

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

February 6-10- Wacky Winter Week

February 7- ZAPS ACT Training for Juniors  
(8:30AM-11:00AM)

February 7-Board of Education Meeting  
(4:30PM)

February 9- Giving Hearts Day

February 14-Valentine's Day

February 16 through February 20  
WINTER BREAK NO SCHOOL

February 27- Gearing up for Kindergarten  
(6:00PM-7:15PM)

## JAGUAR ATHLETICS

<https://www.northerncassschool.org/page/athletics-home>

Varsity games will be  
broadcast on:

[YOUR.LIVE.EVENT.COM](http://YOUR.LIVE.EVENT.COM)

*Do you have a concern or question about school operations?*

*Please use the QR code to complete a short survey regarding your concern and a short description. This will notify Dr. Steiner and Mrs. Carlson who will reach out to you if requested.*



# Need New Winter Gear?

### CUSTOMIZE YOUR ORDER!!

STORE INCLUDES FLEECE JACKETS, BEANIE HATS, TRAVEL MUGS, MICROFLEECE BLANKETS, AND MORE



### WARM UP WITH SOME JAG GEAR

ORDER ONLINE USING PASSCODE - jaguars

Are you 65 and older? Did you get new technology for Christmas? Don't know how to use it to its full capabilities? Even if you didn't get new technology and you want to learn more, bring your phone, Ipad, or laptop to Northern Cass School. The Tech students will answer your questions and teach you how to use your devices. All you need to do is call Community of Care at 701-967-8502 to schedule an appointment for a Thursday afternoon to meet with the students. It's a win - win because the students get volunteer hours for helping you!



## **Dr. Steiner**

It might be easy to blame educators for what's wrong with American education. Open up the latest Nation's Report Card and you'll see what I mean. But I blame one educator for saving my life.

35 years ago, I had decided to commit suicide—until an educator stopped me in the hall, asked how I was doing, and told me they were happy to see me. That educator, my guardian angel, doesn't know it, but that simple moment was a miracle that saved my life.

Too many doubt educators like that one, and too many more leave perhaps the most noble profession in the world because of the doubters and detractors. But from the moment a learner walks through the front door until a learner boards a bus in the afternoon, the day is filled with beauty and small miracles.

Educators inspire learners to love the unexpected. They champion learners who give of themselves for others. Great educators unconditionally love every learner, every day especially when that learner might be forgotten elsewhere. Every night, great educators take with them the emotional baggage of a learner who had not eaten all weekend, baggage of a learner who no longer has both parents at home, or baggage of a learner fighting untreated mental illness. Great educators choose to stay, come what may.

Learners need more great educators. Learners need more options. Learners need better. It's why the school district I lead located in the middle of nowhere outside of Fargo, North Dakota blew up our entire approach and started over.

But it wasn't because our learners weren't consistently earning good, standardized test results. They were. It wasn't because a majority of our kids are accepted into four-year colleges. They were, and still are.

We at Northern Cass School District started from scratch five years ago because our communities recognized our approach was good, but not great. We realized our former approach—and that still of too many in education—tried to force-fit each of our unique learners along a typical track, and only rewarded those who somehow did.

We instead committed to personalized, competency-based learning which eliminated percentage grades, honored learner interests, and put the focus of learning on what we call the Portrait of a Learner, which is to say we are uncompromisingly learner-centered.

Our way forward in education sadly isn't adopted more widely. Too many schools are tasked to prepare learners to be productive members of a "just" society. Too many focus on preparing learners only for traditional paths like college or for the military. Too many are preparing learners for jobs that don't exist. Instead, learners need to develop academic, social, and emotional skills while developing long-lasting relationships in a safe environment.

Great educators who adopt this approach in traditional public, private, religious, micro, or public charter schools are heroes who are inspiring their learners to change the world every day. If you don't believe me, ask anyone about a favorite educator, and watch the response. First comes a warm smile, then a story which immediately demonstrates the real impact of a great educator. Perhaps no other occupation can make this claim.

American education faces an epidemic of recruiting and retaining great educators. Legislators across the country have many different ideas on how to 'fix' the problem, but let this lifelong educator share what might just be a 'silver bullet.' Reach out and personally thank a great educator. Reach out and share the difference a great educator made in your life. A salary raise would probably be welcomed, but no great educator stays for the money. Great educators stay for your kids because they genuinely care about their future, and the future of our country.

Our country might seem more divided than ever before, but if more showed their appreciation for great educators, more would choose to say so they can continue to inspire more learners to change the world every day.

Dr. Cory J. Steiner  
Superintendent of the Northern Cass School District



## WELCOME TO THE TEAM!



Seth Brandl graduated from Grand Forks Red River High School and then earned his Bachelor of Music in Vocal Music Education from NDSU. While at NDSU, Seth was heavily involved in the performing arts. He performed with the NDSU Concert Choir, Madrigal Singers, Bison Arts Singers, and multiple performances with NDSU Opera and Theatre NDSU. He was also fortunate enough to work on many campus-wide and community-wide volunteering and service projects with NDSU's chapter of Blue Key Honor Society. He is eager and excited to be kicking off his choir teaching career as a Jaguar. In his free time, Seth loves to take road trips to the National Parks for hiking, spend time with family, friends, and his dogs, cook, and perform in local theater productions.



Mason Rice as our new MS PE Educator! Mason graduated from Stanley High School in Stanley, ND. He signed to play baseball at Mayville State University where he graduated with a bachelor's in physical education. His hobbies include multiple sports (Baseball, Football, Basketball, Golf).

