

December, 2023

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Mission Statement: Educating students to be accountable, competent and confident as they pursue their passion in an ever changing world.



A Winter Solstice Allegory by Mrs. Dockter

As some of you may or may not know, I have the pleasure of teaching a 6th Grade Enrichment reading class, for the past three years. This is a wonderful time that I enjoy so much, and I work with amazing students. As I delve into material to make our time together more meaningful, I often come across things that I had learned at one time in my life, but haven't taken the time to ponder in a while. One of those pieces of knowledge is the allegory. If you, like me, haven't heard this term in a while, your homework is to look it up. (insert winking emoji here)

Now most of us, being of hardy stock from the northern climes, have accepted that our days get much shorter, and we spend more of our waking hours with darkness outside. I often joke that someone could change the color of paint on the outside of my house, and I wouldn't notice until spring. Like many of you, I leave in the dark, and I come home in the dark. The time leading up to the winter solstice a.k.a. the darkest day of the year, is sometimes difficult for me. As I adjust to less sunlight, my mood can sometimes take a turn for the melancholy. I am often so glad, that just at that time when the days seem the darkest, we have the excitement, love, and laughter of the Christmas season to bolster our spirits.

In the days immediately following the darkest day of the year, although it is still quite dark, mentally I remind myself that each and every day there is more light and our days are getting longer. That is what I want to focus on now. Our darkest day of the year is past, and we are on our way to more light and healing every day. We have the joy of the Christmas season and all that that encompasses to brighten our days and offer us hope.

I would like to take a long moment here to thank our community. I normally try to reign in my sappiness a little, but I think this time it is alright for you to hear. When the world seems dark, you are there, offering us love and light! You are the most AMAZING community that a school could ever hope to exist in. Please know that we treasure you and the many words and acts of kindness that you show us. YOU make us stronger!

Onward and Upward Midkota!



Mustangs of the Month



Kadence Spickler

Kadence is the daughter of Nathan & Emily Spickler and is a 7th Grader. She has 3 siblings, Haylie, Trace, & Quaid and is active in Basketball and Cross Country. Kadence's favorite past time is playing sports with classmates.

Kadence was nominated for her hard work, positive attitude, and dedication to her school work. Kadence is a role model in the classroom and in her extra-curricular activities.



Haylie Spickler

Haylie is the daughter of Nathan & Emily Spickler and is a freshman. She has 3 siblings, Trace, Kadence, & Quaid and is active in Volleyball, Basketball, Theater, Speech, FBLA, Band and Choir. Haylie's favorite pastime is playing board games and watching Christmas movies.

Haylie was nominated for her dedication to school and extra-curricular activities. Her enthusiasm, dedication, organization skills and positive attitude make her a great leader.



Wyatt Hoyt

Wyatt is the son of Charla Hoyt and Cody & Shian Hoyt. Wyatt has 2 siblings, Mikayla & Trae. Wyatt is in Football, Basketball, & FBLA. Wyatt's goal this year is to do good in sports and keep good grades, all while having fun.

Wyatt was nominated for his drive and dedication to his own business, school, and extra-curricular activities. He leads by example and isn't afraid to take a different path. Wyatt shows kindness and respect to everyone he encounters.

Midkota High School "Mustang of the Month" is nominated and chosen by teachers monthly after careful consideration and deliberation. These students demonstrate the values of good citizenship, cooperation and respect for adults and fellow classmates.

Congrats to these students!

M a y a R o s e W e n t z

Which school event did you/do you look forward to this year? **Graduating**

What was your most listened to driving song on your morning commute this year? **"Do I" by Luke Bryan**

You can bring any three of your classmates on a cross-country road trip in your family's hatchback: who would you choose and why? **Trinity- great humor, Brienna-reasonable, Isabelle- good company**

What's your favorite school lunch? **Orange Chicken**

Tell us about your most embarrassing in-school memory? **Dropping your plate in a full cafeteria.**

If you woke up tomorrow and could speak a foreign language, what would it be? **Russian.**

What project or assignment challenged you the most as a student? **Waking up early every morning.**

Describe your senior year in three words. **Last, Long, Expensive**

If you could create one mandatory course for future seniors, what would it be? **Cooking Class or Home EC**

What was the most enjoyable book you read in high school? **"Perfect Chemistry" or "The Outsiders"**

Finish this sentence; "I will always remember..." How quickly it took for us to agree on a theme for prom.

