing first-hand the phases of construction we talked about at length with the community in the fall of 2019. We are grateful to district residents for seeing both the need and the vision, and for supporting the bond referendum. Much has been planned and built in the two years since that time, and we are excited to successfully complete all of the construction phases in the summer of 2025.

The first project to be completed in the fall of 2020 was the creation of a secure office and vestibule area at the district's Area Learning Center (ALC). The second phase of the ALC projects, which are scheduled to be completed during the summer of 2023, will include renovations to create a learning commons/flexible learning space, kitchen improvements and mechanical upgrades.

Elementary school projects that were constructed last year and completed before the school year began this fall included renovations to the media center, the addition of specialized learning spaces and upgrades to safety/security at Lincoln Elementary, Matoska International IB World School, Vadnais Heights Elementary and Willow Lane Elementary. A small classroom addition was added to Matoska International and a new full-size gymnasium addition was included in Lincoln's construction project.

Construction crews also completed the Transportation Department's new home, a facility that houses transportation staff and the district's fleet, just before the school year. District vehicles are maintained and managed at the new site, located in Hugo. Moving to this new location allows for expansion of the unified high school campus onto the former bus garage site.

Additionally, the WBLAHS - South Campus Phase 1 addition of a new gymnasium was completed before students came back in September. This gym, along with the one newly built at Lincoln, helps to address the need for community gymnasium space. The project also features a new entrance, vestibule, storage and walk-in freezer in the kitchen. Additionally, the new space includes privacy restrooms that are open during home events at the WBLAHS Stadium.

We have been grateful to be able to continue work on projects despite the challenges of COVID-19 and employment shortages. Our construction crews have been terrific at staying on schedule and on budget. Even in these times of building supply shortages, their efforts and partnership have kept us on track.

Cranes and strategically placed piles of dirt adorn other district sites currently under construction, especially at projects that broke ground this summer. Preparatory work for the additions and renovations that will create a unified White Bear Lake Area High School at the current WBLAHS - North Campus site are going strong. The extensive excavations for the field house, the stadium and activities areas, and the classroom additions are impressive.



Groundbreaking also took place recently for the Phase II project at South Campus, which will be converted to a middle school when the new unified WBLAHS on the current North Campus site holds all students grades 9-12. The project includes new classrooms, renovations to some areas of the current building to include flexible learning spaces and mechanical and security upgrades. Additionally, a new front office space addition will accommodate a change to make the front entrance of the building open to McKnight Road rather than to the parking lot on the south side of the building.

Construction on the new elementary school, just north of the Hugo Post Office along Highway 61, has been moving along nicely as well. The building, which will have the capacity to house 720 students in grades K-5, broke ground in the spring of 2021 and is on-track to be completed in time for students to attend in the fall of 2022. At that time, Oneka Elementary will also have a change in grading structure to serve students in grades K-5. The facility plan calls for Hugo Elementary to be converted to a northern Early Childhood Center in the future.

During the 2021-22 school year, projects will continue through the design and construction process and be finished before the fall of 2022 at Birch Lake, Lakeaires and Otter Lake Elementary Schools. Projects at the three elementary buildings include small additions, updated classrooms and media centers, and safety/security upgrades.

Knowing all of our students learn differently, we are being purposeful about building learning spaces that are versatile. We're able to create adaptable learning environments through both creative design and flexible furniture. That design principle of 'space adaptability and flexibility' is the catalyst to create a culture where students co-design their learning spaces supporting the district's vision of student agency.

When the facilities plan is complete, every elementary classroom in the district will have benefitted by the addition of new flexible furniture. Three elementary buildings were slated in Phase I of the furniture project and are currently experiencing the flexibility and choice it affords students in their learning. Phase II will include the remainder of elementary schools who will receive their new furniture next summer. Moving forward, flexible furniture will be added to classrooms in the district's early childhood, middle school and high school programs as items are needed.

The referendum projects that remain on the docket include classroom additions at Oneka Elementary and renovation of the current District Center to create additional classroom space for Central Middle School. Both school buildings will also see updated classrooms and media centers and safety/security upgrades.

The final piece of the comprehensive facilities plan will be completed in 2025 when the current Sunrise Park Middle School is renovated and converted for use as a home to the district's Early Childhood Center, District Office, Senior Center and Transition Education Center. This construction project will begin after the middle school has moved to the current South Campus site in 2024.

Follow along with our progress virtually. Project updates, detailed project presentations and photo/video footage of the projects are available on the Building Our Future page of the district's website, isd624.org/BuildingOurFuture.



Scan QR code to see
"Building Our Future
2021 Update" video.

