

# SLT Website Archive

*Sterling West*

Chicago

Chicago SDL Room

08/22/2017





Over the summer community members and students helped to revamp our SDL room and make it an even better place for us to work. Phase 1 has been completed which consisted of putting in all the glass walls and completing the build of 3 studios. Phase 2 will be completed the beginning of 2018 and will consist of new furniture that will complete our SDL room's new look!

## Elementary Resource Center-Chicago

09/26/2017



Why not learn the SDL mindset in your early year to prepare you for Middle and High School? Not long ago our wonderful secretary Ms. Caponigri had the marvelous idea to turn the unused movi/medical room into a much more convenient space for the elementary; A Resource room! This is where any student(s) can go when they need a quiet place to read, research using books such as encyclopedias, create their projects, and much more. We moved the shelf from our previous SDL room upstairs into this small place and it seemed to fit like a glove. The shelf is filled with all sorts of interesting books, games, and art supplies. It also lodges two desks where

students can sit and perform their research studies. I think it is a great way to get them use to looking things up not only on the computer but having multiple sources such as book to help them find the information that they need. It also helps them to become more creative in the way they complete projects and assignments in a noiseless environment with all the paper, crayons, markers, stencils, and a letter cutter machine that they need. I think it is a great way to start off this new year for the elementary students and we all hope it's used to its best and results in better SDL minded elementary students!

## Chicago's Elementary Airplane Project

12/13/2017





In November our 5/6 class was given a project. Our project was to plan, create, and build a plane. It had to go 9 feet and do one trick. Over 6 weeks we built our masterpieces. Group A had a paper plane that went 15 feet and did a barrel roll. Group B had a balsa wood plane that went 9 feet and did a loop-de-loop. Group C's plane was made out of Styrofoam, it flew 10 feet and could hold a pencil. In the end we all had a lot of fun creating and testing our airplanes.

By: Brandee Taylor

## Chicago Field Trip at the History Museum

12/07/2017



December 7th, the momentous day of the Chicago Campus visit to the National History Museum, located in downtown Chicago, IL. Woohoo! Upon disembarking the cars and entering the building, we were split up into several groups, for better wreaking chaos around the building. In the main entrance, we met our fellow Scavenger-hunter, John, who gave us the directions and the rules we were supposed to break, and released us. For about 3 hours, all 35 of us were allowed to race and rampage around the museum, allegedly finding answers for our scavenger hunt.

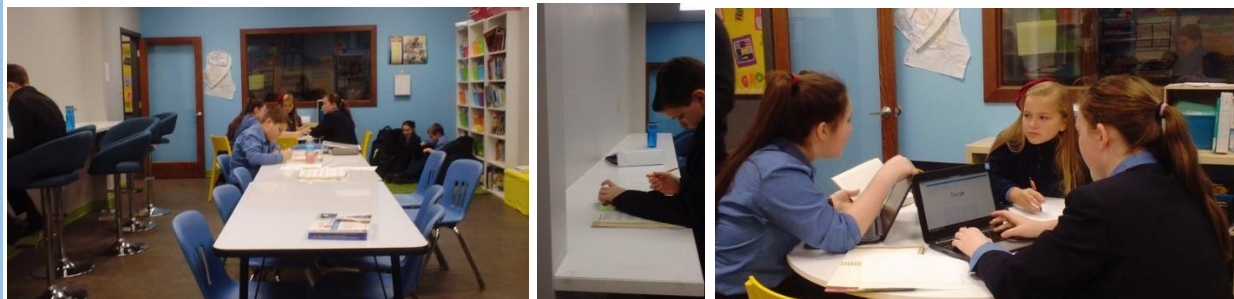
By lunchtime, the competition had reached boiling point, and all the teams were requested to meet back at the hall to consume their rations and it was here that we would find out which team won! The results were close - ending in 2 tiebreakers, between teams; the Troopers and Holmes, but finally, The Troopers won by about 2 thousand years! (how much older Sue the dinosaur is than the other team guessed)

After lunch, it was a general free-for-all around the museum, and by 1 we were ready to leave. Nothing dissolved, exploded or crumbled, and everyone left the museum pretty much the same as they entered. Overall, an exhilarating day at the museum!

By: Laura Bidmead

## Chicago Elementary Design Updates

01/23/2018

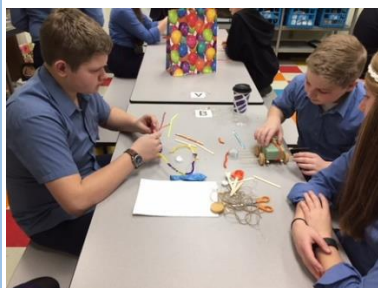


Over Fall Break, some students of the 6th grade came to the school and picked out furniture to make a learning centre for the 5/6th grade room. For yellow, our collaborative area, we picked out yellow chairs and boxes and a white round table. For blue area, our focus zone, we purchased six blue bar stools and a high white table. For our semi collaborative area, we have a small black table, two black beanbag chairs and a green carpet. We also have two new whiteboard tables that we sit at for instructive lessons. Thanks to all the parents and community members who helped us create this room.

By: Tiana Werle, Shania McAbery, and Brandee Taylor

# Chicago Winter Carnival

01/26/2018







Chicago's local winter carnival consisted of tons of fun games and music.

- Human Snowman Making
- Balloon Car Racing
- Musical Hats
- Talent Show
- Art Gallery

## Chinese New Year!

02/16/2018



On February 16th, the Chicago Campus took part in celebrating the Chinese New Year by eating Panda Express. We had quite a variety of food which included; Chow Mein, Kung Pow Chicken, Fried Rice, Orange Chicken, Beijing Beef and Fortune Cookies! Every Chinese New Year has a zodiac animal, with 2018 being the year of the dog.

## The Chopping Block

03/07/2018







For our quarter 3 field trip the Chicago Campus headed downtown to the Merchandise Mart. The Mart is the world's largest commercial building at 4.2 million gross square feet, spanning two city blocks and rising 25 stories. Inside the Mart we went to the Chopping Block where we learned how to make pasta, cookies and Caesar salad.

