

The Eagle's Nest



March, 2019

A Publication of Nerstrand Elementary School; Nerstrand, MN. 55053

(Andrew's Woodland students did a research project about survival in a Rainforest. The following stories are from a portion of the students' reports.)

SURVIVING THE RAINFOREST

By Tristan, gr. 5

The rainforest biome is mostly warm year round and has 2,000 to 10,000 ml of rain per year. The trees can be over 300 feet tall.

There are many animals including birds, bats, butterflies, geckos, snakes, and more. The temperature is between 70 and 80 degrees F year round. How will a fire help you? A fire can cook your food, keep you warm at night, make clean water, and make a smoke signal. How to make a fire with flint and steel.

- 1 Find a good location
- 2 For safety have water close by just in case
- 3 Find dry materials to start the fire with.

If you live in the U.S you won't find very much rainforests, but other places like Brazil, Dominican Republic, Indonesia, Peru, Columbia and more. By following these steps hopefully you will have a better chance at surviving in the rainforest.

THE RAINFOREST

By Dominic, gr. 4

The rainforest has 2 seasons; the wet and dry. The temperature in the rainforest must remain frost free. (20 to 25 Celsius) If you live in the United States like me then you might not get lost in the rainforest. But here are some things you might want to watch out for. Dangerous animals such as, pythons, cobras, and big cats. In conclusion the rainforest can be a dangerous place in general.

SURVIVAL

By Ruby, gr. 5

The rainforest is located between the tropic of Cancer and the tropic of Capricorn. The temperature is 20 c to 25. The rainforest must remain warm and frost free, and it rains 2,000 to 10,000 ml of rain per year! Did you know there are 2 types if rainforests? The 2 rainforests are the tropical and the temperate. The tropical rainforest is found closer to the equator, and the temperate rainforests are closer to the coastal areas. Some plants that are in the rainforest are Vines, Palm Trees, Orchids, and Ferns. It is important to know how to navigate because you need to know where you're going. I'm going to teach you how to navigate.

If it's daytime the sun will rise in the east. Since you are facing the east the west will be at your back. North will be on your left and south will be on your right. If it's night time you are going to have to use the stars. First you're going to have to find the big dipper constellation. Then find the pouring edge of the big dipper and look directly above to find the North star. This star is one of the brightest. If you face the north star your back is facing south, your right will be the east, and your left will be the west. That is how you navigate using the sun and the stars!!!



THE CONIFEROUS FOREST

By Aiden, gr.5

The coniferous forest is located in the United States. There are some scary animals such as bears, and coyotes. If you get lost you should sit still for 15- 30 minutes if you are not familiar. There are lots of dangers. You need to know how to survive. There are some dangerous animals in this biome such as coyotes, bears, and wolves. They roam this biome but there are ways to stay clear of them. They are more scared of you then you are of them. Here are some ways to stay far from them. If you have bells or some source of noise, use it. You can wrap it around your body, and fake dead. It is important to know how to navigate with direction so you can locate your campsite or a way to get out. If it is morning time the sun will rise from the east. North will be to your left and south will be to your right. West will be to your back. If you get lost at night in the northern hemisphere or are traveling at night, first find the big dipper constellation. The east is to the right and the west is at your left. South is at your back.

SURVIVING THE CONIFEROUS FOREST

by Atley, gr. 4

The coniferous forest is a biome that has a lot of pine trees with needles. When you touch the needles it could poke you. When you're in the coniferous forest you can see spruces, pines and firs. Those types of trees can provide shelter to people and animals like squirrels and birds. When those types of animals make shelter in the trees they make nests out of branches and grass. Shelter is a place that can provide cover to animals and people. Shelter is a good place for people and animals to stay warm. When it rains or snows, a shelter is a good place to go because you can use your materials to keep you warm. If you ever have a snow storm or a rain storm you can go into your shelter to keep safe and dry. If you are outside of your shelter or far away from your shelter in a snowstorm or a rain storm it's a possible chance to get hypothermia.

