



Pictured above: FMS Principal Amy Cochran hands out Academic All-Stars certificates to the high-achieving FMS students.

Fridley Middle School students honored at *Academic All-Stars Celebration*

Over 270 Fridley Middle School students were honored at the Academic All-Stars Celebration the morning of May 4, 2018. The purpose of the annual event is to recognize the hard work and persistence that middle school students have shown in pursuit of their education. To receive an Academic All-Star invitation, students must have at least 80 percent of their reported scores as Mastering or Excelling on their Achievement Scores and Meeting or Exceeding on their Process Score.

Parents and family members attended the celebration to honor the fifth to eighth grade academic high-achievers. The Fridley Middle School jazz band also played a few short musical pieces.

Fridley Middle School Principal Amy Cochran said she is proud of the Fridley Middle School students who have demonstrated their commitment to achieving at a high level.

"I believe that it is very important to recognize that being an Academic All-Star is not simply a reflection of students intellectual capacity, but it is also a reflection of their preparation, hard work and persistence," Cochran said. "Many students are balancing multiple commitments, and yet have stayed dedicated and focused on achievement."



Congratulations Fridley Middle School Academic All-Stars, keep up the great work!





FREE BIKES FOR KIDS EVENT SERVES FRIDLEY PUBLIC SCHOOLS FAMILIES

"It's pretty hard to not keep a smile on your face the entire time you are here. This event has been absolutely fantastic and we are very thankful to provide this opportunity to our students."

- JOHN PIOTRASCHKE
HAYES ELEMENTARY PRINCIPAL

Over 300 Fridley Public Schools families attended the second Free Bikes for Kids giveaway at Hayes Elementary School on April 21, 2018. Students from Hayes, Stevenson Elementary and Fridley Middle School had the opportunity to receive a free bike and helmet.

This was the 7th annual bike giveaway event organized by Allina Health, in partnership with two nonprofits Free Bikes 4 Kidz (FB4K) and Bikes 4 Kids. This year, the organizations held 11 total bike giveaway events throughout the metro area. The event serving Fridley Public Schools families was the largest, with over 350 bikes given away at the Hayes location.

Every fall, Allina holds a community bike collection to gather gently used bikes. With over 5,000 bikes donated, volunteers from FB4K and Bikes 4 Kids clean and repair the collected bikes to ensure that all bikes are in top riding

condition. All bikes distributed through the program are tuned up and quality-assured by volunteer mechanics.

"Health is so much more than just treating illness and injury," said Craig Malm, Allina Director of Community Engagement. "We are all about promoting healthy habits and holistic health, so we are very happy with our partnership with Fridley Public Schools. It's a great way to engage our community and our employees, while providing these benefits to local kids."

Allina Community Benefit and Engagement manager Aimee Pappenfus said the partnership is a fun and different way for Allina to support active communities.

"We want to make sure that kids have the tools that they need to be healthy, so they can begin to develop an active lifestyle when they are young," Pappenfus said. "It's important to develop those

lifelong habits to be happy and healthy."

Bikes 4 Kids began in 2011 and has steadily grown gathering and repairing more bicycles each year to be donated at bike giveaway events. At the Hayes event, Bikes 4 Kids volunteer mechanics helped to make last minute bikes adjustments tailored to the needs of their new owners. Many of these volunteers are former and current bike shop specialists who have all kinds of bike service and repair experience.

"We're a 12 month a year operation, and we make sure all the bikes we give out are mechanically sound and good quality. It would be the worst thing to get a bike and have it break right away," Bikes 4 Kids Executive Director Al Sanerud said.

After students were matched with a bike and fitted with helmets, they were able to enjoy the warm weather by rid-

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THANK YOU TO:

Allina Health



FB4K
FREE BIKES 4 KIDZ

BIKES4KIDS
and people in need

AND ALL THE WONDERFUL VOLUNTEERS!



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ing around the Hayes front parking lot. Sannerud said the reward of seeing the excitement on students' faces is well worth the time and effort.

