

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

October 6- Board Meeting (7:00 AM)

October 10- Senior Free College Application Day

October 13- Scherlings Make-up Picture Day

October 16-17- Parent/Educator Conferences

October 17- Flu Shot Clinic at Northern Cass (4-7PM)

October 18- NO SCHOOL-Professional Learning Day

October 19-20- NO SCHOOL NDCEL Conference

Happy Fall

Online Paw Shop
passcode - jaguars

Jackets
Travel Bags
Fleece Jogger Pants



Scan the QR Code



Jaguar Athletics

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

Varsity games will be broadcast on:

YOUR LIVE EVENT.COM

Fall is here.
Colder weather means
warmer gear!

Dr. Steiner

Families,

At Northern Cass, we believe every learner can change the world; therefore, we will provide a world class education. To be able to do this, we follow our Collective Commitments which guide the daily behavior of educators. These commitments are ‘what’ we do at Northern Cass.

- ‘We are dedicated and passionate about relationships, teaching & learning, self-reflection, acknowledging greatness, and service to the Northern Cass community.’
- ‘We are driven toward continuous improvement.’

We will commit to purposefully build trust, develop authentic relationships, and engage in innovative practices which will empower learners to be choice ready.

Many people are surprised to know I’m a Metallica fan. I’ve seen them in concerts multiple times and have now taken the next big step. I have convinced my wife to attend a concert with me! One of my favorite songs is ‘The Unforgiven’ which was part of The Black Album in 1991. I was listening to this last week and the following lyrics caught my attention and caused me to do a little research.

*New blood joins this Earth and quickly he's subdued
Through constant pained disgrace, the young boy learns their rules
With time the child draws in this whipping boy done wrong
Deprived of all his thoughts, the young man struggles on and on
He's known, ooh, a vow unto his own that never from this day
His will they'll take away, yeah*

*What I've felt, what I've known
Never shined through in what I've shown
Never be, never see
Won't see what might have been
What I've felt, what I've known
Never shined through in what I've shown
Never free, never me
So I dub thee 'Unforgiven'"*

In an interview, James Hetfield shared the song was about alienation and regret in life. He said, “I lived my life for other people, trying to please everyone else except myself and at the end of the day blaming everyone else instead of yourself and not taking responsibility for yourself.”

One aspect of Hetfield’s quote reminded me of a book I read last year. In his book *The Power of Regret: How Looking Backward Helps Us Move Forward* (2022), Daniel Pink wrote, “I’ve discovered about myself what I’ve discovered about others. Regret makes me human. Regret makes me better. Regret gives me hope.” Regret is damaging when we choose to allow it to damage us. Regret can overwhelm us and lead to shame and guilt. However, regret can be positive. It becomes positive when it is used to set forth a new path in our life. It is positive when it allows us to learn from our mistakes and model a learner’s mindset. For us to live our best lives, we must embrace the positive power of regret. When you verbalize or think about regret, reframe this as a chance to create a new tomorrow. Regret should simply be seen as an opportunity.

When I hear this song, it makes me reflect on life in general. We live in a society where blaming others for our problems is the norm. I think a majority of our society is accountable for their actions and understands we determine the path our life will take. However, some people believe their personal circumstances are the fault of others. I have a relative who I love very much. They have cancer and the prognosis is not positive. They are young and, like others, do not deserve this disease. They have lived a good and remarkable life. It is a life filled with service to others and commitment to family and friends. In all reality, of all the people I have in my life, they are the model which I would strive to be like. When the diagnosis came, they shared two things. They put their faith above all else and refused to blame anything or anyone for

their diagnosis. Second, they shared the regrets they had in their life would now be opportunities to experience life differently. I don't know what the end result will be. However, I do know we as a society and especially as individuals have the power to 'own' our lives...to own our current circumstances...to own the future we truly deserve. In the worst of times, this person modeled what we all hope to be...remarkable. Let's move forward owning our future and controlling what we can control. Life is ours for the taking and I challenge you to take what you deserve!

Thoughts to Ponder

"Vision motivates my future but frustrates my present."

--Stand Tall Steve Bollar

'Having vision is a good thing. It gives us an image in our minds of what our lives can become. Having that image is exciting and can motivate us to take action. The problem is that currently we are frustrated because we are not there yet. You look around and realize that there is so much work to do in order to make the vision come true. The goal is to use that frustration as motivation to do the work.'

What is your vision? How is it driving you to achieve your goals? How do you 'remind' yourself of the progress you are making towards your vision?

Northern Cass Community Health and Wellness Center

The Northern Cass Community Health and Wellness Center continues its journey to becoming a reality. In the past few months, we have accomplished many things. They include:

1. We have identified Centers of Influence (COI) who will assist with making contacts in the community to begin the formal fundraising process.
2. We had a learner from Northern Cass create our new logo. Great job to Maleah P!
3. We have created our Case Statement which will be released soon.
4. We have continued to apply for grants to create a sustainable non-profit.
5. We held our first non-profit board meeting.





BRENNA DIETERLE

My name is Brenna Dieterle, and I am a second-year graduate student at the University of Mary. I am from Valley City, where I also attended VCSU and received my Bachelor's in Elementary Education. I taught fourth grade in New Salem for a year, and now I am excited to intern at Northern Cass as I pursue my master's degree in Speech-Language Pathology. I am looking forward to this opportunity and meeting you all!



Attendance News

Families,

We have seen major improvements in our attendance so far this year, and we know you play a major role in sending your learners to school! We appreciate you!

- Elementary attendance is taken once per morning and once per afternoon. At this time in 2022, elementary had 667 absences, while this year there's been 486 absences.
- Secondary attendance is taken each phase (7 phases per day). In 2022, secondary learners missed 3110 classes at this time, while this year secondary learners missed 2438 classes.
- Check back next month for more attendance news!

With cold weather approaching, cold and flu season will be here soon! Make sure to send children to school if they are:

- Generally healthy and well.
- Participating in usual day-to-day activities.
- Only have a mild cold, which may include a runny nose and/or cough.



**Attendance
Works**

Did you know that half of the students who miss two to four days of school in September go on to miss nearly a month of school?