# Congratulations!

**The Honor Roll recognizes students who completed 6 to 11 semester hours of Valley City State University classes for which grade points are earned with a grade point average of at least 3.50. Congratulations to our VCSU dual credit learners: Kyle F, Isaac J, Noelle E, Hannah C, Aidan H, Jocelyn A, and Hannah A.**





## Scholastic Art & Writing Awards

**NORA SEVERANCE**  
Writing Award Winner:  
Gold Key - Poetry



Halle signed her Women's Basketball NLI with the University of Jamestown.



Noelle and Jocelyn signed their letters of intent to play volleyball with Mayville State University.



The Northern Cass Rosettes had a 2<sup>nd</sup> place finish at state dance!



Congratulations to Micayla, Sam, and Hannah. These 3 are advancing to the Cass County Spelling Bee.



# Disney Game Night

On January 27, Eleise Sand and Jana Russiff joined forces with the Family Engagement Committee. They arranged Disney Trivia Night.

The goal was for families to spend quality time together and compete to win prizes. There were two options, virtual and in person. It started at 6:30 p.m. and completed around 7:15 p.m.

The winners of the trivia won a target gift card. There was a raffle for 2 baskets and a gift card for those who attended in person. Despite the weather, 6 families joined in person. There were 3 families online, resulting in about 19 total people.

Eleise and Jana intend to compete in Enderlin on Feb. 8th using this night as their FCCLA event. One stipulation is a follow up. The girls asked attendees to fill out a short form that produced positive results. People said they would absolutely do it again and liked 'the virtual and in person options' and 'the family time.' Eleise and Jana also aimed for improvement. Family's asked for a 'variety of questions' and expanding on trivia themes.

If the girls succeed in Enderlin on the 8th, there may be another opportunity to participate in a Family Game Night. Stay Tuned!



Eleise reading the questions aloud to the families, for those who couldn't read.



One of the winners intensely focused on the Disney related questions.



One of the families enjoying the snacks and hanging out together.

Eleise and Jana had a great time planning this event and wish them good luck at regionals! Also thank you to the Family Engagement Committee for being a great help!



# Why is the Northern Cass Writing Center Beneficial?

The Writing Center not only provides a way of improving a learner's work, but it also helps a learner get advice from a peer in a more personalized environment than a typical classroom.

The Ghost Writers, with its 9 tutors, are available to help fellow learners in improving their writing in whatever form it takes. In just one session, a learner that comes to the Writing Center can turn their initial work into something they can be proud of.

One such way is by helping learners improve their introductions, which tend to be one of the more difficult aspects of writing, especially in an academic essay.

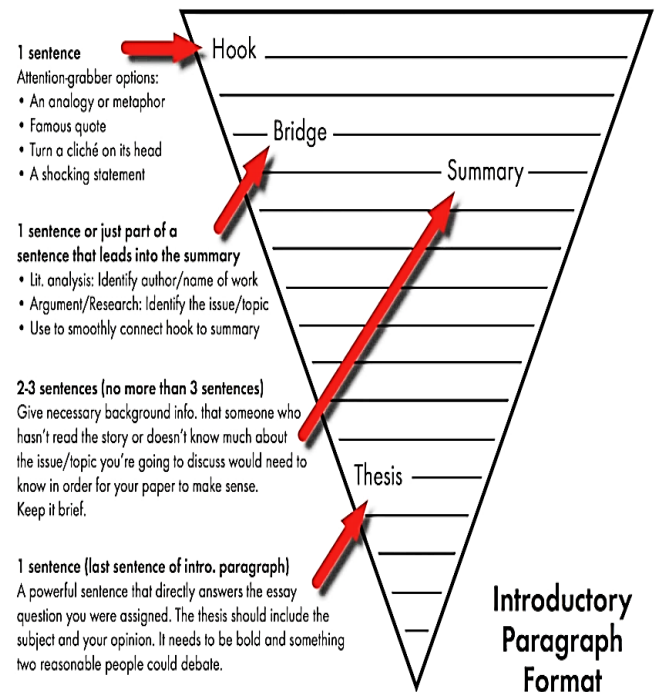
Take this sample introduction for example:

Have you ever wondered why there are myths about ancient mythical characters? What point does the story serve? There are many examples of myths and their characters. There are ones about Perseus, Prometheus, and Pandora. They are all examples of myths that have some sort of information that hints to what traits are desired in people. Odysseus serves as a great example in The Odyssey. Odysseus and his journey, recorded in the Odyssey, are very important because of Odysseus's tendency to be brave, quick-thinking, or smart, and curious.

Though this is a valid introduction and may work depending on the project it is for, there is always something to be improved. Using the basic introduction structure (pictured on the right), the sample introduction can be divided into four parts: the **hook**, **bridge**, **summary**, and **thesis**. Though the hook and thesis are both present, the differentiation between the bridge and summary is a little blurred. With the help of a Writing Center tutor, a learner can turn the sample introduction into:

Have you ever wondered why there are myths about ancient mythical characters? What purpose does the story serve? Why do such stories matter? Many common myths have an underlying meaning that people may have missed. One such myth is the story of Odysseus. Odysseus fights in the Trojan War and afterward, struggles against creatures and the Greek gods for ten years to return home to his throne and his wife. The story about Odysseus provides support for why bravery, curiosity, and quick thinking are important traits in an individual.