## Council Bluffs

## Secret Snowflake



In the second quarter, we had our Secret Snowflake gift exchange. The rules were to not tell anyone who your person was and had to stay under \$10.00 dollar limit range. The live mouse, fish, and crickets were the biggest surprises of all. We all had a lot of fun with this activity.

## Penny Wars



During quarter two we had a penny war. The students were split up into the house teams, red, yellow, and green. Our goal was to raise \$200.00 and if we reached the goal, four teachers plus one student would take a pie to the face. We passed our goal so Mrs. Zachary, Mr. Cooper, Mr. Gay, Mrs. Pack, and Danielle Glenn got a face full of whipped cream. It was a sweet success! Overall, we raised \$213.06. That money was donated to Romney Clippingdale age 7, from Edmonton, Canada. To help her in her fight against Leukemia.



## Pumpkin String Art



The last week of quarter one, we worked on our pumpkin string art. One mom had our local grocery store donate 25 pumpkins and Mr. Cooper supplied us with nails. We had a lot of fun but it's harder than it looks!

# Pentathlon Challenge



In quarter one, our school had many different fun fall activities. One rainy Thursday, we had a pentathlon challenge in our house teams. We had to complete three different stations, pin the nose on the Jack O lantern, ball tracker, and word scramble in five minutes. The final score was Red 26 points, Green 27 points, and Yellow 28 points.

**Des Moines**

# Elementary Pumpkin Patch - Des Moines Campus

10/13/2017



The elementary students started off to Center Grove pumpkin patch at collaboration, on Friday the 13th. To start it off the students headed straight to the bouncy pillows. As soon as they started jumping, the rain decided to pour. The staff decided they didn't want anyone to slip and fall, so everyone was ordered off the pillows. The students wouldn't let this ruin the fun, and made a bee line for the slide, which had become somewhat of giant slip and slide because of the rain. After all the races had been won, the teachers dragged the students away to the hay ride. The second the tractor stopped the elementary kids hit the ground running. First stop was the corn maze, where about every student got lost, and had to take a few short cuts to find the exit. Fun was had by all.

-Amaris Drever



# Exercises - Des Moines Campus

10/02/2017



From the beginning of the year, our SLT members have been coming up with some great ideas for us to do. They decided that locally, here in Des Moines, students will start an exercise every day. The exercises were: Monday, 100 jumping jacks, Tuesday, 100 sit-ups, Wednesday was a total of 5 minutes of planks, Thursday, 100 squats, and Friday was 100 push-ups. The Des Moines students really got into the exercises, trying to see who could get most reps in one day. Since it was very successful locally, Des Moines SLT members brought it up to the rest of the region and it is now a regional competition between house teams.

-Amy Godron

# Secret Santa

12/18/2017



At the Des Moines Campus on December 18th, 2017, the SLT members decided to do a "Secret Santa" activity. How it worked was you put your name in a hat if you wanted to participate in it. Each person that wanted to participate picked a gift at random to give the gift anonymously. You found out who your Secret Santa was on the day the gifts were opened. The Secret Santa was a great success and everyone was very happy to be the reason of someone's smile. Some examples of gifts that were given were, winter hats, sweaters/blankets, candy, even someone was lucky enough to receive moose slippers! The fun didn't stop with just the students. The teachers wanted in on this activity and organized their own Secret Santa on the same day. This was a lot of fun for staff and students and we all hope do it again in the future.

- Sean Berardi

# The Art and Music Festival in Des Moines

01/26/2018



On January 26th, 2018 the West, South and East Regions all came together and had an Arts and Music Festival. Here in Des Moines we started the day with an exhilarating game of volleyball. After that, we went to Morning Announcements and then went and watched some inspirational videos to pass time before the actual festival. Once the Arts and Music Festival started, we saw some awesome drawings, pictures and other things that people had created. After the arts portion of the festival finished, all of the students sang "Try Everything" and "Peace Song". Some other campuses also had a few bands that shared a song with the rest of the regions. Once the festival was over we all went and had pizza for lunch. After lunch we went upstairs and got instructions to play Escape Chambers. The students were given 45 minutes to unlock 5 different boxes and complete the activities inside of them. In order to unlock the boxes, you had to figure out the three-digit number. The three-digit number was hidden and you had to solve each of the 5 stations in order to find the three-digit number for each of the 5 boxes. Being the smart and awesome students that we are we managed to unlock each of the 5 boxes and complete each of the activities with 10 minutes to spare! We would like to give a special thanks to Mrs. Johnson and other teachers that helped create our own "One School Escape Chambers"!

- Esther Berardi & Sherri Smallridge



# Student Interview – Gracey Glenn

04/05/2018



**What big project has been keeping you busy this quarter?** A big poster-like project in English.

**What's one thing you find helpful about the SDL room?** I think it is helpful because there a lot of people around you so if you don't understand something you can ask for help.

**What section do you find you spend most of your time in, in the SDL room? Why?** Yellow, because I'm a more collaborative person.

**What do you find hard about being in the SDL room then being in a classroom?** I find it hard to concentrate sometimes, because there is a lot of noise.

**Do you feel that the amount of learning center time is? (Adequate, not enough, too much) and why?** Not enough, because we have a lot of work that needs to be done and not a lot of time to do it.

# The Café



The Café at the Sterling Des Moines campus was a big deal this quarter. A few moms come in to prepare food and drink to sell them to the students at the Café. The money they get goes directly to our school store. They make different snack every day and even repeat some another day base off of feedback from the students. I like the Café because if you don't bring a snack you just get one there.

-David Berardi

## Ashlyn Markham - Boston Campus

06/05/2018

### **What is the main difference between Boston and Des Moines School?**

The size of the school and SDL room. Also in Boston there is 9 students. In Des Moines there is 36.

### **What are you going to miss most in Des Moines?**

The people here are super friendly and outgoing and I will miss that.

### **What was the hardest thing about being away from Boston?**

The time change was the hardest thing. Getting on to class was confusing and hard to keep track of.

### **What was the best experience in Des Moines?**

Every moment was so much fun. My best experience was probably playing sports with all the students.

# Des Moines Gym Class

06/13/2018

This year, in physical education class, we have been focusing on fitness. For the first hour of PE, we work out, and for the second hour we play a game.

