

The Cossacks played as a team and got the win 57-52!

Senior Captain Erick Talbott led the game in scoring with 25 points and his best showing yet. He also had 4 assists and a steal. Dominic Westman helped with 9 points, 5 rebounds, and 3 steals in the game. Cole Huesers had 6 points but also led the team with 15 rebounds, 5 assists, 5 deflections, and 3 steals. Trey Boedicker went 3/3 from the Free Throw Line and added 7 points to the tally before fouling out early in the 4<sup>th</sup> quarter. Brytin Hauf, Dawson Bostow, and Mason Smith all played very important and productive minutes for the Cossacks when they were needed. Dalen Ruhland stepped up when his team needed him racking 6 rebounds and 1 assist in 11 minutes. Jayden Huesers controlled the point much better this game and came up big for us in the last stretch of the game hitting 2 big Three-Pointers and a lay-up that sealed the deal. It was a great effort from everyone and just shows the grittiness of this team! The Cossacks had a very proud coach after this game, and we look to keep improving off this win as we head into a very busy January schedule. GO COSSACKS!! ZA VERU!!

Comments from Mrs. Kersten

By Holly Kersten, School Counselor

The annual spelling bee was held on January 27. Written tests were given in the classes and the top three from grades 1-8 competed in the oral competition. The combined score from the written and oral competition determined the top speller from each grade. Participants in the spelling bee were: Shelby Adams, Bryn Nordquist, Gemma Oster, Trapper Kielman, Gavin Sobieck, Layla Swanson, Emery Adams, Carson Hauf, Silas Kittleson, Taryn Albert, Taelynn Cote-Kanning, Josie Whiteowl, Ryan Bingham, McCoy Kielman, Emma Wilcox, Raegan Albert, JonTae Cote-Kanning, Adam Zabka, Amanda Bingham, William Gagnon, Lainey Rockwell, Makayla Clyde, Gabriel Magallon and Natasha Roberts. Top Spellers for each grade were: 1<sup>st</sup> grade-Bryn Nordquist, 2<sup>nd</sup> grade-Gavin Sobieck, 3<sup>rd</sup> grade-Silas Kittleson, 4<sup>th</sup> grade-Josie Whiteowl, 5<sup>th</sup> grade-Ryan Bingham, 6<sup>th</sup> grade-Raegan Albert, 7<sup>th</sup> grade-Amanda Bingham, and 8<sup>th</sup> grade-Gabriel Magallon.

Grades 6-10 took the NWEA test on January 23-February 3.

Senior Week was January 30 through February 3. Everyone had lots of fun at the pep rally on Tuesday (1/31) afternoon where the teachers dominated the competitions! Seniors and their parents were recognized at the game on Tuesday night (1/31).

Juniors will be taking the ACT test on March 7.

NDSA testing window is March 13-May 5. Max Public School does not have their testing schedule complete, but tentative testing dates will be March 20 through April 7.

Randon Acts of Kindness week is February 14-February 20 with RAK Day being February 17. You cannot get through a single day without having an impact on the world around you. "What you do makes a difference. You just have to decide what kind of difference you want to make." Jane Goodall

GRATITUDE

Catherine Robertson published a blog on the Internet titled How Gratitude Can Change Your Life reflecting on the science of gratitude. In the September 2017 of the North Dakota Leaders Compass shared an excerpt from Dr. Robert Emmons book.

“Dr. Robert Emmons, Professor of Psychology at the University of California and author of *Thanks! How The New Science of Gratitude Can Make You Happier* has been researching gratitude for over eight years and states: ‘Without gratitude, life can be lonely, depressing and impoverished. Gratitude enriches human life. It elevates, energizes, inspires and transforms, and those who practice it will experience significant improvements in several areas of life including relationships,

academics, energy level and even dealing with tragedy and crisis.’

“What’s really interesting is that despite all of the scientific evidence and research that demonstrates the ability of gratitude to impact positive change to mood, motivation and mind-set, the daily practice of gratitude is not a widely adopted habit within our quick-fix, instant gratification society.

