

# FFA Week Recognized At Rothsay HS

The week of February 18th through the 25th is FFA Week. "FFA week is about celebrating our FFA members and Agriculture," said Mrs. Olson. During the week, we had different activities, and they took place during WIN time. They ranged from a talent show to a pie eating contest. On Tuesday it was dress like farmers, and then at the end of the day, the talent show took place, with one of the acts being Mason Kadel playing guitar, Jeremiah Ziegler did some magic tricks, and a group of 8th graders played their musical instruments. Senior FFA member Wylie Brenden said, "I think the addition of the talent show this year really made the week more memorable and was fun to get people involved in." On Wednesday, FFA members were supposed to wear official dress clothes and have interviews with State FFA degree and regional officers, but the snow put a stop to this activity. Thursday was to be camo and blaze orange, and then Jr. High FFA trivia, however some bad weather canceled school.



The Forestry team earning first in regionals included Jacob Christenson, Wylie Brenden, Josh Honer, Siri Klossner and Hunter Martin.

Lastly, for the final day, it is Dress like Mrs. Olson Day, who is the head of this FFA chapter and our AG

teacher. Senior FFA member Alivia Zilmer said, "It's fun to see everyone interact with the activities. "On they

hosted an FFA breakfast from 8 to 11 am at the school, and the meal was biscuits and gravy.



- BREAKFAST MENU**
- Tuesday, March 21 - Stuffed hashbrowns or cereal, toast, fruit, juice and milk. 2nd option high school breakfast - Burrito or donut.
  - Wednesday, March 22 - Oatmeal or cereal, fruit, juice and milk. 2nd option high school breakfast - Bagel breakfast pizza.
  - Thursday, March 23 - Long John or breakfast bars, fruit, juice and milk. 2nd option high school breakfast - Tornado.
  - Friday, March 24 - Yogurt bar or cereal/cheese stick, fruit, juice and milk. 2nd option high school breakfast - Long john.
  - Monday, March 27 - NO SCHOOL
  - Tuesday, March 28 - Pancakes or oatmeal bar, fruit, juice and milk. 2nd option high school breakfast - Burrito or donut.
  - Wednesday, March 29 - Cheese omelet or cereal, toast, fruit, juice and milk. 2nd option high school breakfast - Biscuits and gravy.
  - Thursday, March 30 - Long John or oatmeal bar, fruit, juice and milk. 2nd option high school breakfast - Tornado.
  - Friday, March 31 - Cream cheese bagel or cereal/toast, fruit, juice and milk. 2nd option high school breakfast - Long john.

- LUNCH MENU**
- Tuesday, March 21 - Chicken Nuggets, mashed potatoes, gravy, corn, fruit, milk. 6-12 Dinner roll
  - Wednesday, March 22 - Corn dog, baked beans, coleslaw, fruit, milk.
  - Thursday, March 23 - Shrimp poppers, fruit, Potato Smiles, milk. 6-12 Cookie
  - Friday, March 24 - Garlic cheese boat, marinara sauce, carrots, Romaine salad, broccoli, fruit, milk.
  - Monday, March 27 - NO SCHOOL
  - Tuesday, March 28 - Spaghetti hotdish, breadstick, Romaine salad, broccoli, milk.
  - Wednesday, March 29 - Sloppy joe, baked chips, fruit, baked beans, carrots, milk.
  - Thursday, March 30 - Meatball sub in marinara sauce, fruit, Romaine salad, milk.
  - Friday, March 31 - Pizza, coleslaw, carrots, fruit, milk.
- \*Alternate to main entree is PB&J sandwich (M & F), Stuffed Bread stick w/sauce (T), Pizza sub (W) or Deli sandwich (TH)

Menu subject to change without notice



The 2023 Rothsay High School FFA members are pictured above.

## Delta Dental Foundation Kicks Off Smiles@School



Delta Dental of Minnesota Foundation has kicked off its Smiles@School program, which is providing more than 40,000 oral health backpacks and tools to first-graders across the state this month.

Each backpack contains critical oral health resources: a toothbrush, fluoridated toothpaste, an oral health educational booklet, and more. The Foundation is also providing an educational video to teachers on the importance of oral health featuring Dr. Eileen Crespo, a practicing pediatrician and Vice President of Medical Services at Delta Dental of Minnesota and Dr. Nina Prabhu, a licensed dentist.

"Establishing a strong oral health routine and healthy habits early is critical to preventive dental care for children and can set the stage for a lifetime of good oral and overall health," said Dr. Crespo. "With the right information and tools, parents and caregivers can start their kids off on the right track for a healthy life and a healthy smile!"

Preventive dental care. Optimal oral health starting in childhood and continuing in adulthood has been associated with decreased risk of cardiovascular disease, stroke and other negative health outcomes. Children with good oral health are more likely to succeed in school, as well. Dental related illnesses cost students more than 51 million lost school hours each year in America,

significantly affecting academic performance, overall educational outcomes and even success in landing a job in adulthood. Tooth decay and oral disease can also cause serious pain, affecting a child's self-esteem and their ability to eat, speak and sleep. By treating oral health as preventive health care, we can better position children to thrive in school and live healthier lives.

Smiles@School kick-off. Delta Dental of Minnesota Foundation has kicked off its 2023 Smiles@School program, which is delivering more than 40,000 oral health backpacks and tools to first-graders across the state this month. Smiles@School is a statewide initiative funded by the Foundation to support children's oral health through education and prevention. Smiles@School backpacks were assembled in partnership with Minnesota Diversified Industries (MDI), a non-profit social enterprise business based in Minneapolis, where nearly half of MDI's employees are people with disabilities.

"Assembling the Smiles@School backpacks is an annual highlight for our team at MDI," said Eric Black, President and CEO, MDI. "We are proud of our longstanding partnership with Delta Dental and love knowing that these backpacks will help thousands of children across Minnesota learn how important it is to take care of your teeth."

"The Smiles@School program brings together the best in collaboration among local community partners and teachers to put kids first," said Stephanie Albert, President, Delta Dental of Minnesota Foundation. "Our impact is statewide as we work to build innovative leadership and partnerships in the oral health, overall health, and public sectors of our community."

To learn more about the Smiles@School program, visit the Smiles@School website at <https://www.deltadentalmn.org/smiles-at-school>



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## Applications For Mike Rohde Scholarships

Applications for the 2023 Mike Rohde Spirit Scholarship Award are now available. \$1,500.00 scholarships will be awarded to youths in Otter Tail County who are pursuing an education beyond the secondary level. We are looking for applicants who have the greatest potential to succeed. The Mike Rohde Spirit Scholarship Award was founded in 2002 by the Fergus Falls Sertoma Club and the Rohde Family. After Mike's untimely death of a hereditary heart disease in 2000 at age 51, the Mike Rohde Spirit Scholarship Awards were established to administer a scholarship in his name. These awards are meant to honor individuals who embody the warm, fun-loving and energetic spirit of Mike and his dedication to contributing to his community.

Applications and eligibility are available at High School Guidance Offices or by calling the Mike Rohde Spirit Scholarship Board (218) 739-3295. Completed applications are due by March 17th, 2023.



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