

**Dr. Cory Steiner- Superintendent**  
**Crysta Schenck- Elementary Principal**  
**Doug Margerum- Secondary Principal**  
**Bryce Laxdal- Activities Director**  
**Sam Johnson- Dean of Learners**  
**Paige Carlson- Business Manager**

## Upcoming Events

February 5<sup>th</sup>-9<sup>th</sup>- Wacky Winter Week

February 8<sup>th</sup>- Giving Hearts Day

February 9<sup>th</sup>- Board of Education Meeting  
(7:00AM)

February 12<sup>th</sup>- ZAPS ACT Training for Juniors  
in the library (8:45AM)

February 13<sup>th</sup>-ZAPS ACT Training for Juniors in  
the library at (1:45PM)

February 15<sup>th</sup>-16<sup>th</sup>- WINTER BREAK  
NO SCHOOOL

February 19<sup>th</sup>- NO SCHOOL  
(Professional Learning Day)

February 21<sup>st</sup>- Acalympics Challenge at  
Northern Cass (9:00-11:00AM)

February 26<sup>th</sup>- ABLE Games at Northern Cass

February 27<sup>th</sup>- Mandatory Registration meeting  
for Levels 8-11



**Jaguar Athletics Page**

**Varsity games will be  
broadcast on:**

**YOUR LIVE EVENT.COM**



## Let's Build A Healthy Community

At the heart of our vision is a thriving and united community, where individuals of all ages have the power to lead healthy, fulfilled lives on their own terms. We envision a future where staying well and embracing wellness is not only a priority but an accessible reality for everyone.

### The Vision

Through the combined efforts of compassionate donors, dedicated partners, and engaged community members, we are on a journey to bring this vision to life through a private capital fundraising campaign.



<https://www.ncchealthwellness.org/>

[www.facebook.com/NCCHWCTF/](https://www.facebook.com/NCCHWCTF/)



We offer emergency food assistance to individuals and families within the rural communities of Cass County. We sponsor Back Pack programs for rural school districts of Cass County.

Community of Care's goal is "to improve the quality of life for older adults in rural Cass County in order to keep them in their homes as long as safely possible."



## Giving Hearts 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’m going to continue the theme of using quotes by Kobe Bryant to illustrate some key points/themes which I think can be applied to our lives.

1. "I have nothing in common with lazy people who blame others for their lack of success. Great things come from hard work and perseverance. No excuses."

I love this quote. I believe we control our success. Too often, people attribute their lack of success to the behavior of others. Since the Pandemic, there has been an emphasis in our society on work-life balance. This is important. However, this balance should not come at the expense of hard work and perseverance. There is no denying the importance of identifying our non-negotiables to achieve the right balance. However, when work needs to get done, do the work. I have been involved in education for over 20 years. In my career, I have yet to see a successful employee who was unwilling to put in the time to do the right work. Even those employees who seemed to ‘just have it’ weren’t as successful as those who were willing to work at their craft. Hard work is a choice we can make and one which we control. I believe Mike Tomlin (Head Coach of the Pittsburgh Steelers) says it best. He said, "It's not what you're capable of. It's what you're willing to do. I know plenty of people who are capable, but few who are willing."

2. "I have self-doubt. I have insecurity. I have fear of failure. I have nights when I show up at the arena and I'm like, 'My back hurts, my feet hurt, my knees hurt. I don't have it. I just want to chill.' We all have self-doubt. You don't deny it, but you also don't capitulate to it. You embrace it."

We have all had a time when we felt like we were ‘not enough’. At some point in our life, we have wrestled with self-doubt. We question decisions we have made and are not sure if we are doing the right thing. When I read this quote, I thought about personalized learning. Even after 6 years in the system, I still have uncertainty about elements of the system. I worry about the elements of our system which have yet to fully evolve. I’m concerned about ensuring every learner gets what they need on a daily basis no matter what level, educator, or background they have. However, the last thing I have ever considered was a return to a traditional system of learning. Did the traditional system work for some? It did and I was one of those it worked for. I also grew up in a time when there wasn’t Internet, smart devices, or the ability to communicate instantly with anyone in the world. Although I sometimes wish for a time that was ‘simpler’, I understand that time will never return. At Northern Cass, our system of learning will continue to evolve because it must. Our system must continue to become more adaptable, nimble, and accountable to ensure every learner has the opportunity to change the world. I believe self-doubt is not always negative as it can be a ‘means’ to self-reflection and change which is necessary at that time.

