

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

## January Events

**January 10<sup>th</sup>- Board of Education Meeting (5:30PM)**

**January 12<sup>th</sup>- Feed My Starving Children  
Fargodome (Levels 9-12)**

**January 15<sup>th</sup>- NO SCHOOL  
Professional Learning Day**

**January 19<sup>th</sup>- Community Focus Group Session**

**January 22<sup>nd</sup>- ABL Games**

**January 29<sup>th</sup>- School Board Retreat**

**January 31<sup>st</sup>- Higher Education Site Visit to  
Northern Cass**

## Jaguar Athletics Page

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

Varsity games will be broadcast on:

[YOURLIVEEVENT.COM](http://YOURLIVEEVENT.COM)



## Coaching for Parents...

Become a "protective factor"  
and superhero when it comes  
to your child's mental health

FREE RESOURCE PROVIDED BY NORTHERN CASS  
SCHOOL DISTRICT 97



## Discover your Superhero Powers

FREE Parent Coaching  
Includes:

- Weekly calls
- 24/7 texting with 24 hr response
- Guided, step-by-step resources
- Tools & tips to help you parent
- Confidential help

Scan to register  
for Free  
Parenting Help



<https://cookecenter.info/coaching>

## JANUARY

### GREATNESS WORD

### Leadership

Develops abilities in themselves  
and others in order to make  
a positive impact at school  
or in the community

### GREATNESS CHALLENGE

Be a positive role model  
Be a leader in the classroom

### CELEBRATION

Friday, January 26  
House Color Day



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.

### **A Few Thoughts**

I want to wish everyone a Happy New Year! Although it is always difficult to ‘return’ to a normal routine after the holiday season, I enjoy this time of year. People have a renewed sense of purpose and hope. Many of us have ‘set’ our resolutions for the year and I’m going to challenge you. I’m not going to challenge you to keep your resolutions, but to be realistic with them. For example, my wife and I committed to exercising on a regular basis starting last summer. When we first started, we committed to going together a set number of days each week. When school started, we quickly realized our goal was not possible. Instead of ‘throwing out’ the resolution, we reset it. We committed together to supporting one another but understanding it would look different during the school year. Too often, we believe we have failed when we don’t meet a resolution when we simply need to reframe the resolution. Growth is growth and that will always be true.

I was (and am) a fan of Kobe Bryant. I believe his work ethic was unmatched. Recently, I read a quote of his on ‘X’ (formerly known as Twitter). He said, “I can’t relate to lazy people. We don’t speak the same language. I don’t understand you. I don’t want to understand you.” I believe (in life) we can control two things. We can control our attitude and effort. My other challenge for all of us is to commit to a positive attitude and strong work ethic. If we can collectively do this, we will not only be fulfilled but also successful.

### **Looking for Volunteers**

On Friday, January 19<sup>th</sup>, the Northern Cass Girls’ and Boys’ Basketball teams will play Lisbon at home. Between the two games, a group of Northern Cass educators will be leading a variety of focus group sessions which will be 15 minutes in length. We are looking to gather feedback on a variety of items which includes, but is not limited to, Personalized Learning, the Northern Cass ‘Why’, the areas of strength and growth, and the skills learners need to be choice ready. Please consider attending these sessions to provide us valuable feedback as we continue to grow as an organization.



# Welcome



## **Britney Mikesh- Paraprofessional**

Britney is the mom of three kids who attend Northern Cass, Brylee is a Senior this year, Kasyn is a 5th grader, and Remi is in kindergarten. They live on a farm west of Grandin. She enjoys spending time with family and friends and going to the lake!