THE PRAIRIE

By Lynus, gr. 5

The prairie has the richest soil in the world but not in money, in nutrients. The prairie has a large variety of animals like the buffalo, badger, wolf, deer, mole, coyote, red fox and lots of snakes. If you don't like snakes or bugs don't go there. The prairie gets only 500 to 900 mm of rain a year. If you get dehydrated you will have hallucinations, and you may start to get more worried. There are dangers you should be aware of when in the prairie biome. Be on the lookout for dangerous animals, dehydration, heat exhaustion, starvation, and hypothermia. I think a shelter can help a lot because it can keep you warm and it can protect you from wild animals. It is important to have a shelter. It will help you stay warm and protect you from getting sick and wild animals. You can keep your food safe from animals. This how you build a tarp tent shelter.

Step 1 get a tarp and long rope

Step 2 find two strong trees

Step 3 put the rope through the hole on both sides

Step 4 tie the rope around trees

Step 5 put a stake in the hole on the ground

HOW TO SURVIVE THE RAINFOREST

By: Patrick, gr. 5

In the rainforest there are lots of dangerous animals, so you have to be careful because you could fall or trip on a rock but the most important thing to know is to how to make a shelter before night. When you're in the rainforest be prepared because other animals are poisonous like snakes carry venom. Another danger in the rainforest is the bad weather. In order to survive the bad weather you will need to build a shelter. And you have to build a shelter before nightfall because if you build a shelter you won't get hypothermia and hypothermia is bad because it can cause a fever. Hypothermia is caused by the temperature below 50 degrees and you need to build your shelter out of sticks, mud and leaves.

SURVIVING THE RAIN FOREST

By Claire, gr. 5

The rainforest biome is not likely to be visited very often but most people that go there have gotten lost or even killed. If you ever get lost you should stay calm and stay put. In the rainforest it is often raining or storming so you are going to want shelter and food. It is easier to get water in the rainforest because you can put a cup in the open when it is raining or you can find a stream. The rainforest can be very beautiful and pretty, but can also be very dangerous. It has many dangerous animals and plants. Some animals are aggressive and can kill you. In this report you will learn how to survive in the rainforest and how to build shelter. Mosquitoes can be very dangerous and can carry diseases. You should make sure to bring high quality bug spray. If you need water follow these simple steps. First find a stream or river. Then get a pot and put some of the water in the pot. Go back to your camping spot and start your fire. Now once you have your fire going, put the pot with water on the fire so it boils. Once it comes to a boil you have purified water. You may now drink your water. In conclusion, if you follow these simple steps you will have a better chance of survival.

SURVIVING IN A FOREST

By Nate, gr. 5

In the forest you will get cold if you don't have warm clothes because the average low is -60 degrees Fahrenheit. In this forest there are Pine trees, Spruce trees, and Fir trees. There are also song birds, moose, otters, rabbits, and wolves. The forest is a place most people experience in their life so you should keep reading. By reading this you will learn how to survive a little bit more in the forest biome.

In this biome there is many dangers like hunger, dehydration, and your surroundings. There are solutions to make you not have these dangers by having drinking water, building a shelter and a fire, also finding food.

SURVIVE THE RAINFOREST

By Braxton, gr. 5

The tropical rainforests can be found closer to the equator and covers 6-7% of the earth. Chances are if you live close to the equator, you will experience a rainforest. In the rainforest there are many dangers that include dangerous animals, starvation, dehydration, hypothermia, and sickness. In order to survive the rainforest you will need a fire, clean water to drink, a shelter, and food to eat. In conclusion, the rainforest can be a dangerous place unless you know what to do if you get lost.

THE RAINFOREST

By Lillian, gr. 4

The rainforest biome has two seasons, wet and dry. The rainforest has many different animals like monkeys, turtles, poison dart frog, anteaters, and elephants. You will experience two different rainforests. One rainforest is called the Temperate and the other is Tropical. You can find the Tropical rainforest in Central and South America. In this report I will tell you how to survive in the rainforest. In the rainforest there are many dangers such as starvation, dangerous animals, dehydration, hypothermia, and dangerous weather. To survive the Rainforest you will need food, shelter, clean water, and a fire. A shelter can help you because it can keep you dry, protect you from animals, keep you warm, and can store things inside of it. You need a fire because your body temperature needs to stay up. Fire can also help if your clothes are wet, it will help them dry. You need water to stay hydrated because your body can only last 3-4 days without water, so start looking!