PROJECT TIMELINE

Ready for Fall 2021

- Area Learning Center Phase 1
- Lincoln, Matoska, Vadnais Heights and Willow Lane Elementaries Updates
- New Transportation Facility
- WBLAHS - South Campus Phase 1 Gym Addition

Ready for Fall 2022

- Birch Lake, Lakeaires, Otter Lake Updates
- New Elementary School
- WBLAHS - South Campus Phase 2 Addition

Ready for Fall 2023

- Area Learning Center Phase 2
- Oneka Elementary Updates

Ready for Fall 2024

- Unified WBLAHS opens to grades 9-12
- Current WBLAHS - South Campus opens as middle school
- Central Middle School Phase 1 updates

Ready for Fall 2025

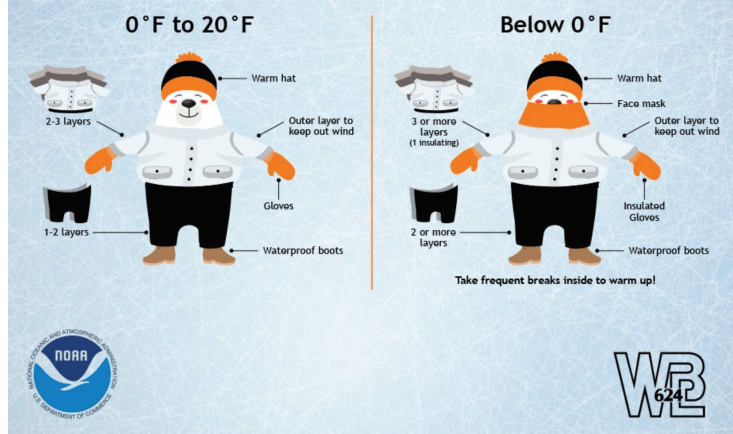
- Central Middle School Phase 2 updates
- Current Sunrise Park Middle School becomes District Services Center housing Early Childhood Center, District Office, Senior Center and Transition Education Center

OUR MISSION

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- Students who design and create their own future
- A culture that respects diverse people and ideas
- Safe, nurturing, and inspiring experiences
- Exceptional staff and families committed to student success
- Abundant and engaged community partners

How to Properly Dress for Wind Chill



Brosious Grants awarded

The White Bear Lake Area Educational Foundation (WBLAEF) recently awarded teachers in the district with Brosious Teaching grants to “enhance the rigor of the curriculum or instruction,” according to Mr. Brosious’ wishes. This year, 11 grants were awarded in the amount of \$22,967.30.

Brosious Grants are one of a variety of grants made available each year by the Foundation, all of which are intended to enrich existing curriculum and support the School District’s goal of achieving excellence in education.

Since its inception in 1993, the WBLAEF has supported the district in the following ways:

- Awarded more than \$300,000 in teaching grants, encouraging creative and innovative ways to enhance curriculum.
- Granted over \$150,000 for teacher professional development.
- Presented \$330,000 in scholarships to graduates of our schools.
- Touched hundreds of families by providing over \$70,000 in financial assistance through the Angel Fund.
- Granted over \$22,000 fostering elementary art education.
- Incorporated the White Bear Lake Area Alumni Association to help alumni stay connected.
- Since 2014, provided \$30,000 to community members, staff and students, encouraging initiatives around innovation, creativity, community and global projects.
- Awarded \$30,000 in grants to teachers, enhancing environmental experiences and awareness for students.

Additional information at www.wblaef.org.

WE ARE HIRING!

Find Employment info at isd624.org.



- | | | |
|-----------------------|----------------------|----------------------------|
| - Substitute Teachers | - Extended Day staff | - Nutrition Services staff |
| - Bus drivers | - Paras | - MORE! |

651-407-7500
isd624.org

Equity Commitment: *To nurture the whole student, we disrupt systemic inequities by recognizing, honoring, and embracing all cultures with humility and respect.*

4-Way Equity Decision Making Protocol

- 1 How does this help to provide opportunities to students who have been marginalized within the system in the past?
- 2 How does this help to ensure equitable access for all?
- 3 How does this help to eliminate barriers based on race/ethnicity, gender, disability, age, or other protected groups?
- 4 How does this ensure that the same rigorous standards for academic performance exist for all students?

Requesting an Interpreter

Families can request that a district staff member call them through the use of an interpreter who speaks the language they speak.

Information about how to make the request can be found in text and audio translations, in all languages spoken by students in the district, on the district website or at the QR code at right.



