

# Northern Cass School District No. 97 Home of the Jaguars



Northern Cass School District 97 16021 18<sup>th</sup> St. SE

Hunter, ND 58048

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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 Kerry Carlson

Northern Cass Superintendent Senior Director of Operations, Essentia Health

Attachment: Community Health & Wellness Center One-Pager



# 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



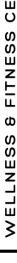
# Φ COMMUNITY MOVEMENT **LEARNING SPACE**

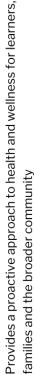
Multi-purpose space for collaborative community learning

- 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

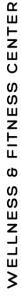
Dividable space for community classes and training, including but not limited to:

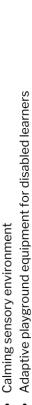
- CPR/First Aid, group counseling, health education, hunter education and safety
- Career development and internships for learners
- Classes for senior citizens





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







Increased early childhood learning

Sensory Area

Childcare for educators/staff