For our first hour of work out time, Angie, Tyler and Sean lead us in our exercises. We sometimes use weights. We do dead-lifts, we lift them behind our heads, we do curls and many more things. Sometimes we jog along the street, sometimes we run the mile, sometimes we practice shorter distances. We do calisthenics as well. All these things help us gain muscles and wear us out!

During the second hour we play games such as frisbee football, soccer, volleyball and basketball. Our current favorite is soccer. All the activities involve team building and different skills. Most people prefer to be outside when it is nice and warm, but if it is cold or snowy, we stay inside and play basketball or volleyball.

Most of us have enjoyed PE class this year. It really has been improved from the previous years. There seems to be a fitness craze in our school, so most everyone is motivated to never quit.

## Gothenburg

# Growth Mindset

08/25/2017

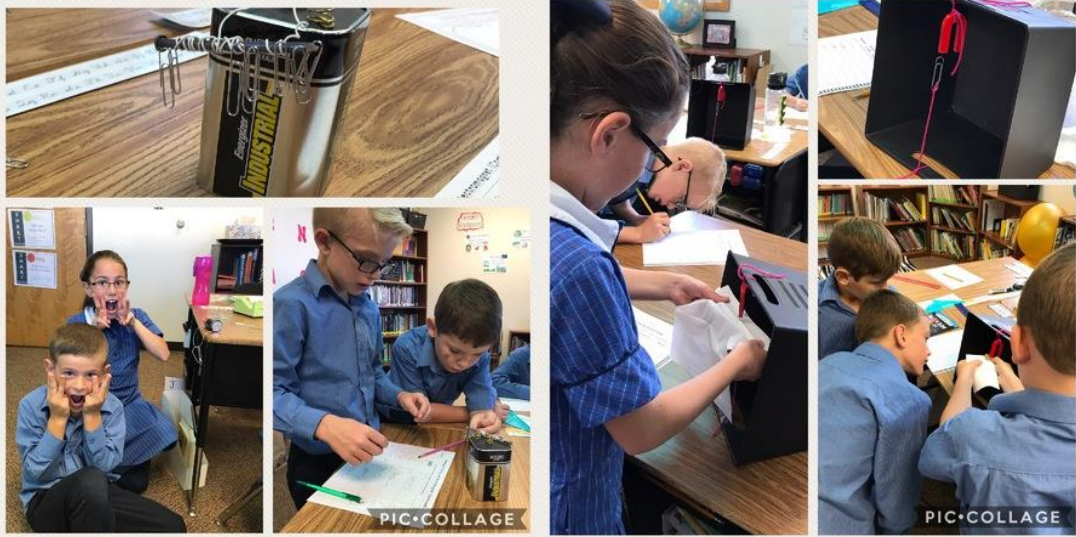


The third and fourth graders spent most of this week learning about Growth Mindset. They learned that you should never settle for good enough and that mistakes mean that you are trying and learning. To practice using growth mindset, they worked on a marshmallow challenge. The students worked in groups to design a device that would launch the marshmallow the farthest away. They had about 20 minutes to plan, build, test, and revamp their devices. Then the students went outside to test their launchers. Everyone's marshmallow successfully flew away from them. In the end, both groups had thought of more ways to make their devices better.



# Magnets!

10/19/2017

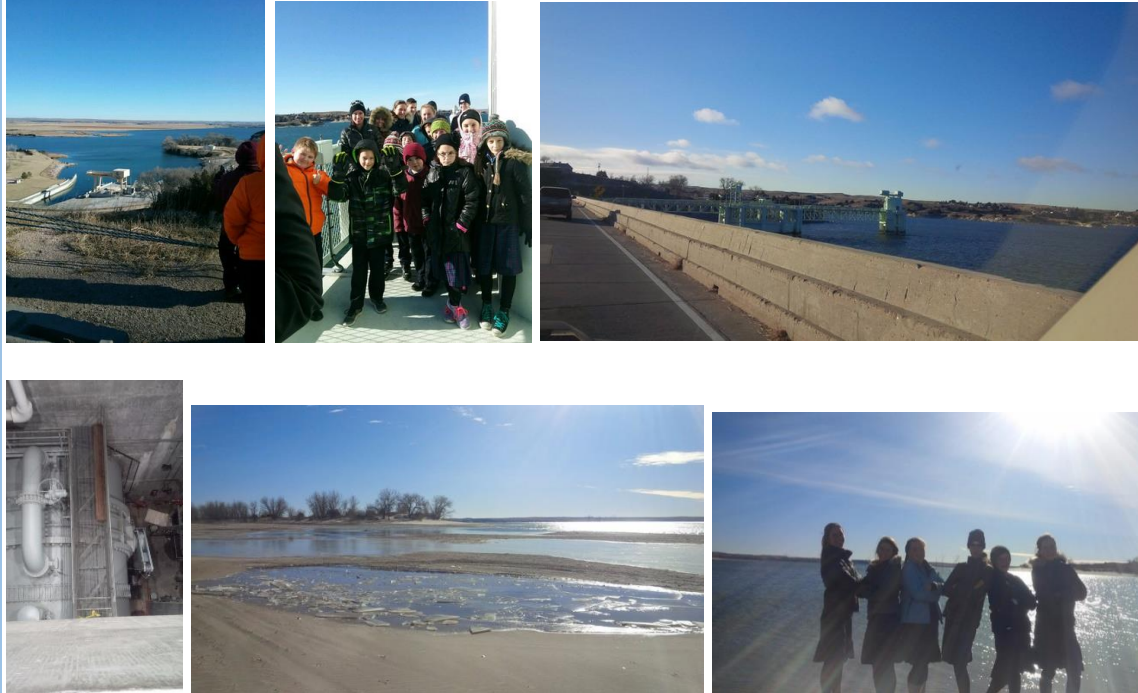


We learned about magnets, like the North Pole and the South Pole. We made an electromagnet. It was fun. We even made a compass out of a cork and needle and water in a bowl. We watched videos about big huge magnets that pick up car scraps and metal stuff and nails, big nails, humongous nails.