“Gratitude...is a term and concept that’s become increasingly trendy over the last few years, and the benefits of its practice are regularly written about in a variety of mainstream newspapers, magazines and blogs.


“*Forbes Magazine* last year published an article titled ‘Seven Scientifically Proven Benefits of Gratitude That Will Motivate

You to Give Thanks Year-Round’ and listed the following benefits:

- Gratitude opens the door to more relationships;
- Gratitude improves physical health;
- Gratitude improves psychological health;
- Gratitude improves empathy and reduces aggression;
- Grateful people sleep better;
- Gratitude improves self-esteem; and
- Gratitude increases mental strength.”

There is a tremendous wisdom in this information. I’ve found throughout my life that focusing on what I should be grateful for rather than what I didn’t have, or what I wished I could have makes me a happier person, most certainly. Can anyone out there tell me that saying “thank you” to your spouse, significant other, your child, your student, your teacher, your coach didn’t make them smile? Didn’t make a difference? Try to walk through life without saying it and notice the difference. The difference between the two is akin to the difference between the Caribbean and the North Pole.” What are you thankful for? Gratitude is something that can be year-long; not something that is for a specific time of the year.”

# NDSA



**WHEN**  
**Testing Window: March 13-May 5**  
**Tentative Schedule: March 20-April 7**


**PRACTICE TESTS/INFORMATION**  
\*<https://ndsa.portal.cambiumast.com/students.html>

**GRADES 3-8, 10**

**ROCK THE TEST**

- Get plenty of rest
- Eat a good breakfast
- Belly breathes
- Positive self-talk

**RESULTS**  
The test results do not tell the whole story. We use test scores, observations of in-class performance, and grades to form a complete picture of a student's achievement.



Dear Students,  
Now that the test is finally here, we don't want you to fear! You have learned a lot this year so far, so if you take your time we know you will be a testing star! Be careful to follow directions and read, and we know you will succeed! Relax and have confidence in all you do, because we believe in you!!!



The Cossack Column

January-February 2023

Volume 1, Issue 3

The mission of Max Public School is to encourage students to dream about their futures, believe in their abilities and assist in achieving their goals.

Superintendent Notes

Have you ever felt that there is never enough time and always trying to play catch up? That is the way I feel attempting to get a newsletter out on time. Happy New Year. As I look back on the month of January it was not as cold as it normally is, and my heating bill was lower than the previous month so I was happy. February is starting off on a warm note as well. We did have a long spell with fog. Many are wondering what that will bring in the days and weeks ahead.

A couple of weeks ago a message was sent over the automated system regarding make-up days for the days missed in November and December. We will be using February 16,17 and March 16. to make up 3 of the 5 days. Extra minutes built in the school day will account for the remaining 2 days.

At the January school board meeting we discussed virtual learning for those days we do not have school due to weather or some unexpected circumstance where school cannot be held. Preparations are being made and practice is being done so students can work from home should a storm day is needed. I don’t look to use virtual learning often, but the opportunity is there should it be needed.

The school board did approve the 2023—2024 school calendar at it’s January meeting. Calendars will be available in the main office and will be posted on the school’s website.

I did have the opportunity to attend a luncheon with legislators and area superintendents. It was a time for legislators to meet with superintendents from their legislative districts. Some of the questions revolved around school finance, school safety and library. It was an opportunity for legislators to find out how schools are doing and what the needs are.



Lincoln and Mrs., Langlais showing their age after 100 days of school.

If you have any questions regarding your child’s grades or if your child is having difficulty please take the time to contact their teacher(s). If you have not logged into PowerSchool to monitor grades please take the time to do that. If you have any questions please take the time to visit the teachers and with the administration.

On Friday, February 3 the elementary school celebrated 100 days of school. Generally speaking, the 100 day mark is a highlight that is celebrated by many.

The week of February 19th through February 25th is National FFA Week. The local chapter has planed a week of activities. Thanks to Mrs. Heuttl and the membership for making the local FFA chapter a success.

On the last page of this month’s Column there is an article on Gratitude. It was an article that I used a few years ago and felt it worthy of printing it again. I hope you enjoy it. Happy Valentines Day!!