## **North Dakota Boys State**

**North Dakota American Legion Boys State is a fantastic opportunity for rising seniors. It is an immersive political science program that goes beyond the mere mechanics of state and local government, allowing participants to practice a range of citizenship skills. By forming and running their own state government, these young men learn valuable lessons that will serve them well throughout their lives. Boys State alumni have gone on to become successful businessmen, civil servants, employees, and entrepreneurs. Attending Boys State can help students find the right college, inspire them to engage in civic duty, and foster lifelong friendships with peers from across the state.**

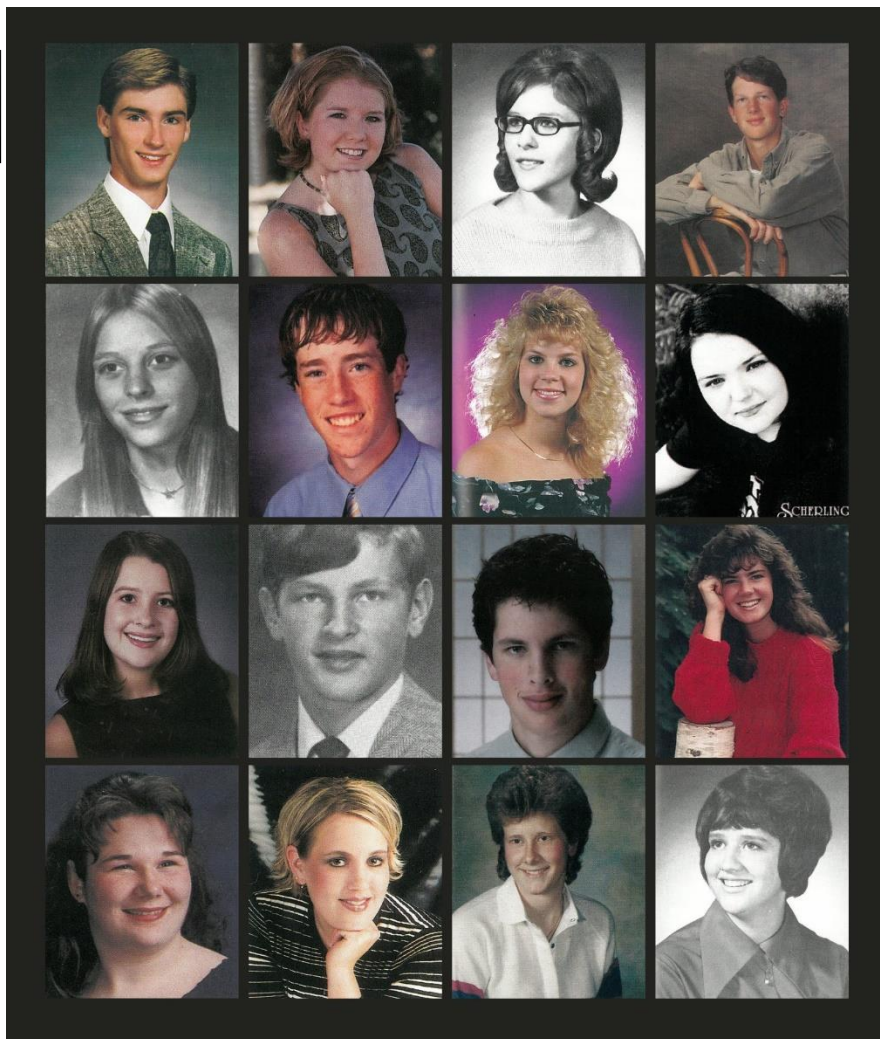
**This program has been approved for high school credit by the Department of Public Instruction. Students who are interested can register at [www.ndboysstate.org](http://www.ndboysstate.org) or get in touch with their local American Legion Post to register. There is also an option to use the bus service to and from NDSCS for transportation. Boys State is a valuable investment in their future and this opportunity only comes once. Northern Cass strongly recommends participation in this great program. Boys State will be held on June 11-16, 2024, at The North Dakota State College of Science (NDSCS) in Wahpeton.**



**REC**

Thank you to the first round of sponsors (pictured) for our digital yearbook archive! We appreciate your support in preserving our Northern Cass Community's rich history. Many sponsorship opportunities are still available! Once we have received your contribution, your requested annual will be professionally scanned and uploaded to the archive. Your name will be listed on the webpage as a sponsor for the book you have selected. The \$50 contribution would make a great tribute to a loved one.

Contact [stacy.erickson@northerncassschool.com](mailto:stacy.erickson@northerncassschool.com) if you would like to sponsor the digital upload of a specific year.