By: Jenna Sitorius

# December 7th Field Trip

12/07/2017



After many months of eagerly anticipating our first field trip, the Gothenburg students were more than ready for a trip to Lake McConaughy. Even though Nebraskans usually don't go to a lake when it's  $-2^{\circ}$  with wind chill, we discovered that the lake was just as fun in December as in July! To begin with, we piled into cars at 8:15 a.m. and immediately pulled out the scotcheroos and puppy chow. Once we arrived, we toured the lake's Visitor Center. Here, we learned that Lake Mac was 22 miles long, 4 miles wide, 150 feet deep, and that the stories about 10-foot-long catfish were not true. Next, we toured the outlet tower, the 'Morning Glory' dam spillway, and the hydroelectric generator, where a lot of Nebraska's power comes from.

After finishing our tours earlier than expected, we ate lunch and decided to relax on the beach. One carload got there early and decided to experiment with the ice. Needless to say, the ice did not hold the car, but the vehicle somehow managed to make its way to solid ground without too much damage! Thankfully the water was only about 6 inches deep. Following this adventure, the students explored, took pictures, attempted to skip rocks, and enjoyed the beautiful Nebraska scenery. Our trip ended with a pit stop at a gas station and A&W, where the students loaded up on food to energize us for the long drive home.

~ Nicole MacPherson

# The Day Before Winter Break

12/19/2017



It sure was a strange sight. The lights strung here and there. On the roof, another sight to behold. Inside, wrapping paper, gift bags, and tissue paper littered the corner. Yep, just another day at Sterling West Gothenburg Campus. If you would have come to school on Tuesday, you would have seen something that was not expected. There on the roof was a huge inflatable snowman guarding a chimney that would soon be used. On the flagpole, a sad looking tree was spruced up with lights dotting its branches. Then, entering into the warmth of the school, you immediately get swallowed up with a surging mass of gifts for our Secret Snowflake exchange. The elementary students looked at them with excitement shining in their faces. Soon, they would be able to dig in and let the wrapping paper go flying. Sure enough, at collaboration after watching Mr. Borys get hit in the face with a pie, the gifts were exchanged. All in all, it was a hectic day filled with surprises!

~ Emily Sitorius & Brooke Rochat



## A Not So "Fowl" Fieldtrip

03/10/2018



On Wednesday, March 7th we went on a field trip. Like all of the other campuses in the West Region. But ours was different. We managed to learn about our home state (Nebraska is NOT flat by the way,) burn off loads of energy, and also go bird watching.

First we went to Raising Nebraska. It is a large exhibit that is part of the Nebraska State Fair, in Grand Island. Inside, a large pivot stretched across the entire building. Attached were very special Dawson Tire Rhinogators. Throughout the rest of the building were posters, videos, and interactive activities that helped you learn about the awesome state of Nebraska. Nearing the end of the visit to Raising Nebraska, a man we eventually began to call "bird-man" came

to teach us about cranes. (Cranes are a large bird for all of you city folk who don't know what that is. :D) The best part of Raising Nebraska was the racehorses practicing on the nearby track!

After that, we went to Spring City, a massive trampoline park also in Grand Island. After standing for about 10 minutes waiting to get "processed", we stashed our belongings in a locked cubby and ran off to have fun! In one section was a very complicated and hard ropes course, that could have come right off the set of American Ninja Warrior. Next to that was two dodgeball courts. Let's just say that there were some very loud and competitive games going on. Then there was the basketball thing. You got to jump down a lane and throw the ball. How exciting! After that was the main trampoline floor. It was a bunch of trampolines put together. There was also a rock wall. The best part was the foam pit. There, you could jump off a trampoline into a foam pit. Except that just jumping in is boring. You have to do at least one flip. Or take a flying leap and see how far you can get. And then land on your face. Quite fun actually. Another awesome part was the snack bar. It had snacks.

Then, on the way home, we took a detour. Nebraska is home to one of the greatest animal migrations in the world. About 9 million cranes fly through a path that crosses right through Grand Island. That is more than 4 and a half times the population of Nebraska. At night, they roost in the Platte River so that if any predators try to come and gobble them up, they could hear them come through the river. During the day they fly to nearby cornfields and eat the leftover corn kernels from last fall's harvest. Cranes are about four feet tall, weigh 8-10 pounds, and have a six-foot wingspan. People travel from many different states to watch the cranes for the month that they are here, before continuing on to either Canada, Alaska, or Siberia during the summer, or the Gulf of Mexico in the winter. We saw one guy from Iowa that had a camera with about a four-foot-long lens. He sat in his

car at the edge of the field and stuck the mammoth piece of equipment out the window.

After that, we went home. Most of us agreed that this Field Trip was one of the most fun that we had been on, and we look forward to our next field trip!

~Teral Franzen

## Earth Day!

04/24/2018





To celebrate Earth Day the Gothenburg Elementary students did a couple of things. One of the activities was to go to Lake Helen here in town and pick up trash! Below is an account from one of the 6th graders!

Because Earth Day was on Sunday April 22nd, us kids in the elementary celebrated it on Monday April 23rd. What we did was go on a hike to Lake Helen picking up trash. Jenna and I were partners and during that we went down to the river that goes under an old bridge. Down there it was a jackpot! We got a huge green popped tire tube! It literally filled the whole bag, and it was also heavy! In the end, all of the elementary students got 6 full bags of trash! I think we did pretty good for cleaning a little bit of the Earth!

~ Natalie Sitorius

## Last Day of PE!

06/18/2018



Whack! The bat connected and the ball sails into the air. The outfielders scurry to the spot where it looks like it is going to come down at.