Absenteeism in the first month of school can predict poor attendance throughout the school year. **Learn more [here](#).**

NURSES' CORNER: HEAD LICE

Research is finding that head lice are not as contagious as we thought. This is because head lice are transmitted through **prolonged, close** head-to-head contact. Lice do not jump or fly. They like to stay where it is dark and warm, close to the scalp. Transmission is more likely to occur between family members, overnight guests and playmates that spend a lot of time together.

Symptoms of lice include itching and red bite marks or scratch marks on the scalp and the neck. When looking for lice, these insects are as small as a sesame seed and light brown in color. The actual lice can be difficult to find because they move quickly. The nits (eggs) are easier to find since they are grayish white and attached to the hair shafts. They are most often found at the nape of the neck, behind the ears or at the crown of the head.

The treatment of head lice is very important to limit further spread of the head lice. The hair treatment products can be bought at your local drug store or discount store. Make sure to read and follow the directions on the carton. After treatment, it is recommended to check the head for nits daily for 10 days, to insure complete treatment. Also, equally important is to clean the environment on the same day you treat the hair. This includes cleaning the hair supplies, furniture and to machine wash and dry on hot, the clothing and linens that have been in contact with the infected child.

If you have questions, contact your school nurse.

October 17, 2023
NORTHERN CASS SCHOOL 4:00-7:00PM

Flu

Vaccinations

Please call Arthur Drug at 701-967-8900 with any questions.

- 1 Sign up through this direct link: [Register for Flu Shot](https://www.ndvax.org) or go to <http://www.ndvax.org> and search "Northern Cass" in the location field only.
- 2 Flu shots will be available for ages 3 years old and up. There will be a limited supply of the nasal vaccine available, please call the pharmacy directly if interested.
- 3 Most insurances accepted, if you have Cigna insurance, please call your insurance company first to be sure covered. Medicaid ONLY accepted for those 18 and over. Uninsured cash price for the flu shot is \$40, senior (age 65+) flu shot is \$80 and nasal vaccine is \$45.

Flu Shot
Clinics



Fall Vaccine Events

FLU AND COVID (PFIZER)

Join us for one of our fun, fall-themed vaccine events.

9:00 am - 1:00 pm


October 7
TOUCHDOWN
Wear your favorite sports apparel.


October 14
HAPPY HALLOWEEN
Come in your costume.


November 4
THANKSGIVING
Pass the turkey, not the flu (or COVID)!

Essentia Health-52nd Ave Clinic

4110 51st Ave S | Fargo

Walk-in event. No appointment needed. Available for all ages.

Please make sure to bring your insurance card.





Northern Cass Grandparents Day (new format!)

Northern Cass has revamped Grandparents Day to better accommodate guests and ensure the safety of all in our growing district. The last Grandparents Day held in 2022 put us over capacity with so many in attendance!

Starting this year, 2023-2024 school year, Grandparents Day will occur annually with only levels preschool/Kindergarten and Level 5 hosting the event. That way, at the start of our little Jaguar's educational journey and at the end of their elementary school years, the learners can showcase their school to their grandparents.

Tentative Details Below

Level 5 Grandparents Day – Wednesday, November 8th @ 2pm

Level PK & K Grandparents Day – Wednesday, December 6th @ 2pm
(Concert to follow (parents are welcome to attend the concert starting at 2:40pm))

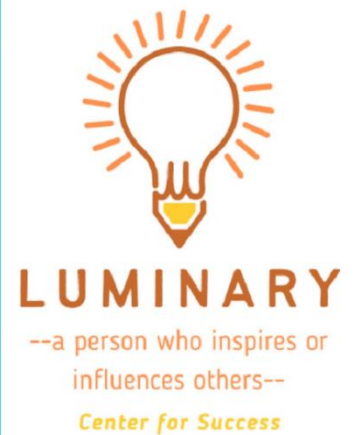
"Child development researchers at NDSU are looking for families to help them with their research! They have a variety of opportunities for children between 2 and 18 years old. The studies involve games and/or surveys, and families will receive money or gifts for participating. Some studies require just one 15-minute game, while others may ask for more or longer visits, depending on the age of the children and the interest of their families. These studies will help researchers understand how children learn, interact, and develop relationships, as well as what makes some children more likely to have mental health problems. If you are interested in learning more, go to this website and scroll down for Participant Opportunities:

https://www.ndsu.edu/psychology/academic_programs/developmental_psychology/



Luminaries & Center for Success

The Center for Success is a place where learners can schedule an appointment through the website (found on the Northern Cass website under Learners) or simply walk into the library and sit down with a peer for tutoring! We have expanded from just a writing center to an all subject-inclusive organization. Each member has specific strengths that they are willing to offer assistance in, so a learner can find the Luminary that will be able to help them best.



Meet the Members!



Emma Schirado

- Will tutor anything
- Open phase 2
- Involved in competitive horse racing
- Future plans are to attend Josef's School of Hair, Skin, and Body



Andrew Schenck

- Will tutor anything
- Open phase 5
- Involved in Football, Basketball, Track
- Future plans are to attend NDSU and take over family farm



Josie Jensen

- Will tutor anything
- Open phase 3
- Involved in Volleyball, Basketball, Track, Student Council, Learner Advisory, School Board, FCCLA, NHS, Jag Ambassadors
- Future plans are to attend college to major in nursing and eventually PA school



Kayla Tretter

- Tutor preferences include English, math, organization, study skills
- Open phase 5
- Involved in Basketball, Track, NHS
- Future plans are to attend UND to study occupational therapy



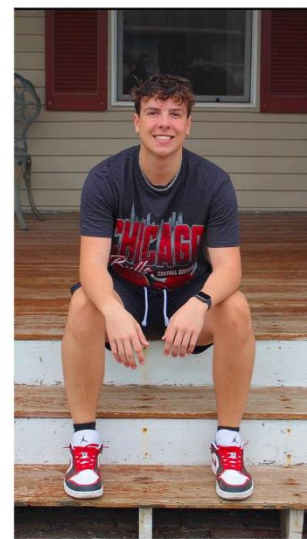
Seskia Anderson

- Tutoring preferences include English, speech/presentation, research papers
- Open phase 7, also available during 5
- Involved in Writing Club, One Act
- Future plans are to get a degree in performing arts/interior design and get mixology/bartending certificate



Devin Wolf

- Tutor preferences include math and computer sciences, but willing to do anything
- Open phase 6
- Involved in Basketball, Baseball, and Jag Ambassadors
- Future plans are to attend NDSU and major in software engineering and minor in sports management