From the desk of Mrs. Morgan  
Elementary Activities

Grades PreK6 students are participating in a free reading incentive program organized by the Minot Hot Tots Baseball team. Students receive prizes for reading based on a baseball diamond. The Team has provided incentives for reaching the students individual goals. These include a bookmark, pencil, eraser, and for the final incentive, a ticket to a game this summer. There will be many exciting reading activities during March for Reading Month.

We held our Spelling Bee on Friday, January 27<sup>th</sup> in our gym. The top 3 winners from grades 1-8 completed an oral round to determine a top speller in each grade. The top 3 spellers overall represented Max School at the County Spelling Bee on February 2<sup>nd</sup> in Washburn. Our top spellers were Gabriel Magallon, Makayla Clyde, and Amanda Bingham. Thank you to Mrs.

food for thought

Perseverance is a great element of success. If you only knock long enough and loud enough at the gate, you are sure to wake up somebody.

~ Henry Wadsworth Longfellow

Believe you can and you’re halfway there.

—Theodore Roosevelt

Every accomplishment starts with the decision to try.

— Gail Devers

National FFA Week

February 19-25, 2023

Max FFA Activities:

Prizes for students for dress up days!

**Monday:** No School-Max FFA members decorate for FFA Week

**Tuesday:** Farm Implement/ Agriculture Business Day

**Wednesday:** FFA Official Dress Day

**Thursday:** arm/Ranch Day; Dress Like your Favorite Animal

-Elementary Pep Rally to celebrate FFA Week!

**Friday:** FFA or Cossack Apparel Day

High School/Staff: "Guess the Jar" Activity in the Ag. Dept.





Kersten and the teachers for this opportunity for our students.

We also held an Elementary Talent Show on Friday, January 27<sup>th</sup> in the gym. Students played their musical instruments, danced, illustrated, and two teachers did a funny skit for us. We sure have a bunch of talented students here in Max. Thank you to Mrs. Kersten and the teachers for this opportunity for our students.

February 3<sup>rd</sup> was our 100<sup>th</sup> day of school. The students are excited to be 100 days smarter. The elementary classrooms completed many different activities related to 100. Students and staff were able to dress as if they were 100 years old, 100 years in the future, or in a color for senior week. Kindergarten used an app to see what they would look like when they are 100 years old.

### High School Activities

January 30<sup>th</sup> through February 3<sup>rd</sup> was Senior Week. There was a dress up theme for each day. We recognized the seniors on Tuesday, January 31<sup>st</sup> at the basketball game.

Academic Olympics will be held March 21<sup>st</sup> in the South Prairie School Gym starting at 1:00. We will have a 6-person team representing our school. Emily Fannik, McKenzie Hauf, Delaney Hankel, Erick Talbott, Mason Smith, and Delaney Ruhland.

### Testing

Grades 6-10 have been doing MAPS/NWEA testing for two weeks. This is an opportunity for us to see how much has been learned. Grades 1-6 do STAR testing to monitor their learning. Here are some helpful tips for students during a testing period. Getting a good night's sleep, a good protein rich breakfast, and a positive mind set are crucial to testing success. These tests are not graded but let teachers know about student learning. North Dakota State Assessment will be given to students in grades 3-10 in April.

### Drivers Education

If your child is in 9<sup>th</sup> grade and is interested in Driver's Education this summer, please let Karrie in the office know. It runs from June 26<sup>th</sup> to July 1<sup>st</sup>. The class is from 9:00 am to 3:00 pm in Velva. Transportation will be available. The cost for the course is \$200.

### Parent Information

If you have concerns regarding your child's grade or assignments, please contact the teacher directly. Their emails are on our website, or you may call the office and leave a message. 701-679-2685. Encourage your students to visit with their teacher if they have questions.

### Thank You!

Thank you to RTC for providing the crowd with foam fingers on Saturday, January 28<sup>th</sup>.