What community service activities have you been involved with in your town? **Hope Center, Volunteer for a Halloween event.**

What is your dream vehicle? **1964 Chevy Pickup square body, lifted.**

What is this year's must have fashion item, in your opinion? **Class year clothes.**

What sporting events are the most fun to attend? Why? **Boys' basketball games, they are very hyped up and everyone cheers for them.**

How does participation in clubs or sports affect your life? **Very dedicating.**

Describe your biggest team rivalry in one (appropriate) word. **Tough.**

What club or sport would you add to Midkota if you could? **Soccer Team or Hockey Team**

What are your 3 best skills? **Hardworking, determined, I notice things other might not notice.**

What's your favorite quote? **Let them!**

Where do you see yourself in 10 years? **Working and living in my own place.**

What three things would you bring with you to a desert island? **Food, Water, Plane to get home.**

What makes you proud to be from Midkota? **Very dedicated people.**

Which subject prepared you most for life after high school? Why? **Financial Literacy, it was the only one that taught me about life outside of school.**



M a y a R o s e W e n t z

Which subject prepared you most for life after high school? Why?

Financial Literacy, it was the only one that taught me about life

outside of school.

Write the school rule you wish we had.

Phones could be allowed.

You are talking to your 8 year old self, what advice do you give?

Be ready for the hardest things.

What pizza topping describes you and why?

Pepperonis, almost everywhere but not. (I'm a busy person)



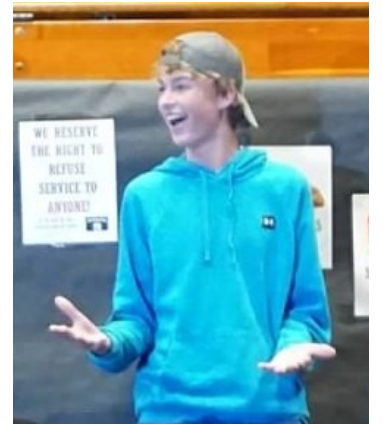
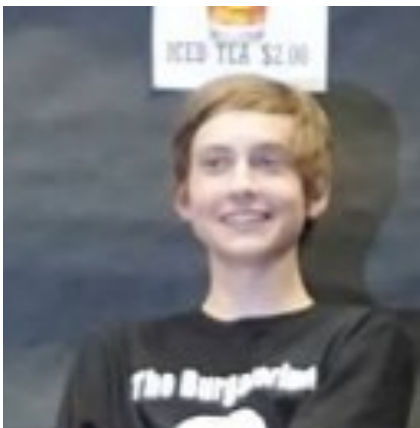
Get in the Christmas Spirit with Midkota!

High School Christmas Concert
December 4th @ 7:00 pm

Elementary Christmas Concert
December 8th @ 7:00 pm

We hope to see you there!

Wash Hands Before Murder



RAISE YOUR HANDS AND
TOUCH YOUR TOES...IF
ANYTHING SHOWS,
GO CHANGE YOUR CLOTHES



Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

					1 E: Pizza HS: Chicken Burgers	2
3	4 E: Orange Chicken HS: Scalloped Potatoes & Ham	5 E: Spaghetti HS: Hamburgers	6 NO SCHOOL Professional Development/ Tutor Day	7 E: Hamburger Hotdish HS: Chicken Fried Steak	8 E: Soup & Sandwich HS: Pizza Hotdish	9
10	11 E: Pulled Pork HS: Breakfast	12 E: Meatballs HS: Chicken Bowls	13 E: Chicken Burgers HS: Subs	14 E: Beef Stew HS: Chili	15 E: Pizza HS: Tater Tot Hotdish	16
17	18 E: Hot dogs, Corn dogs HS: Orange Chicken	19 E: Chicken Fajitas HS: Meatballs	20 E: Breakfast HS: BBQ's	21	22	23
24 CHRISTMAS EVE	25 CHRISTMAS DAY	26	27	28	29	30
31 NEW YEARS EVE						

It's not what's under the Christmas tree that matters.....it's who's around it.



Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

					1	2 10am BBB Scrimmage @ Cavalier
3	4 BBB Pics 7pm MHS Christmas Concert	5 No HS After School Program 5pm Family STEM Night @ MES	6 NO SCHOOL PD/Tutoring Day	7 4:30pm GBB @ GCC vs. Oakes; V, JV, 8, 7	8 7pm MES Christmas Concert	9 3pm GBB @ MHS vs. Midway-Minto; V, JV TBD JH GBB Tourney @ Lakota
10	11 4:30pm BBB @ MHS vs. Carington; V, JV, C	12 7:30am School Board Meeting @ MES 4:30pm GBB @ MHS vs. MPB; V, JV, JH	13 Foster County Health @ MHS	14 5:30pm GBB @ Napoleon; V, JV	15 4:30pm BBB @ Pingree; V, JV, JH	16
17	18 4pm GBB @ GCC vs. Maple River; V, JV, 8, 7	19 4:30pm JH GBB @ MHS vs. Carington 5:30pm BBB @ Page; JV, V	20 No After School Program	21 4pm BBB @ GCC vs. Drayton/V-E; V, JV, 8, 7	22	23
24 Christmas Eve	25 Merry Christmas!	26	27	28	29	30
31 New Years Eve			No School—Christmas Break			

No School—Christmas Break

No School—Christmas Break

Slick Tracy is a program from Foster County Public Health, that teaches 7th graders and their families about alcohol prevention. Over 8 class periods in October, we discussed myths and facts about alcohol, risks of underage drinking, healthy decision making, etc. Students bring home activity books to work on and discuss with their families as well. The class was divided into four teams and earned points for their team when they turned in the activity books. Each team also completed a group project on one of the topics we learned about and presented it to the class. Team **We Want Gym** had the most points overall and picked a pizza party to have for the class as a celebration during our last class. There is a picture of each team below.

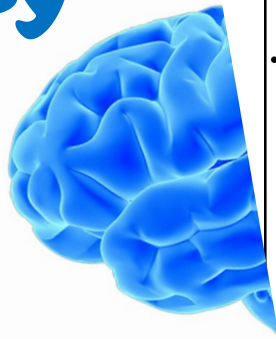


Public Health
Prevent. Promote. Protect.

Slick Tracy

More effects

- Alcohol kills brain cells
- Teens' Brain is still growing, and that is why no effects of alcohol is safe for the teenage brain.
- Alcohol can cause a coma!



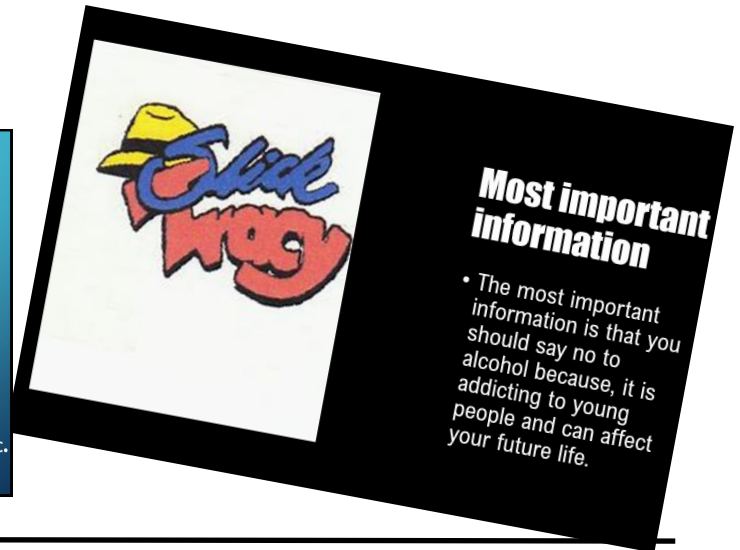
Why we chose this

- Because we took time to learn stuff about the stories and the lessons that you should learn from Slick Tracy.



THE MOST IMPORTANT INFORMATION!!!

- What cause stress? Examples:
 - School, Drinking, Drugs, Problems at home, Bullying, Trauma, Over working, Jobs, Relationships, Something new, Moving, Siblings, Etc.
- Dealing with stress. Examples:
 - Talk to a consoler, Talk to an adult, Listening to music, Sleeping, Exercise, Etc.



