

NORTHERN CASS

MAY

16021 18th St. SE, Hunter, ND 58048

Phone: 701-874-2322

Fax: 701-874-2422

Website: www.northerncassschool.org

Twitter: #NCSD97

Dr. Cory Steiner- Superintendent
Crysta Schenck- Elementary Principal
Doug Margerum- Secondary Principal
Bryce Laxdal- Activities Director
Sam Johnson- Dean of Learners
Paige Carlson- Business Manager

UPCOMING EVENTS

May 4-5- Level 8 Field Trip (Bismarck)

May 5- Family Night (PK-5)

**May 6- Senior Capstones (2 hour late start for
9-12 learners only)**

**May 10- Levels 1-4 Spring Concert
(Levels 1-2 6:00PM) (Levels 3-4 7:00PM)**

**May 12- Levels 5-12 Band Concert (6:00PM)
Levels 5-12 Choir Concert (7:00PM)
Fine Arts Night
Board of Education Meeting (5:30PM)**

May 13- Elementary Field Day

**May 18- Junior/Senior Banquet (5:00PM)
Senior Awards Ceremony (6:00PM)
Baccalaureate (7:00PM)
Level 1 Field Trip (Chahinkapa Zoo)
Level 3 Field Trip (Bonanzaville)**

May 19-State of the District Address (Virtual)

**May 20- Preschool Field Trip (Red River Zoo)
Level 2 Field Trip (NDSU Farm)**

May 24- Levels 4 and 5 Field Trip (Bismarck)

May 25- Preschool Program (2:00PM)

May 26- Kindergarten Program (9:00AM)

LAST DAY OF SCHOOL- Dismiss at 1:00PM

May 27- Driver's Education (8:00AM-2:00PM)

May 29- Graduation (2:00PM)

May 31- Driver's Education (8:00AM-2:00PM)

SPORTS SCHEDULES

www.northerncassschool.org/page/athletics-home

Thank you for the everlasting impact
you have had on the Northern Cass
community. Enjoy your retirement, it
is well deserved.



Patsy Holm
Bus Driver and Custodian
26 years



Heidi Salwei
Math Educator
21 years



Judy Gingrey
Kindergarten Educator
20 years

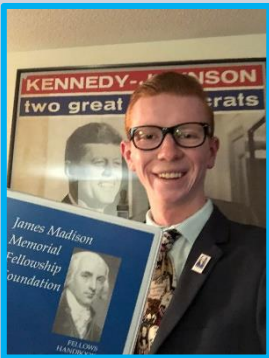


Lee Burgad
Kindergarten Educator
16 years

Congratulations



Megan Margerum-Level 3 Educator
Cass County 2022 Teacher of the Year



Gage Sitte- Secondary Social Studies Educator
Recipient of the North Dakota 2022
James Madison Graduate Fellowship



Halle Crockett-Senior
2021-2022 Northern Cass nominee for the
NDHSAA Distinguished Student Award



Abby Richman- Senior
Recipient of the \$20,000 Barry Foundation Scholarship

Logan, Jack, Abby, and Braxton (Landon and Ashley have also participated this season) all represented Northern Cass at the ABLE Games. They got to work out with some pretty amazing celebrity guests such as Connor McGovern, Sam and Jen Dancer, and Mat Fraser. To prepare for the Games, our team of learners has been going to workouts with these celebrity guests as well as working out with some Bison football players. It has been an incredible experience where our learners have been able to challenge themselves, grow in confidence, and find a passion for physical fitness.

To end the ABLE Games Season, our very own Logan Gonzalez earned first place and received a \$500 prize! We are so proud of all of our learners' hard work and perseverance at this fantastic event!



Northern Cass attended the National Honor Society's spring state convention in Bismarck on April 24-25. Jana Russiff (grade 11) was elected to serve on the State officer Team for the North Dakota Association of Honor Societies for 2022-23!



Congratulations to our newly inducted National Honor Society Members. These learners show characteristics of leadership, service, and involvement in their communities. They will be recognized at the induction ceremony in May.

New Inductees for 2022-23

Greta Clouse
Cady Evenson
Riley Johnson
Ben Klemen
Landon Nicholas
Nolan Severance
Makayla Allmaras
Hannah Cederberg
Josie Jensen
Kylin Kemmet
Ellie Lucas
Emma Schirado
Jace Steinberger
Kayla Tretter



THANK YOU

A huge THANK YOU to all the community members, staff, and learners who signed up and donated blood on Wednesday, April 27th during the National Honor Society sponsored Blood Drive at Northern Cass. You are all heroes! Also, a huge THANK YOU to the staff and administration for the support to sponsor this Blood Drive and to our custodial staff, for help with setting up. It wouldn't be possible without our team approach.

