

# **Important Dates**

November 4 Camp Med - 8th grade only November 6 **Daylight Savings Time Ends** \*\*FALL BACK ONE HOUR\*\* November 21 2nd Quarter Mid-Term November 23 11:45 A.M. Dismissal P.M. - Staff Development November 24 & 25 **Thanksgiving Break** No School November 29 8th Grade Parent/Student Night at CHS - 7:00 P.M.



### Mason Spieker and Addison Hed

# ATTENTION: 8TH GRADE PARENTS & STUDENTS

The 8th grade Parent/Student Night will be held on Tuesday, November 29th at 7:00 pm in the Thomas Kelly Theatre at Central High School. This will be an informative parent meeting about your student entering high school next fall. You won't want to miss it!!

# YOUNG CITIZENSHIP AWARD

Mason Spieker, Addison Hed, Kaylor Swenson, and Scout Rosendahl were selected as recipients of the Young Citizenship Award given by the Aberdeen Exchange Club. Mason, Addison, Kaylor, and Scout consistently demonstrate unselfish service to others, good citizenship, have helpful and caring attitudes along with experiencing academic achievement, are positive leaders, and practice good sportsmanship. Congratulations Mason, Addison, Kaylor and Scout!!



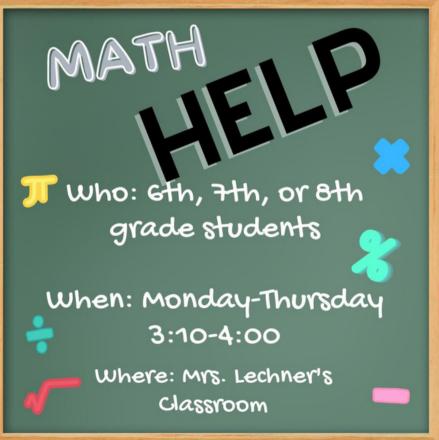
Kaylor Swenson and Scout Rosendahl



# Holgate Harmony practice is every Tuesday and Thursday at 7:00 A.M.

# Winter Sports Kick-Off Meeting for BOYS & GIRLS BASKETBALL

Monday, November 7, 2022 at Central High School - 7:00pm All student-athletes and parents grades 7 -12





### We are the HMS International Club.

We are II, I2, I3 and I4 years old. We speak English, Muskogee, French, Karen. Swahili, Spanish and German. We want to learn German, Polish, American Sign Language, Spanish, English, Latin, Greek, Mandarin Chinese, and Italian. We are from South Dakota, Tennessee, Puerto Rico, Thailand, and Africa. We want to visit France, Australia, Chicago, China, Rome, Mexico, Israel, Iceland, Florida, Germany, California, and Italy. We celebrate Ramadan, Christmas, Halloween, and Black Friday. We run. We play sports and video games. We like to draw. We like to fish. We are bilingual. We are kind. We play the ukulele. We are part Italian. We ride horses. We like cats. We are nice.

WE ARE THE HMS INTERNATIONAL CLUB.

### How Sick Is Too Sick To Be In School

From our nurse

When should you keep your child home? Children who cannot keep their eyes open, even after a normal night's sleep may be coming down with something. If they have an "achy" feeling and a loss of appetite, it is likely that they are becoming ill. If your child is feeling ill, have him or her stay home. **Before returning to school, your child needs to be fever free without the use of Tylenol or Ibuprofen and have had no vomiting or diarrhea for at least 24 hours.** 

Your child should stay home if he or she has any of the following symptoms! \*Temperature of 100 degrees or higher

\*Diarrhea

\*Vomiting

\*Sore throat (with fever, mouth sores or drooling) or abdominal pain \*Strep throat – May attend school 24 hours after starting antibiotic therapy, if clinically well \*Pink, itchy, matted eyes with drainage

\*Rash with fever

Nash with level

\*Impetigo – May attend school if treatment is verified and covered or dry

\*Head lice – May return to school after treatment

\*Scabies – May return to school after treatment

\*Chicken Pox – May return after all lesions have scabbed over

\*Coughing or green nasal drainage – remember that children love to share everything!

\*\*\*Please inform the school nurse, secretary, or teacher, and if you have any other health questions or concerns check with the school nurse.\*\*\*

Ask yourself, would you want your child exposed to these symptoms on a daily basis? If not, please keep your child home from school. Adequate rest, food and plenty of water/fluids are the things that will benefit a sick child the most and on a daily basis too. Children who are feverish, nauseated, or exhausted cannot learn well and can spread their illness to others. Keep them home so that they can recover.

# WHAT WOULD YOUR TEACHER'S HALLOWEEN COSTUME LOOK LIKE?

Mrs. Geyer's LA students, individually or in teams, created costumes for their core teachers and wrote a story to accompany their creations. Mrs. Anderson's 6th graders judged their work and determined a



first, second, and third place.