## Speech begins a new season

*By Mr. Nyssa Stroschien, Speech Coach*

The Max South Prairie Speech team kicked off its second year on February 4th with a meet at Minot High Central Campus. With a team of fourteen, Coaches Nyssa Stroschein and Paula Rauschenberger are excited to watch the students gain confidence and have fun. This speech season is short, with only six meets running in February and March. Less meets mean fewer opportunities to qualify for Regionals, but the students are chompin' at the bit to compete! Regionals are on April 1st in Mohall.

## Max to participate in math meet

*By Mr. Jade Larson, Math Instructor*

Students from Max will be attending the DHS/DSU Math Meet on February 22nd, 2023 beginning at 9:00 AM Mountain Standard Time. We will be leaving Max around 6:00 AM Central Time, stop-

ping in Bismarck for breakfast. The competition includes a lightning round, an algebra test, geometry test, advanced math test, a written team test, and a buzzing team competition. Students will have lunch provided by the DSU student center dining room. The top 4 individual scores on each test will earn an award as well as the top four teams. We will be stopping through the Dairy Queen in Beulah on the way home and getting back to Max about 5:30 PM Central Time. Students representing the 5-person team from Max are Seniors Emily Fannik, McKenzie Hauf, Delaney Ruhland, Sophomore Delaney Hankel, and Freshman Hattie Heer.

## The Countdown to Spring....Sports

By Lesli Talbott - Activities Director

Monday, March 20th, is the first day of spring and also the opening day of practice for our Cossacks Softball and Royals Baseball players. Track and Field practice is right around the corner (February 27th). With snow still on the ground, it's hard to believe that we will soon be cheering on our kids outside. Good luck to our basketball and wrestling teams as they approach tournament time.

## Music notes

This month our high school band and choir will be hard at work preparing songs for the Region 8 Large groups at MSU. We hope to share the sounds of our efforts with you soon! In other news, our pep band has enjoyed helping bring Cossacks spirit to our home basketball games.

## "Fun food facts!"



"Fun Food Facts" were great today! I got to eat chick peas!" Has your elementary age child come home and shared an activity or fact they learned about agriculture from school in the last couple months? If so, it is more than likely it is something

they learned from the Max Agricultural Education students through our Agricultural Literacy Committee. During the months of December, January, February, and March, students that are enrolled in agriculture classes prepared different units to teach our elementary classes about a large variety of agricultural commodities and occupations. The topics, lessons, and activities are designed by students on the Agricultural Literacy Committee (Emily Fannik, Hattie Heer, Delaney Hankel, and Kierra Bennett-Boedicker, Jaeda Wohlk). The committee gathers the needed materials for the activity and a food product for the students to try that is made from the agricultural commodity that is being discussed for the day. The goal of the committee is to educate students about agriculture, expand student knowledge about agricultural facts, help students have a greater understanding of where their food comes from, and finally challenge students to try new agricultural products. The Max Agricultural Education students have been providing this experience for our elementary students since 2017. This year the students have learned about squash/gourds and chick peas. Let's see what the Agricultural Education students have in store for February and March! So the next time your child would like you to purchase some squash chips or hummus, give it a try and expand your knowledge about the great variety of agricultural products that are out there to enjoy.

## Miss Dukart student teaches

Greetings! My name is Iris Dukart and I am currently student teaching under Mrs. Amanda Huettl this semester in Max. I am currently a senior at North Dakota State University majoring in Agricultural Education with a minor in Extension Education and will graduate in May. After graduation, I intend to teach Agricultural Education and advise FFA at a high school in North Dakota.



I am originally from Manning, ND where I grew up on a diversified farm and ranch. My family raises Angus and Red Angus cattle as well as a variety of small grains and forage crops.

From a young age, agriculture has always been a huge part of my life and development. Growing up on a farm and ranch, I learned the core values of hard work, a strong work ethic, dedication, and responsibility. This was translated into my school-work where I worked hard and was actively involved in many organizations in high school including 4-H and FFA.

I always knew that I wanted to have a career in agriculture and found that Agricultural Education combined the best of both worlds allowing me to teach people about agriculture while fostering the growth of our future leaders. In the next few months, I am excited to continue teaching under the guidance of Mrs. Huettl and gain knowledge and skills that I can take back to my future program!