In the post-writing center introduction, the individual pieces to the introduction are better defined and more specific. This gives the reader a higher confidence that the writer knew what they were writing about and hopefully builds a higher confidence in the learner. The form an introduction may take can vary but the structure is about the same. It doesn't need to be a paragraph, but it can be, kind of like the first four sections of this article. Visit the Writing Center to learn more about writing at a higher level.





## "With my best friend": Northern Cass volleyball champion teammates Aasen, Erickson take next steps together.

By Todd Rose  
January 30, 2023

HUNTER — Since their first meeting in sixth grade, the Northern Cass duo of Jocelyn Aasen and Noelle Erickson have become best friends, state volleyball champions and, next year, volleyball teammates at Mayville State.

And they wouldn't have it any other way.

"We've been friends for a long time but since our sophomore year we've gotten really close," Aasen said. "I remember two summers ago I stayed at her house for a week straight. I was never home. I just lived at her house for a week."

In addition to summer weeks spent together, the pair's friendship has grown through volleyball, and other sports, at Northern Cass noted Erickson.

"I would say as we got older and started playing sports together more (we became even closer)," Erickson said. "We played basketball, volleyball, and I managed track and she ran track. We were always together a lot and people said I was like her personal manager for track. It was pretty funny. But, in the past few years, we've definitely grown in our friendship."

Throughout the past several months, Aasen and Erickson conducted a joint search for the right college for them. Aside from both wishing to continue their athletic careers, they both hoped to follow the same academic path.

"We kind of both wanted to go for the same thing," Aasen said. "We are both going for elementary education. So, we had it narrowed down to Mayville and Valley City because they both have some of the best education programs in the state. We both looked at VCSU but Noelle checked out Mayville first and she was like, 'you need to go check out Mayville.'"

For Erickson, a tour of the Mayville campus was a turning point in the decision.



Northern Cass' Jocelyn Aasen leaps for a shot against Minot Our Reedemer's during the quarterfinals of the North Dakota Class B state volleyball tournament at the Bismarck Events Center on Thursday, Nov. 17, 2022.  
David Samson/The Forum



Best friends Noelle Erickson and Jocelyn Aasen from Northern Cass recently signed together to remain teammates, study at Mayville State.

"I talked to Mayville's coach about playing during a tour and I really liked the vibe because some of the players gave me a tour and it was really good," Erickson said. "I liked the small-town atmosphere and how it felt like home. I was like, 'Jocelyn, you need to check this out. I think you'll really like it.'"

In a more recent visit to Mayville, Aasen and Erickson were given the chance to work out with their future Comets teammates. The opportunity provided both a sense of security as well as the familiar tight knit feel the pair are used to at Northern Cass.

"It was reassurance for us that we would fit in with the culture and that's a big thing," Aasen said. "Especially going from high school to college, you never know how intense it's going to be or how the people are going to be. But they were all welcoming and it was just really fun. Erickson agreed. "They have a really good family-like culture, and everyone gets along and you don't want to mess that up," Erickson

said. "You don't want to be the odd man out. So, it's nice to feel welcomed and know we do fit in." In November, the Jaguars defeated Linton to earn their first state title in volleyball since 2013. The victory left Aasen and Erickson proud of their team's accomplishments but also wanting more. (continued)



"After volleyball season, it felt like I wasn't done. It felt like there was unfinished business even though we won state," Aasen said. "That's how I knew I wanted to keep playing." Erickson had similar thoughts. "It was really awesome (to win the state championship). A lot of our team was built off of our juniors and returning seniors, so to finish it off together was really cool.

Leaving on that high note, "it was like it's over." Erickson said. "Then getting the chance to play and continue at college was surreal and made me realize I still wanted to play."

Northern Cass volleyball coach Angie Johnson said seeing the pair continue their academic and athletic careers together is "awesome." "They've been so close forever," Johnson said. "Ever since elementary school, they've played together. I think it's super cool to not only have them play at college but also continue to build that relationship." Aasen and Erickson, along with their fellow seniors, were Johnson's first freshman group when she became the Jaguars coach.

As they wind down their time at Northern Cass and with their future plans set, the best friends — who plan on becoming roommates in the fall — wouldn't want things to be any different. "It's so awesome coach (Lindsey) Johnson offered us both the opportunity to continue our volleyball careers (at Mayville)," Erickson said. "It's just really great that I have Jocelyn with me because I wouldn't want to do it with anyone else." Aasen added, simply, "I am just so grateful for the opportunity to continue my athletic career with my best friend by my side."



Northern Cass' Noelle Erickson makes a reverse return against Kenmare during the semifinals of the North Dakota Class B state volleyball tournament at the Bismarck Events Center on Friday, Nov. 18, 2022. David Samson/The Forum



Northern Cass team members celebrate their win over Linton-HMB in the North Dakota Class B state volleyball tournament championship game at the Bismarck Events Center on Saturday, Nov. 19, 2022. David Samson/The Forum

## Looking for a New Year's Resolution?

### Try journaling!

Here are some prompts to help you get started:



- Reflect on your day
- Create a bucket list
- Write a letter to your future self
- Write about your favorite memories
- One thing you value most in life and why
- 10 things you're grateful for
- Find a photo you love and describe it
- My perfect day would include...

Brought to you by Greta Clouse  
of the GhostWriters



# BREAKFAST WITH A PROFESSIONAL

Thanks to many area professionals, our sophomores have Breakfast Buddies to help them with career exploration. All level 10 learners have the opportunity to have breakfast with a professional to explore career paths of their interest. At each buddy breakfast, 5-7 learners are paired with a professional and have breakfast one morning at Kelly's Cafe in Arthur. Interest areas include veterinary science, agriculture, education, entrepreneurship, medical, public safety, trades, counseling, architecture, and technology.







## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

### DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just 1 or 2 days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

### WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- Try to schedule non-Covid-19 related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have Covid-19, call your school for advice.
- If your child must stay home due to illness or quarantine, ask the teacher for resources and ideas to continue learning at home.

Revised October 2021

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!

## Important

If your child is going to be absent, please email:

[attendance@northerncassschool.com](mailto:attendance@northerncassschool.com) or

call: (701) 874-2322.

If your child rides the bus, please email [ncbus@northerncassschool.com](mailto:ncbus@northerncassschool.com), inform your bus driver (at a decent time), or call: (701) 874-2322

In order to be marked as 'Medical', a Dr. note needs to be submitted to the office.



## Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Even as children grow older and more independent, families play a key role in making sure students access learning opportunities and understand why attendance is so important for success in school and on the job. Families can also advocate for resources to help students learn if they cannot attend in-person.

### DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

### WHAT YOU CAN DO

#### Make school attendance a priority

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-Covid-19 related medical appointments during the school day.
- Keep your child healthy, and if you are concerned about Covid-19, call your school for advice.
- If your children must stay home because they are sick or in quarantine, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

#### Help your teen stay engaged

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your children are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your child's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful after-school activities, including sports and clubs.
- Notice and support your children if they are showing signs of anxiety.

#### Communicate with the school

- Know the school's attendance policy – incentives and penalties.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents or community agencies if you need support.

Revised October 2021

Visit Attendance Works at [www.attendanceworks.org](http://www.attendanceworks.org) for free downloadable resources and tools!





## Dental Health Month

Northern Cass Level 1 has partnered with the ND Dental Foundation for the month of February. February is National Children's Dental Health Month. Learners will be sent home with brushing kits and a 30 day tracking sheet. The class with the most days brushed at the end of the month will get a pizza party! Supplies will be sent home after our kick off party on January 31st!

**Parent Resources and Tips**  
<https://nddental.org/brush-it/parent-tips/>  
**Let's Get Brushing!**



## NURSE'S CORNER: Developing Healthy Habits in Children

1. **Be a good role model** - You do not have to be perfect all the time, but if kids see you trying to eat right and getting physically active, they will take notice of your efforts.
2. **Keep things positive** - Kid's do not like to hear what they cannot do, tell them what they can do instead. Celebrate successes and help children and teens develop a good self-image.
3. **Get the whole family moving** - Take walks, ride bikes, go swimming, garden or just play hide-and-seek outside.
4. **Be realistic** - Setting realistic goals and limits are key to adopting any new behavior.
5. **Limit TV, video game and computer time** - These habits lead to a sedentary lifestyle and excessive snacking. Limit screen time to 2 hours per day.
6. **Encourage physical activities that they will really enjoy** - Let your child experiment with different activities until they find something that they really love doing.
7. **Pick truly rewarding rewards** - Do not reward children with TV, video games, candy or snacks for a job well done. Find other ways to celebrate good behavior.
8. **Make dinnertime a family time** - When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much.
9. **Make a game of reading food labels** - The whole family will learn what is good for their health and be more conscious of what they eat.
10. **Stay involved** - Be an advocate for healthier children. Insist on good food choices at school. Contact public officials on matters of the heart. Make your voice heard.





## Northern Cass Data Snapshot - ELEMENTARY Winter Testing Report: aimswebPlus 2022-2023

*Percentile* provides a measure of a learner's reading or math ability compared to other learners in the same grade nationally. The percentile rank score, which ranges from 1 to 99, indicates the percentage of other learners nationally who obtained scores equal to or lower than the score of a particular learner. For example, in a group of 100 learners, the learner who obtains a percentile rank score of 85 performed as well as or better than 85 other learners in the same grade (Renaissance STAR, 2019).

aimswebPlus Early Literacy	Level K	Level 1	aimswebPlus Early Numeracy	Level K	Level 1
90-99 <sup>th</sup> percentile	1	11	90-99 <sup>th</sup> percentile	11	17
75-89 <sup>th</sup> percentile	6	13	75-89 <sup>th</sup> percentile	16	10
26-74 <sup>th</sup> percentile	29	21	26-74 <sup>th</sup> percentile	16	23
11-25 <sup>th</sup> percentile	8	8	11-25 <sup>th</sup> percentile	3	4
1-10 <sup>th</sup> percentile	4	2	1-10 <sup>th</sup> percentile	2	1
Total Number of Learners Tested	48	55	Total Number of Learners Tested	48	55

aimswebPlus Reading	Level 2	Level 3	Level 4	Level 5	aimswebPlus Math	Level 2	Level 3	Level 4	Level 5
90-99 <sup>th</sup> percentile	8	4	15	22	90-99 <sup>th</sup> percentile	16	9	13	21
75-89 <sup>th</sup> percentile	18	5	10	10	75-89 <sup>th</sup> percentile	8	9	14	11
26-74 <sup>th</sup> percentile	20	30	22	21	26-74 <sup>th</sup> percentile	21	23	18	23
11-25 <sup>th</sup> percentile	3	7	2	2	11-25 <sup>th</sup> percentile	1	4	3	3
1-10 <sup>th</sup> percentile	0	2	2	5	1-10 <sup>th</sup> percentile	3	3	4	2
Total Number of Learners Tested	49	48	51	60	Total Number of Learners Tested	49	48	52	60

The numbers in each table represent the number of learners that scored in each percentile range.