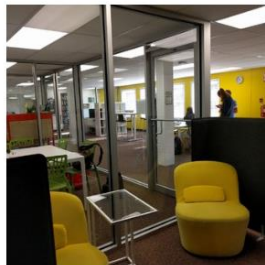
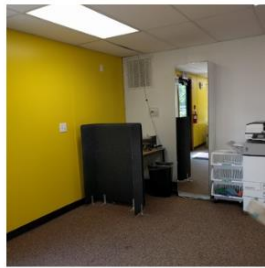
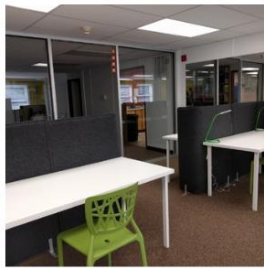
Thump! The ball lands straight into the mitt! "He's OUT!", the umpire



yells! Sorry, let's go back to the beginning. It all started when the students of Sterling West Gothenburg Campus decided that they needed to convince their PE teacher, Mr. E., to let them go and play baseball. Well, after a few persuasive arguments, Mr. E. was convinced, and on Monday, June 18, 2018, three cars pulled up ready to take them to the baseball diamond. (Yes, Gothenburg does have a baseball diamond, it is not that small!) After the students were shuttled to the diamond, they all got out, bursting with energy and tossing the ball around. Finally, they got playing, after a few warm-ups, and everyone had a great time! There were maybe a few cracked baseballs by the end of it, but it was enjoyed by all! See below for lots of pictures of the last PE of 2017-2018 year!

## Ambassadors of Change

*06/19/2018*



For the last few weeks of the school year, Mr. VanEss assigned his Global Perspectives students with an "Ambassadors of Change" assignment. For this assignment, we were to come up with and implement solutions to problems that presented themselves in our campuses, or use our leadership skills to help make our schools a better place for everyone. Some students chose to

redecorate rooms or walls, while others decided to build workout rooms. With help and input from others, Ashley and I rearranged our learning center, with the ultimate goal of making it more effective and getting the most use out of the spaces provided, as throughout the year, we had been noticing that there seemed to be a lack of independent spaces, and too many collaborative areas. We chose to split up some of the large collaborative areas into smaller areas that could be used independently if need be, and position all of the independent areas so that they are relatively in the same area to decrease the distractions that could be caused from the collaborative areas. See above for pictures of our improved learning center!

## LOS ANGELES

# Destination Color Me Mine

*12/07/2017*



Thursday morning the students of SWLA converged at our school at 8:45. However, no classes were on the menu it was field trip day! After a quick donut and little talk we were off. Destination Color Me Mine a ceramic painting studio. The students choose between many different types of pieces and began to paint. There were unicorns, seahorses, vases, and bowls. After an hour and a half of painting the masterpieces were done. We then left them to be fired to completion which is a multiple day process. We haven't see the finished products yet but everyone is waiting excitedly. Overall, a fun day and a great way to get the creative juices flowing!

## Elementary Art Project



On Thursday, May 3rd, our elementary girls finished their 3rd hero. This week they worked on a portrait of their 3rd hero. Their art came out so beautifully. These girls surprise me every time we have art class. They are all so creative, talent-ed, and very focused when they do their art. Each week our girls seem to get more and more creative. Starting Friday, May 4th, our girls will finish their last hero and they will have to do a sculpture. We are very excited with what these girls will do next. Way to go girls. Keep up the good work.

# Minneapolis

# Minneapolis Campus Goes to Presentation Day

09/14/2017



Thursday, September 14, 2017.

It was the most anticipated date of the year for some of the students here at Minneapolis campus. It was the first time some of our younger students would meet their teachers face-to-face. For some, it was the best time to catch up with classmates and peers from far away. What was this event? Presentation Day, simply put. The day was comprised of music, awards, speeches, and an elegant graduation ceremony for the graduates of the 2016-2017 school year.

**It was most definitely the most rewarding regional experience to date for all stakeholders involved.**

The evening before the Presentation Day events, an Academic Pentathlon was held at Omaha campus for juniors and seniors that were willing and able to participate. At the Pentathlon the students were divided into house teams and engaged in various team activities and situations that tested their thinking skills, athletics, math problem-solving abilities, and creative and English capacities. The juniors and seniors from Minneapolis that participated at the Academic Pentathlon included Bradley Holman, Kalie Seed, Britany Kendall, Riley Seed, and Brandy Symington. They thoroughly enjoyed the condensed time to collaborate with their peers face-to-face in a rare show-down of academic skills.

After spending the night with the kind, hospitable community hosts in Omaha and Council Bluffs, the students of Minneapolis campus were roused bright and early to be transported to the Mid-America Center located in Omaha, Nebraska. At the MAC, our campus, along with students, parents, and teachers from the twelve other campuses of the West Region convened for an exhilarating introduction from our new Educational Director, Mr. Jonathan Borys. From there, we witnessed speeches from graduates and



teachers, various CAP awards, and the moment Minneapolis had been waiting for: The Battle of the Bands!

Our rocking freestyle band, 35Dubs, is comprised of lead vocalist Weston MacKinnon, rhythmic guitarist Riley Seed, lead guitarist Reid Griffith, bass player Brad Holman, Jayden Lock the drummer, piano player Lynae Seed, and vocalist Britany Kendall. They stunned the audience with two performances, First Time Again, and Gentle on My Mind. After the scores had been totaled and much deliberation from the judges, the winners were announced. Minneapolis's 35Dubs placed third with SWLA narrowly cutting them out for second and the hometown favorite, The Smurfs, taking first. You can be sure that next time Presentation Day rolls around, there will be another epic showdown of the bands from the West Region!

Later that day we enjoyed watching our very own senior from the 2016-2017 school year, Emily Lock, achieve a milestone in her life by receiving her diploma during the graduation ceremony that afternoon. We appreciated Emily's efforts at our school in striving to take a leadership position on SLT and she will be remembered at Sterling West Minneapolis for years to come. Congratulations to Emily and indeed, the entire class of 2017 for completing their schooling years at Sterling!

Overall, the Presentation Day was a smashing success. The graduates of 2018 are anxiously looking forward to the time when they can walk the red carpet across the stage and receive their hard-earned diplomas. Stay tuned!

Thanks for reading, Minneapolis Campus appreciates your support.

## Minneapolis: Off to the Races

Quarter 1 September 2017



The track and field day that took place in Council Bluffs in September was a smashing success as usual. The heat, the competition and the meet and greet were all on point. All of the Minneapolis students came with their game face on and ready to destroy the competition. And a handful of the students even found themselves victorious on the podium!

# Sugary Treat Swap

12/01/2017

Sugar Bomb!