Skylar Johnson

- Tutor preferences include English, lab reports, science fiction/fantasy, creative writing, speech, art, studying/staying on pace, mental/emotional learning
- Open phase 2, also available during 7
- Involved in One Act, Speech Team, Writers Club, Cross Country, Art, Book Club, Track, and also works at the café in Scheels
- Future plans are to attend Concordia and major in art or English education at the university level



James Winterquist

- Tutor preferences include math, science, and English
- Open phase 5
- Involved in Cross Country and Student Council
- Future plans are to attend college to major in pre-med and eventually attend med school



LIFE IMITATES ART

BY SESKIA ANDERSON

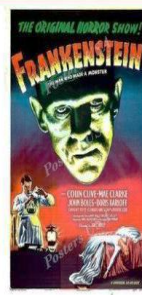
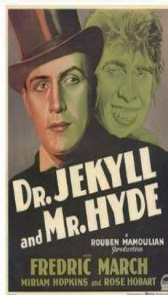
....OR ART IMITATES LIFE.

Happy October, and most of all, happy Hallow's Eve! Did you know that you can tell what the general public was the most afraid of by looking at the horror films released in that time? History is a very obvious piece of art--here, have a look!

1900s

ESCAPISM OR THE UNKNOWN WERE STAPLE FEARS IN THE EARLY 20TH CENTURY.

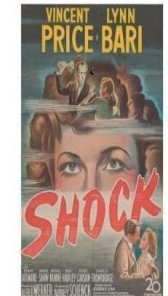
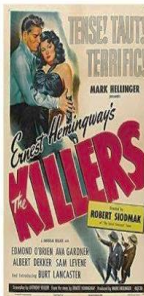
YOU'LL SEE
FILMS
FOCUSING ON
IMPOSSIBLES,
LIKE THESE!



1940s

JACK THE RIPPER AND THE AXEMAN OF NEW ORLEANS BEGIN KILLING

SLASHERS
AND KILLERS
OR STALKERS
BECOME
POPULAR



1950s

POST NUCLEAR-BOMB.

BLOBS,
CREATURES
AND
MUTATIONS
ARE THE HITS



1960s

MODERN SERIAL KILLER ERA, NASA GROWS, RELIGIOUS FEARS EXPAND

MORE
SLASHERS,
ALIEN FILMS
BEGIN, AND
THE EXORCIST



1970s

BIGGER RISE IN RELIGIOUS HORROR.

EXORCIST-
INSPIRED
FILMS POP UP
EVERYWHERE



1980s

NASA CONTINUES TO EXPAND.

SCI-FI HORROR
TAKES THE
SPOTLIGHT IN
THEATERS
EVERYWHERE



2000s

RISE OF SERIAL KILLERS AND ISOLATION WORRIES FROM COVID

LOTS OF
QUARANTINE
THEMES AND
FEAR



SPREADING LITERACY LOVE

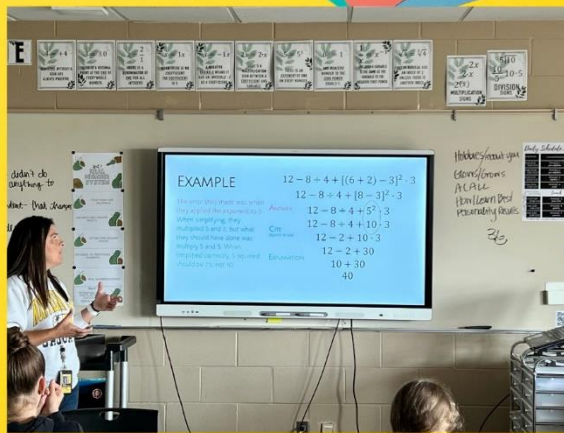
Mrs. Trudeau's Level 8 Algebra Learning Center

We are back to school everybody! That means a return of my Spreading Literacy Love campaign. This year, every middle school and high school educator is crafting a literacy goal, and I have the pleasure of collaborating with them.

Mrs. Trudeau and her level 8 Algebra learners included literacy in a fantastic way recently. She had them engage in error analysis, utilizing writing as a way to make their thinking visible. That's the beauty of writing--it can make evident the unseen thought!

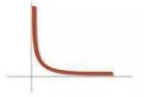
Every learner was thoroughly engaged in this process, perhaps because Mrs. Trudeau also collaborated with Mrs. Breiland to ensure the structure of her error analysis writing aligned with how Mrs. Breiland wanted those same level 8 learners to structure their writing in English 8.

By: Shawn Krinke



ALL YOU NEED IS

$$y = \frac{1}{x}$$



$$x^2 + y^2 = 9$$



$$y = |-2x|$$



$$x = -3|\sin y|$$



Mrs. Randklev's ELA class had a special visitor, a real-life Shiloh! Level 4 learners have been reading Shiloh the last couple of weeks, and today got to meet Archie the beagle. The learners loved making connections, comparing Archie to Shiloh, and getting in plenty of snuggles and pets!



Puppy Love



Jag on the Job / Jag Travels

Take Jags to work or on your next trip and show Northern Cass learners wonderful careers and places to visit. Thank you to the families that have already taken Jags out!

Amber Lockhart

Jag on the Job

Jags On The Job



Assembly at
Horsch, LLC

Manufacturing associates assemble machines using hands on abilities and experience with tools and machines in the most efficient manner possible.



Thank you to everyone who has taken Jags to work!



Take Jags to work!



Jag Travels

Thank you to the Jesser family and Bryson family for taking Jags with them on vacation!



Take Jags on your next trip!