HOW TO SURVIVE THE PRAIRIE

Nick, gr. 4

The prairie biome has few animals and it has little water so if you get lost your first priority is to find water. When you find water you should get a lot because you may not find more for a long time. Prairies can be found all over the world and some are small and some can be huge. With these directions you have a better chance of survival. First you should look for water, if you follow animal tracks you should find some. Boil water to purify it. You should find a sharp stick that you can hunt with. You can find shelter in caves. Small game would be best to hunt. You should stay away from lions and hyenas because they could easily kill you. Be careful not to scare giraffes because their kick could kill or seriously injure you. You should find shelter before it gets dark. Shelter can be hard to make and sometimes find. You should not have it by a water source or animals. Shelter will keep you safe and dry. So get one as fast as you can. If you can't find some sort of shelter you should try to make one.

WHAT I LEARNED IN SCHOOL

By Carson, gr. 4

On Tuesdays the 4th Graders have health. In health I learned where all joints in the human body are. I also learned about all the bones. Did you know there are 206 bones in the human body? In health I learned about all muscles, too. In school I learned how to play hockey. In math I learned how to divide. In school I learned about the pioneers and we went to the James J. Hill house to see how that family lived. In school I learned about the Native American culture too.

ONE DAY ON THE BUS

By Stevie, gr. 4

One day this winter I was on the bus to go home. All of a sudden we stopped and the bus tipped just a little. Then everybody started to panic right away. After about 2 and a half hours we got off. After we got off the bus we went into a building. I can't remember what it was called, but we spent about 1 hour in there. Then another bus came and we had to get on it. I really didn't want to get on the bus. It was pretty scary so I watched outside the whole bus ride back. Then everybody except for me got off at Roosevelt. Then my bus driver dropped me off at the high school.

D.A.R.E.

By Owen, gr. 5

Did you know there are more than 200 harmful chemicals in cigarettes smoke like nicotine? Nicotine is a powerful substance that causes addiction. More than 400,000 Americans die from tobacco-related causes each year. Smoking can cause lung cancer. It can also stain the teeth and you can get mouth cancer from smoking too. If you smoke as a teen your lungs won't grow to full size and then you won't be able to breathe very well. For an example, if you go snowboarding you will not be able to get enough air and won't have as much fun. These are some of things I learned in 5th grade DARE.

MY SNOW DAY ADVENTURE

By Collin, gr. 4

I played outside with my dog. I played in the snow and built a snow wall. My dog decided to destroy it after I worked so hard on it. I got to eat my dad's homemade jerky. When my dad made his jerky he put ghost peppers in so it made it very spicy. I got my dog a new toy so we played tug -o -war with the new toy outside. The dog won at tug -o-war! This was my great snow day adventure.

KINDNESS CHAINS

By Ava, gr. 4

One day my teacher, Morgan said we are having a kindness unit, and I loved it. We made a kindness chain then it started growing. So I started counting them, someone told me we had 50 kindness circles. I was holding the door and giving things to people, and I made one kindness circle. I put it in the yellow kindness bucket. Now there is a lot of kind things up there that my classmates have done for each other. I also found out that each kind thing adds a link to the chain.

WOLF RIDGE

By Nealie, gr. 5

At Wolf Ridge I did a lot of fun things! Some of my classes were Rock Climbing, Birds, Ropes Course, Team Games, and Frozen Lake Study. My favorite class was Rock Climbing. Next I'm going to tell you about KP (Kitchen Patrol). I was with Claire and Kaylie. We served Pasta for dinner. After dinner we helped clean up so we got popsicles! The last thing I'm going to talk about is the food. The food was ok. I liked the Pasta, the Pizza, the Potatoes and the Chicken.

MY SATURDAY

By Logan, gr. 4

On Saturday I went outside. I first tried to get the snowmobile running. Then I went down a big snow hill. It was so fun! Then my Mom and me made a snow fort. My Mom, brother and I raced across the yard. She said if I win I get \$5. I won since my brother's shoe fell off. It was so fun. I love my family.

JAMES J. HILL TRIP

By Mason, gr. 4

I learned a lot about the James J. Hill house. I learned about the silverware and about the bedrooms. There was a bathroom attached with good plumbing. I learned about the kitchen and the servants who served their food. I learned about talking left to right to talk to people during meals. I learned about the library and the laundry room. I really liked going to the James J. Hill house and seeing a lot of old things.