## NDSU BASEBALL CAMPS

LEARN MORE!



Do you have a K-6th grade boy who's interested in playing baseball? Attend NDSU's youth camp on February 4th! If cost is a concern, and your learner really wants to go, please reach out to Coach Johnson ([sam.johnson@northerncassschool.com](mailto:sam.johnson@northerncassschool.com)).

Click the link below!

<http://www.ndsubaseballcamps.com/>

# NDGS 2024

## North Dakota Governor's Schools

North Dakota Governor's School is a four-week residential program for scholastically motivated North Dakota high school students. Governor's Schools academic programs offer high-quality, concentrated instruction from NDSU faculty through classroom experiences, discussion groups, labs, field trips, and other activities. Students are eligible to earn college credit.

### Eligibility Requirements

- North Dakota Resident
  - public, private, or homeschool
- Current Sophomore or Junior
- Cumulative GPA of 3.25 or higher



### LEARNING PATHWAYS

#### SCIENCE

biology. biochemistry. chemistry.  
materials science. pharmacy. food  
science. geoscience. polymer. vision  
science. physics.

#### ENGINEERING

robotics. power sports. civil  
infrastructure. electronics.

#### TECHNOLOGY

AI. Linux Operating System. computer  
hardware. web development.  
responsible use of technology.

#### MATH

classical and contemporary  
cryptography. elementary number  
theory. mathematics of finance.

APPLICATION  
DEADLINE

JANUARY 15th, 2024

For more information or to apply, visit  
[www.ndsu/govschool.com](http://www.ndsu/govschool.com)

NDSU OFFICE OF TEACHING  
AND LEARNING





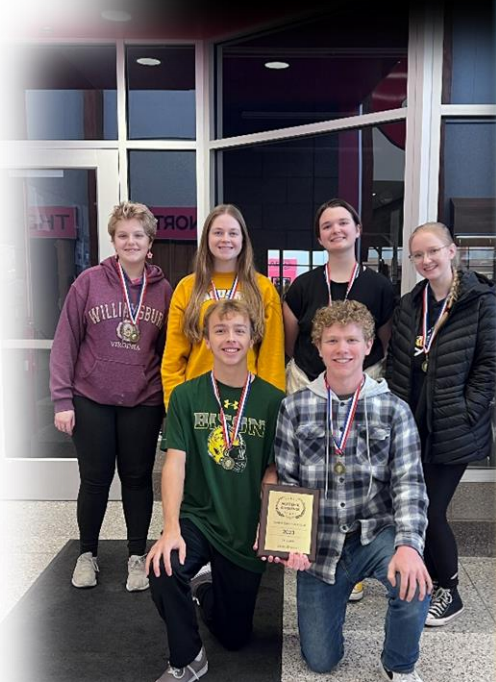
Both the Junior Varsity and Varsity Acalympics teams took home some hardware at the Central Cass Academic Challenge Invitational.

Junior Varsity earned their way to the lightning round by getting the last few questions correct. They ended up winning the lightning round, earning them first place!

Varsity had to battle with Central Cass in 4 tie breaker questions to get into the lightning round. During the lightning round they maintained a lead to ultimately win first place!

So fun and exciting! I am so proud of these great kids.

*Ms. Zaun*



**Varsity**  
Maren M, Nora S, Grayson M, Iris R, James W, Jace S



**Junior Varsity**  
Cole C, Hannah C, Tyler I, Maleah P, Damien H

# ACALYMPICS



# Northern Cass Wrestling



"The greatest battles in wrestling  
are often fought within  
ourselves."

-Eddie Guerrero



# Jag on the Job

## Jags On The Job



**Attorney**

Jags attended a hearing in front of the honorable Judge Hayden! Jags also helped people with legal issues, primarily real estate issues and general breach of contract litigation.



Thank you to everyone who has taken Jags to work!

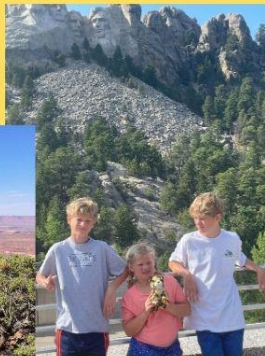


**Take Jags to work!**



# Jag Travels

Thank you to the Baldwin, Buchli, Coler, Danielson, Head, Stremick and Swift families for taking Jags with them on vacation!