Northern Cass Data Snapshot – ELEMENTARY Fall Testing Report: aimswebPlus 2023–2024

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 th percentile	4	0	90–99 th percentile	6	2
75–89 th percentile	14	2	75–89 th percentile	11	9
26–74 th percentile	23	22	26–74 th percentile	26	29
11–25 th percentile	8	12	11–25 th percentile	7	5
1–10 th percentile	5	13	1–10 th percentile	4	4
Total Number of Learners Tested	54	49	Total Number of Learners Tested	54	49

aimswebPlus Reading	Level 2	Level 3	Level 4	Level 5	aimswebPlus Math	Level 2	Level 3	Level 4	Level 5
90–99 th percentile	7	4	10	16	90–99 th percentile	13	14	10	11
75–89 th percentile	7	9	7	10	75–89 th percentile	13	7	11	13
26–74 th percentile	36	30	22	21	26–74 th percentile	22	23	17	22
11–25 th percentile	6	7	3	4	11–25 th percentile	4	4	7	3
1–10 th percentile	2	1	5	1	1–10 th percentile	6	3	2	3
Total Number of Learners Tested	58	51	47	52	Total Number of Learners Tested	58	51	47	52

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



Northern Cass Data Snapshot – SECONDARY Fall Testing Report: aimswebPlus & Star 2023–2024

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 th percentile	15	5	7
75–89 th percentile	15	13	13
26–74 th percentile	24	18	28
11–25 th percentile	5	6	3
1–10 th percentile	7	2	3
Total Number of Learners Tested	66	44	54

aimswebPlus Reading	Number of Learners		
	Level 6	Level 7	Level 8
90–99 th percentile	19	8	11
75–89 th percentile	11	9	12
26–74 th percentile	25	21	25
11–25 th percentile	4	3	2
1–10 th percentile	7	3	3
Total Number of Learners Tested	66	44	53



Northern Cass Data Snapshot – SECONDARY Fall Testing Report: aimswebPlus & Star 2023–2024

Star Math	Number of Learners		
	Level 9	Level 10	Level 11
below 25 th percentile	4	4	3
25 th –49 th percentile	11	3	7
50 th –74 th percentile	12	10	21
75 th percentile & above	20	29	26
Total Number of Learners Tested	47	46	57

Star Reading	Number of Learners		
	Level 9	Level 10	Level 11
below 25 th percentile	9	10	8
25 th –49 th percentile	19	15	25
50 th –74 th percentile	17	11	13
75 th percentile & above	2	10	11
Total Number of Learners Tested	47	46	57

NORTHERN CASS DOLLARS FOR SCHOLARS ADOPT A CLASS SPONSORS 2023-2024

A HUGE THANK YOU TO OUR SPONSORS!!!!

It's never too late to be a sponsor, if interested email
dollarsforscholars@northerncassschool.com

1. Choose a class(es) to sponsor K-12
2. Sponsor the class(es) for the duration of their education (your child's class, grandchild's class, or friend's class!)
3. On annual Adopt-A-Class Day (in November) donate \$1.00 for each learner in the class(es) you are sponsoring, this is a suggestion, but you can do more or less! Anything helps and it goes towards their scholarships. (For example – you are going to sponsor this year's kindergarten class through the duration of their education at Northern Cass. Donate \$1.00 per learner per year. 50 learners per class, so you would be donating \$50.00 per year.)

Just think if there are 50 learners in a class and they had 50 sponsors - they could raise \$2500 per year - times the 13 years - their class would have a total of \$32,500 in their class account by the time they graduate. **That would increase each scholarship by \$650 per learner.**

2036	Tyler & Kim McPherson/Ashley & Ben Olson
2035	Nathan & Abby Bauer/Troy & Melissa Feeken/Tim & Carrie Nelson/Elijah & Karissa Rude Jason & Kyrie Severson/Nathan & Jessica Stoen/Norman & Steph Tupper
2034	Dave & Kristin Behm/Jon & Melissa Christiansen/Joel & Angie Hamre/Jeremy & Nicole Hoesel Tim & Julie Keckler/Brandon & Kassandra Kranzler/Tyler & Kimberly McPherson Jon & Dawn Miller/Michael & Katie Nordick/Chris & Stephanie Pearson Elijah & Karissa Rude/Josh & Molly Woods
2033	Colin & Amanda Anderson/Jess & Jillian Belling/Josh & Trisha Chadduck Troy & Amanda Fyre/Jason & Kyrie Severson/Andy & Lisa Steinberger
2032	Jeremy & Nicole Hoesel/Tyler & Kimberly McPherson/Dustan & Carie Nygaard Carl & Lyndsey Olson/Brad & Nicole Ueckert
2031	Colin & Amanda Anderson/Dave & Kristin Behm/Jess & Jillian Belling/Dan & Mikeala Ecker Troy & Amanda Fyre/Tim & Julie Keckler/Mike & Katie Mitchell/Chris & Natalie Murch Chris & Stephanie Pearson/William & Chris Walski
2030	Jon & Melissa Christiansen/Joel & Angie Hamre/Jason & Kerry Hauff/Shane & Abby Husar Jon & Dawn Miller/Tim & Carrie Nelson/Carl & Lyndsey Olson/Aaron & LaShai Pfeifer Andy & Lisa Steinberger/Brad & Nicole Ueckert
2029	Kim Haisley/Jeremy & Nicole Hoesel/Sean & Anita Jalbert/Jeremy & Randi Johnson Chris & Natalie Murch/Cameron & Amanda Wolf

2028	Jon & Melissa Christiansen/Jon & Kylie Dickson/Rod & Kristi Gellner/Matt & Alesha Greseth Justin & Kayla Henderson/Kayla Hovland/Shawn & Janene Sand/Jessie & Connie Soper Curt & Stacie Weible/Daryl & Beth Zieske
2027	Jeff & Laura Ebertowski/Troy & Amanda Fyre/Kyle & Kristen Kemmet/Rian & Diane Lee Jon & Dawn Miller/Mike & Katie Mitchell/Andy & Lisa Steinberger Jamie & Michelle Wadeson/William & Chris Walski/Steve & Beth Winterquist
2026	Brad & Errin Bjerke/Jon & Kylie Dickson/Craig & Shelly Evenson/Kim Haisley Troy & Patti Hall/Ben & Stacy Hoiland/Tim & Alayne Iwen/Sean & Anita Jalbert Jeremy & Randi Johnson/Chris & Natalie Murch/Shawn & Janene Sand/Bill & Kim Triebwasser Steve & Beth Winterquist/Daryl & Beth Zieske
2025	Mike & Tracy Anderson/Roland & Lori Blixt/Greg & Stacy Geston/Matt & Alesha Greseth Justin & Kayla Henderson/Ben & Stacy Hoiland/Shane & Abby Husar/Jennifer & Kent Kraiter Jay & Shelly Metzger/Mike & Katie Mitchell/Keith & Angie Ose/Aaron & LaShai Pfeifer Bill & Kim Triebwasser
2024	Tim & Jeanine Allmaras/ Rod & Kristi Gellner/ Jamison & Jennifer Jensen Dave & Jennifer Johnson/Kyle & Kristen Kemmet/Rian & Diane Lee/DC & Marie Lucas Donna Richards/Bob & Becky Tretter/Curt & Stacie Weible/Cameron & Amanda Wolf