"When you read some of these 'thank you' notes from students, you literally cry because it's incredible what a difference these bikes can make," said Sannerud.

Both Hayes and Stevenson elementary schools principals are grateful for the partnership that has benefited many of their students over the past two years.

"It's great to see all these smiles on our students' faces. You know how much these new bikes mean to them," Stevenson Principal Daryl Vossler said. "Everyone is so excited to get out and ride."

Hayes Principal John Piotraschke shared the same sentiment. "It's pretty hard to not keep a smile on your face the entire time you are here," he said. "This event has been absolutely fantastic and we are very thankful to provide this opportunity to our students."



Allina Health Director of Community Engagement Craig Malm (left) & Bikes 4 Kids Executive Director Al Sannerud (right)

"When you read some of these 'thank you' notes from students, you literally cry because *it's incredible what a difference these bikes can make.*"

- AL SANNERUD
BIKES 4 KIDS EXECUTIVE DIRECTOR



upcoming event:

Fridley Middle School Summer Opportunity Fair

May 22 • 6-7:30 pm at FMS

Fridley students and their families are invited to attend the annual Summer Opportunity Fair to learn more about clubs, organizations and events available to middle school students this summer / fall. Mark your calendars! Plan your summer before school is out!

Questions? Contact Aloda Sims at Aloda.Sims@Fridley.k12.mn.us or 763-502-5406

Summer Camps • Sports Teams • Activities • Youth Opportunities





Students earn prestigious awards at MSHSL Art Competition

Fridley High School students were honored at the 4AA and 5AA Minnesota State High School League Arts Competition on April 21, 2018.

Fridley students submitted a total of 16 works. The awards earned were 11 Superior Awards, the highest possible earning, and five Excellent Awards, also recognized as a high honor. Each of the 13 judges also selected a "Judge's Choice" personal favorite, and Fridley had two art pieces selected for this prestigious award. These artworks will continued onto the statewide "Judge's Choice Spotlight on the Arts" exhibition on May 5, 2018 at the Perpich Center for Arts Education in Golden Valley, Minn.

Fridley High School senior Lana Yang earned four Superior Awards, as well as a Judge's Choice Spotlight on the Arts Award for "Dead-And-Alive." Senior Jakob Peets earned three Superior Awards and two Excellent Awards, as well as a Judge's Choice Spotlight on the Arts Award for "Headspace." Senior Christen Doe earned three Superior Awards, including a perfect score from two judges for "My Demons." Senior Layee Dukuly earned one Superior Award for his piece, "Flower Girl," as well as three Excellent Awards.



Pictured above, l-r: Christen Doe, Jakob Peets, Lana Yang. Pictured left: Layee Dukuly



Congratulations and great work, FHS students!



Top left: "Flower Girl" by Layee Dukuly. Top right: "Dead-And-Alive" by Lana Yang. Bottom left: "Headspace" by Jakob Peets. Bottom right: "My Demons" by Christen Doe.





Fridley High School senior athletes sign letters of intent



Congratulations to eleven Fridley High School seniors who earned athletic scholarships and signed their letters of intent on May 2, 2018 during the Senior Signing Day celebration.

Proud parents, family members, friends, Fridley coaches and teachers celebrated the athletes as they signed off on their official college commitments.

Senior Frank Valtierrez earned a football scholarship to attend Carleton College in Northfield, Minn. As Frank signed his letter of intent, he reflected on the memories of his last four years at Fridley High School.

"I think this takes a lot of pressure off that I had on my back," Frank said. "I'm able to look back and recollect the memories I've had here. There has been so much support for all these athletes that signed today. It's cool to put it all together and show off what you can do when you have the right support system."

His mother, Manuela Valtierrez agreed that Fridley has provided a great support system of both teachers and coaches.

"Fridley has been awesome for him. Frank deserves all of this because of all the effort he puts in," Manuela said. "He's doing a great job

and I am a proud mom."