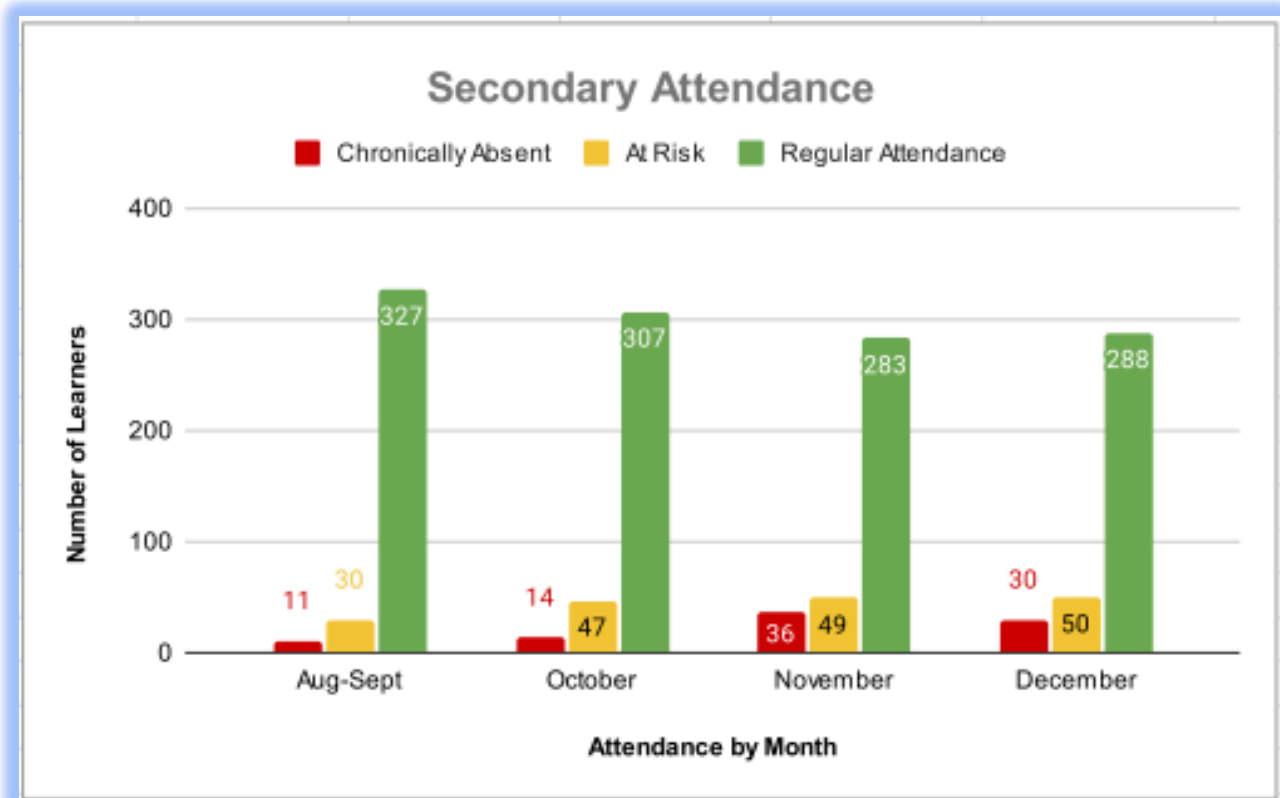
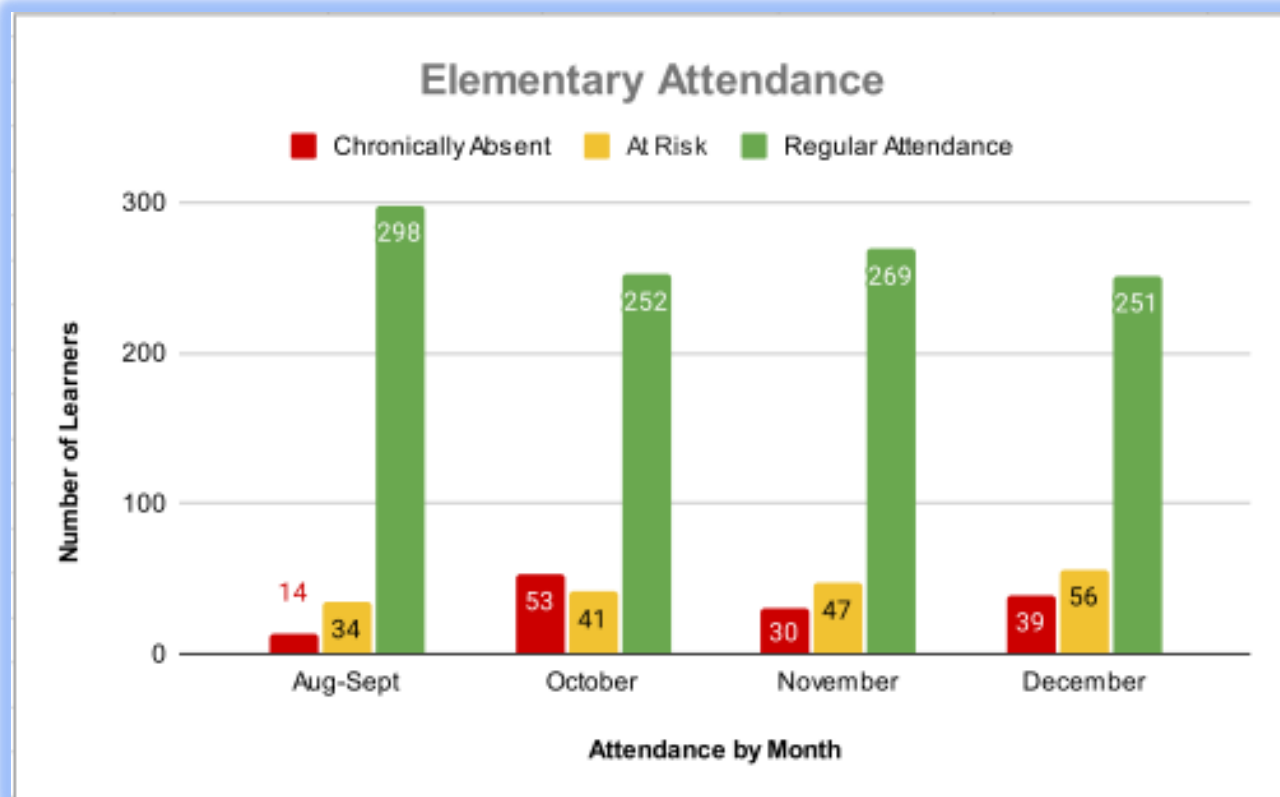
**Take Jags on your next trip!**



