



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. **Northern Cass Inquiry Form:** As Northern Cass continues to expand opportunities for communication, please consider utilizing the Inquiry Form (under the Quick Links on website) for questions/concerns you have about the district. Please click on the [Inquiry Form](#).
2. **Attendance Matters:** Northern Cass has begun exploring changes around attendance policies and procedures. Our goal is to ensure all learners, families and educators are aware of the importance of attendance and follow attendance policies to ensure learner success. We will be creating an advisory team to work through potential changes in attendance policy and procedure as well as a communication plan for these changes. We look forward to working together to help learners be successful.
3. **Full Service Community School Commitment:** There will be meetings coming up to discuss the potential Community Wellness Center Project. [Click here for the dates](#). Follow the Task Force on Facebook for updates and information. [Task Force](#)
4. **Please Welcome** Eva Walker to Northern Cass! She will be doing her school psychologist practicum this semester with Sarah How. Mrs. Walker is in the School Psychology Graduate Program at MSUM. She has been a long-term substitute teacher for English learners at the Middle and High school level.
5. **Dental Screening:** Northern Cass will be having the ND Department of Health & Human Services - Oral Health Program conduct a free oral health screening for learners in PK through Level 3. The date has not been scheduled yet. Families of learners in these grades were sent an email that included an opt out form for any family not interested in participating. If your family is opting out, please return the form to school or email it to mary.howatt@northerncassschool.com.
6. **College Readiness Resources:** [Resources](#)
7. **Parent Portal:** We have added a [Jaguar Parent Portal](#) under Parents on the school website. This page is full of resources and information for parents and caregivers. Take a look!
8. **Portrait of a Graduate Podcasts:** Listen to some of our educators and graduated learners talk about their experience and growth as educators through personalized learning.
 - a. ["Introduction to Teaching" at Northern Cass](#) - Listen to seniors talk about how Northern Cass's Intro to Teaching course has prepared them for future success.
 - b. [Rethinking Teaching at Northern Cass](#) - Hear from three NC educators who are rethinking their teaching practice through personalized learning, real-world connections, and relevance.
9. **Kids Heart Challenge:** Elementary PE learners are participating in the Kids Heart Challenge to "Be the Torch" in the fight against heart disease and stroke. If you have not already done so, you can register your learner at: [Kids Heart Challenge](#) and take the challenge to "Be Kind" or "Move More."
10. **Early Learning Experiences:** Take a look at some of the learning that takes place in our early grade levels.
 - a. PreK tracks their brain growth: [Brain Growth](#)
 - b. Kindergarten takes ownership of and celebrates their learning: [Celebrate!](#)
 - c. Level 2 works on setting goals, reflecting on learning, and A CALL to Greatness: [A CALL](#)

11. **STEAM Camp** will be held June 6-8 for learners entering grades 1-8 in the fall of 2023. Each camp day has a theme (Nature, Engineering, Ocean), and campers can choose to attend 1, 2, or all 3 days. See registration link for details. [STEAM Camp Registration](#)
12. **Snow Shoes:** Elementary PE completed a snow shoe unit, and many were interested in continuing outside of the classroom. Families are invited to join their learners in the fun! You can check out snowshoes from the school. [Snow Shoe Check Out](#)
13. **Johnson & Iwen:** Thank you to the Clarence Johnson & Eunice Iwen Community Foundation for sponsoring the first-ever NC Summer Meal Program during the 2022 summer break. Food insecurity is a reality for many families, and summer months can create hardship with increased meals needed at home. The Foundation enabled us to provide 4,300 pounds of groceries & personal care items, including fresh fruits & vegetables, protein & dairy, to 13 district families during summer break. We support our families and want to ensure no one has to choose between putting food on the table or paying their bills.
14. **Maintenance Request Online Form:** Now available on our website under Quick Links, we have an online maintenance request form to help educators and learners report maintenance needs on the school property - i.e., broken furniture, floor damage, burnt out lights, etc. [Maintenance Request](#)
15. **The Jaguar Wellness Pantry and Lunch Repack is Open!** If your child or family is in need - contact us at pantry@northerncassschool.com.
16. **Parent Course: How to Develop Self Compassion:** [Free Course Link](#)
17. **ParentGuidance.org:** As a reminder, Northern Cass has partnered with the Cook Center for Human Connection and [ParentGuidance.org](#). Our families have access to FREE mental health resources including 5+0 on-demand courses on how to support your child's mental health or your own. To register for a coach or take advantage of the free courses, go to ParentGuidance.org, select "Get started free" to create a login and password, and then select "Parent Coaching" and "Register for Coaching."
18. **Parent Guidance:** This is a link to the new YouTube channel where you will find mental health experts featured in Parent Guidance Playbooks sharing how parents can use the animations as conversation starters with teens. Two new Parent Guidance Playbooks are released each week.
https://www.youtube.com/channel/UC_gaCf4JlCk72lPylygKC8Q
 - a. YouTube channel link to "[My Life Is Worth Living](#)", available at no cost 24 hours a day.
 - b. This is a link to [printable extension lessons](#) for "My Life Is Worth Living"
19. **February Mental Health Newsletter:** In February, we celebrate Valentine's Day. This month we encourage you to focus on you, the love you have for yourself as well as the love you have for your children. Take some time to review the [February Mental Health Newsletter](#) which encourages you to focus on the compassion you have for others, the importance of showing compassion to your child and ways to practice compassionate parenting. [ParentGuidance.org](#) offers a course titled "[How to Develop Self-Compassion](#)" that we encourage you to check out.
20. **Bill of Rights:** This week our Level 8 learners were visited by a member of the Fargo Police Department. He spoke about the Bill of Rights and how they play a role in the job of an everyday day police officer. Learners were exposed to the many complexities involved with arrests, searches, and our court systems. The officer was incredibly engaging, and organized a mock jury to consider what rights were or were not violated during hypothetical situations.

'We can still see people as human, even if we disagree with them.'

@simonsinek

Dr Cory J. Steiner
Superintendent for Northern Cass School District