Northern Cass Dollars for Scholars
Adopt-A-Class Totals
As of 9/30/2023

<u>Graduation</u>	<u>Number of Students</u>	<u>Class Total to Date</u>
2036	55	\$ 0.00
2035	49	\$ 96.00
2034	58	\$ 719.00
2033	52	\$ 374.00
2032	49	\$ 423.00
2031	54	\$ 1,039.00
2030	66	\$ 1,615.00
2029	46	\$ 1,491.00
2028	56	\$ 1,752.00
2027	49	\$ 1,935.00
2026	46	\$ 3,446.00
2025	57	\$ 3,104.00
2024	49	\$ 3,655.00

NORTHERN CASS SCHOOL

DEFY GRAVITY

BUY YOUR YEARBOOK TODAY

PRICE
\$55



Pre-order Now at
YearbookForever.com

NC YEARBOOK PHOTOS NOW AVAILABLE ON SMUGMUG!

- Photos include all level of sports and other activities and events around the school
- Download a single photo for only \$3 or a whole gallery* for \$25!
- New photos uploaded on Thursdays

**CLICK HERE
TO GO TO OUR
SMUGMUG
WEBSITE**

All galleries contain a minimum of 20 photos, but usually way more!



SCAN ME

NORTHERN CASS 2023-2024 SECONDARY ELECTIVE CLASSES

Are you curious about what classes NC has to offer besides core classes?
Check out this newsletter! Each month will highlight one of the electives.

1

AGRICULTURE EDUCATION LUCAS SCHMALTZ

- Intro to Ag
- Foundations of Ag
- Ag III
- Animal Science
- Plant Science
- Power Systems
- Ag Welding
- Ag Mech 1
- Ag Mech 2

*Future Farmers of America (FFA)



2

SPANISH MARGO WALTER

- Spanish I
- Spanish II
- Spanish III
- Yearbook

*Jaguar Treks



3

FAMILY AND CONSUMER SCIENCES STACY RIENDEAU

- Foods I
- Foods II
- Restaurant Management
- Fashion and Clothing
- Child Development I
- Living on Your Own
- Family Living

*Family Career and
Community Leaders of
America (FCCLA)



4

ART KAYLEE GLASER

- Intro to Art
- Crafts
- Drawing and Painting I
- Drawing and Painting II
- Dual Credit Painting
- Ceramics I
- Ceramics II
- Art History
- Digital Art and Design



5

MUSIC SARAH SAVRNOCH & JEREMY YOUNG

- Band
- Choir
- Dual Credit History of Rock
and Roll



The Health Challenges of Digital Addiction



Illuminating significant health challenges and ways to solve them

A New Addiction: Living in a World of Digital Drugs

With increasing rates of health issues such as anxiety, depression, suicide, obesity, chronic illness, and loneliness, we are becoming more miserable than ever. One factor that may be contributing to this despair is digital addiction.

Over the past couple decades, society has seen a massive shift in the way technology and media intersect with the ways we work and live. What hasn't kept pace is our understanding of the impact this change has had on people's physical, mental, and emotional health.

As we integrate screens and addictive apps into more and more aspects of our lives — relying on them for a range of work, school, and social purposes — the negative effects of our dependence become more pronounced and more wide-ranging. For proof, you need look no further than one recent survey, which found that American teens now spend about nine hours per day just using entertainment media — watching TV, playing video games, and listening to music.

DIGITAL ADDICTION



ABOUT HALF OF TEENS and more than **1/4 OF PARENTS** say they're addicted to their mobile devices.¹



AMERICAN TEENS use an average of **9 HRS PER DAY** of entertainment media. American **ADULTS** spend about **7 HRS A DAY** IN FRONT OF A SCREEN.²



ABOUT 3/4 OF TEENS and **HALF OF PARENTS** say they feel the need to immediately respond to texts, social media, and other notifications.³



Users who spent **MORE TIME ON SOCIAL MEDIA** were **5 TIMES** more likely to report that they suffered from **DEPRESSION**.⁴



Teens who use screens for more than five hours per day were **20% MORE LIKELY** to have **SUICIDAL IDEATION** compared to those who used screens for less than one hour per day.⁵



It's recommended that adults & teens limit their screen time to **TWO HRS OR LESS** each day. For children and toddlers, the recommendation is **LESS THAN AN HR A DAY**.⁶

HEALTH IN AMERICA



6 IN 10 YOUNG PEOPLE consume at least one sugary drink on any given day.⁶



70% OF ADULTS get insufficient sleep on a monthly basis.⁶



More than **80% OF AMERICAN ADULTS AND CHILDREN** don't meet the guidelines of 30 minutes of physical activity daily.⁷



Since 1960, the rate of **OBESITY IN THE US HAS TRIPLED**.⁸



Nearly **60% OF AMERICANS** regularly contemplate how they can find more meaning and purpose in their life, and nearly half report feeling lonely.⁹

⁶Centers for Disease Control and Prevention, ⁷US Department of Health and Human Services, ⁸National Institutes of Health, ⁹American Hospital Association

ALTERNATIVES TO TECHNOLOGY USE

Parents, teachers, and supportive adults can help kids use media and tech in healthy, productive, and responsible ways. By mixing media and tech time with other unplugged activities, families can find a happy medium. Here are a few helpful tips for getting started and finding alternatives to technology use:



Support in-person friendships and community events



Be in nature



Exercise and move your body



Read a hard book



Meditate



Work on your to-do list



Care for pets



Volunteer

LEARN MORE



10 Tips for Digital Well-Being



Digital Detox Challenge



Sign Up for a Parent Education Training



Watch the 2023 DMF Summit



Fresh Fruits & Vegetable Program (FFVP)

Northern Cass received funding from the Fresh Fruits & Vegetable Program through the ND Department of Public Instruction to provide fresh fruit and vegetable snacks to middle school learners during the day. A cart is available on the second floor with a variety of items and so far, it has been a big hit. Learners have eaten 2,924 pieces of fruits/vegetables in the first three weeks! This program will continue through the school

Sign-up is open for the Backpack Program. The Backpack Program provides a free bag of kid-friendly foods for your child to take home and eat over the weekend. The backpacks are distributed weekly through the school year. If you are in need of this program, please fill out this online form here or stop into the office to pick up a form. We value your privacy, participation is confidential. If you have questions, please contact Amber Lockhart or Markie Taubert.