## Attendance Update:

January is a great time to discuss the importance of being in school every day!

If you have any questions about your learner's daily attendance, please reach out to Dean of Learners, Sam Johnson at [sam.johnson@northerncassschool.com](mailto:sam.johnson@northerncassschool.com).





## Did You Know Northern Cass is a Full-Service Community School (FSCS)?

That means we work to help children and families overcome barriers to learning. Here is a peek at some of the FSCS work being done at Northern Cass.

### Jaguar Wellness Pantry

The pantry provides food and personal care items to learners and their families. The school has an onsite pantry, a learner breakfast pantry for middle and high school and many other great programs. The pantry is sponsored by Great Plains Food Bank, however, the majority of the items come from donations made by our generous community!

- **Jaguar Wellness Pantry** - Has given out more than 11,000 pounds of food and personal care items.
- **The Backpack Program**, - Sponsored by the Cass County Rural Emergency Food Pantry and local foundations, provides weekend snack and lunch items for learners. To sign up, contact [markie.taubert@northerncassschool.com](mailto:markie.taubert@northerncassschool.com) for a form.
- **Meal Repack** - Leftover, unserved lunch is frozen in single serve containers and made available to all, this has provided over 1,200 meals since the program began at NC.
- **Winter Gear** - Winter coats, snow pants, boots, gloves, and hats for learners in need.