This year's Athena Award winner and a Triple A Award winner, senior Olivia Fredrickson will head off to St. Cloud State University this fall and play tennis. Parents Joe and Cheryl Fredrickson looked back on her four varsity sport high school career.

"She's so excited to extend her career in athletics, but also pursue her academics at St. Cloud," Joe said. "She's had a great time here at Fridley, as well as great coaches and teachers."

Senior Caleb Brandt will be playing baseball at Bethel University in St. Paul.

"It feels good to be committed, knowing where I'm going and knowing what my future holds," Caleb said.

"We are very excited for Caleb," his father, Jeff said. "We looked at a number of different schools and Bethel is such a great fit for him. It will be a big change but we know that he will do well."

Fridley Athletics Director Dan Roff said College Signing Day is always an exciting culminating moment for him and Fridley students.

"We're proud to be building a college-

going culture here at Fridley," Roff said. "It's important to honor these students. It's a real commitment and we are very proud of them."

Congratulations to our Fridley High School athletes and we wish you the best as you begin college this fall!

Top photo, back row, l-r: **Ben ZayZay** (Football - UW River Falls), **Shadin Elkhair** (Track - Augsburg University), **Noah Couwenhoven** (Baseball - Bethel University), **Danyel Olivera** (Wrestling - Augsburg University), **Caleb Brandt** (Baseball - Bethel University)

Front row, l-r: **Tongyiek Timothy** (Football - Rochester Community College), **Olivia Hawkins** (Basketball - Anoka-Ramsey Community College), **Frank Valtierrez** (Football - Carleton College), **Olivia Fredrickson** (Tennis - St. Cloud State University), **Chad Haugstad** (Swimming - Gustavus Adolphus College) Not pictured: **Katrina Crockett** (Basketball - Anoka-Ramsey Community College)



FHS senior earns third place at Congressional Art Competition

Fridley High School senior Lana Yang earned third place at this year's High School Congressional Art Competition on April 23, 2018. The competition entries are selective, with about 30 entries from a total of 11 schools. Lana's artwork, "Cut," was one of the three art pieces to be honored and will be displayed in 5th Congressional District Representative Keith Ellison's office in Minneapolis for one year.

Each spring, the Congressional Institute sponsors a nationwide high school visual art competition to recognize and encourage artistic talent in the nation and in each congressional district. Students submit entries to their representative's office and panels of local artists select the winning entries. Winners are recognized both in their congressional district and at an annual awards ceremony in Washington, DC.

Lana, who also won high honors at this year's MSHSL Art Competition, focused on the theme of duality for her artwork.

"I think there are always two sides to every story," Lana said. "I decided to focus on duality to showcase that."

"Cut" is a portrait of Lana, with the center of her head cut in half, to show two sides of a story which can sometimes be hidden. Another award-winning portrait that Lana created was "Two Worlds," which showcased her two cultures: Hmong and American.

"Sometimes, it's a hard balance between my two cultures. If you take too much interest in one culture, there can be conflict," said Lana.

Lana likes working in various forms of art, including painting, photography, animation and drawing. She said she enjoys the process of creating art, taking a blank canvas from scratch and creating something out of nothing. Lana credits her art teacher, Cheryl Burghardt, for encouraging her to show off her artwork.



"She really helped me gain more confidence about my artwork," said Lana. "I was always a little shy about it and didn't really want to show it, but she's the one who encouraged me to enter into these art contests. I really appreciate what she's done for me."

This fall, Lana plans to attend the Minneapolis College of Arts and Design and major in animation.

Congratulations, Lana!

Lana Yang's artwork, "Cut," will be displayed in 5th Congressional District Rep. Keith Ellison's office in Minneapolis.



MAY EMPLOYEE OF THE MONTH

Sue Baker ***FHS Tiger Café Manager***

Congratulations to May Employee of the Month, Sue Baker!

Sue is an outstanding asset to the Fridley school district. She has taken on different roles in the high school kitchen with ease and is always willing to go the extra mile to help out. Most recently, Sue has stepped in as interim Kitchen Manager at Fridley High School when the former kitchen manager resigned.