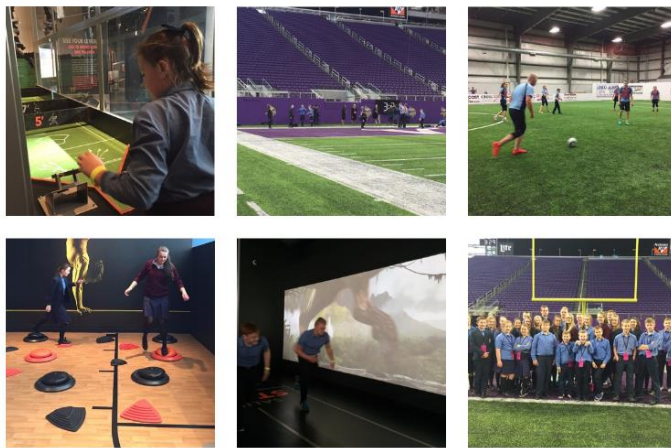
Written By Haylie Seed, Minneapolis

Recently at our campus we had an epic treat exchange. Students and staff could bring in any type of treat, candy, cookie, or drink to be traded with others. There was a wide variety of chocolate, sours and more. We traded sugar cookies, frosted cookies, chocolate cookies and Hershey's candy bars. Some students brought in drinks like hot chocolate and hot apple cider. This event took place during collaboration on Friday December 1, 2017. The Treat Swap was much enjoyed by all staff and students!



# Fierce And Purple

12/07/2017



One awesome field trip!

Written by Weston MacKinnon, Minneapolis

On December 7th, 2017 the Elementary and Secondary students of Minneapolis Campus started the day off by playing some soccer at a student-favorite field called Soccer Blast. Soccer Blast is an indoor glass-caged soccer field which is awesome to play on. The Elementary final score was 2 to 1 and Secondary teams ended in a tie at 6. Next, we rode with our chaperones to the Science Museum of Minnesota. At the Science Museum in the Sports Exhibit, we got to race some professional athletes on a small track. We also got to do an activity where you did random tricks and watched them in slow motion. Some of the boys tried to see how high they could jump and dunk!

The grand finale of the day was an epic tour of the US Bank Stadium. We got to tour all around the new stadium the owner's suites, bar, Viking's locker rooms, news reporters' stations and high-class seating areas. We even went out onto the field and did a 100 meter dash along the side lines!

All in all, the students immensely enjoyed the field trip and a special thanks to Barb Lock, Janet Seed, Cynthia Chellberg, Amy Kendall, Stacy Griffith for chaperoning us.

# 100th Day Activities in Minneapolis

02/23/2018



**Who:** Grades 3-12

**Why:** To celebrate the 100th day of school!

**When:** Friday February 23rd on Collaboration

**Where:** Learning Center

**What:** Students had to use materials at home to decorate a container to swap treats. They then brought in their boxes on Friday morning and put them in the teacher's lounge for judging. During Collaboration that day, students swapped treats with their friends using their awesome boxes and celebrated the 100th day of school.

Staff judged the boxes and announced one Secondary and one Elementary winner. The winners were Tashiana Symington and Haylie Seed. Great job girls!



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# Minneapolis Elementary Students Get Creative

03/07/2018

For the field trip on March 7th, grades 3-6 went to a creative workshop called Leonardo's Basement. At Leonardo's, they were allowed to build anything using any materials! They had a great time and came home with some unique projects including a bunny cage, sailing ship, and many others.



# Soup Day at Pembina Campus

02/08/2018

This year we took the initiative to have a soup day for all students and staff. As January is national soup month, we all got together to make some delicious tasting soup. There was cheeseburger, broccoli cheese, chicken noodle, sausage and bean, and taco. Chips and dessert were also provided along with garlic bread for those that appreciate garlic. :) Overall, this meal was a success and is something I'm sure students would love to enjoy once again.



## *Celebrating the end of the Quarter/Semester*



On Friday, February 2nd Rhiannon and October brought in vanilla ice cream with lots of toppings to celebrate the end of the quarter and end of semester 1. The toppings were crushed oreos, marshmallows, chocolate sauce, raspberry sauce, caramel sauce, strawberry sauce, cookie crumbs, heath bits, and much more! The kids really enjoyed it! If only we had an excuse to do this everyday! :D

**PORTLAND**

# Stepping Out in Portland

11/09/2017



For the last 3 weeks of Quarter One, the house teams in Portland had a very productive step competition, to promote fitness and activity campus wide. To decide the winner, individual totals were averaged to come up with a house team score. In the end, thanks to a short-legged elementary student who takes a lot of steps, green team came out on top.

The results were displayed on a chart in the hallway, with each colored-in footprint representing a 10,000 step average. Since we all stepped a bit more due to the competitive nature of the challenge, often more than one footprint was colored per day.

This challenge was a smashing success overall, and was a great motivator for everyone to get off their tuchus and go for a little run. :)



# Portland & Los Angeles Secret Friend Gift Exchange

02/07/2018



For quarter two, the campuses of Portland and LA put in place a secret friend gift exchange program. Names of students at the other campus were put in a hat and drawn at random. Since then, we have conducted two gift exchanges, both being smashing successes.

The first exchange was a "Holiday Themed" gift, falling unsurprisingly on the week before we were let out for winter break. The second exchange happened in January and was a homemade or DIY style gift.

We have two more events coming up, with the second being the "big reveal" regarding who has who for secret friend. We are all looking forward to finding out who it is, for those of us who haven't gotten curious enough to find out who it is via back door means from our out-of-site connections.

## New Furniture in the Portland LC!

05/25/2018



Eventually it became apparent that the Learning Center furniture we received at the beginning of the year was not going to cut it as far as seating was concerned. It was this reasoning that caused us at the beginning of the year to re-assign some of our PE budget money towards the purchase of some new seating options. On May 24th, we took receipt of some brand-new chairs and sofas. We look forward to using our school's new *chattel* for the remainder of this year and in the years to come.