Senior Class of 2022

End of the Year Items for Seniors to Know

1. *Caps and Gowns Distribution- May 5th at 12:30pm - East Gym lobby*

2. *Jr/Sr. Banquet- May 18th at 5:00PM*

In the Commons

Only for Juniors and Seniors learners - Parents, please come at 6:00pm for the awards presentation.

3. *Senior Awards Night- May 18th at 6:00PM*

In the Auditorium

All are welcome to attend.

4. *Baccalaureate- May 18th at 7:00PM*

In the Auditorium

All are welcome to attend.

5. *Graduation Practice-May 26th at 11:00AM (Must be in attendance for practice if walking in graduation ceremony, bring cap and gown, last lap in elementary begins at 10:30AM)*

6. *Senior BBQ Date – Tuesday, May 24th*

In the East Lobby

7. *GRADUATION-Sunday, May 29th at 2:00PM-Seniors arrive at 12:30PM-
Doors open at 1:00PM for the public*

SPRING MUSIC PROGRAMS

Broadway Beat!

Levels 1-4 Spring 2022 Concert

We are proud to present our Spring 2022 Concert of Broadway Showstoppers!
Please read all of the information below & let us know if you have any questions.

Concert Date & Times -



Tuesday May 10th, 2022

Levels 1 & 2 @ 6:00pm

Levels 3 & 4 @ 7:00pm



Located at Northern Cass West Gym



WEDNESDAY, MAY 25

PRESCHOOL PROGRAM (2:00PM)

NO PRESCHOOL MAY 26

THURSDAY, MAY 12

5-12 BAND CONCERT (6:00PM)

5-12 CHOIR CONCERT (7:00PM)

THURSDAY, MAY 26

KINDERGARTEN PROGRAM (9:00AM)

LEARNERS WILL LEAVE WITH PARENTS

AFTER THE PROGRAM

AFTER THE PROGRAM

LEARNERS WILL LEAVE WITH PARENTS



May 12

Enjoy all the amazing artwork before and after the band and choir concerts. There will also be a learner artwork sale before the concerts starting at 5:00PM



ALL LIBRARY BOOKS OR FINES ARE DUE ON MAY 13

**THE LIBRARY WILL BE OPEN THIS SUMMER ON THE FOLLOWING DATES FROM
9 AM - 1 PM WITH PROGRAMMING STARTING AT 10:30.**

JUNE 8

JUNE 22

JULY 6

JULY 20

AUGUST 3

NORTHERN CASS SCHOOL DISTRICT ANNUAL SCHOOL BOARD ELECTION

TUESDAY, JUNE 14, 2022
7:00 AM - 7:00 PM

POLLING SITES:

Northern Cass School

Arthur, Erie, Gunkel Townships
City of Arthur
Empire, Amenia, Rush River Townships
Berlin and Harwood Townships
City of Argusville
Gardner and Wiser Townships
City of Gardner
Kinyon and Noble Townships
City of Grandin
Dows, Hunter and Bell Townships
City of Hunter

Mayville Armory

Blanchard, Bohnsack, Elm River,
Greenfield and Kelso Townships

ABSENTEE BALLOTS: will be available May 5th through the Cass County Auditor by calling 241-5601.

EARLY VOTING: Cass County will also have Early Voting available at Northern Cass School on Monday, June 6th from 10:00 AM to 6:00 PM.

BOARD POSITIONS OPEN:

AREA #2 - 3 YEAR TERM (City of Arthur, Arthur Township)

AREA #3 - 3 YEAR TERM (City of Grandin, Elm River Township,
Kelso Township, Kinyon Township Sec.1-18,
Noble Township Sec.1-18)

AREA #7 - 3 YEAR TERM (At Large – rural seat – cannot reside in city of
Arthur, Hunter or Grandin)



Water safety for children from birth to age 4

Children less than 1 year old are more likely to drown at home than in a public pool. You can prevent drowning by:

- limiting access to the bathroom
- installing toilet latches
- dumping buckets as soon as you're done with them
- dumping pools as soon as you're done with them

Kids are curious, fast, and have no sense of danger.