## Max FFA Excels at the ND State FFA Leadership Development Events

*By Josie Wenger, Max FFA Reporter*

The Max FFA Chapter achieved great things at the ND FFA District II Leadership Event which led to the advancing of many members to state competition at the ND State FFA Leadership Development Event (LDEs) held in Bismarck on January 19th. This was very exciting for our members because only the top two teams or individuals in each event from each district advanced to this level of competition.

Our Parliamentary Procedure Team came together after weeks of practicing and hard work to receive a gold award and place fifth at the ND State FFA Parliamentary Procedure Event. The team consists of seven members each given a specific role in the Parliamentary Team. The members consist of; (President) Emily Fannik, (Vice President) Shelsey Brandvold, (Secretary) Madison Whiteowl, (Treasurer) Gracie Hauf, (Reporter) Josie Wenger, (Sentinel) Mason Smith, and (Student Advisor) Delaney Hankel.

For the second year, the ND FFA has added the Conduct of Chapter Meetings event. This event allows younger members to learn parliamentary procedure at a lower level. The Max FFA did their best at competition working tirelessly and receiving a silver reward and placed fifth. The members of this team consisted of: (President) Hattie Heer, (Vice President) Tate Heer, (Secretary) Gabe Scheresky, (Treasurer) Calen Rohrbach, (Reporter) Danny Kersten, (Sentinel) Jetta Wohlk, and (Student Advisor) Stetson Brandvold.

The Max FFA Advanced Quiz Team received a bronze award. Members are quizzed on numerous FFA and agricultural educa-

tion facts in a written test. The members of this team consisted of Emily Fannik-silver, Shelsey Brandvold-bronze, Gracie Hauf-bronze, Delaney Hankel-bronze, and Calen Rohrbach-bronze. Shelsey Brandvold also participated in the state Extemporaneous Public Speaking Event and received a silver award.



Max FFA Conduct of Chapter Meetings Event: Silver, 5<sup>th</sup> place: (L-R) President Hattie Heer, VP Tate Heer, Secretary Gabe Scheresky, Treasurer Calen Rohrbach, Reporter Danny Kersten, Sentinel Jetta Wohlk, and Student Advisor Stetson Brandvold.

As the day progresses, four finalists are selected in the public speaking areas, parliamentary procedure, and conduct of chapter meetings. The Max FFA was proud to have two state finalists. Emily Fannik participated in the Prepared Public Speaking Event. As a finalist she received gold and participated in the final round. Hattie Heer participated in the Creed Speaking Event also receiving gold as a final four participant.

The Max FFA Chapter did a great job representing their school and community! All the hard work and time put into their events really paid off. Congratulations to all the members and their achievements!

The Max Cossacks Boys' basketball team took the court this weekend in Garrison for the McLean County Shootout. The boys played a tough Warwick team on Friday. The game started well for the Cossacks, playing at our pace and slowing the game down. The score was 14-16 in favor of the Warriors after the 1<sup>st</sup> quarter. After that, the experience and quickness of Warwick made things tough on the boys. We struggled to rebound and take care of the ball which carried Warwick to the win, 75-37. Senior Captain Cole Huesers was the Cossacks leading scorer with 15 points, 7 rebounds and 3 assists. He also went 5/5 from the free throw line.

## McLean County Shootout

*By Mr. Jade Larson, Head Boys' BB Coach*

On Saturday, the Cossacks took on the Divide County Maroons in the second to last game of the night. Divide County came into the night with a record of 5-0. The Cossacks started slow in this game, allowing 39 points in the first half and going into the locker room with a 15-point deficit. You could see the legs weren't quite there yet from the game the day before as a lot of shots were coming up short. We made a couple adjustments in the locker room at halftime and talked about grinding away at the lead. The boys came out strong right away in the second half going on a 15-2 run cutting the lead down to 2 points. In the fourth quarter, we had some guys hit some big shots and sink free throws, which ending up being the difference in the game.