### Other Great Programs and Supports

- **Check & Connect** - Mentoring program to keep learners engaged and on track to graduate. The NC mentor is working with six learners this year.
- **Best In Class** - Northern Cass received a Best in Class grant to support Preschool in 2023-24. Best In Class is a research-supported program designed to support school readiness in ND to increase the number of children entering kindergarten.
- **Early Learning Fair** - Each spring, Northern Cass hosts an Early Learning Fair to provide a welcoming space for families with learners age birth to five to learn new tools to encourage healthy development. A number of community partners provide activities, screenings and information. This year the fair will be held on Saturday, April 5, 8:30am - 11:30 am.
- **Jaguar Parent Portal** - Find a wealth of resources for families. Find the page under the Parent Tab on the website.
- **Fresh Fruit & Vegetable Program** - The ND Dept of Education provided NC funding to offer fresh fruits and vegetables as snacks to secondary learners. Learners have eaten 13,003 pieces of fruit or vegetable! Funding ends this spring but learners love the program! If there are any families or businesses interested in supporting this program in the future, please reach out to [amber.lockhart@northerncassschool.com](mailto:amber.lockhart@northerncassschool.com) or [cory.steiner@northerncassschool.com](mailto:cory.steiner@northerncassschool.com)

### Partners Bringing in Valuable Services

Many partners help NC provide supports and services to learners and families, here are a few -

- **The Village Family Services** - Onsite counseling. provided 916 sessions in 2023.
- **Reading Corps** - Provides literacy interventions for early elementary learners. The NC tutor is working with 24 learners this school year.
- **NexusPath** - Targeted Case Management for eight learners and their families.
- **Encompass Family Services** - Early developmental screening for children birth to 5. Ten children provided free screening in the past year.
- **Parentguidance.org** - Free, confidential virtual parent coaching and skill-building. You can sign up anytime on their site!

New: The Family and Consumer Science (FACS) class is partnering with **Community of Care** to pilot a Senior Citizen Meal Program in 2024. Participants for the pilot have been selected by Community of Care.

### FSCS Initiatives

**Attendance** - In the 2022-23 school year, Northern Cass FSCS focused on decreasing chronic absenteeism and increasing overall school attendance. Questions about your child's attendance? Contact [sam.johnson@northerncassschool.com](mailto:sam.johnson@northerncassschool.com).

**Family Engagement** - This school year NC is focusing on defining family engagement by asking families, learners and educators what family engagement means to them. This will include a survey and community conversations. Keep an eye on the Weekly Memo for ways to participate. The Family Engagement Survey closes Jan 12.

### Northern Cass Community Health & Wellness Center

In 2023, the Northern Cass Community Health & Wellness Center (NCCHWC) was formed to manage this community project. Fundraising began in the fall of 2023. Find more updates on the NCCHWC website at [www.nchealthwellness.org](http://www.nchealthwellness.org).

To find out more about Full-Service Community Schools in ND, you can visit [ndfscs.org](http://ndfscs.org) or contact Amber Lockhart at [amber.lockhart@northerncassschool.com](mailto:amber.lockhart@northerncassschool.com).




# Family Engagement

Just as a team must work together to launch a rocket into space, families, schools, and communities need to work together to launch a child's learning. Each plays a vital role and when we are all engaged, learners succeed!

Take the  
**Family Engagement Survey**  
by January 12, 2024.

If you leave your contact information, you will be entered to win prizes.



How do you  
define Family  
Engagement?

Keep an eye out in the weekly memo and Facebook for more information on how to join the conversation.





JANUARY 2024

# Clear Lungs, Bright Futures: Understanding Vaping and Smoking

Mental Health Series



**What is Vaping and is it really a problem?** This is the question parents and students alike are asking.

As a concerned parent, it's vital to address the dangers of vaping with your children. Here are key points to convey:

1. **Nicotine Trap:** Vaping contains highly addictive nicotine, especially risky for developing brains, making quitting hard.
2. **Concentration Impact:** Vaping can harm their focus and performance in school and other activities.
3. **Sneaky Devices:** Vaping tools are easily concealed, making it tempting for them to use secretly.
4. **Gateway Risk:** Vaping may lead to higher risk of using other substances and health hazards.
5. **Lung Health:** Inhaling vape chemicals can harm their lungs.