- The most important information is that you should say no to alcohol because, it is addicting to young people and can affect your future life.

A wooden sign with snow on it, advertising a STEM & Math Family Night. The sign is set against a blue background with snowflakes and a blue and white striped pole.

STEM & Math
Family Night
Tuesday December 5th
5-6 pm

Join us at the Elem. School

Safe Dates is a program taught to 8th graders over 10 lessons. Safe Dates equips students with the skills to develop healthy dating relationships, including positive communication, anger management, and conflict resolution, and awareness of what constitutes healthy and abusive dating relationships. The knowledge and tools taught are helpful in all relationships, including with family, friends, and dating partners. Here are pictures from the small group projects they presented during the final class.



Red flags for abusive relationships

HOW TO PROTECT YOURSELF



GO OUT WITH GROUPS OF FRIENDS YOU KNOW



DECIDE BOUNDARIES BEFORE GOING OUT



TRUST MY FEELINGS AND INSTINCTS



DON'T LEAVE A DRINK UNATTENDED

Being physically hurt	Feeling that your dating partner is getting to serious too quickly	Feeling afraid of your dating partner	Feeling isolated or alone
Losing your friends	Changing your behavior because of your dating partner's jealousy	Feeling embarrassed, put down, or guilty	Being threatened
Feeling manipulated or controlled	Being afraid to express your own feelings of anger	Feeling pressured into doing things you don't want to do	



THINGS I CAN DO TO PREVENT DATING ABUSE

- 1 Get consent for any sexual actions
- 2 Make sure to get verbal consent
- 3 DON'T make assumptions about sexual actions
- 4 Don't drink alcohol or drugs while on dates

HOW CAN YOU HELP SOMEONE IN AN ABUSIVE RELATIONSHIP?

- 1 Let your friend know they're not alone, and caring people are available to help.
- 2 Encourage them to seek assistance of domestic violence hotline or program.
- 3 Assure your friend that any information they share with them are kept strictly confidential.

Regular Board of Education Meeting

Midkota School District 7

October 10, 2023, 7:30 AM

Midkota High School

Glenfield, North Dakota

Board Members Present: President Joel Utke, Vice President Veronica Vollmer, Justin Spickler, Bobbi Hoffman, Preston Hoffman, Louis Halvorson, Shian Hoyt.

Others Present: Superintendent Ryan Baron, Katie Ellingson, Carrie Braaten, Charla Hoyt, Kristi Halvorson, Kevin Veile.

Zoom: Elementary Principal Linn Dockter.

1. Call the Meeting to Order

- 1.1 Pledge of Allegiance
- 1.2 Establish a Quorum
- 1.3 Additions to Agenda/Agenda Approval

President Utke called the meeting to order at 7:39 AM and a quorum was established. The Pledge of Allegiance was recited. Motion by Vollmer to approve the agenda with the Addition of Approval Ryan Spitzer as a coach, seconded by Spickler. On roll call vote, motion passed.

2. Reports

- 2.1 Activities Director Report

There is a volleyball game tonight. The district seating meeting will be taking place next Wednesday. Charla and Kristi will be attending. This Thursday is parents night for volleyball. The next coop meeting is November 1st.

- 2.2 Elementary Principal Report

Homecoming was such a fun event and enjoyed by all. County health was at the Elementary school for immunizations. The Elementary school had a science lyceum that the kids really enjoyed. Professional development of trauma sensitive training was presented to teachers this past PD day. Elementary Boys and Girls basketball is at the Elementary school. This week the Elementary will have dental cleaning visits for those who opted to take part. Picture day will be October 18. The Elementary is in the process of hiring a 1:1 para. Parent Teacher Conferences will be coming up in November. Book study has started and is going well. A Safety Professional development started last night.

- 2.3 Superintendent/HS Principal Report

STAR Testing and NWEA testing has started for the high school. Eighth grade will attend marketplace in Mayville this week and a historic site in two weeks. Homecoming was a success! Our first tutor day had 9 students attend. We will need an appraisal this year. Starting next year the state will not allow ACT tests to be used as an assessment. We will need to look for a future ELL certified teacher.