### **Seeking Feedback from Alumni**

Northern Cass is seeking feedback from Northern Cass alumni from the past six years. Please forward this on to anyone you know who may be able to provide us with valuable feedback about their/your experience at our school. [Alumni Survey](#).



## The Perils of Guarding Your Desk

**Fear of competition is what frequently drives organizations toward mediocrity.**

When he knew death was on the doorstep, San Francisco 49ers Hall-of-Fame Coach Bill Walsh wanted to personally say goodbye to his most ardent competitors from his NFL days. He didn't have a close relationship with some of the men, but he did have great respect for their skills and the level of competition they brought to their match-ups. His journey was about thanking them, appreciating their value in his life, and demonstrating his respect for their skills. Walsh loved the competition, he loved the battles and believed each one, win or lose, made him a better teacher and leader. Walsh wanted the competition. As he said, "I'm a better coach at 52 than 42. Some people think they are excellent at 32, and I don't think so. I think you are best when you've faced the best for an extended time." Walsh believed competition made you complete. But in many organizations, guarding one's desk is the *modus operandi*. Self-preservation becomes more important than being great. When a person in an organization doesn't want to hire the best of the best, then the organization is in "guard-your-desk mode," not win mode. Fear of competition is what frequently drives organizations toward mediocrity. You might ask: What's the harm in protecting yourself? Isn't it natural to want to save yourself from someone taking your source of income? Clearly, the answer is yes, which may benefit you in the short term; however, it only extends the shelf life — and eventually, the end will be at our doorstep. By having a self-interest leader run any company, the culture becomes territorial, and desk guarding becomes the primary function of the day. Resentment then runs throughout the organization, causing a civil war inside. Self-interest leaders hold their positions solely because of their unwillingness to change, their need for continuity. But what appears to be continuity becomes destruction caused by a lack of growth, development, and advancement. Are you a self-interest leader? Are you guarding your desk? Here are six signs:

1. Self Interest leaders fight change, fight disruption, love status quo.
2. Self-Interest leaders are not curious. They are learned, not learners.
3. Self-Interest leaders keep information to themselves, spin a story which tells a tale of their value, not the reality.
4. Self-Interest leaders blame others, make changes around them, never change their habits.
5. Self-Interest leaders hire down, never hire the best. They maintain control by never hiring someone who might be a threat to their kingdom.
6. Self-Interest leaders never recognize the competition, never want to be challenged.

We must all embrace competition and avoid guarding our desks.

We must also follow the Walsh path of wanting to compete — respecting those who make us better along the way.

WE'RE GLAD YOU'RE HERE

# Welcome

## Makenna Bush

My Husband (Nate) and I recently moved to the area and are excited to be a part of the community! When I am not chasing my two girls around, Finnley (6) & Lennon (3), you can catch me hanging out with friends and family or trying to figure out ways to convince my husband to let me bring home all the animals ;). Along with being a wife & mom, I am also a photographer!

My name is **Marlie Johnston**, and I will be a long-term substitute for level 2 from January through April. I am excited to learn alongside these learners and work with the rest of the level 2 team for these three months.

Before joining the Northern Cass staff, I will graduate with a Bachelor of Arts degree in Elementary Education (K-6) from Concordia College, Moorhead, Minnesota, in December 2023. I grew up in Warroad, Minnesota, where I attended elementary, middle, and high school. I graduated from Warroad High School in May 2020. During my time in Warroad, I participated in volleyball, hockey, softball, and trapshooting, and I was also involved in band, choir, and student council.

