

Esports Begin At RHS

By Logan Blumer

Esports is a competitive gaming sport where people can play video games with spectators while competing. This year is the first year that Rothsay Public School has an Esports team.

The team members are sophomores Jagger Meyer, Logan Vinson, and Alyssa Butler. The rest of the team is made up of eighth graders that include Mathias Santana, Jeremiah Ziegler, Kierra Leslie, and Chase Pourrier. The esports coach is sixth grade teacher Kate Mansfield.

Coach Mansfield said, "The school is partnering with Fenworks to allow Rothsay students to play competitively against students from other districts. We practice and compete weekly in both Rocket League and Fortnite."

The team met on Thursdays as a group to practice and then compete. The rest of the time they could practice at home. Jeremiah Ziegler said, "It was really fun playing against other schools with the competition."

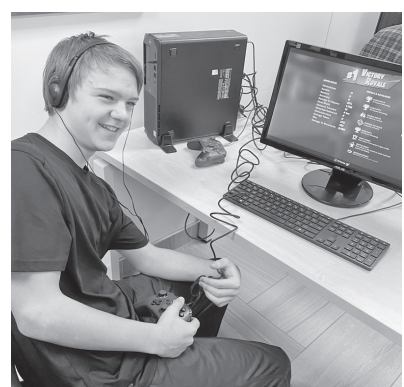
With esports being brand new it was a learning curve for everyone involved. Logan Vinson said, "The season was good, and we might not have done the best but we tried our hardest and learned a lot, which should help us next year."



Mathias playing Fortnite.



Kierra and Jeremiah playing Fortnite.



Chase showing off his win.

A New Club Starts At RHS



Junior High players Nora Landers, Jensen Landers, Advisor Eve Jerger, and Aubry Borchers.

By: Jacob Christenson

Our new high school English Language Arts teacher Mrs. Jerger asked students brought about a possible interest in the strategic and role-playing game Dungeons and Dragons.

A group of students showed an immediate interest in the creation of this club. This discussion occurred a couple of weeks before Christmas break and it wasn't until after the break when the first club gatherings occurred. There are two different groups including a junior high and senior high.

The senior high includes the Dungeon Master Zachary Christ who said, "It was a pretty late start into the year, but I think we have

some pretty creative and devoted people so I'm very excited to see where it goes."

It took a while for all the new players to learn how the game works. Senior Wylie Brenden, a player in the senior high group said, "I'm really excited to see how the game ends up going. Everyone is fairly new to the game, so it'll be interesting to see how people play."

Now both groups have started on their adventure, and everyone was introduced to each other's characters. So far, the story has gone well. I was surprised at the diversity of the characters in our story and their backgrounds. It will make for an interesting time as the group continues to play. Throughout time

each person will learn more about each character and even some things about their own character that even their creator didn't know about.

Advisor Mrs. Jerger shared this about the club, "The great thing about Dungeons & Dragons and other tabletop roleplay games is that they have so much more to offer than your average board game. They're "choose your own adventure" stories for multiple players and a storyteller (the Dungeon Master). They build skills in communication, improvising, teamwork, socializing, creativity, and much more! Watching the more introverted students open up more each week as they have fun with their peers is simply the best."



Senior High players Barrett Dilbeck, Wylie Brenden, Josh Honer, Siri Klossner, and Zachary Christ.

Rothsay Students Of The Month For February 2023

The Rothsay School District is proud to announce its February Students of the Month. Those chosen were third grader Harper Loftness and 12th grader Emma Anderson-Buckingham.

Students nominated need to encompass the following attributes: displays excellent character, outstanding behavior, positive attitude towards others/learning, follows classroom/school expectations, respectful to peers/teachers and demonstrates responsibility.



HARPER LOFTNESS

Throughout this school year, Rothsay teachers have stressed the importance of always "choosing kind." Harper is definitely a roll model to others in being able to choose kind in all life situations.

She is such a sweet young lady who greets everyone with a smile and kind words. She doesn't draw attention to herself, but she does what needs to be done.

Harper actively participates in class and does a nice job on her work without needing praise or attention. We can always count on her to do the right thing whether we are watching or not.

Daily, Harper does what she needs to do with a sweet presence. It has been a true pleasure to have her in our class.