WOLF RIDGE

By Nevaeh, gr. 5

We had to ride a bus for 5 hours. You got to sit by yourself or with your bus partner. Then we stopped at Tobie's on the way there and back. When we got there we had to help get the suitcases out of the bus and bring them to the day door. Then we found out what room you were in and I was with Bella, Ruby, Myra, Mila, Jenny, Shari and me. We had to walk to supper and then after we had to walk back to the day room. Then we had to get ready for our first class and back to the day room. We went to bed around 9:00 or 10:00 and lights were off at 9:30 or 10:30. Then we were up by 6:30 a.m. if you were having breakfast. If you were not then you could get up by 6:32.

JAMES J. HILL HOUSE

By Eli, gr. 4

We went to the James J Hill House and saw almost everything in the house. We saw the basement, first floor, second floor, third floor, and fourth floor. They had an art room with an organ and a roof shade to protect the paintings. They had one of the first security systems of their time. The ceiling in the grand dining room was made of gold! He had five servants that had separate stairways so that they wouldn't get in the way during parties. The youngest of the kids had their school inside the house. Guests weren't allowed to smell their food before they ate.

MY SNOW DAY

By Jacob, gr. 4

On my snow day I played on my Xbox. I played the games Fortnite, NHL 19, Warface and Apex Legends. I played outside in the snow. I played knee hockey in my basement. I got to talk with my friends. The friends that I talked with are Carson, Atley, Max, Jace, Tim, Carter, and Maverick. I got to play with my dogs. My dogs names are Tikka and Jack.

(The following Stories were written by Paula's Prairie students. They were asked what they want to be when they grow up.)

Merik, gr. 1

When I grow up I want to be a cop because I want people to be safe.

Riley, gr. 1

When I grow up I want to be a horse trainer. I want be a horse trainer to help horses to learn new tricks.

Micah, gr. 1

When I grow up I want to be a nurse because I want to take care of people.

Stella, gr. 1

When I grow up I want to be a gymnastics teacher. I want to be a gymnastics teacher because I love gymnastics.

Benjamin, gr. 1

When I grow up I want to be an artist. I want to be an artist because I like art.

Ava, gr. 1

When I grow up I want to be an army girl because my dad is in the army.

Hank, gr. 1

When I grow up I want to be a farmer because it is fun feeding the goats.

Sully, gr. 1

When I grow up I want to be a hockey coach because I love hockey.

Augie, gr. 1

When I grow up I want to be a fisherman. I want to be a fisherman because I like to fish.

Colton, gr. 1

When I grow up I want to be a farmer. I want to be a farmer because it is fun.

Dominic, gr. 1

When I grow up I want to be a fisherman because it is fun to fish.

Wyatt, gr. 1

When I grow up I want to be a football player because it looks fun.

Evie, gr. 1

When I grow up I want to be a police officer. I want to be a police officer because I think it is cool.

Mason, gr. 1

When I grow up I want to be a police officer because I want to help people with situations.

Drew, gr. 1

When I grow up I want to be a horse trainer because it is my favorite animal

(The following responses are from the Kindergarten / Prairie students. In the 1st 100 days of school I learned...)

- Ryleigh— How to count
- Jackson—How to count by 2s
- Evie—How to count by 2s
- Sakatah—How to spell words
- Lidia—How to write letters
- June—How to tie shoes
- Kenadie—How to write words
- Max—To treat others the way I want to be treated.
- Vihtoria— How to be careful so we don't get hurt.
- Dale—How to treat people the way I want to be treated.
- Theo—How to write numbers
- Mattole—How to help others
- Camryn—To read Dr. Seuss books
- Hayden—How to do art
- Adelaide—How to read and count by 2s
- Odin—How to read
- Isla—How to count
- Emma—How to be kind
- Callahan—How to tie shoes
- Miley—How to count by 100
- Lily—How to read
- Maxwell—How to write my name

Coming Up...

- March 29—PTO Family Sock Hop
6:00—8:00
- April 1—PTO Meeting / 7:00 PM
- April 3—Woodlands to RBNC
- April 8—Board of Directors'
Meeting / 3:30 pm
- April 10—Community Lunch / 11:45
- April 26—Community Celebration



2019 Trip to Wolf Ridge Learning Environment



Spring greetings from Maggie!