# MathCounts Compete



Our MathCounts students had a great first start to the season: Results are as follows:

### 7th Grade

7th Grade Individual Winners: Mitchell Golz – 1st Place Levi Edwards – 2nd Place

7th Grade Team - 2nd Place Annie Bindenagel, Levi Edwards, Mitchell Golz, and Evan Smith

# 8th Grade

8th Grade Individual Winners: Aric Tennant – 1st Place Jude Sumner – 2nd Place

8th Grade Team - 2nd Place Landon Madsen, Zach Ricci, Jude Sumner, and Aric Tennant

## 6th Grade

6th Grade Individual Winners: Cohwen Heimann – 1st Place Charlie Rexinger – 4th Place

6th Grade Team - 3rd Place Ben Gall, Cohwen Heimann, Annabelle McDaniel, and Will Sumner







## **FREE ONLINE TUTORING**

The Dakota Dreams Online Tutoring Program is offering free online tutoring to K–12 students in South Dakota. Developed to support individual student learning needs, one-on-one tutors help with homework, specific subjects and broader educational concepts.

The program is staffed with university students accepted into their Schools of Education at Black Hills State University and Northern State University.

Using a simple and secure online platform, students and tutors connect for virtual tutoring sessions. The platform is a one-stop shop for scheduling and conducting sessions.

Parents will first need to register their students to use the platform. Once registered, sessions can either be pre-scheduled or on-demand, depending on tutor availability.

TO LEARN MORE AND REGISTER, VISIT

OURDAKOTADREAMS.COM



Check it Out!

This opportunity is being administered by the South Dakota Board of Regents and funded with federa dallars available to the South Dakota Dapatement of Education through the American Passua Plan

# 988 SUICIDE & CRISIS LIFELINE

988 is the national three-digit phone number for all mental health, substance use and suicide crises. 988 offers rapid access to behavioral health support through connection with trained crisis specialists. 988 is more than a suicide hotline, it is for anyone in need of crisis support for themselves or others, and can be used for those in emotional distress, including substance use crisis. To reach 988, individuals may call or text 988 or chat 988 by visiting https://988lifeline.org/.

# **Aberdeen Mental Health Resources**

### Avera Medical Group Psychiatry

201 S Lloyd St. Aberdeen, SD 57401 Phone: 605-622-2545

### Breakthrough Psychological Services

404 S. Lincoln St. Aberdeen, SD 57401 Phone: 605-725-5505

Catholic Family Services Counseling 310 15<sup>th</sup> Ave. SE Aberdeen, SD 57401 Phone: 605-226-1304

Conklin Clinics 2120 8th Ave NE Aberdeen, SD 57401 Phone: 605-725-4742

### Dakota Group

405 8th Ave NW Suite 205 Aberdeen, SD 57401 Phone: 605-725-9565

### **Destinations Counseling**

405 8<sup>th</sup> Ave NW, Suite 321 Aberdeen, SD 57401 Phone: 605-250-3130

### Empowerment Counseling, LLC

Phone: 605-250-6725

### **Footsteps Counseling**

419 Moccasin Drive Aberdeen, SD 57401 Phone: 605-725-2155

### Prairie View Counseling, LLC Janie Appletoff-Knie 2301 8<sup>th</sup> Ave NE, Ste 135 605-725-2230

Lutheran Social Services 110 6<sup>th</sup> Ave. SE, Suite 200 Aberdeen, SD 57401 Phone: 605-229-1500

Northeastern Mental Health Center 14 S Main St. Aberdeen, SD 57401 Phone: 605-225-1010

Northern Plains Psychological Associates 405 8<sup>th</sup> Ave. NW, Suite 333 Aberdeen, SD 57401 Phone: 605-225-3622

Professional Counseling Services 508 S Boyd Street Aberdeen, SD 57401 Phone: 605-229-2029

Rising Hope Counseling, LLC 426 N. Hwy 281 Suite 3 Aberdeen, SD 57401 Phone: 605-494-1900 Email: www.risinghope605.com

Shelterbelt Counseling, LLC (age 18 and up) 12 2nd AVE SW, Suite 202A 605-824-4288

### IMMEDIATE ASSISTANCE HOTLINES

Call: 211 or email: help@helplinecenter.org Call: 1-605-229-1000 Emergency: 911 National Suicide Prevention Line: 1-800-273-8255 Crisis Text: text MHFA to 741-741 Trevor Project: 1-866-488-7386 Text/Call: 988



HOLGATE MIDDLE SCHOOL

## OCTOBER 2022 Students of the month



NOVEMBER A/B SCHEDULE						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		$^{1}$ A	<sup>2</sup> <b>B</b>	<sup>3</sup> A	<sup>4</sup> <b>B</b>	5
6	7 A	8 <b>B</b>	9 A	<sup>10</sup> <b>B</b>	11 A	12
13	14 <b>B</b>	15 <b>A</b>	16 <b>B</b>	17 <b>A</b>	18 <b>B</b>	19
20	<sup>21</sup> <b>A</b>	<sup>22</sup> <b>B</b>	23 A 11:45 Dismissal	24 Thanksgiving Break	25 Thanksgiving Break	26
27	28 B	29 A	30 <b>B</b>			

# **ABERDEEN CAMP MED**

Our 8th grade class will be attending Camp Med from 11:30am - 1:00 pm on November 4th at Northern State University. Camp Med is a part of the SD Department of Health's career exploration initiatives that look to get students interested in health careers, especially those areas that South Dakota needs the most. The Aberdeen Camp Med is an opportunity for middle school students to get introduced to various health careers through hands-on activities.

Students will rotate through the stations which include health careers being presented by: USD Sanford School of Medicine, Presentation College, Lake Area Technical College, Northern State University, South Dakota State University, Sanford Aberdeen Medical Center, Aberdeen Fire & Rescue and Avera.