School Board Meetings

Jan. 10.....Regular Mtng
 Jan. 24..... Work Session
 Feb. 14Regular Mtng
 Feb. 28 Work Session
 March 14.....Regular Mtng
 March 28..... Work Session
 April 11Regular Mtng
 April 25 Work Session

- » All Board meetings take place in the Community Room 112 at District Center (4855 Bloom Ave).
 - Both Regular and Work Session meetings begin at 5:30 p.m.
- » Agendas, Board Packets, Minutes, Highlights and Video links are posted on the District's website as they become available.
- » Regular School Board meetings are re-broadcast on Cable Channel 20 in the local viewing area the week of a regular business meeting:
 - Wed. at 2 p.m., 6 p.m. & 9 p.m.
 - Thurs. at 10 a.m.

FREE Senior Activity Pass

Senior community members (age 65+) who live in the District are invited to participate in the Senior Activities Pass program and enjoy complimentary admission to school activities. Find the application on the district's website at isd624.org or call 651-407-7563 to request one be mailed to you.

| | |
|---|--|
|  | Senior Community Member |
| | Lifetime Activity Pass |
| | This Senior Community Member Activity Pass grants free admission into home activities* for |
| | YOUR NAME |
| Validated by Dr. Wayne A. Kazmierczak, Superintendent | |



Coffee with Dr. K

Community members have been invited to stop by throughout the 2021-22 academic year for an informal chat with Superintendent Kazmierczak over a cup of coffee.

Upcoming events:

- 11:30 a.m. - 12:30 p.m.
Thursday, February 10
- 4-5 p.m. Tuesday, May 10

Events are planned to take place at Caribou Coffee in Downtown WBL, but final event details will be shared on the district website as the events approach.



Digital Backpack

The Community Services Department distributes electronic flyers on the 1st and 3rd Thursday of each month. Flyers include announcements from the school district, as well as local organizations that offer opportunities for youth.

Those who wish to request distribution of a flyer should email the files to Director Tim Maurer at tim.maurer@isd624.org.

Early Childhood Screening - Screen at 3

Early Childhood Screening is required by the state of Minnesota for all children prior to entering kindergarten.

The best age at which to screen is age three. The White Bear Lake Area School District provides this screening at no charge.

3 REASONS TO SCREEN AT 3:

- Screening can ensure school success
- If health or developmental concerns are identified, educational services are available
- It is fun and provides parents/guardians with valuable information regarding child development



Register for Early Childhood Screening online at <https://whitebear.ce.eleyo.com> or 651-653-3100

Early Childhood Screening takes place at:
Normandy Park Education Center, 2482 East County Road F, WBL

Send Us Your Bear Wear Pics!

We are looking for photos of little ones in their "Born to be a Bear" onesies and "I'm a Bear" shirts!

Email photos to communications@isd624.org and you may find your little one(s) featured in a District publication!

Onesies are sent to families who live in the district upon the arrival of a little one, and shirts are sent to households with toddlers



Important Dates

- » **DEC. 22-31**
WINTER BREAK
School resumes Jan. 3
- » **JANUARY 10**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **JANUARY 24**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center
- » **FEBRUARY 10**
COFFEE WITH DR. K
11:30-12:30 p.m.
- » **FEBRUARY 14**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **FEBRUARY 28**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center
- » **MARCH 7-11**
SPRING BREAK
School resumes March 14
- » **MARCH 14**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **MARCH 28**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center
- » **APRIL 11**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **APRIL 25**
SCHOOL BOARD WORK SESSION
5:30 p.m. at District Center
- » **MAY 9**
SCHOOL BOARD REGULAR MEETING
5:30 p.m. at District Center
- » **MAY 10**
COFFEE WITH DR. K
4-5 p.m.



White Bear Lake Area Schools

Leading minds to learning, hearts to compassion,
and lives to community service.

Serving the communities of Birchwood, Gem Lake, Hugo, Lino Lakes, Little Canada, Maplewood, North Oaks, Vadnais Heights, White Bear Lake, and White Bear Township.



Enrollment
information at
isd624.org/enroll

Join us!

Choose from 2 options:

- Traditional in-person school
- Distance Learning Academy

Translations:

Para Español por favor llame al 651-407-7625
Xav tau ntawv Hmoob hu rau 651-407-7623

Why Be a Bear?

Our students benefit from:

- Safe, nurturing and challenging environments.
- Differentiated instruction.
- Hands-on learning.
- World language experiences.
- Focus on academic, social and personal development of each student.
- College-level courses and Career Pathways opportunities.

Stay Connected

• **E-NEWSLETTER**

The Community e-Newsletter is sent out each week, with alternating text and video editions. The text editions cover student and staff successes, school and Community Education offerings, and School Board proceedings. Those who wish to be added to the Community e-Newsletter list may contact us at communications@isd624.org.

• **STAY SOCIAL**

Join White Bear Lake Area Schools' social media circles - Facebook, Twitter and YouTube.