It has certainly been a wild ride with all of the snow days over the last month or so. I have never seen anything quite like it! Many people are wondering about possible snow make up days, and Nerstrand School will plan on having school on March 25th and April 22nd.

In February, we celebrated Valentine's Day. Many children bring Valentines before the 14th and passing them out is as exciting as getting them-maybe more so! This is one of those big days in the year of an elementary school where children are so pleased to be with friends and staff members showing their appreciation and caring for each other. It is wonderful to see!

I was able to attend the Wooldridge 5th grade trip this year for the first time. I wanted to share some of my observations about the benefits of the trip, the experiences students had, and this fits in well with the caring we see around Valentine's Day.

It was a challenging week because of the cold. I won't sugar coat it; the cold was brutal! However, our students were so positive and had a real "can do" attitude the entire week! All of the adults kept a close eye on children to make sure they were dressing appropriately, but the children were really responsible about their own dressing/preparation for the outdoors. And believe me, we were outdoors everyday. Wolfridge did more preparation with the kids indoors then they would typically do, but we always followed our schedule. The one exception was Morgan's group during the ropes course. We had to come in early because it was so very cold. This was cut short for the adults that were stationed on the towers. Morgan, Kurt Klett and Robert Waddell were at stations for 2 hours or more while I brought small groups of children back and forth from a warm building to the course. Thank you to these three adults who put up with extreme cold to try to make sure every child that wanted to do the course got through. Unfortunately not every child was able to do that course that day because of the cold. However, that was the only event that got cut short during the week.

All of the activities were led by certified naturalists at Wolf Ridge and we were able to study/ explore the following: ice fishing (yes, we did it! One group caught and released 12 fish), snowshoeing (I made an average of 20,000 steps on my fitbit every day!), animal tracking (we saw a deer and a lot of tracks), geocaching (my group ditched me because I couldn't get through the waist deep snow!), bird study (chickadees landing on everyone's hands and heads!), climb-

ing the rock wall (I couldn't 😞), Ropes course (I could 😊), team games (children had to work together to achieve their goal), winter survival (we all survived and a few groups built their own fire), making block prints, making paper, an assembly on birds of prey (compared a chicken named Mallorie with an owl and red tailed hawk), an assembly on moose (wow they are big and are in competition with deer for survival), met a porcupine named Thistle, had to learn to share a dorm room with many other people, helped serve food to others during KP duty, had fun on the bus and stopping at Toby's, and experienced a week of learning and exercise that few people ever get to do!

Continued on next page.....

Those are the things I can tell you that we did that were obvious, but there were many intangible experiences that happened that I observed and made me proud of our children and our school. No I didn't climb the wall, but many others did and that surprised some of them. However, everyone supported each other's achievements; whatever they ended up being. To see children shine in a new and different setting is what this trip is about, as much as the science and environmental learning. Children that may not see themselves as very physically skilled were put in situations where they could see their abilities in a new light. Overcoming fear and challenging yourself is an important component to this week, and measuring your success by your own standards and not someone else's'. The other thing I observed that was so great, was how everyone cheered each other on and worked as a team. In the ropes course every child had a partner on the ground that was supporting them and helping them move to the next stage. I know that one part of the ropes course terrified me, but my ropes course buddy, Kaylie, got me through it. Without her help and the encouragement from Jenny Siegert, Dana Jans and Sherri Langfeldt I would have turned around on the swinging bridge and never made it through. Those moments are the ones I cherish when we see each other in our best light and believe in each other unconditionally.

This trip would not be possible without the commitment from our two Woodlands teachers, Andrew Lubinski and Morgan Welborn. It is an intense week for them, and yet they kept an eye on children always, and kept morale up the few times kids were feeling low. It also wouldn't be possible without our parent chaperones, who were fantastic. Thank you so much to Sherri Langfeldt (kept taking pictures of all the kids during the week), Jenny Siegert (also huge picture taker and overcame her fear on the ropes course), Dana Jans (did the ropes course backwards!), Robert Waddell (fire maker and lift of spirit!), Kurt Klett (overseeing all the kids, and doing everything to make their experience a great one!). Our school is so grateful to these parents for their help and commitment to this trip.

We'll be sending information to families of our upcoming 5th grade class about next year's trip. We will be looking for parent volunteers for that one too! Thank you to all of our families for your support of our school!

Best,
Maggie