## Northern Cass Data Snapshot - SECONDARY Winter Testing Report: aimswebPlus & Star 2022-2023

*Percentile* provides a measure of a learner's reading/math ability compared to other learners in the same grade nationally. The score ranges from 1 to 99, and indicates the percentage of other learners nationally who obtained scores equal to or lower than the score of a particular learner. For example, in a group of 100 learners, the learner who obtains a percentile rank score of 85 performed as well as or better than 85 other learners in the same grade (Renaissance STAR, 2019).

aimswebPlus Math	Number of Learners		
	Level 6	Level 7	Level 8
90-99 <sup>th</sup> percentile	5	10	4
75-89 <sup>th</sup> percentile	6	12	15
26-74 <sup>th</sup> percentile	31	26	27
11-25 <sup>th</sup> percentile	1	4	2
1-10 <sup>th</sup> percentile	2	4	2
Total Number of Learners Tested	45	56	50

aimswebPlus Reading	Number of Learners		
	Level 6	Level 7	Level 8
90-99 <sup>th</sup> percentile	8	15	8
75-89 <sup>th</sup> percentile	10	7	19
26-74 <sup>th</sup> percentile	22	30	20
11-25 <sup>th</sup> percentile	1	2	1
1-10 <sup>th</sup> percentile	4	2	2
Total Number of Learners Tested	45	56	50



## Northern Cass Data Snapshot - SECONDARY Winter Testing Report: aimswebPlus & Star 2022-2023

*Percentile* provides a measure of a learner's reading/math ability compared to other learners in the same grade nationally. The score ranges from 1 to 99, and indicates the percentage of other learners nationally who obtained scores equal to or lower than the score of a particular learner. For example, in a group of 100 learners, the learner who obtains a percentile rank score of 85 performed as well as or better than 85 other learners in the same grade (Renaissance STAR, 2019).

Star Math	Number of Learners		
	Level 9	Level 10	Level 11
below 25 <sup>th</sup> percentile	6	4	2
25 <sup>th</sup> -49 <sup>th</sup> percentile	4	5	9
50 <sup>th</sup> -74 <sup>th</sup> percentile	18	20	16
75 <sup>th</sup> percentile & above	19	28	21
Total Number of Learners Tested	47	57	48

Star Reading	Number of Learners		
	Level 9	Level 10	Level 11
below 25 <sup>th</sup> percentile	12	6	16
25 <sup>th</sup> -49 <sup>th</sup> percentile	12	25	14
50 <sup>th</sup> -74 <sup>th</sup> percentile	15	18	11
75 <sup>th</sup> percentile & above	8	7	7
Total Number of Learners Tested	47	56	48



COMMUNITY HEALTH & WELLNESS CENTER

# COMMUNITY LISTENING SESSIONS

*Please join us!*

February 1     6:30pm     Harwood Community Center

February 5     4:00pm     Grandin Fire Hall  
6:30pm     Argusville Community Center

February 8     6:30pm     Arthur Community Hall

February 11     11:30am     Northern Cass School  
4:00pm     Erie Town Hall

Contact Cory Steiner, Amber Lockhart or Paige Carlson with questions (701) 874-2322.



# WACKY WINTER WEEK: ELEMENTARY

MONDAY: PAJAMA DAY OR  
DRESS FOR THE 100TH DAY OF  
SCHOOL!



TUESDAY: TACKY TOURIST  
DAY

WEDNESDAY: DRESS AS  
ANYTHING THAT STARTS WITH  
THE FIRST LETTER OF YOUR  
NAME



THURSDAY: DRESS AS YOUR  
YOUNGER SELF  
(BABY/TODDLER)

FRIDAY: JAGUAR DAY



## COMMUNITY BOOK SELECTION *DARING GREATLY*

Join us in February & March to learn  
more about how the courage to be  
vulnerable transforms the way we live,  
love, parent, and lead.

REGISTER TO JOIN  
THE COMMUNITY  
BOOK STUDY



## READING SCHEDULE

### Book Fair

February 3rd 2:00pm-6:00pm  
NC LIBRARY

### Book Talk

February 20 12:00pm-1:00pm  
Online Check-In

### Book Talk

March 13 & 14 5:30-6:00  
NC Library/Online



# Nominate & Donate

*Bring in your donation and charity nomination to the Giving Hearts Day bin in the office from January 31st-February 9th for a chance to have your nomination drawn!*

**On February 9th we will be drawing 15 nominations - If your nomination is drawn, you will be called down for a prize and a chance to SPIN THE WHEEL. The wheel will be spun 3 times. All of the NC Giving Hearts Day bin will be divided between the 3 charities spun.**



**Giving Hearts Day**



**February 9th 2023**

Questions? Email [Mackenzie.Tadych@northerncassschool.com](mailto:Mackenzie.Tadych@northerncassschool.com)

Your Name:

Charity Nomination:

Monetary Donation Amount:

Grade:

Your Name:

Charity Nomination:

Monetary Donation Amount:

Grade:



# Do you know a child ready to start Kindergarten in the fall of 2023?

JOIN US  
FOR  
gearing up for  
**Kindergarten**

(date of birth must be on or before July 31, 2018)

**Help prepare your future Jaguar for Kindergarten by attending the three Gearing Up for Kindergarten classes held on Monday evenings from 6:00pm-7:15pm at Northern Cass.**