Growing up in a small town, I developed a love for the outdoors, traveling, running, walking my dog, and finding a good book to read with a lake view.

## WELCOME TO THE TEAM



**MRS. MARISSA MANNING**  
ELEMENTARY SCHOOL COUNSELOR  
INTERN

Mrs. Manning is a resident of Buffalo, ND, and is presently pursuing her Masters through the University of Mary. This semester, she will be working in the Elementary department with Mrs. Krinke. During her free time, Mrs. Manning enjoys spending time with her husband and two-year-old son. She enjoys traveling to state and national parks to explore and do photography. Additionally, Mrs. Manning is a therapy dog owner, and Millie, her furry companion, loves when she gets to accompanying her to work. If you see Mrs. Manning, please extend a warm Jaguar welcome to her.



# NC PRESENTS **ATTENDANCE POLICY REMINDERS**



## **Family Vacations**

Northern Cass understands vacations are an important experience for learners to have with their family. We strongly encourage families to limit long-term vacations (5 days or more) to once per year when school is in session.

**Learners who do not want vacation absences to count against their total attendance may propose a learning experience for their vacation.** To do this, learners would communicate with their educator to identify the standards they will miss and determine how some of the time during the vacation could be used to meet those standards. Learners would be expected to present their learning to their educator upon their return. This is encouraged but is not required.



## **ExtraCurricular Activities - Secondary**

A learner must be in attendance the immediate half day prior to participating or practicing in any extracurricular or co-curricular activity after school hours (this includes practice).

**Learners must be present for the afternoon classes that day unless they have obtained prior approval from an administrator.** Friday absence does not affect a Saturday contest.

You can find district policies on Attendance on the website under the “Parents” tab.





Learners in levels 9-12 from Northern Cass participated in the Feed My Starving Children Mobile Pack event. They worked alongside volunteers from the area and, within 2 hours, were able to complete 2,696 boxes, pack 582,336 meals, and feed 1,595 children for a year. It was a great effort by all involved!





Level 4 learners are learning about different types of energy and sources of electricity. They are also creating circuits using tinfoil, christmas lights, and tape.





## Northern Cass Data Snapshot – ELEMENTARY

### Winter 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).*

<b>aimswebPlus Early Literacy</b>	<b>Level K</b>	<b>Level 1</b>				<b>aimswebPlus Early Numeracy</b>	<b>Level K</b>	<b>Level 1</b>
<b>90–99<sup>th</sup> percentile</b>	6	1				<b>90–99<sup>th</sup> percentile</b>	14	5
<b>75–89<sup>th</sup> percentile</b>	7	7				<b>75–89<sup>th</sup> percentile</b>	7	12
<b>26–74<sup>th</sup> percentile</b>	29	29				<b>26–74<sup>th</sup> percentile</b>	27	27
<b>11–25<sup>th</sup> percentile</b>	9	6				<b>11–25<sup>th</sup> percentile</b>	6	3
<b>1–10<sup>th</sup> percentile</b>	3	5				<b>1–10<sup>th</sup> percentile</b>	0	1
<b>Total Number of Learners Tested</b>	54	48				<b>Total Number of Learners Tested</b>	54	48

<b>aimswebPlus Reading</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>						<b>aimswebPlus Math</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>	<b>Level 5</b>
<b>90–99<sup>th</sup> percentile</b>	12	6	12	24						<b>90–99<sup>th</sup> percentile</b>	15	15	17	17
<b>75–89<sup>th</sup> percentile</b>	16	6	8	8						<b>75–89<sup>th</sup> percentile</b>	16	11	14	14
<b>26–74<sup>th</sup> percentile</b>	23	34	20	17						<b>26–74<sup>th</sup> percentile</b>	19	19	14	20
<b>11–25<sup>th</sup> percentile</b>	8	4	5	2						<b>11–25<sup>th</sup> percentile</b>	8	5	1	1
<b>1–10<sup>th</sup> percentile</b>	0	1	2	0						<b>1–10<sup>th</sup> percentile</b>	1	1	1	0
<b>Total Number of Learners Tested</b>	59	51	47	51						<b>Total Number of Learners Tested</b>	59	51	47	52