### SAN ANTONIO

## The San Antonio Golden Knife Competition | Arts and Music Festival 2018

A wet and humid morning was what the San Antonio students woke up to on the day of the Golden Knife Competition. Weeks of feverish preparation and menu planning have built up the anxiety in the chefs as they stand before the judges now. The rain drips through the sails, falling as a sort of fog over the whole outdoor kitchen. All three teams now stand at attention in their kitchens as the Judges say some final words. Behind them, nervous parents anxiously look on. Finally, the Judges start the countdown. 3! 2! 1! \*BZZZZZ\* The horn blows and the team leap into action. Click the button to read more!

## Pie a Teacher with Miss Chapman

On November 6th, Miss Chapman from the Portland campus visited us here in San Antonio. To welcome her, we arranged a Pie a Teacher event where we paid \$5 to throw a pie in any teacher's face. During lunch, the teachers put on old shirts, garbage bags, shower caps and raincoats to protect their clothing and the fun began! Since we couldn't use real pies, we filled paper plates with whipped cream and flung them at the teachers. The students had an awesome time mercilessly splattered them in whipped cream! Although some pies landed on the ground, others were scored a bullseye! Of course, Miss Chapman won the day with the most votes to be pied. Don't worry, she enjoyed it and so did we!

# National Chocolate Cupcake Day

October 18, 2017



On October 18th, the San Antonio kids put on their aprons and chef's hats and started decorating chocolate cupcakes for National Chocolate Cupcake Day. During Collaboration, the students gathered outside at the picnic tables where they split up into groups and began decorating. The students chose from assorted colors of frosting, candies and chocolates to decorate their masterpieces with. With Fall break just around the corner, the kids were glad for a chance to relax, eat a cupcake and enjoy their inner baker.

# Power Up!

October 20, 2017





The San Antonio teachers kicked off the last day of 1st Quarter with an energizing smoothie bar, a surprise for the kids. Mrs. Brand, Mrs. Luepke and Mrs. Hernandez, our 5th and 6th grade teacher, brought in blenders and smoothie ingredients and kindly served up coffee and fruit smoothies and sweet rolls to the kids as they walked in the door. Over all the morning was a huge hit! Thank you staff! Check out the blog post for more pictures!

# Hurricane Harvey School Supplies

August - September 2017



Hurricane Harvey recently devastated the coastal area of South Texas, leaving many families displaced from their homes and local areas. Many public buildings were destroyed or badly damaged by the storm and many schools have even been shut. Very few schools have been able to reopen since the disaster. We reached out to our past CP, Mrs. Michelle Wagner, for any information on what we could do. She communicated to us that all of the school supplies were destroyed in the flooding at the school that she teaches at. We collected supplies for two and a half weeks and filled a 3x3x4 box until it was bursting! The box was then delivered to Mrs. Wagner's school. Kudos to Keelan Burrows for bringing in the most supplies: 8 bags! Thank you to everybody to helped us in our effort to make a difference and support our neighbors!

**SAN FRANCISCO**

# A Huge THANK YOU For Providing Hot Lunch!

10/19/2017

Every Tuesday, a couple of community moms provide a hot lunch for our school here in San Francisco. Tuesday is always a day to look forward to with delicious lunches served every time! From enchiladas to southern fried chicken to mac-and-cheese, we get it all! We just want to take this opportunity to say a HUGE thank you to everyone who is involved in hot lunches! We greatly appreciate your generosity and time!

Also, as you may know, every other Friday we have pizza delivered to the school. This year, the students are cleaning the school in their spare time which is saving us \$800 a month, so their hard work is being rewarded with PIZZA FRIDAY!!!!!!

Lastly, we want to give a special thank you to Phoebe Fussell for organizing these delicious lunches and ensuring we don't go hungry!



# Welcome back to Quarter 2

11/06/2017

Our students and staff are back at school and working hard, refreshed and ready to go after their 2 week break. Quarter 1 has come and gone and everyone is at full throttle, putting their best foot forward in everything they do.

This week we had a special guest, Ms. Kimberly Johnson, visit the campus on Tuesday and Wednesday. She joined Sterling this year as the District Principal for the West Coast campuses: Seattle, Portland, San Francisco, and Los Angeles, her home campus. She plans to visit our campuses once a month to touch base with our students and staff. We look forward to future visits from Ms. Johnson and appreciate all her hard work and dedication to Sterling.





# SF Iron Chef Competition

01/11/2018



## SF IRON CHEF COMPETITION

At the Arts and Music Festival on Friday, here in San Francisco the students competed in an Iron Chef competition. The secret ingredients were blue cheese and pears. We had two weeks to prepare. Once Friday came around everybody was excited to get cooking. We had from 8-9 in the morning and 11-12:30 in the afternoon to cook. All the teams had to bring their own ingredients, cooking utensils, and dishes. Only the secret ingredients were provided.

There were 3 teams competing for the top spot. The Invincible Chefs led by Christy, The Cray Cooking Beefy Cow-ards led by Tobias, and the Chef Curry's led by Max. The judging panel was consisted of: Jerry Brothers, Ashley Fussell, Vicki Fussell, Gerard Hewison, and Phoebe Fussell. We were judged on: creativity, presentation, and taste. There were 5 points were possible in each area, 15 points possible by each judge, and 75 total possible points overall.

Once Judging time rolled around, The Cray Cooking Beefy Cow-ards

presented their dish to the judges. First, they had a grilled blue cheese and pear burger with a side of sweet potato fries. Next The Invincible Chefs brought to the table grilled beef tenderloin stuffed with shallots and blue cheese, with a side of honey bacon roasted pears with blue cheese and a dessert of pear tart with custard. Last the Chef Curry's had a rib-eye steak topped by blue cheese butter and some pear sauce on the side. Then there was a wedge salad with bacon, crumbled blue cheese and topped by blue cheese dressing.

The Judges were all impressed by what the teams had brought to the table. But when it came down to it the Chef Curry's were awarded 59 points, good enough for a third place finish. Then next came The Cray Cooking Beefy Cow-ards managed to eke out a 2 nd place finish with 60 points. And in first place The Invincible Chef's came through victorious with an astounding 67.5 points. All in all, it was great fun and everybody enjoyed pushing their cooking skills to the limit.