Never leave small children unsupervised around any water. **Nothing replaces supervision.**

Children ages 1 to 4 are the most likely age group to die of drowning.

Children aged 1 to 4 are most likely to drown in home swimming pools:

- Remove toys, floats, and games that might attract children to the pool.
- Home pools should be surrounded on all sides by a 4-foot high, self-latching fence facing outward with high latches.
- Having an alarm on the back door leading to the pool or using a pool cover is not an effective way to prevent drowning.
- 4-sided fences reduce the risk of drowning by 83% compared to 3-sided fences connected to the house.
- If you own a pool, all adults in the house should be trained in CPR.
- Above ground and portable pools can also be dangerous because most have no barriers around them.

Adults with swimming skills should be within arm's length of infants and toddlers near bodies of water.

Adults should never be distracted by cell phones, chatting with others, or drinking alcohol when they are watching small children.

The ideal ratio of adults to children is 1:1.

Air-filled or foam water toys (noodles, inner tubes, water wings) will not keep a swimmer safe from going under water.

Enrolling your child in swim lessons when they are ready can add a layer of protection.

Swim lesson locations

Foss Swim School (6 months to adult)
1615 38th Street S., Fargo ND 58103
(701) 809-7946

Hulbert Aquatic Center
620 7th Avenue East, West Fargo, ND 58078
(701) 356-7630

Family Wellness (6 months to adult)
2960 Seter Parkway, Fargo, ND 58104
(701) 234-2400

YMCA of Cass and Clay Counties (6 months to adult)
400 1st Ave S, Fargo, ND 58103
4243 19th Ave S, Fargo ND 58103
(701) 364-4168

Water safety for teenagers

The percentage of drownings increases with age.

Teenagers are more likely to drown in a lake, river or ocean than in a pool.

Teach older children how to:

- watch weather conditions
- obey warning signs
- stay away from unsupervised locations
- swim with a buddy
- understand that alcohol can impair judgement

Swimmers should know the depth of the water. Jumping and diving can cause injury in shallow water.

Swimmers should know the tides, waves, and water currents when going into a body of water.

Teenage boys are ten times more likely than teenage girls to die from drowning.

Death is even more likely in black and native children.

If your child has an underlying medical problem, such as seizure disorders, watch them closely near water.

Bathtubs are the most likely site of drowning for those with seizure disorders. It is better to shower than to take a bath if the child is not supervised.

Encourage older children to take showers instead of baths.

Do not go out on weak or thawing ice.

If you own a pool, all adults in the house should be trained in CPR.

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(701) 364-4168

Fargo Park District (4-14)
Davies Recreational Pool, Fargo South High Indoor Pool, Island Park Pool, Madison Pool & Splash Pad, Roger G. Gress Northside Pool
Register online

Water safety for school-aged children

Children need to learn water safety as a life skill like tying their shoes.

Children should start swimming lessons after their 4th birthday.

Swim lessons provide one layer of protection against drowning, but you must still watch them. The unexpected happens. **Nothing replaces supervision.**

Teach children to never swim alone or without adult supervision.

The safest place for swimming should have a lifeguard close by.

Air-filled swimming aids are not a substitute for life jackets certified by the US Coast Guard. Pool toys and water wings give a false sense of security.

Home pools should be surrounded on all sides by a 4-foot high, self-latching fence facing outward with high latches.

- Having an alarm on the back door leading to the pool or using pool covers are not effective ways to prevent drowning.
- 4-sided fences reduce the risk of drowning by 83% compared to 3-sided fences connected to the house.

If you own a pool, all the adults in the house should be trained in CPR.

Above ground pools can also be dangerous because most have no barriers around them.

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If you have a child with an underlying medical problem, such as seizure disorders, you must watch them closely near water.

Bathtubs are the most likely site of drowning for children with seizure disorders. They should shower rather than take a bath if the child is not supervised.

Do not go out on weak or thawing ice.

Life jackets are legally required on watercraft for children under 13 years old.

Swim lesson locations

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Family Wellness (6 months to adult)
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(701) 234-2400

YMCA of Cass and Clay Counties (6 months to adult)
400 1st Ave S, Fargo, ND 58103
4243 19th Ave S, Fargo ND 58103
(701) 364-4168

Fargo Park District (ages 4 to 14)
Davies Recreational Pool, Fargo South High Indoor Pool, Island Park Pool, Madison Pool & Splash Pad, Roger G. Gress Northside Pool
Register online



FARGO CASS PUBLIC HEALTH
1240 25th St S
Fargo, ND 58103
Phone 701-241-1360
Fax 701-298-6929
www.cityoffargo.com/health



Northern Cass learner's last day to receive medication is May 26, 2022

Medication left in the medication cart will **not** be sent home with your child.