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





## Northern Cass Data Snapshot - SECONDARY Winter Testing Report: aimswebPlus & Star 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 <sup>th</sup> percentile	14	8	9
75-89 <sup>th</sup> percentile	16	10	13
26-74 <sup>th</sup> percentile	27	22	27
11-25 <sup>th</sup> percentile	2	2	3
1-10 <sup>th</sup> percentile	5	2	2
Total Number of Learners Tested	64	44	54

aimswebPlus Reading	Number of Learners		
	Level 6	Level 7	Level 8
90-99 <sup>th</sup> percentile	19	9	14
75-89 <sup>th</sup> percentile	14	10	11
26-74 <sup>th</sup> percentile	25	18	25
11-25 <sup>th</sup> percentile	1	3	3
1-10 <sup>th</sup> percentile	4	2	1
Total Number of Learners Tested	63	42	54

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

Star Math	Number of Learners		
	Level 9	Level 10	Level 11
below 25 <sup>th</sup> percentile	3	4	3
25 <sup>th</sup> -49 <sup>th</sup> percentile	9	5	3
50 <sup>th</sup> -74 <sup>th</sup> percentile	16	10	17
75 <sup>th</sup> percentile & above	16	25	30
Total Number of Learners Tested	44	44	53

Star Reading	Number of Learners		
	Level 9	Level 10	Level 11
below 25 <sup>th</sup> percentile	9	11	7
25 <sup>th</sup> -49 <sup>th</sup> percentile	17	6	22
50 <sup>th</sup> -74 <sup>th</sup> percentile	14	16	13
75 <sup>th</sup> percentile & above	3	11	6
Total Number of Learners Tested	43	44	48

## NURSES' CORNER:

### COLD WEATHER DRESSING

Before your child goes outdoors to play, protect him/her from hypothermia and/or frostbite by dressing him/her in layers, which trap heat near the body.

Start the layers with polypropylene underwear, which keeps moisture away from the body. Avoid cotton, which absorbs wetness. Then add pants, a turtleneck, a sweater, a wind and water-resistant jacket and snow pants, a scarf, warm socks, and waterproof boots with a drawstring at the top. Also have him/her wear water-resistant mittens.

Be certain that his/her head, ears, and neck are covered as about one third of a child's body heat is lost through the head and neck.

## Jag on the Job

### Jags On The Job



Inside Sales Agent

Jags got to help reach out to people needing help buying or selling homes. He also got to attend a full day of professional learning and goal setting!

Thank you to everyone who has taken Jags to work!

Take Jags to work!

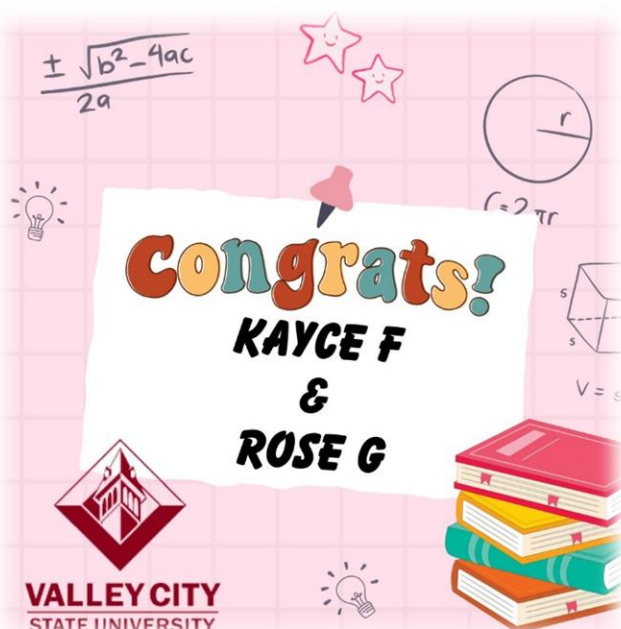


## Jag Travels

Thank you to the Harbeke, Jesser-Bittner, Olson and Jesser families for taking Jags with them on vacation!