**Written By: Stirling Holt**

## San Fran Secret pal!

03/23/2018

In Quarter 3 during the month of March in San Francisco we did secret pal, every student had a pal to give to and a pal they were getting from. Each Friday gifts were exchanged and when we got to school we would all sneak our presents in to the teachers office. Then the teachers gave the gifts to each kid and we spent 5 minutes tearing wrapping paper and getting very excited!! The first week we had to bring something sweet, there were piles of cookies and candy. The following week was something useful. The last week you had to bring something that was on there list of favorites and we got to reveal who we were!

By Christy Lewis

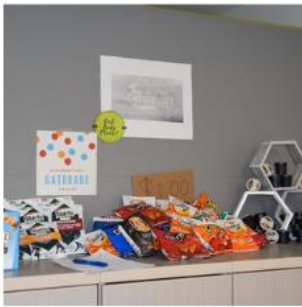


## SEATTLE

### Seattle's School Store!

09/01/2017

Here in Seattle we have opened a local school store for students and teachers to come and purchase snacks when they please. All of the profits go towards local school events - the more we buy, the more money we have to spend on events locally! A variety of snacks is offered - including granola bars, beef jerky, chips, goldfish, coffee, and candy. A huge thank you to Blake Emtage and Jenna Gracey for being in charge of this and setting it up!



### YART!!

09/21/2017

The middle school art class has had many fun and creative projects so far this year! One of their most recent projects was doing yart. You are probably wondering - what is yart!? Well, it is yarn art. How did they do yarn art? They took a wooden board, sanded it down, spray painted it the color of their choice, then put thumbtacks in the wooden board in a design of their choice and strung yarn around the thumbtacks. As you can see from the photos, the end results were quite creative. Well done Trista and Skylar!



# National Bring Your Teddy Bear to School Day

10/11/2017

October 11th, 2017 was National Bring Your Teddy Bear to School Day. The Seattle campus students participated in this National Holiday by all bringing their teddy bears/stuffed animals to school! It was very entertaining, and the day was enjoyed by all.





# Fall Festival!

10/16/2017

On Monday, October 16th, Seattle held a Fall Festival hosted by the Student Leadership Team. It was a very fun event and a fantastic way to get the students, teachers, and parents all together! There were many activities for the students to participate in, such as apple bobbing, pumpkin bowling, and a candy corn race. There was also a fall-themed crafts booth, a fall-themed photo booth, and a food booth with many fall-themed snacks - such as caramel apples, candy corn, apple cider, caramel popcorn, and little clementines with celery out the top to look like mini pumpkins! Earlier on in the day, we had held a pumpkin painting event, which was judged at the time by the parents and teachers. It was close, but the overall winner was the Nemo painted pumpkin by Jenna, Dylan, Tori, Olivia and Shimano. It was a fantastic event, and we look forward to our next festival!



**VESTA**

# Mrs. Binnebose awards students @ Vesta!

10/15/2017

Our new and awesome Campus Principle and Secretary, Mrs. Binnebose, has started an exciting program for the students! At the beginning of every month, she buys all the students a treat. This all comes from her own pocket! Last month in September she brought delicious donuts for everyone. This month she let the students pick what they wanted so we picked a pizza party. On Friday the 13th, Mrs. Binnebose ordered 4 pizzas from the local café and brought 3 different kinds of pop...what a treat!! :) The elementary students rated the pizza 5 stars and gave it a thumbs up (see pictures!). The high school indulged on the delicious pizza so much that the rest of the day was a bit of drag - we were so full! After this thoughtful and kind deed, Mrs. Binnebose surprised us again! She asked us what types of muffins we wanted her to bring on Monday! So we all gathered together and came up with four of our favorite types of muffins. On Monday, the 16th, she's bringing muffins for everyone to enjoy in the morning...what a way to start the week!

Thank you so much Mrs. Binnebose - you always keep us encouraged to push farther!

Oh, and one more thing - GO MINNESOTA VIKINGS! :)



# What's cookin' at Vesta Campus?

01/17/2018

A couple weeks ago, the Vesta middle school kids had a cook-off. There were two teams, the 7th graders: Skylar, Alexa, Reuben, Dakota, and Carissa, and the 8th graders: Ocearna, Nikita, Rasdon, Cole, and Cody. We had a couple days to plan our meals and then a test run to see how we could improve what we did. The brilliant 7th graders cooked a delicious salmon with asparagus, rice, and a Hollandaise sauce. For dessert they made a fabulous cinnamon soft shell tortilla chips with ice-cream. The drink was sparkling wine mixed with sprite. The 8th graders made a zesty hamburger with homemade fries. The drink was a splendid vanilla malt milkshake.

We had total of 45 minutes to make our dishes and get them on the plate to the judges. We invited two high schoolers' to judge the food, Boni Paskewitz and Edward Scott. Edwards thoughts on the food were: "The 7th graders: The asparagus was soggy, but the salmon was very good. In the 8th graders dish, the fries were cold, but the fries were very good, and the milkshake was delicious." Boni thoughts: "Very creative food ideas and presentations, and I was very impressed with your guys cooking abilities. It was very good!"

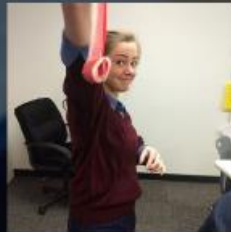
It was both an exciting and very chaotic project! The breaker blew, two jars of pickles were dropped and smashed, and the blender was turned on high without the lid on, so milkshake went everywhere! However, despite this we were able to create some pretty awesome dishes that the judges seemed to be impressed with! The winners of the competition were the 7th graders! Thank you Ms. Zetah for all the fun!!! We enjoyed it tons!



# Friendship Day

02/16/2018

On February 16, the Vesta 10th graders held a friendship day where they sold candy-grams for students to buy for each other. It was a great success as one anonymous witness was quoted saying, "it was stupendous." Unfortunately, the candy supplies didn't last long and the one hundred bags of candy that were brought to school that morning were quickly dissipated and soon the candy was gone. The fun will hopefully resume on Tuesday when more candy is brought in to fulfil all the orders. "We just want to thank all our fans we couldn't have got here without their undying support and encouragement," said an anonymous 10th grader when asked how he thought the success of the 10th grade class had come about.



**THANKS FOR READING THE ARCHIVE & SUPPORTING OUR STUDENTS!!!😊😊**