



Northern Cass School District No. 97

Home of the Jaguars



Northern Cass School District 97
16021 18th St. SE
Hunter, ND 58048
Phone: (701) 874-2322 Fax: (701) 874-2422
Web Site: www.northerncassschool.org

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

To the community members of the Northern Cass School District,

On October 5, Northern Cass School and Essentia Health met with community leaders and key partners to discuss a potential project that could benefit everyone in our district - a Community Health and Wellness Center to be located at Northern Cass School. This idea comes out of many conversations with Essentia Health, school district partners, community members, local organizations, and staff around the work of being a Full-Service Community School. We are excited to now share this idea with you.

This potential project has many parts. Included you will find a document that highlights some possible uses for the space. We ask that you review the information and talk with your city council members. Should this project move forward, community feedback forums will be held in partnership with Northern Cass and your local leadership to ensure we gather feedback on the needs of your community.

What this project Is Not

- A bond referendum
- A project which will cost you money
- More classroom space for the school
- A gym
- Competition with local community gathering spaces
- Complete; the pieces are not set in stone, and we are seeking community ideas

What this project Is

- A brand new idea in the state of North Dakota!
- A preventative care clinic staffed by Essentia
- A space for community education, wellness and combating food insecurity
- A partnership with local and statewide organizations/businesses
- A project paid for with funding from identified key partners/sponsors and grants
- An opportunity to meet needs and look toward the future of our communities
- A way to attract young families and keep older citizens in their homes
- An opportunity to retain amazing educators
- A place for everyone in our community

We are thrilled to introduce this opportunity to think about the future of rural North Dakota and our communities!

Sincerely,

Dr. Cory Steiner
Northern Cass Superintendent

Kerry Carlson
Senior Director of Operations, Essentia Health

Attachment: Community Health & Wellness Center One-Pager



NORTHERN CASS SCHOOL **Community Health & Wellness Center**

HEALTH CENTER

Increase rural access to preventative healthcare from birth to seniors

- Medical Healthcare
 - On site and telehealth access
 - Preventative care, chronic illness management
 - Vaccination clinics
- Dental
 - Screening, sealants, preventative care, referrals
- Vision
 - Screening, eyeglasses, referrals
- Physical Therapy / Occupational Therapy
- Mental Health
 - One-on-one counseling
 - Group and family counseling services
- CTE pathway for health sciences
- Increased opportunities for health curriculum
- Phone app for easy scheduling



WELLNESS PANTRY

Great Plains Food Bank Partner

- Secure, electronic 24/7 outside access
- Refrigeration / freezer space for fresh fruits, vegetables and dairy
- Shelf-stable groceries, personal care items and basic household supplies
- Open to learners, families, and the community
- FCCLA club prepares frozen meals for reheating at home
- Pop-up pantry location with Great Plains Food Bank



COMMUNITY MOVEMENT & LEARNING SPACE

Multi-purpose space for collaborative community learning

- Community event and meeting space
- Mini indoor walking track
- Community activity / club space
- Welcoming family space
- Community education
- Career development and/or retraining for adults
- Internet access



Dividable space for community classes and training, including but not limited to:

- CPR/First Aid, group counseling, health education, hunter education and safety
- Career development and internships for learners
- Classes for senior citizens



CHILDCARE & SENSORY AREA

Childcare for educators/staff

- Increased early childhood learning
- Help with recruitment and retention of educators to a rural school

Sensory Area

- Calming sensory environment
- Adaptive playground equipment for disabled learners



WELLNESS & FITNESS CENTER

Provides a proactive approach to health and wellness for learners, families and the broader community

- Free weights and cardio equipment
- Sliding-scale membership to ensure everyone has access
- Outside entrance for 24/7 use