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

August 2023

Dear Parent/Guardian,

Your child is invited to participate in the **Backpack Program**. This program is a partnership between Northern Cass School and the Rural Cass Food Pantry to assist children and families in the district.

The Backpack Program will provide a plastic bag full of kid-friendly, shelf stable food and/or snacks for your child to take home over the weekend. They will receive foods like cereal, pudding, soup, fruit, granola bars, microwavable meals, snacks, and other items. With your approval we will send a bag of food home with your child every Thursday for the remainder of the school year. This program will start in mid September.

Please know that there will never be any charge for this program; it is entirely funded through grants and private donations. Confidentiality will be of the utmost importance.

Please indicate below **ONLY** if you would like to participate in the program. Please sign and return by September 15 to Northern Cass ATTN: Markie.

_____ **Yes, my child may participate in the Backpack Program.**

Please list any food allergies: _____

Learner Name: _____ Educator: _____

Parent/Guardian Signature: _____

If you have any questions regarding the Backpack program, please do not hesitate to contact Markie Taubert or Amber Lockhart at 701-874-2322.



Written Notification of School Accountability Report

Dear Parent/Guardian,

North Dakota has launched a dashboard called "Insights," designed to help communities across the state access important information about K-12 districts and schools. Insights features easy-to-read reports on multiple measures of school success, including:

- Student Achievement
- Choice Ready Results
- Performance Comparisons
- English Learner Progress
- Graduation Rates
- School and State Accountability Results
- School Improvement Information
- Post-Secondary Education
- School Environment

Transparency to the Public

North Dakota is committed to informing communities about how well our schools are doing. North Dakota's future success depends on tapping into the potential of all students, so they graduate choice ready with the knowledge, skills, and disposition to be successful.

State education departments are required to annually create an accountability report for every public school in the state per the Every Student Succeeds Act (ESSA). The school accountability reports outline how schools perform on the accountability elements North Dakota selected within its ESSA plan.

How is our School Doing?

To find more information about our School Accountability Report, visit the dashboard at [Insights.nd.gov](https://insights.nd.gov), select "Find My School," and search alphabetically. The school accountability report is posted under the Dashboard heading.

Please note that the data made available to the public masks or hides data for groups with ten or fewer students to protect confidential information about individual students. Therefore, if data is unavailable to less than ten students, it will say "no data available."

Family Engagement

We have strong plans for working to improve the educational programs at our school. We want you and your child(ren) to continue actively participating in our educational system. Please help support our high expectations for student achievement by participating in the school educational initiatives, offering input and support in our endeavors to raise student achievement, or volunteering at the school. Meeting our school's goals will take a united effort, and I look forward to working with our families to ensure success for each student.

Continuous Improvement

All schools engage in continuous improvement for general support; therefore, our school has completed a continuous improvement plan through Cognia.

As part of the overall school improvement plan, a strategy map is generated for each school. Our strategy map, outlining our key school improvement initiatives, is also available on Insights.

NORTHERN CASS TITLE 1 SCHOOL-PARENT-STUDENT COMPACT

GRADES K-5

Each school receiving funds under Title 1 of the Elementary and Secondary Education Act (ESEA) must develop a written school-parent compact jointly with parents for all children participating in the Title 1 activities, services, and programs. That compact is part of the school's written parental involvement policy developed by the school and parents. The compact must outline how parents, school staff, and students will share the responsibility for improved student academic achievement and the means by which the school and parents will build and develop a partnership to help children achieve the State's high standards.

SCHOOL-PARENT-STUDENT COMPACT

Northern Cass School and the parents of the students participating in activities, services, and programs funded by Title 1 agree that this compact outlines how they will share the responsibility for improved student academic achievement and the means by which the school and parents will build and develop partnership that will help children achieve the State's high standards. This school-parent-student compact is in effect during the **2023-2024** school year.

SCHOOL-PARENT-STUDENT COMPACT PROVISIONS

School-Teacher Responsibilities

Northern Cass School will:

1. Provide high-quality curriculum and instruction in a supportive and effective learning environment that enables the participating children to meet the State's student academic achievement standards as follows:

- Research based instruction will supplement the classroom curriculum through methods including pre-teaching, re-teaching, and review.
- Instruction will be given in a positive learning environment (one-on-one, small groups, or in-class settings).
- Teachers will communicate frequently to enhance the support and achievement of the students.

2. Hold parent-teacher conferences during which this compact will be discussed as it relates to the individual child's achievement. Specifically, these conferences will be held:

- October 16-17, 2023
- March 11-12, 2024

3. Provide parents with frequent reports on their child's progress. Specifically, the school will provide reports as follows:

- Intervention teachers will send home formal progress reports each year. The teacher(s) will also email, call, and be available to meet with parents throughout the year.
- Parents will be notified of the school's progress as a whole.

4. Provide parents reasonable access to staff. Specifically, staff will be available for consultation with parents as follows:

- Teachers' email addresses and phone numbers are available to parents on the Northern Cass website. Parents are encouraged to contact teachers at any time.
- Teachers and administration will be available at the annual fall meeting for parents.
- Teachers and administration will be available on the evenings that conferences are held.

5. Provide parents with opportunities to volunteer and participate in their child's class, and to observe classroom activities, as follows:

- Parents are invited to the annual fall meeting and annual review meeting.
- Parents are encouraged to make arrangements with teachers to observe classroom activities, participate, or volunteer.
- Parents will be asked to serve on our advisory committee when developing policies, compacts, and other district documents.

Parent Responsibilities

We, as parents, will support our children's learning in the following ways:

- Monitor attendance.
- Encourage my child's effort, pertaining to academics and extracurricular activities.
- Establish a time for homework and be available to answer questions.
- Attend parent-teacher conferences.
- Monitor the amount and content of television, movies, and video/computer games that my child watches/plays.
- Serve, to the extent possible, on policy advisory groups.