3. Consent Agenda

- 3.1 Minutes of September 13 Regular School Board Meeting
- 3.2 September Bills
- 3.3 October Budget

Hoyt motioned to approve the consent agenda. Spickler seconded the motion. Motion carried.

4. Unfinished Business

- 4.1 Approval of 2023-24 Final Budget

Hoyt motioned to approve the 2023-2024 Final Budget with a tax valuation of 15.5. Seconded by Vollmer. Motion carried.

- 4.2 Approval to accept bids for Building Trades Cabin

Hoyt motioned to approve bid proposal for Building Trades Cabin presented by Superintendent Baron. Vollmer seconded. Motion carried.

- 4.3 Kolenda Bill Update / Boiler Update

The board would like to set up a meeting with Kolenda.

5. New Business

- 5.1 Mischke MOU Request

Hoyt motioned to approve extra pay of \$1.50 an hour for cooks who are without assistants. The conditions approved are if a cook gets an assistant in the future, the pay will revert back to the cook pay schedule with any raises incurred after October 2023 -Hoyt motioned to approve \$1.50 hour for cooks if working by themselves. Halvorson seconded the motion. Motion carried.

- 5.2 Paraprofessional Snow Day Request

Hoyt motioned to approve 1 paid snow day per school year for paraprofessionals. B. Hoffman seconded the motion. Motion passed.

- 5.3 Approve Leon Hoyt as Elementary Boys Basketball Coach, effective immediately.

Spickler motioned to approve Leon Hoyt as Elementary Boys Basketball coach, effective immediately. Halvorson seconded the motion. Motion carried.

- 5.4 Approve Kathleen Eggermont as Elementary Girls Volleyball Coach, effective immediately.

P. Hoffman motioned to approve Kathleen Eggermont as Elementary Girls Volleyball Coach, effective immediately. Seconded by Hoyt. Motion passed.

- 5.5 Approve Ryan Spitzer as Assistant Boys Basketball Coach, effective immediately.

Halvorson motioned to approve Ryan Spitzer as Assistant Boys Basketball Coach, effective immediately. Spickler seconded the motion. Motion carried.

6. Committee Reports

- 6.1 Budget/Finance
6.2 Buildings

The Buildings committee met with Zerr Berg. The team cut out excessive things when meeting with them. Zerr Berg will be getting us a proposal.

- 6.3 Curriculum, Technology, & Staff Development
6.4 Sports Cooperative

7. Adjournment

Hoyt motioned to adjourn the meeting, seconded by Halvorson. On roll call vote, motion passed.

Next Meeting: Tuesday, November 14 – 7:30 am, Midkota Elementary School in Binford, ND

Special School Board Meeting
Midkota School District 7
November 7, 2023, 7:30 am
Midkota High School Glenfield, North Dakota & Zoom

Board Members Present: President Joel Utke, Louis Halvorson, Bobbi Hoffman, Justin Spickler, Preston Hoffman, Shian Hoyt

Others Present: Superintendent Ryan Baron, Katie Ellingson

Board Members Absent: Veronica Vollmer

1. Call the Meeting to Order

- a. Establish a Quorum- Roll Call of School Board Members

President Utke called the meeting to order at 7:41 and a quorum was established.

2. New Business

- a. Approve Elementary Boiler Quote submitted by Kolenda Plumbing and Heating

B. Hoffman motioned to approve the quote by Kolenda with the condition of the work being completed December 31, 2023. Motion seconded by Halvorson. On roll call vote, all voting yes, motion carried.

- b. Approve payment of outstanding bills to Kolenda Plumbing and Heating.

Hoyt motioned to approve payment of \$33,000 towards outstanding Kolenda bills as of November 7th, 2023 with the condition that the rest will be paid on the stipulation that the work is completed by December 31, 2023. Spickler seconded the motion. On roll call vote, all voting yes, motion passed.

- c. Approve an Open Enrollment & Non-Tuition Agreement request.

Hoyt motioned to approve the open enrollment non-tuition request. Seconded by Halvorson. On roll call vote, all voting yes, motion carried.

3. Adjournment

Halvorson motioned to adjourn the meeting, seconded by Hoyt. Motion carried.

Next Meeting: Tuesday, November 14 – 7:30 am, Midkota Elementary School in Binford, ND