
April 26, 2023



Knights' News

REMINDER: We are a Latex free building as well. No latex balloons are allowed in the building!

Have a great week!

Announcements

May 1st Prom Coronation
May 2nd Preschool Assessment
Senior Cap and Gown Pictures
May 3rd Book It Field Trip
May 4th Prom at Climax
May 7-10th Field Trip for 6th Grade
May 7th Preschool Registration
Big Trucks Event
PIE Meeting
May 14th School Board Meeting
Choir/Band Concert 6PM
May 16th Awards Day (Highschool)
May 17th Graduation Ceremony 7PM
Junior Cookout
May 22nd Elementary Track & Field
JO Volleyball Tryouts
May 23rd Preschool Graduation
May 24th LAST DAY OF SCHOOL! Dismiss @12:45

Articles

Summer

Justice Szczech-Tronnes, Grade 10

With school about to end and summer is about to start, it has everyone thinking about what their plans are for their 3-month break period. Now, not everyone has the same idea of fun. Some people may want to go tubing and go to the lake. Others could be happy with lying in bed all day.

Summer is the time for memories, the time to spend time with the people you enjoy being around. It's also the time for new friends. Summer brings people together since everybody just wants to have fun. So, this summer let go of yourself, let loose and have fun.

Neuro

Stella Abeld Grade 9

When it comes to doctors you think of the most hardcore surgeon, but what kind would that be? There are trauma surgeons, cardiovascular surgeons, General surgeons, pediatric surgeons, just plenty. But most people don't know that Neurosurgery is the hardest, and most hardcore of them all. They perform surgery on the brain, and there are millions of things that could go wrong and yet they still do their procedures.

Red Deer

AubreyAna Fredrick Grade 9

Red deer are one of the largest deer species with adults weighing 400 pounds or more. Male red deer are called stags or hart well females are called doe or hind. Red deer mainly inhabit Europe, the Caucasus Mountain region, Anatolia, Iran, and Western Asia. Their diet consists of grass, and many kinds of plants. Red deer are known for their distinct mating calls which can be heard across valleys. Red deer prevent a large scale of natural regeneration in forests.

Lionfish

Natalie Grade 9

The lionfish is native to the IndoPacific Ocean. They are commonly colored with red or black bands, and they have dorsal fins that have venomous spines. There are 10 different species of lionfish.

Lionfish are invasive and very bad for the ecosystem because they prey on native fish that are normally consumed by snappers, groupers, and other important native species. Which is starting to kill off more fish, and as their population grows it's continuing to put more stress on coral reefs. It continues to cause the extinction of important native plants and animals and is catering habitats.

Lionfish can cause harm to the human body; they are very rarely fatal. A sting by a lionfish can cause localized pain, redness, and swelling. Though the sting can become much more severe if you get stung by multiple spines. It can increase the risk of infection, changes in heart rate, abdominal pain, sweating, feigning, and other widespread symptoms.

Sports Update

Softball recorded an emphatic 16-2 victory over West Marshall in softball action on Monday, April 15, 2024, in Warren, MN. Overall, the Eagles combined for a total of 11 hits, showing discipline and aggression at the plate.

Monday, 4/15, Sacred Heart won 16-2 VS West Marshall

Saturday, 4/20, Sacred Heart lost 14-5 VS Luverne

Saturday, 4/20, Sacred Heart won 9-2 VS Kerkhoven-Murdock-Sunburg

Tuesday 4/23 Sacred Heart won 18-7 VS West Marshall

Boys Sacred Heart Eagles Baseball

Monday, April 15, , Roseau won by 4-3

Friday, April 19, Sacred Heart won 13-0 VS Central MN Christian

Saturday, 4/20, Morris Area/Chokio-Alberta won with 14-0 points

Saturday, 4/20, Sacred Heart 9-2 VS Wheaton/Herman Norcross

Monday 4/26 Sacred Heart won 4-2 VS RLCC

Tuesday 4/27 Sacred Heart won 8-2 VS Warroad

Climax-Fisher-Sacred Heart Track and Field

Indoor Meet No. 2 held at the University of North Dakota's Fritz Pollard Athletic Center on April 26, 2024
CFSH Knights also made a significant impact, securing third place with 65 points.

Boys 60m (Varsity) 10 - Jaycer Davis - 7.69, 21 - Alex Reitmeier - 7.90

Boys 300m Hurdles (Varsity) 4 - Rylan Hanson - 47.30

Boys 400m (Varsity) 10 - Rylan Hanson - 57.92

Boys 800m (Varsity) 5 - Rylan Hanson - 2:13.59

Boys Shot Put (Varsity) 15 - Alex Reitmeier - 35-01.25 (10.70m)

Boys 4x200 Meter Relay (Varsity) 5 - Team 'A' (A. Reitmeier, J. Davis, E. Wellumson, J. Speicher) - 1:41.75

Girls Team results 2 Climax-Fisher-Sacred Heart - 97

Girls 60m Hurdles (Varsity) 8 - Emily Reitmeier - 11.82

Girls 200m (Varsity) 26 - Emily Reitmeier - 30.88

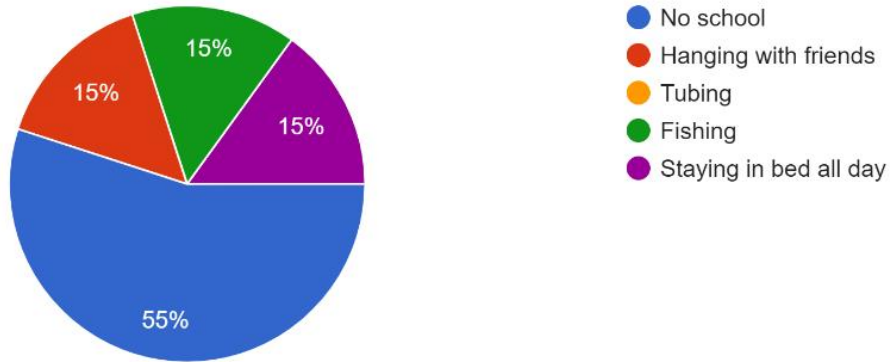
Girls Shot Put (Varsity) 46 - Alyssa Nelson - 11-11.50 (3.64m)

Girls 4x200 Meter Relay (Varsity) 4 - Team 'A' (F. Horken, E. Reitmeier, A. Wellumson, A. Vigness) - 1:57.31

Weekly Poll

What are you most excited for during the summer?

20 responses



Week 32 Kids Thoughts

What's your favorite cereal?

Angel-Cocoa puffs

Aiden-Froot loops

James-Captain crunch