Please pick up the medication at the school by Friday, June 3, or we will properly dispose of the medication.

Thank you and have a great summer!

Nurse Pam

The mission of Fargo Cass Public Health is to assure a healthy community for all people through on-going assessment, education, advocacy, intervention, prevention and collaboration.

NURSE'S CORNER: Sun Safety

As summer arrives, exposure to the sun's damaging rays increases. The best protection against sun damage is preventing it from occurring. A suntan is not a sign of good health but is a result of injury to the skin. All skin types can suffer sunburn, premature aging and skin cancer. The following tips will protect your skin during outdoor fun...

Always apply sunscreen 20 minutes before going outdoors and use a generous amount. Reapply every 2 hours and after sweating or swimming. Sunscreens are used for adults and children age 6 months and older.

Choose a **sunscreen** that is:

- "Broad spectrum". This protects against both Ultraviolet (UVA and UVB) rays.
- SPF (Sun Protection Factor) of 30 or greater.
- Water Resistant.

Cover Up. For prolonged periods of sun exposure, wear clothing that is tightly woven and loose fitting. Ensure that clothes will screen out harmful sunlight rays by placing your hand inside that garment and making sure you cannot see your hand through it.

Wear sunglasses that block 99-100% of UV radiation. This will greatly reduce sun exposure that can lead to cataracts or other eye damage.

Apply lip balm that contains sunscreen because lips sunburn too.

Seek shade whenever possible. Shadow Rule of thumb: if your shadow is shorter than you are, the sun's rays are at the highest intensity, and you are at greater risk for sun damage.

Drink plenty of water to prevent dehydration while outside in the heat.

Avoid "peak" sunlight hours of 10 am to 2 pm for prolonged periods. Remember that 80% of the sun's rays can pass through clouds and reflect off sand, water, concrete, and snow.

May 2022

INTRO TO

SELF- DEFENSE



**SCAN HERE TO READ
MORE ABOUT
FALLOUT SHELTER**

**PERFECT FOR GRADUATING
SENIORS OR LEARNERS
TRAVELING INDEPENDENTLY**



**SCAN HERE TO
REGISTER FOR THE
TRAINING!**



**ALL PARTICIPANTS
AGE 12 OR OLDER
WELCOME!**

**TUESDAY
31
MAY**

**\$40
PER PARTICIPANT**

PREPARATION IS KEY.

Join us for a 4-hour learning opportunity about the basics of self-defense. Professional trainers from Fallout Shelter in Watertown, SD will be at Northern Cass on May 31 from 1:00 pm to 5:00 pm.

This course will include pre-attack and threat recognition, de-escalation skills, fear management, and physical tools for self-defense and escape.

This class will help you understand what your body can do and how to utilize the way you were created to detect danger and protect yourself and your loved ones.

**INVEST SOME TIME IN YOURSELF AND YOUR SAFETY.
THERE ARE FEW SKILLS MORE CRITICAL TO KNOW
BEFORE YOU NEED THEM.**

**PLEASE CONTACT MARGO.WALTER@NORTHERNCASSSCHOOL.COM
WITH ANY QUESTIONS.**

Skipped a Year(book)?

CHECK YOUR BOOKSHELVES
FOR THESE CLASSIC NC
PUBLICATIONS.

CONTACT MARGO WALTER TO PURCHASE
MARGO.WALTER@NORTHERNCASSSCHOOL.COM

2017 **\$20**

- Europe Trip 2016
- Annie (2017 Musical)
- Coach Craig Lachowitzer's Last Football Season



2019 **\$30**

- Yearbook earned an Honorable Mention from publisher's best of the year
- Grease (2019 Musical)
- Volleyball Places 4th in State



\$45 **2020**

- COVID Shutdown
- One Act Places 3rd in State
- Yearbook recognized as one of the publisher's best of the year



\$50 **2021**

- Homecoming Bonfire
- Volleyball Places 4th in State
- Masks and Social Distancing



NOTE: THE **2018** YEARBOOK SOLD OUT BEFORE THE END OF THAT YEAR. A GOOD REMINDER TO PRE-ORDER TO GUARANTEE YOU CAN GET IT!