Student Responsibilities

As a student at Northern Cass, it is important that I work to the best of my ability. Therefore, I will strive to do the following:

- Attend school regularly.
- Come to school prepared to learn with the necessary tools and attitude.
- Complete and return homework assignments.
- Follow school and classroom rules.
- Show respect for others in the school environment.

Northern Cass School District Policies

Description Code: 6ABC

Title I Northern Cass School District/School Parental Involvement Policy

Part I. DISTRICT EXPECTATIONS

Each school district must establish the district's expectations for parental involvement. [Section 1118(g)(2), ESEA.]

The Northern Cass School District agrees to implement the following statutory requirements:

- The school district will put into operation programs, activities, and procedures for the involvement of parents in all of its schools with Title I programs. Those programs, activities, and procedures will be planned and operated with meaningful consultation with parents of participating children.
 - The school district will ensure the required school-level parental involvement policies meet the Title I requirements, and include a school-parent compact.
 - The school district will incorporate this district-wide parental involvement policy into its district plan.
 - In carrying out the Title I parental involvement requirements, to the extent practicable, the school district will provide full opportunities for the participation of parents with children with limited
 - English proficiency
 - Disabilities
 - Of migratory children
 - Including providing information and school reports
- In an understandable and uniform format and, including alternative formats upon request, and to the extent practicable, in a language parents understand.
- If the district plan for Title I is not satisfactory to the parents of participating children, the school district will submit any parent comments with the plan when the school district submits the plan to the Department of Public Instruction.
 - The school district will be governed by the following statutory definition of parental involvement and expects that its Title I schools will carry out programs, activities, and procedures in accordance with this definition:

Parental involvement means the participation of parents in regular, two-way, and meaningful communication involving student academic learning and other school activities, including ensuring-

(A) That parents/guardians play an integral role in assisting their child's learning;

(B) That parents/guardians are encouraged to be actively involved in their child's education at school;

(C) That parents/guardians are full partners in their child's education and are included, as appropriate, in decision-making and on advisory committees to assist in the education of their child;

- (D) The carrying out of other activities, such as those described in section 1118 of ESEA.
- The school district will inform parents/guardians and parental organizations of the purpose and existence of the Parental Information and Resource Center in North Dakota (i.e., NDRASS in Minot, ND).

Part II.

DISTRICT/SCHOOL PARENTAL INVOLVEMENT POLICY REQUIRED COMPONENTS

1. The Northern Cass School District will take the following actions to involve parents in the joint development of its district/school parental involvement plan:

The Northern Cass School personnel will jointly work with parents in the following ways:

- Annual Fall Title I Parent Meeting
 - The Parental Involvement Policy will be reviewed at the Annual Fall Title I Parent Meeting
 - Parent surveys regarding program improvement
2. The Northern Cass School District will convene an annual meeting to which all parents of participating children shall be invited and encouraged to attend, to inform parents of their school's participation and to explain the requirements of this part, and the right of the parents to be involved.
 3. The Northern Cass School District will offer a flexible number of meetings and may provide transportation, child care, or home visits, as such services related to parental involvement:

The Northern Cass School personnel will provide numerous opportunities for parent meetings, including the following:

- Back to school night
- Annual Fall Title I Parent Meeting
- Scheduled individual parent meetings
- Parent/Teacher conferences (childcare offered to families)

Parents with transportation or daycare concerns in regards to these meetings are encouraged to contact Title I personnel at the school.

4. The Northern Cass School District will provide the following necessary coordination, technical assistance, and other support to assist Title I schools in planning and implementing effective parental involvement activities to improve student academic achievement and school performance.
5. The Northern Cass School District will build the school's and parents' capacity for strong parental involvement, in order to ensure effective involvement of parents and to support a partnership to improve student academic achievement, through the following activities specifically described below:

- a. The school/district will provide assistance to parents of children served by the school district, as appropriate, in understanding topics such as the following:

- Title I Progress Reports
- State and local academic assessments- These assessments will also be reviewed during the Annual Fall Title I Parent Meeting. Assessment results will be distributed to parents through mailings, school website postings, documents sent home, and online. Title I staff will provide assistance in understanding these assessments and the Title I requirements.
- ND State Standards

Progress Monitoring

- b. The school/district will provide parents of participating children, if requested by parents, opportunities for regular meetings to formulate suggestions and to participate, as appropriate, in decisions relating to the education of their children, and respond to any such suggestions as soon as practically possible.

- c. The school/district will provide materials and training to help parents work with their children to improve their children's academic achievement, such as literacy training and using technology as appropriate, to foster parental involvement, by:
 - Letters
 - Emails
 - School and classroom newsletters
 - Web resources on Title I website and district website
 - Teaching ideas that align with instruction
 - Online availability of access to student grades
 - Online announcements and schedules

- d. The school/district will educate its teachers, Principals, and other staff, in how to reach out to, communicate with, and work with parents as equal partners, in the value and utility of contributions of parents, and in how to implement and coordinate parents programs by:
 - Staff In-Service Training
 - Title I Fall Conferences
 - Regular communication with parents via email, phone calls, and face-to-face meetings

- e. The school/district will, to the extent feasible and appropriate, coordinate and integrate parental involvement programs and activities with the preschool, Gearing Up for Kindergarten, and other programs, that encourage and support parents in participating in the education of their children.

- f. The school/district will take the following actions to ensure that Title I information related to the school and parents programs, meetings, and other activities, is sent to the parents of participating children in an understandable and uniform format, including alternative formats upon request, in a language the parents can understand.



6. The **Northern Cass School District** will coordinate and integrate parental involvement strategies under Title I with parental involvement strategies under the following other programs: preschool and Gearing Up for Kindergarten.

7. The **Northern Cass School District** will take the following actions to conduct an annual evaluation of the content and effectiveness of this parental involvement policy in improving the quality of its Title I school. The evaluation will include identifying barriers to greater participation by parents in parental involvement activities (with particular attention to parents who are economically disadvantaged, are disabled, have limited English proficiency, have limited literacy, or are of any racial or ethnic minority background). The school district will use the findings of the evaluation about its parental involvement policy and activities to design strategies for more effective parental involvement, and to revise its parental involvement policies.