“She has transformed every aspect of kitchen management in a very positive way,” said Director of Nutritional Services Mary Mueller. “Sue does her best every day to make tasty and appealing food for kids. She’s always thinking about ways to improve what we serve.”

Mueller added that Sue is always willing to try new ideas, as well as provide helpful feedback.

In addition to serving FHS students, Sue is a great communicator and shares her knowledge and feedback with the kitchen managers around the district.

“Sue is great with students and staff alike and our department is incredibly lucky to have her,” said Mueller.

Congratulations Sue, thank you for all that you do!



FHS Kitchen Manager Sue Baker and Director of Nutritional Services Mary Mueller

“She has transformed every aspect of kitchen management in a very positive way. She does her best every day to make tasty and appealing food for kids.”

MARY MUELLER

DIRECTOR OF NUTRITIONAL SERVICES

Class of 2018 - Commencement is coming up!

The Fridley High School Commencement Ceremony will be held on Thursday, May 31 at 7 pm at Roy Wilkins Auditorium in downtown Saint Paul (175 West Kellogg Boulevard).

Students will be transported from FHS to Roy Wilkins via bus. All students must be present at the high school bus loading area by 5:00 pm sharp.

Parents - please call or email Sue Culbertson by Friday, May 25 if you would like a shuttle ride to and from Roy Wilkins Auditorium. Contact: sue.culbertson@fridley.k12.mn.us or 763-502-5602

Need more information? [Click here!](#)



Fridley Public Schools Construction Update – May 2018

This summer, Fridley Public Schools will start the third and last phase of construction projects that began in the summer of 2016. Much needed upgrades and renovations were made possible through the generosity of the Fridley community that passed a \$27,500,000 bond referendum in 2015. During the past two summers, safety and security upgrades, technology upgrades, HVAC upgrades, deferred maintenance, site improvements and kitchen/cafeteria upgrades have been completed at all schools. In addition, classroom additions have been made at the elementary schools, the middle school and high school gymnasiums have been renovated and the high school auditorium has been upgraded. This summer, part of the district's construction projects will include security upgrades, technology upgrades and deferred maintenance and renovations will be completed at the Fridley Community Center. Listed below are a summary of the projects, that once started, will limit access to buildings and parking.

Fridley Community Center:

- Offices will be reorganized and Enrollment Center will move from the ALC location to the FCC
- Entrances and hallways will be redesigned to maximize security
- Outdated technology wiring will be replaced

Fridley High School:

Front Office Reorganization

- New main entrance will be Door 1. Door 2 will no longer be for public access – only staff
- New design will provide a more secure entry for students and parents
- Beginning September 2018, School Board meetings will be held in the high school media center (City of Fridley has built a new city hall in Spring Lake Park school district - board meetings need to be held in the Fridley School District)

Gymnasium Entrance

- New entrance design (Door 15) will provide a prominent and secure entry for school events.
- This entrance/exit will provide entrance/exit for bus students
- Parent drop off/pick up will be in the horseshoe, where bus drop/pick up is currently located
- Bus drop off/pick up will be located at the west side of the current parking lot (east of football field)
- Traffic will only enter at the north entrance of the parking lot and exit at the east side of the parking lot.

Parking Lots:

(Fridley High School and Fridley Middle School parking lots will be resurfaced this summer through an abatement bond funds).

High School Parking Lot Resurfacing

- North parking lot (north of the football field) will be resurfaced and curb replaced.
- East parking lot (front of the building) will also be resurfaced and expanded.
- Door 3 (southeast corner) will be summer access for staff and public. The City of Fridley will also be doing construction on West Moore Lake Drive so parking on the street may be restricted.

Middle School Parking Resurfacing

- East parking lot will be resurfaced with additional sidewalks added to provide for safer student drop-off by parents. Jersey barriers currently in place will be replaced with sidewalks.