Take Jags on your next trip!



Congratulations to Seniors Kayce F and Rose G for showing their #NCgreatness by making the Fall 2023 Honor Roll at Valley City State University! To make the Honor Roll, learners must complete two or more dual credit courses for which grade points are earned with a grade point average of at least 3.50. Way to go, Kayce and Rose!



# History of Jigsaw Puzzles

BY EMMA SCHIRADO

## FIRST JIG SAW PUZZLE

**1760** John Spilsbury, a London cartographer produced the first "jigsaw" puzzle

- a map glued to a flat piece of wood
- cut into pieces following the lines of the countries.
- Cut by hand
  - only wealthy had funds to pay someone to make it

## JIGSAW INVENTED

**1855** A vertical saw with a treadle to operate the blade was made

- Jigsaw
  - How jigsaw originally got its name
- Like a sewing machine with a blade
- Women operated

LEARNERS AND EDUCATORS  
CAN ENJOY THE PUZZLE TABLE  
IN THE LIBRARY TO SATISFY  
ALL THEIR PUZZLE NEEDS

## WOOD TO CARDBOARD

**Wood** puzzles became less popular in the Great Depression

- More expensive
- **Cardboard** puzzles had major manufacturing improvements
- making them cheaper

## MODERN JIGSAW PUZZLE

1. two-dimensional artwork is glued onto the paperboard
2. board is then fed into a press.
  - a. The press forces a set of hardened steel blades of the desired shape through the board until it is fully cut
  - b. Think Cutting cookies with a cookie cutter

Note: Puzzles cut on Puzzle die

- What is a Puzzle Die?
- slots of the same shape are cut into foam so after they are pressed they pop back up

## NEW TECHNOLOGY

- laser-cutting of wooden or acrylic jigsaw puzzles
  - can be custom cut into any size, any shape, with any size (or any number) of pieces
  - museums have laser cut acrylic puzzles made of some of their more important pieces of art
    - children visiting the museum can see the original piece

because the print and cut patterns are computer based, lost pieces can be manufactured without remaking the entire puzzle.



# ***Northern Cass School District No. 97***

## ***Home of the Jaguars***



Northern Cass School District 97  
16021 18<sup>th</sup> St. SE  
Hunter, ND 58048  
Phone: (701) 874-2322 Fax: (701) 874-2422  
Web Site: [www.northerncassschool.org](http://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

**January 29, 2024**

Dear Parent/Guardian/Patron of the District:

The Northern Cass School District is in the process of collecting data on all preschool children that reside in the school district for our census. We use the information from the census to help plan our kindergarten open house and project class sizes for the upcoming years. What I am asking is that you complete the following information for **any pre-school (ages 0-5) children** you have at home and return it with your child to the school.

***I am also asking that if you have a friend, neighbor, etc. that have any preschool children at home, to please forward a copy to them. Your help in this process will be greatly appreciated.***

Child's Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Child's Date of Birth: \_\_\_\_\_ Child's Age: \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_

Parent's Address: \_\_\_\_\_

Parent's Phone Number: \_\_\_\_\_

Parent's Email Address: \_\_\_\_\_

**Thanks again for your help. Please return to the school office.**

Sincerely,

Paige Carlson  
Business Manager  
Northern Cass School District



# Do you know a child ready to start Kindergarten in the fall of 2024?

JOIN US  
FOR  
gearing up for  
**Kindergarten**

(date of birth must be on or before July 31, 2019)

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

**Dates are as follows:**

***Monday, March 4***

***Monday, March 18***

***Monday, April 15***



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

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

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

- ★ Session 1) Reading: phonemic awareness and Superkids curriculum  
Math: tips and tools
- ★ Session 2) Reading: letter names, sounds, and writing letters  
Math: Northern Cass curriculum and math games
- ★ Session 3) What to expect in Kindergarten and SEL (Social and Emotional Learning).  
Who is our elementary counselor? What is their role? When and how can they assist us?