**Dates are as follows:**

**Monday, February 27**

**Monday, March 27**

**Monday, April 17**



**Scan the QR code to register online:** <https://forms.gle/nTHJww8pCYHEWqaf6>

*PLEASE NOTE: There is a limit of 30 spots available!*

*Parent/Guardian and child must attend the sessions together. The Gearing Up for Kindergarten program is an on-going workshop that consists of a total of three sessions. Attendance at all three sessions is encouraged.*

*Session 1) School Tour & Parent Education Session (early reading and math skills for your child)*

*Session 2) What Play Can Tell Us/Early Intervention/Social Emotional Learning/Developmental Milestones*

*Session 3) All About the Northern Cass Kindergarten Experience (understanding scales, learner expectations, attendance, report cards, intervention services, personalized learning, and resources available to your family)*





# Wacky Winter Week

*\*Secondary\**

February 6-10

Monday: pajama day

Tuesday : tacky  
tourist day

Wednesday: dress as  
anything that starts  
with the first letter  
of your name

Thursday: dress as  
your younger self

Friday: anything but  
a backpack

## Sno-Ball Dance

SATURDAY, FEBRUARY 11

9-MIDNIGHT

LEVELS 9-12

\$5 ENTRY COST

NO FOOD OR DRINK WILL BE SERVED

Dance is Semi-Formal





# Early Intervention

Birth–Age 3 Early Intervention is designed to identify children at risk in the earliest stages of life when the appropriate help can make all the difference! Early Intervention Programs minimize, and in some instances, prevent delays in the development of infants and toddlers. Early intervention is a term for support, resources, and services that are provided at no charge to young children who have been diagnosed with, are suspected to have, or are at risk of developmental delays or disabilities from ages of birth to three.



ND Early Intervention Services developmental screens and evaluations are provided at no cost to families. If a child qualifies, a plan will be developed with parents to meet the unique needs of their child and family. Service Plans may include home visitation and parent coaching provided by, but not limited to, a speech, occupational, or physical therapist, an early childhood educator, a social worker and a service coordinator.



To find a service provider near you, contact a Developmental Disabilities Team Member at:

Southeast Human Service Center  
2624 9th Avenue SW Fargo, ND 58103–2350  
Phone: (701) 298–4500 Toll Free: (888) 342–4900



To support our Jaguar learners starting at birth, Encompass Family Support Services will be offering free developmental screens for children birth–three on Tuesday, February 28. A free meal with age appropriate sensory activities sponsored by Leika Sensory Creations will be provided to families! Sign-up for this event is required. Please see link below to reserve your time slot! If you have questions regarding the specifics of this screen, please reach out to [mswanson@encompassfss.net](mailto:mswanson@encompassfss.net) or call 701.793.8339.

- Tuesday, February 28
- Free Meal
- Ages Birth–Three & Parent
- Age Appropriate Sensory Activities
- Sign-up required

Questions?  
[mswanson@encompassfss.net](mailto:mswanson@encompassfss.net)  
Call 701.793.8339.





# FEBRUARY IS CTE MONTH

**CTE (Career and Technical Education) Month** is a public awareness campaign that takes place each year in February. It is a great opportunity to celebrate Career and Technical Education and the achievements and accomplishments of CTE programs across North Dakota and the nation! CTE Month gives you the chance to inform others of the innovation and excellence that exists within your local CTE programs and raise awareness of the crucial role that CTE plays in readying our students for careers and our nation for economic success.

## How can you raise awareness for CTE Month?

### **Celebrate your CTE Champions from Business and Industry!**

- Employers Offering Work-based Learning Opportunities
- Advisory Committee Members
- Donors, Sponsors and Contributors

### **Thank your CTE Champions and recognize them with a certificate of appreciation.**

- A certificate template is available to use/customize. [Download Here](#)
- Organize certificate presentations and share the photos on social media.
  - The certificate could be presented by students – North Dakota's future workforce, or anyone you choose!
  - Tag your posts [@ND\\_CTE](#) [#CTEChampion](#) [#CTEMonth](#)
  - [Submit your photos](#) to CTE for inclusion in the 2023 CTE Champions video and on CTE social media.



### **Offer to host a school visit** and invite members of your local community to learn about your school's CTE programs in action!

### **Engage your stakeholders in the CTE conversation**, from students to policymakers. Your target audiences want to know about local CTE programs as well as statewide programs.

### **Highlight your Career and Technical Service Organizations (CTSOs).**

### **Share the Facts!**

- Download/share the [CTE Facts](#) for North Dakota.

### **Check out the January 2023 edition of the CTE Newsletter** for the article [Maximizing Your Message During CTE Month!](#) from NDCTE Assistant Director Mark Wagner with tips for celebrating CTE Month from state leaders across the nation.

## CTE Month Events

CTE in Memorial Hall – February 6-8, State Capitol Building [Learn More](#)

CTSO Weeks – North Dakota's CTOSs Host Special Events and Activities

[Follow NDCTE on social media](#) for the latest CTE Month news and events!



**Celebrate Career and Technical Education every day!**



JANUARY 2023

# Achieving Balance

MENTAL HEALTH SERIES



## Take Control of Your Life this New Year

### Importance of Balance

Balance is crucial to keeping our stressors at bay and ensuring successful goal-keeping, thus improving our well-being. What does balance really mean though? The definition of balance is "an even distribution of weight enabling someone or something to remain upright and steady". This weight can be work tasks, family duties, hobbies, physical and mental wellness, and more. Regardless of what we are balancing, finding that balance is essential to our mental and emotional stability. As balance is achieved, we will find ourselves upright and stable; ready to face the New Year and the challenges it may bring.