8. The **Northern Cass School District** will take the following actions to involve parents in the process of school review and improvement:

Parents will be asked at the Annual Fall Title I Parent Meetings and as part of the annual parent Title I survey for suggestions to improve the Title I program. Parents will also be informally asked at parent/teacher conferences for their input. School surveys will also be a part of the information gathering. Based on the findings and suggestions from these meetings and surveys, changes will be made to the Title I program accordingly.

9. If the plan is not satisfactory to the parents of participating children, submit any parent comments on the plan when the school makes the plan available to the local educational agency.

Part III. SHARED RESPONSIBILITIES FOR HIGH STUDENT ACADEMIC ACHIEVEMENT

As a component of the school-level parental involvement policy, the school shall jointly develop with parents for all children served under this part a school-parent compact that outlines how parents, the entire school staff, and students will share the responsibility for improved student academic achievement.

The School-Parent-Student Compact has been developed in addition to this parental involvement policy. The compact was jointly developed with parents at a scheduled meeting time. All parents were invited to add suggestions and comments on the policy. Suggestions and comments on improvement of the Title I program will be received at any time throughout the year.

Part IV. DISCRETIONARY DISTRICT/SCHOOL PARENTAL INVOLVEMENT POLICY COMPONENTS

The District/School Parental Involvement Policy may include additional paragraphs listing and describing other discretionary activities that the school district, in consultation with its parents, chooses to undertake to build parents' capacity for involvement in the school and school system to support their children's academic achievement, such as the following discretionary activities:

- Pay reasonable and necessary expenses associated with parental involvement activities to enable parents to participate in school-related meetings and training sessions.
- In order to maximize parental involvement and participation in their children's education, arrange school meetings at a variety of times, or conduct phone or email conferences between teachers or other educators, who work directly with participating children, with parents who are unable to attend those conferences at school.
- Develop appropriate roles for community-based organizations and businesses, including faith-based organizations, in parental involvement activities.

Part V. ACCESSIBILITY


In carrying out the parental involvement requirements of this part, districts and schools, to the extent practicable, shall provide full opportunities for the participation of parents with children with limited English proficiency, parents with children with disabilities, and parents of migratory children, including providing information and school reports in a format and, in a language such parents can understand.

Request for Title I information will be provided in alternative formats to the extent possible upon request.

Part VI. ADOPTION

This District/School Parental Involvement Policy has been developed jointly with, and agreed on with, parents of children participating in Title I programs, as evidenced by meeting minutes.

This policy was adopted by the **Northern Cass Public School District** on **8/14/2023** and will be in effect for the period of **2023-2024**. The school district will distribute this policy to all parents of participating Title I children.


(Signature of Title I Authorized Representative)

8/14/2023

(Date)

This template of a District/School Parental Involvement Policy has been developed by combining two documents, the modified version of the sample provided in the U.S. Department of Education Parental Involvement Guidance and the sample of the School Parental Involvement Policy provided by the North Dakota Title I Office.

End of Northern Cass School District Policy GABC..... Adopted: 4/7/1998
Amended: 8/14/2014; 11/13/2014; 8/13/2015; 8/11/2016; 8/16/2017;
8/16/2018; 9/11/2019; 9/14/2020; 10/7/2021; 9/12/2022; 8/14/2023

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Blueberry Waffle, Fruit, Juice, Milk	3 Nutri Gr. Bar, Yogurt, Fruit, Juice, Milk	4 Pumpkin Bread, Fruit, Juice, Milk	5 Cinn. Toast Crunch Bar, Fruit, Juice, Milk	6 Asst. Cereals, Yogurt, Fruit, Juice, Milk	7
	Corn Dog, Baked Beans, Salad Bar, Fresh Fruit, Milk	Popcorn Chicken, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	Chili, Cinnamon Roll, Salad Bar, Fresh Fruit, Milk	Stuffed Cheese Sticks, Corn, Salad Bar, Fresh Fruit, Milk	Pulled Pork/Bun, Potato Chips, Salad Bar, Fresh Fruit, Milk	
8	9 Strawberry Bagel, Fruit, Juice, Milk	10 Pop Tart, Yogurt, Fruit, Juice, Milk	11 Lemon Bread, Fruit, Juice, Milk	12 Cinn. Streusel Muffin, Fruit, Juice, Milk	13 Choc Chip Blast Bar, Fruit, Juice, Milk	14
	Hamburger, French Fries, Salad Bar, Fresh Fruit, Milk	Chicken Fingers, Mac 'n' Cheese, Salad Bar, Fruit, Milk	Individual Pizzas, Green Beans, Salad Bar, Fresh Fruit, Milk	Egg Bake, Pancakes, Salad Bar, Fresh Fruit, Milk	Chicken Fajita Hotdish, Salad Bar, Fresh Fruit, Milk	
15	16 Waffle Bites, Fruit, Juice, Milk	17 Mini Cini, Fruit, Juice, Milk	18 NO SCHOOL	19 NO SCHOOL	20 NO SCHOOL	21
	Chicken Strips, Mashed Potatoes, Salad Bar, Fruit, Milk	Garlic Fr. Bread, Peas, Salad Bar, Fresh Fruit, Milk				
22	23 Banana Bread, Fruit, Juice, Milk	24 French Toast Bites, Fruit, Juice, Milk	25 Pkn Ch Chip Muffin, Fruit, Juice, Milk	26 Strawberry Bagel, Fruit, Juice, Milk	27 Fruit & Yogurt Parfait, Granola, Juice, Milk	28
	Sweet/Sour Chicken, Fried Rice, Salad Bar, Fresh Fruit, Milk	Big Daddy's Pizza, Corn, Salad Bar, Fresh Fruit, Milk	Meatballs/Gravy, Mashed Potatoes, Salad Bar, Fruit, Milk	Chicken Patty/Bun, Tator Tots, Salad Bar, Fresh Fruit, Milk	Walking Tacos, Toppings, Salad Bar, Fresh Fruit, Milk	
29	30 Cinnamon Bagel, Fruit, Juice, Milk	31 Happy Halloween Logn John/Choc Fruit, Juice, Milk				
	Hot Dog, Fr. Fries, Salad Bar, Fresh Fruit, Milk	Chicken Nuggets, Mashed Potatoes, Salad Bar, Fruit, Milk				