LAST CHANCE *Pre-Order*

2022 YEARBOOK

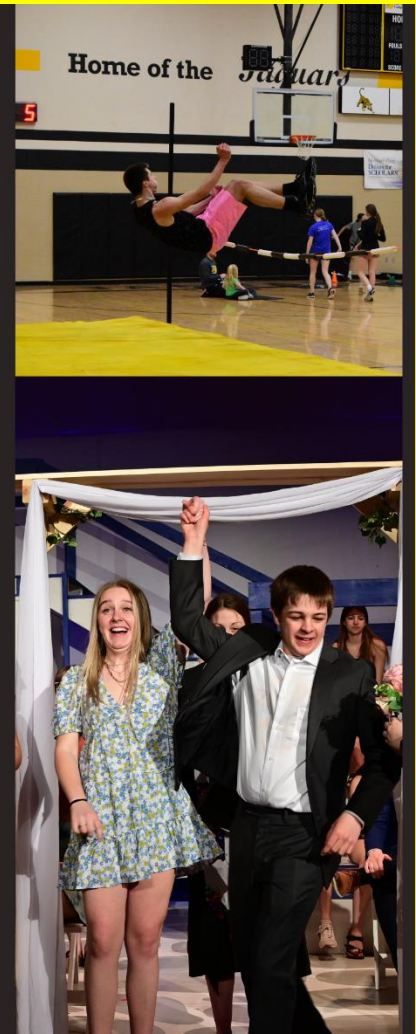
\$60 each



Pre-orders are the only way to guarantee you will get a 2022 yearbook.



We are currently about 20 books away from selling out already.



May

2022

* Whole grain bread, fruit and vegetable available daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Banana Bread, Fruit, Milk Garlic French Bread, Marinara Sauce, Corn, Salad Bar, Berry Cup, Milk	3 Chocolate Chip Breakfast Bar, Fruit, Milk Meatballs in Gravy, Mashed Potatoes, Salad Bar, Applesauce, Milk	4 Cinnamon Streusel Muffin, Fruit, Milk Scalloped Potatoes w/Ham, Broccoli, Salad Bar, Pears, Milk	5 Nutri Grain Bar, Yogurt, Fruit, Milk Walking Tacos, Toppings, Salad Bar, Peaches, Milk	6 Waffle Bites w/Syrup, Fruit, Milk Corn Dogs, Tator Tots, Salad Bar, Strawberry Cup, Milk	7
8	9 Strawberry Pop Tart, Fruit, Milk Chicken & Cheese Taquitos, Spanish Rice, Salad Bar, Fruit Cocktail, Milk	10 Apple Frudel, Fruit, Milk Big Daddy's Pizza, Corn, Salad Bar, Apples, Milk	11 Yogurt & Fruit Parfait, Graham Cracker, Milk Chicken Parmesan w/Pasta, Breadstick, Salad Bar, Bananas, Milk	12 Blueberry Muffin, Fruit, Milk Chili, Caramel Roll, Salad Bar, Pears, Milk	13 French Toast Bites w/Syrup, Fruit, Milk Stuffed Cheese Sticks, Green Beans, Salad Bar, Peaches, Milk	14
15	16 Strawberry Bagel, Fruit, Milk Chicken Strips, Mashed Potatoes, Salad Bar, Strawberry Mango Cup, Milk	17 Rice Krispie Bar, Yogurt, Fruit, Milk Sloppy Joes, Baked Beans, Salad Bar, Oranges, Milk	18 Banana Chocolate Chip Muffin, Fruit, Milk Pulled Pork, Mac & Cheese, Salad Bar, Pineapple Tidbits, Milk	19 Lemon Bread, Fruit, Milk Chicken Bacon Ranch Pasta, Pears, Breadstick, Salad Bar, Mixed Berry Cup, Milk	20 Cini Mini, Fruit, Milk French Toast Sticks, Sausage, Hashbrown Patty, Salad Bar, Pears, Milk	21
22	23 Apple Frudel, Fruit, Milk Chicken Sticks, Hashbrown Patty Salad Bar, Peaches, Milk	24 Cinnamon Pop Tart, Fruit, Milk Big Daddy's Pizza, Corn, Salad Bar, Apples, Milk	25 Long John w/Choc Icing, Fruit, Milk Chicken Patty on Bun, Salad Bar, Watermelon Cup, Milk	26 Waffle Bites w/Syrup, Fruit, Milk Hot Dogs, Chips, Salad Bar, Strawberry Cup, Milk	27	28
29	30					