For each person, their range of things they need to balance may change. For example, a single college-aged girl will have different tasks on her plate than that of a middle-aged father of two. Be sure to recognize and embrace these differences. As you do so, you will see that everyone can find balance if they make it a priority and reflect on what they need to balance.

Finding balance may seem overrated, however, according to the National Alliance on Mental Health, "maintaining balance throughout our lives is a cornerstone of overall well-being. Balance prevents stress, and we all know stress causes adverse health effects and leads to 75-90% of all physician visits." Planning out ways to maintain balance may seem overwhelming and one might think that they have no time to find ways to achieve balance. Luckily, you are in charge of how and where you spend your time. If balance is a priority in your life, you happily find a way to make it happen in order to prevent these adverse health effects.

### Prioritize and Schedule

There are certain things in our lives that are more important than others. Those things guide and motivate us to become better, more fulfilled, people. Scheduling can help you achieve your goals and help you not waste time.

In each week there are 168 hours. You spend roughly 112 of those hours awake, so how are you going to use that time? What takes precedence in your life? Make sure to take the time each week to list out each of your priorities. How are you going to spend more time on them? Plan for work, social activities, and "me time" and write them down. Evaluate the things in your life that you need to remove or spend less time on. Continually make adjustments until you find that balance.

### Learning to Say No

An important skill is learning how to say no to things that are not aligned with your priorities. Although challenging, when practiced, balance is maintained in your life.

For example: Your friends ask you to go out when you have an important meeting at work early the next day. You want to have fun with your friends, but you need to practice your presentation and get a good night's rest. You could respond with, "Thank you for the invite, however I have a huge meeting tomorrow at work. Could we go out tomorrow night instead?" This allows you to get your work done, while showing your friends they are still a priority in your life.

## 8 Steps to Achieving Balance

### 1 - Acknowledge Your Needs

Be honest with yourself and put your needs first. Only you can fully see what areas you are neglecting and what improvements you need to make. If you don't take care of yourself, no one else will.

### 2 - Determine Your Values

Identify what truly energizes and motivates you. Developing a strong sense of values will guide your life and help you maintain a clear perspective. Continually monitor these values and use them to align your goals and dreams accordingly.

### 3 - Prioritize Your Growth and Development

Instead of just allowing life to happen, design it. Who do you want to be physically, emotionally, and mentally? It is extremely important to keep challenging yourself and building your skills.

### 4 - Practice Mindfulness

Practicing mindfulness each day will put you on the path to balance. It helps you to not get caught up in over analyzing or negative thoughts. This will allow you to shift toward being more engaged with life in a positive manner. ParentGuidance.org has courses that can help you learn how to better practice mindfulness.

### 5 - Connect with Others

Connection enriches our lives and has various mental health protective factors. Your relationships matter and they need to be nurtured and prioritized.

### 6 - Establish Boundaries

Whether it's work, personal, or social circumstances, boundaries need to be set in order to achieve a healthy balance of activities. This will help you conserve your emotional energy and keep you in a better mental state.

### 7 - Try New Things

Having a balanced life means focusing on your values and interests and allowing them to guide you to new learning opportunities and experiences. Be curious and open to exploring the world around you while allowing your goals and values to keep you grounded and mindful.

### 8 - Laugh

Life was meant to bring you joy. The point of finding balance is to have a joyful, content, and meaningful life. Don't let the stress of all that you have to do overshadow the daily happy moments. Enjoy the process of becoming a better you.

## Courses to Guide You Toward a Balanced Life

Parent Guidance offers many courses to help you become balanced. The following courses are just some of many geared towards helping you become the best version of you.

- Everyday Happiness, Brett Williams LMFT
- Coping, Healing, and Finding Peace Through Mindfulness, Thomas McConkie
- Finding Yourself When You're Feeling Lost, Paul Parkin Ph.D.
- Feeling Overwhelmed? Take this Guided Meditation, Jenna Riemersma

Explore more at ParentGuidance.org



'BALANCE IS NOT  
SOMETHING YOU FIND,  
IT'S SOMETHING YOU  
CREATE.'

- JANA KINGSFORD

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FEBRUARY 2023

# Compassion and Self-Love



Mental Health Series



## Improving Mental Health with Compassion

February is a month filled with acts of kindness and love. Focusing on these acts during this month can help you increase your ability to be compassionate. Compassion is the ability to see suffering in others and have a desire to help them or comfort them. By being compassionate, you are better able to understand and support the emotions of other people. As a result, you will feel more motivated to help and support others - and yourself. Being compassionate, to others and yourself, has shown to be extremely beneficial both psychologically and physiologically. Compassion builds connection and connecting with others has the ability to improve your mental and physical health, as well as increase your lifespan. Other benefits include:

- Increased sense of connection to others
- Strengthened immune system
- Lower risk of anxiety and depression
- Lower stress levels
- Higher self-esteem
- Better outlook on life



## What is Compassionate Parenting?

Learning to be compassionate will increase your ability to be a compassionate parent. Remember that compassion means understanding the emotions of others, or in other words, putting yourself in their shoes. As parents, your children will come to you with various problems and emotions and one of the best things you can do to understand their suffering is to put yourself in their shoes. For example, if your child struggles with anxiety, they are constantly feeling like they are in a fight-or-flight mode. Imagine being in that mode while trying to juggle puberty, school, social media, etc. Once you can better understand your child's headspace, you can know how to better guide them through their trials.

