



**Our Why:** We believe every learner can change the world; therefore, we will provide a world class education.

**Our Values:** Northern Cass will commit to purposefully build trust, develop authentic relationships, and engage in innovative practices which will empower learners to be choice ready.

**Our Collective Commitment:** We are dedicated and passionate about teaching and learning, self-reflection, acknowledging greatness, and service to the Northern Cass community. We are driven towards continuous improvement.

Families,

Please read for updates related to Northern Cass:

1. **IMPORTANT--Parents Picking Up Learners After School:** It is important for those of you picking your learners up after school to form a line in the east parking lot when picking up your children. For the safety of our learners, we don't want you parking in the lot and having the kids cross the parking lot to meet you, or driving up past the other cars to get your learners.
2. **Family-Educator Conferences:** We will be hosting Family-Educator (Parent-Teacher) conferences on Monday, October 17th from 3:00-9:00 (in-person). We are transitioning to a one day event in the fall due to a significant number of educators who will be gone on Tuesday, October 18th for a professional learning opportunity. We will dismiss at 2:40 and buses will leave at 2:50. Further details will come soon.
3. **Flu Shot Clinic:** Will coincide with Family/Educator conferences October 17th from 4:00-7:00.
  - \*Flu shots will be available for ages 3 years old and up
  - \*There will be a limited supply of the nasal vaccine available, please call the pharmacy directly if interested.
  - \*Most insurances accepted, if you have Cigna insurance, please call your insurance company first to be sure you're covered.
  - \*Medicaid ONLY accepted for those 18 and over.
  - \*Uninsured cash price for the flu shot is \$40, senior (age 65+) flu shot is \$80 and the nasal vaccine is \$45. [Sign up here](#) Please call Arthur Drug at 701-967-8900 with any questions.
4. **PK Virtual Meeting for the 2023-24 School Year:** Northern Cass will be hosting a virtual meeting for families interested in our preschool program for the upcoming year via Zoom on **October 17th** at 6:00 p.m. You can connect by clicking on [PK Meeting](#).
5. **Positions Open** (email [Cory.Steiner@northerncassschool.com](mailto:Cory.Steiner@northerncassschool.com)):
  - a. Paraprofessional (one position)
  - b. Bus Drivers (multiple positions)
6. **Full Service Community Schools Site Coordinator Appreciation Week:** Thank you to Amber Lockhart for all she does to help us create a Full Service Community School as our Site Coordinator. Learn more about what she does in this role: [Site Coordinator Appreciation Week](#)
7. **Congratulations** to Nolan Severance on being named a National Merit Scholarship Semifinalist!
8. **Congratulations** to Eleise Sand as she enlisted into the ND Air National Guard this week. She chose an Intel job that works with the MQ-9 Reaper.
9. **Hall of Fame:** We will be inducting Randal Moen, Kelley Lockhart, and the 2013 Northern Cass Volleyball Team. The banquet to honor them will be held October 6. Tickets are \$10 (for community members). Seating is limited. If you would like to attend, please RSVP by September 26 to [mary.howatt@northerncassschool.com](mailto:mary.howatt@northerncassschool.com).
10. **Board of Education:** Does the Northern Cass School District have a reserve fund or carryover dollars?

- a. A few years back the Northern Cass School Board set a goal to carry over 12%-15% of its expenditure budget each year. On June 30, 2022, the end of the fiscal year Northern Cass Public School had a balance of \$2,010,894.91. This is 21.4% of the projected expenditure budget for the 2022-23 school year.
11. **Free/Reduced Applications:** If you filled out an application last year, it expires September 30. If you don't fill out a new one (and get approval), your status returns to PAID on October 1. You may fill one out at any time. Contact [carrie.petersen@northerncassschool.com](mailto:carrie.petersen@northerncassschool.com) with questions.
12. **Compassion Fatigue:** We know your child's mental health can affect more than just your child. Are you emotionally and physically exhausted? When a parent or caregiver naturally supports someone going through a significant traumatic event, they can experience Compassion Fatigue. It is often referred to as "the cost of caring". The October Mental Health Newsletter focuses on Compassion Fatigue which outlines nine signs of compassion fatigue and provides suggested actions you can take to protect your own mind, body, and spirit. Your child's mental health is important and to continue to help your child, it is important that you are first taking time for your OWN mental health needs so you can be there for your child! [October Mental Health Newsletter](#)
13. **The Jaguar Wellness Pantry and Lunch Repack is Open!** If your child or family is in need - contact us at [pantry@northerncassschool.com](mailto:pantry@northerncassschool.com).
14. **We are currently in need of the following items in the Wellness Pantry:** Juice (apple & Capri Sun), fruit snacks, fruit cups, breakfast bars, granola Bars, beef jerky sticks, jelly, pasta sauce, canned vegetables, tampons, small kid shoes (early elementary sizes). Donations may be dropped off at school in the Wellness Pantry collection boxes located near the entrances.
15. **Level 6 Podcasts:** Last spring, Mrs. McPherson's Level 6 learners did community research and presented what they learned through podcasts. This week: [Erie](#).

Vulnerability happens  
when we're feeling vulnerable  
and we reach out to someone.

Vulnerability doesn't happen  
when we post how we feel  
on social media.

@simonsinek

Dr. Cory J. Steiner  
Superintendent for Northern Cass School District