6. **Coping Strategies:** Some teens say they use it to cope. Teach healthier ways to manage stress and peer pressure.

7. **Be a Role Model:** Lead by example by avoiding smoking and vaping.

8. **Support Resources:** Inform them about resources to quit vaping if they or their friends are already involved.

Regularly discussing these points with your children will help them prioritize their health and make informed decisions.

When addressing your children's drug abuse, it's essential to approach the conversation calmly and with care. Gather physical evidence or make note of concerning behaviors to support your concerns. Negotiate clear rules and consequences for drug use, and be prepared to enforce them consistently. If the conversation becomes heated or isn't effective, consider seeking the assistance of a counselor who specializes in addiction. Keep in mind to **lead with love** as it maintains trust and support in the environment.

## Have you heard of the Substance Abuse and Mental Health Services Administration (SAMHSA)?

As parents, addressing our children's substance abuse challenges can be daunting. SAMHSA's National Helpline (1-800-662-HELP) is a crucial resource for us because it offers:

1. **Treatment Referrals:** It connects us to tailored treatment options for our children.
2. **Vital Information:** Provides essential insights into addiction and recovery.
3. **Reliable Guidance:** Offers expert support for navigating this complex issue.
4. **24/7 Availability:** Ensures help is just a phone call away, anytime.

SAMHSA's National Helpline empowers us to support our children's recovery journey effectively.



COOK CENTER FOR  
HUMAN CONNECTION



Parent  
Guidance.org

## Featured articles

### Vaping and Smoking Conversation Starters and Prevention Tips for parents

#### Scenario 1: Observing Vaping

- **Parent:** "I'm concerned about kids vaping. What do you think about vaping? Do your friends do it? It may seem common, but it's not safe, especially for teens."

#### Scenario 2: Starting High School

- **Parent:** "High school should be fun without giving in to peer pressure. Most teens don't use substances. You can always talk to us, even if you make mistakes."

#### Scenario 3: New Friends - Keeping Them Safe

- **Parent:** "I noticed you have new friends. Tell me about them. Want to invite them over? I'd like to meet them."

#### Scenario 4: Vaping or Cigarette Smell

- **Parent:** "I'm sad you smoked. I love you and want to understand why. Your health is most important. Tell me what happened tonight."

#### Prevention Tips:

- **Set Clear Rules:** Establish and enforce rules with reasonable consequences.
- **Express Disapproval:** Share your disapproval of substance use in a calm manner.
- **Positive Reinforcement:** Highlight their positive qualities and future prospects.
- **Open Communication:** Keep open lines of communication to build trust and understanding.
- **Be In the Know:** Know who your kids spend their time with and how they spend their money.
- **Share Reality:** Educate your child on the risks associated.



### The Power of Practice: Empowering Your Child to Say "NO" to Substances

Parents, empowering your child to say no to drugs and alcohol is crucial. It reduces the risk of addiction and promotes a healthier life. Kids that practice saying "NO" to vaping, smoking, drugs or alcohol are better equipped when it happens. To ensure safety and boost your child's confidence, you must **PRACTICE, PRACTICE, PRACTICE**. Not only does practicing decline dangerous substance use, it keeps your child safe and fosters healthier relationships. It strengthens parent-child communication, ultimately guiding them toward a safer, more successful life. Here is a practice script to try:

**Parent:** "Sometimes, people might offer you a vape, and it's important to know how to respond. Let's practice. I'll pretend to offer, and you practice saying no."

**Child:** "Okay."

**Parent (pretending to offer):** "Want to try this vape? It's cool!"

**Child:** "No, thanks. I'm not into vaping."

**Parent:** "Perfect! Just remember, a confident 'no' is all you need. If someone persists, you can say, 'I'm not interested, and I don't want to vape. Thanks for understanding.'"