## Ways to Practice Compassionate Parenting

- Don't react defensively, flinch, or dismiss their pain.
- Sit with your children and allow them to feel their emotions and express them.
- Allow yourself to feel your children's painful emotions.
- Tell your children you feel their pain, hear them, and see them.
- Tell your children you know the past hurts them, and you're sorry.
- Tell your children you'll never shame them for expressing their feelings.
- Tell your children it's okay to express painful feelings about their past.
- Listen to your children with all your heart.
- Give them your total attention, support, and love.

Remember that parenting is difficult and it takes practice to be compassionate. Try to be kind to yourself throughout this journey and make sure to practice Self-Love.

## What is Self-Love?

We hear people talking about Self-Love frequently, but what does it even mean? Self-Love refers to appreciating yourself and treating yourself with kindness, both in thought and action. To love yourself means that you accept yourself fully, treat yourself with respect, and nurture your growth and well-being. This doesn't mean that you won't have negative thoughts, but overall you have a positive view of yourself. Understand that you will have disappointments or be upset, but you need to love yourself through these moments. Think of when your child does something wrong, and although you are disappointed in them, you still love them. Give yourself this same courtesy and cheer yourself on throughout the highs and the lows.

## The Power of Self-Love

Self-Love is a powerful tool that can completely change your outlook on life. Self-Love leads to better mental health, higher self-esteem, more motivation, less anxiety, and better sleep. The moment you start practicing Self-Love, you will want to take better care of yourself and you will gradually acquire a healthier lifestyle. Whether this includes a healthier diet, exercise, or making sleep a priority, you will want to nurture your body and mind because you love yourself.

Additionally, you will no longer neglect your feelings and your values. Self-Love is the foundation that will allow us to stand up for ourselves. You will have a great ability to set boundaries, create better relationships with others, and pursue your life goals. This will also set a great example for your children so that they too can develop the habit of Self-Love. This is crucial in making sure that they can be better equipped to handle the ups and downs of growing up.



## Ways to Practice Self-Love

1. Practice Self-Care
2. Focus on your needs, not your wants
3. Keep a Gratitude Journal
4. Give Yourself Compliments Daily
5. Set Healthy Boundaries
6. Forgive Others
7. Forgive Yourself
8. Practice Mindfulness

Additionally, go to [ParentGuidance.org](https://www.parentguidance.org) and take our course on Self-Compassion:



## How To Develop Self-Compassion



Paul Parkin, Ph.D.



Click the heart to view the course

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# February

# 2023

**\* Whole grain bread, fruit and vegetable available daily**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30 Choc Chip B-fast bar, Fruit, Juice, Milk  Pulled Pork/Bun, Potato Chips, Salad Bar, Fresh Fruit, Milk	31 Long John w/Vanilla Icing, Fruit, Juice, Milk  Pancakes, Sausage, Hashbrowns, Salad Bar, Fresh Fruit, Milk	1 Biscuits & Gravy, Fruit, Juice, Milk  Chicken Quesadillas, Corn, Salad Bar, Fresh Fruit, Milk	2 Cini Mini, Fruit, Juice, Milk  Tator Tot Hotdish, Green Beans, Salad Bar, Fresh Fruit, Milk	3 Strawberry Bagel, Fruit, Juice, Milk  Popcorn Chicken, Mashed Potatoes, Salad Bar, Fruit, Milk	4
5	6 Nutri Grain Bar, Yogurt, Fruit, Juice, Milk  Garlic Cheese Bread Peas, Salad Bar, Fresh Fruit, Milk	7 Blueberry Waffle Bites, Fruit, Juice, Milk  Chicken Parmesan, Pasta w/Marinara, Salad Bar, Fruit, Milk	8 Breakfast Pizza, Fruit, Juice, Milk  Walking Tacos, Toppings, Salad Bar, Fresh Fruit, Milk	9 Cinnamon Streusel Muffin, Fruit, Juice, Milk  Chicken and Waffles, Salad Bar, Fresh Fruit, Milk	10 French Toast Bites, Fruit, Juice, Milk  Corn Dogs, Puzzle Tots, Salad Bar, Fresh Fruit, Milk	11
12	13 Choc Chip Breakfast Bar, Fruit, Juice, Milk  Big Daddy's Pizza, Broccoli, Salad Bar, Fresh Fruit, Milk	14 Long John w/Vanilla Icing, Fruit, Juice, Milk  Chili, Caramel Roll, Salad Bar, Fresh Fruit, Milk	15 Saus & Egg Bites, Waffle Sticks, Fruit, Juice, Milk  Stuffed Cheese Sticks, Corn, Salad Bar, Fresh Fruit, Milk	16 NO SCHOOL	17 NO SCHOOL	18
19	20 NO SCHOOL	21 Pop Tarts, Yogurt, Fruit, Juice, Milk  Chicken Patty/Bun, Potato Chips, Salad Bar, Fresh Fruit, Milk	22 Bacon, Egg, Cheese Sand, Fruit, Juice, Milk  Hamburgers, French Fries, Salad Bar, Fresh Fruit, Milk	23 Cinnamon Bagel, Fruit, Juice, Milk  Chicken Nuggets, Mashed Potatoes, Salad Bar, Fruit, Milk	24 Blueberry Muffin, Fruit, Juice, Milk  Egg Bake, French Toast Sticks, Salad Bar, Fresh Fruit, Milk	25
26	27 Maple Waffle Bites, Fruit, Juice, Milk  Meatballs in Gravy with Noodles, Salad Bar, Fresh Fruit, Milk	28 Fruit & Yogurt Parfait, Fruit, Juice, Milk  Sweet n Sour Chicken, Fried Rice, Salad Bar, Fruit, Milk				