# Educational Notes

**FEBRUARY  
27TH**

WATCH FOR EMAILS COMING  
SOON WITH MORE  
INFORMATION

Level 11: 4-5pm  
Level 10: 5-6pm  
Level 9: 6-7pm  
Level 8: 7-8:15pm

**MANDATORY  
REGISTRATION  
MEETING FOR  
LEVELS 8-11  
LEARNERS AND  
PARENTS**

**SAVE  
THE  
DATE**

North Dakota partners with All Kids Bike to provide Learn-to-Ride program for kindergarten students.

[Read More!!](#)



## [“How Your Child Learns to Read: A Guide for Families”](#)

This webinar is tailored to parents and caregivers of children aged 3-8 so they can delve into the science of reading together! Uncover the enchanting world of letters, learn about the sounds they make, and explore the process of forming words and attaching meaning to them.

Join Waterford experts as they share practical tips for cultivating reading foundations and creating an engaging reading environment in the home.

**Wednesday, Feb. 7, 2024 | 6:30 PM**

**ZAPS**  
FOCUSED TEST PREP

AFTER OUR 5-HOUR  
ZAPS® SEMINAR:

**SAT SCORES**  
↑ 50 TO 150+  
POINTS

**ACT SCORES**  
↑ 2 TO 4+  
POINTS

**WHAT STUDENTS  
ARE SAYING**

"I took a month-long class last year, and I thought that this one seminar was as useful and productive, if not more so, than the month-long class."

—Matthew,  
Dos Pueblos H.S., CA



"Most test practice seminars are very boring and not that helpful. This one is the first where I learned valuable tips and information, and, I actually can say I enjoyed."

—Jillian,  
Manhattan H.S., KS



"I found this seminar very useful! I appreciate the time and enthusiasm that was put into the presentation, and now feel 100 times more confident about testing. Thank you!"

—Olivia, Westford  
Academy, MA



### Help Your Student Even More

Check out other helpful prep resources available on our website:  
[www.doorwaytocollege.org/shop-doorway-to-college](http://www.doorwaytocollege.org/shop-doorway-to-college)



**Doorway  
to College**  
Foundation

877-927-8378

[prep@doorwaytocollege.org](mailto:prep@doorwaytocollege.org)

[f Doorway to College](https://www.facebook.com/DoorwaytoCollege)

[@Doorway2College](https://twitter.com/Doorway2College)

[www.doorwaytocollege.org](http://www.doorwaytocollege.org)

All juniors will be participating in ZAPS ACT test preparation on February 12th from 8:45am-1:00pm and February 13th from 1:45pm-3:15pm in the library. A certified instructor will be coming on site to give an overview of the ACT: What will be on the test, how to best answer the questions based on what they are asking and administer practice tests. This has been very valuable in the past and therefore the district will continue to cover the cost for learners.

*Mrs. Tadych  
Director of College, Career, &  
Life Readiness*





# Northern Cass School District No. 97

## Home of the Jaguars



Northern Cass School District 97  
16021 18<sup>th</sup> St. SE  
Hunter, ND 58048-9730  
Phone: (701) 874-2322 Fax: (701) 874-2422  
Web Site: [www.northerncassschool.org](http://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

January 26, 2024

Re: Senior Picture Submission

Dear Seniors, Parents, and/or Guardians:

It is that time of year -- the time when seniors' motivation dips to unprecedented lows, all while their and their families' To Do Lists grow soul-crushingly longer and longer. Incidentally, this letter is another highly-important thing that must be added to that list. Our yearbook staff needs pictures of all graduating seniors for inclusion in the yearbook, the senior composite (or TouchWall), and local media. Many local newspapers begin requesting lists and photos of graduating seniors months in advance of graduation, so **we are asking that all seniors submit their photos by Friday, March 8, 2024.**

### Requirements:

- **Highest Resolution Image Possible (No screenshots, please.)**
- **Portrait (Vertical) Orientation – Head shot or full-body portrait**
- **Size: 20 MB or less**

For the yearbook, **we need a senior photo in portrait (vertical) orientation AND one photo of your learner as a child or baby** that you would like to have printed alongside the learner's senior picture in the yearbook. You may choose any type of baby/child photo -- formal or candid -- though we do ask for your discretion when submitting photos: When selecting a baby photo, please make sure "baby" is wearing a diaper or some sort of bottoms in the photo. Also, please ensure no questionable items are visible in any of the submitted photos (no alcohol, tobacco, firearms, weapons, etc.).