Join expert Shannon Clauson for a course where she leads with love and experience on how to address vaping with teens. Together you will explore key relationship elements as well as how to talk to your child about substances.



What You Should Know and Do If Your Teen is Vaping

Begin Course

#### Need more support or info?

Click the [ParentGuidance.org](https://parentguidance.org) medallion to explore an eCourse or visit [Ask-A-Therapist](https://ask-a-therapist.org).

#### Works Cited

"March Drug and Alcohol Use Prevention Tips." Hope Squad, 1 Mar. 2021. HopeSquad.Org. Accessed 7 Sept. 2023.

"Prevention Tips for Every Age." Partnership to End Addiction, drugfree.org/. Accessed 7 Sept. 2023.

"Growing Up Drug Free." A Parents Guide To Prevention. www.dea.gov/sites/default/files/2018-06/growing-up-drug-free-2017.pdf. Accessed 7 Sept. 2023.



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HUMAN CONNECTION



Parent  
Guidance.org



# January 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	3 Sausage/Gravy Bfist Pizza, Fruit, Juice, Milk  French Bread Pizza, Corn, Salad Bar, Fresh Fruit, Milk	4 Choc Chip Bfist Bar, Fruit, Juice, Milk  Chicken Patty/Bun, Tator Tots, Salad Bar, Fresh Fruit, Milk	5 Apple Frudel, Fruit, Juice, Milk  Pancakes, Sausage, Hashbrown Patty, Salad Bar, Fruit, Milk	6
7	8 Strawberry Bagel, Fruit, Juice, Milk  Hot Dogs, Salad Bar, Baked Beans, Fresh Fruit, Milk	9 Waffle Bites, Fruit, Juice, Milk  Chicken Alfredo, Broccoli, Salad Bar, Fresh Fruit, Milk	10 Cheese Omelet, Fruit, Fr. Toast, Juice, Milk  Hamburgers, French Fries, Salad Bar, Fresh Fruit, Milk	11 Mini Cinni, Fruit, Juice, Milk  Old School Pizza, Peas, Salad Bar, Fresh Fruit, Milk	12 Banana Bread, Fruit, Juice, Milk  Chicken Sticks, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	13
14	15 NO SCHOOL	16 Cinnamon Streusel Muffin, Fruit, Juice, Milk  Chicken Quesadillas, Corn, Salad Bar, Fresh Fruit, Milk	17 Sausage/Egg/Cheese Biscuit, Fruit, Juice, Milk  Stuffed Cheese Sticks, Tomato Soup, Salad Bar, Fresh Fruit, Milk	18 Pop Tart, Fruit, Juice, Milk  Chili, Cornbread, Salad Bar, Fresh Fruit, Milk	19 Blueberry Waffle Bites, Fruit, Juice, Milk  Big Daddy's Pizza, Green Beans, Salad Bar, Fresh Fruit, Milk	20
21	22 Chocolate Bread, Fruit, Juice, Milk  Popcorn Chicken, Mashed Potatoes, Salad Bar, Fruit, Milk	23 French Toast Bites, Fruit, Juice, Milk  Tator Tot Hotdish, Peas, Salad Bar, Fresh Fruit, Milk	24 Egg & Cheese Bfist Bagel, Fruit, Juice, Milk  Garlic French Bread, Corn, Salad Bar, Fresh Fruit, Milk	25 Fruit & Yogurt Parfait, Granola, Juice, Milk  Sweet & Sour Chicken, Fried Rice, Salad Bar, Fresh Fruit, Milk	26 Cinnamon 1st Crunch Bar, Fruit, Juice, Milk  Corn Dogs, French Fries, Salad Bar, Fresh Fruit, Milk	27
28	29 Waffle Bites, Fruit, Juice, Milk  Hot Ham/Cheese/Bun Puzzle Tots, Salad Bar, Fresh Fruit, Milk	30 Mini Cinni, Fruit, Juice, Milk  Chicken Parmesan with Pasta, Salad Bar, Fresh Fruit, Milk	31 Bacon Scramble Bfist Pizza, Fruit, Juice, Milk  Pulled Pork/Bun, Mac & Cheese, Salad Bar, Fresh Fruit, Milk			

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