EMMA ANDERSON-BUCKINGHAM

She is a solid student, has a positive attitude and works hard everyday. Emma is kind to others and is a strong presence in the classroom. She is a great role model for those around her.

Tell them you saw it in the Rothsay Regional Report

REGIONAL REPORT
Rothsay, Minn.
March 2023 Edition PAGE 4



Give us a call today to get the word out!
218 354-2606

Honer Is Named To MN North Dean's List



The Minnesota North College Dean's list for Fall Semester 2022 has been announced.

Congratulations to Abby Honer, a 2022 RHS graduate who has earned this honor. To qualify, students must have completed 12 or more credits while earning a Grade Point Average (GPA) of 3.25 or higher.

Enjoy Spring Thanks To Expert Allergist Tips

Spring is a stunning season full of life as plants grow, flowers bloom and the sun shines. The downside of this abundance of beauty is seasonal allergens. Pollen from all those growing and blooming plants spreads via warm breezes and can make you feel awful.

"Allergic rhinitis, commonly called hay fever, has been around for hundreds of years, causing symptoms like sneezing, itchy eyes, mouth or skin, runny nose, and congestion," said Dr. Mark Corbett, president of the American College of Allergy, Asthma and Immunology. "Your symptoms often depend on which pollens you're allergic to."

Allergists can help identify precisely what is causing problems so people can take appropriate action based on your individual needs. Along with taking a patient's history and conducting an exam, allergists conduct tests to identify specific allergens and treat symptoms to help people take control. Testing for hay fever typically includes sensitivity to pets, dust mites, trees, grasses, weeds, and mold as they are the most likely triggers for nasal allergies.

In addition to meeting with an allergist, Corbett and the experts at ACAAI share these tips for people feeling their best during spring allergy season:

Start medications before symptoms begin. Allergy symptoms can begin much earlier than the official start of spring. To lessen the impact, start taking their allergy medications two to three weeks before symptoms usually begin.

Avoid first-generation antihistamines. Antihistamines are grouped into first- or second-generation medications, and these affect a body differently. If one plans to take an oral medication to treat hay fever, think twice before using first-generation antihistamines such as diphenhydramine and chlorpheniramine. They can cause drowsiness and symptoms like dry



mouth, dry eyes and constipation. Consider non-sedating treatments such as cetirizine, levocetirizine, fexofenadine, loratadine or desloratadine instead.

Take avoidance measures. Be proactive to keep pollen at bay. Close car and home windows during the spring allergy season as breezes carry microscopic pollen particles. Take off shoes when one enters their home and consider immediately putting clothes in the wash to get rid of pollen. Finally, shower and shampoo at night before bed so pollen is not being transferred from their hair to their bedding.

Be cautious of pollen counts. Keep an eye on the predicted pollen counts for a specific region, particularly if people plan to be outdoors for long stretches. Keep in mind, pollen counts reported on the news or online don't necessarily mean they will or won't be impacted. There are many types of pollen and an overall high pollen count doesn't always indicate a strong concentration of the pollens that cause these symptoms.

Consider immunotherapy. Immunotherapy is designed to target these exact triggers through a shot or tablet and can greatly reduce the severity of your symptoms. Immunotherapy can also prevent the development of asthma in some children with seasonal allergies. Talk to an allergist about which form of immunotherapy is right for a person or their kids.

Allergists are specially trained to help people take control of their allergies and asthma, so one can live their best life no matter the season. Find an allergist in one's area at ACAAI.org.

DISCOVER ROTHSAY PUBLIC SCHOOL



- On-Site Child Care Infant Through Pre-School • FREE Pre-School for 3 and 4-year-olds
- State-of-the-art Facilities • 1:1 Learning Technology Devices For Students in Grade 3-12
- SMALL Class Sizes • INDIVIDUALIZED Instruction
- OPPORTUNITIES For All Students To Be Involved In Sports, Music, Theater, Speech, Robotics, FFA
- ALL STUDENTS Are Celebrated And Welcome Here!

Enroll Today!

218 867-2116

www.rothsay.k12.mn.us

find us on facebook

follow us twitter



MISSION: To prepare our students to become responsible citizens and life-long learners.