**The most efficient way to submit the photo(s) is electronically.** There are a couple of acceptable options to do this.

- **\*\*Preferred Method\*\*** Upload photos using this [Google Form](#) -- *This was also sent via email directly to learners.*
- Upload digital copies of the photos to Google Drive or Dropbox and send the corresponding link to [margo.walter@northerncassschool.com](mailto:margo.walter@northerncassschool.com)
- Upload photos to a memory/USB drive and have your learner bring it to Mrs. Walter's room.

This will ensure that we get the highest quality photo published in the yearbook and in any local media. *I understand some baby photos may not be available digitally, in which case you may send a hard copy to school which we will then scan, upload, and return to you.*

Finally, **please be aware that if your learner does not meet the requirements for graduation by the deadlines set by the Northern Cass administration, he or she will NOT be featured in the senior pages of the yearbook nor in the class composite displayed in the school.** However, he or she may still be featured in other sections of the yearbook if they were involved in sports or other activities at school.

I am also enclosing an instruction sheet to order yearbooks online if you have not yet pre-ordered your senior's 2024 yearbook. *(If your family has already pre-ordered a 2024 yearbook as of January 25, you will not have an ordering guide enclosed.)* **Because we only order a handful of extra yearbooks, if your senior's yearbook is not pre-ordered by May 27, 2024, we cannot guarantee that one will be available to them when the yearbooks arrive in the fall.** If you have any questions or concerns, please don't hesitate to contact me by email or phone. My contact information is listed below. On behalf of our 2024 yearbook staff, thank you for your help in making this year's yearbook our best yet.

Sincerely,

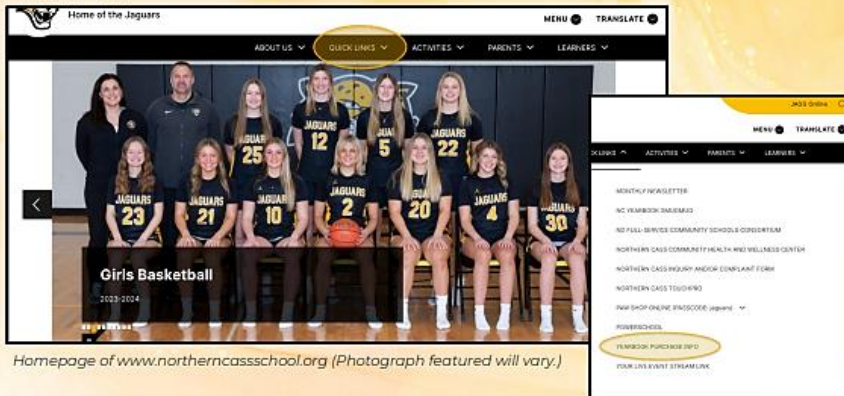
Margo Walter  
Northern Cass Yearbook Advisor  
[margo.walter@northerncassschool.com](mailto:margo.walter@northerncassschool.com)  
701-874-2322

# HOW TO PRE-ORDER A 2024 YEARBOOK

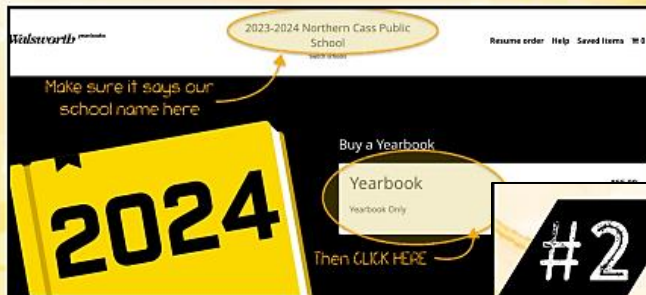
## #1

The easiest way to get to the order page is to Go to the Northern Cass Website > Quick Links > Yearbook Purchase Info

This will take you directly to our publisher's ordering page where you can place an order.



When you hover over the "Quick Links" tab, a menu will appear below. Click on "Yearbook Purchase Info" in the right-hand column.

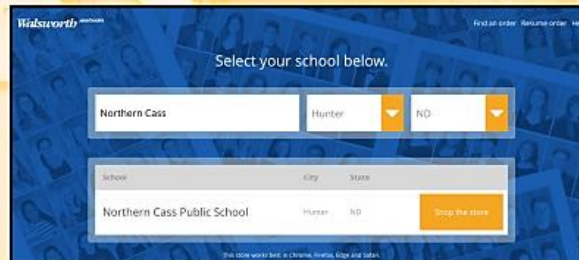


First page of Walsworth's pre-order site.

## #2

### ALTERNATE METHOD TO PRE-ORDER

- Go to [YearbookForever.com](http://YearbookForever.com)
- Type "Northern Cass" in the School field.
- Click "Shop the Store" when Northern Cass Public School appears.



## FAQ

Please contact Margo Walter with any questions:  
[margo.walter@northerncassschool.com](mailto:margo.walter@northerncassschool.com)

SCAN OR CLICK THIS QR CODE TO GO DIRECTLY TO THE ORDER PAGE



WHAT IS THE DEADLINE TO ORDER A YEARBOOK?  
**The final deadline to pre-order a yearbook is May 27, 2024.**

The cost is \$55 for orders placed on or before April 15, 2024.  
Orders placed between April 16, 2024 and May 27, 2024 are \$65.

DID I ALREADY ORDER A YEARBOOK FOR THIS YEAR?

Excellent question. Our new publisher (Walsworth) has a useful feature where you can search the email address you would have entered when you placed your order. It will find any orders you placed in the past two years. We also try our best to catch any duplicate orders by the end of the year.

WHEN WILL YEARBOOKS ARRIVE?

Our yearbooks are printed in the summer and arrive in early-fall of the following school year. This allows us to include coverage for the full year, including spring sports and events such as graduation in a single book.

BUT HOW WILL WE RECEIVE OUR YEARBOOK IF THE LEARNER WON'T BE ENROLLED AT NORTHERN CASS NEXT YEAR?

If a learner has younger siblings at the school district, the yearbook will be sent home with one of those siblings (unless you instruct us otherwise).

There are three additional options to collect your yearbook:

1. Pick up your yearbook in the Main Office at the school.
2. Have someone else pick it up for you. Please email me and let me know who you are authorizing to pick up your yearbook. We will not distribute your yearbook to anyone who is not related to you or whom you have not authorized to pick it up.
3. We can ship the yearbook to you. Please email me the address to which you would like the yearbook shipped. Shipping will be an additional \$5 to cover postage and a protective bubblewrap mailing envelope.





# JOIN US IN SUPPORTING



## Northern Cass Post Prom

**WHEN:** Monday, February 19th, 2024

**WHERE:** Any Fargo/Moorhead Location

Order online at [papamurphys.com](https://papamurphys.com) and use code  
GIVE20 at checkout!

Bring in this flyer or mention organization's name and  
Papa Murphy's will donate 20% of your purchase to  
support their great work!

Looking to raise money for your organization? Contact your local Papa Murphy's  
to get started!



IN-STORE ORDERS ONLY. See store for details. At listed locations for a limited time. Not valid with other offers.  
Distribution of flyer's at Papa Murphy's locations is prohibited.

13-1468 FUNDRAISER-02F ©2018 Papa Murphy's International LLC



*WHEN:  
FEBRUARY 3RD 2-4PM AND MARCH 10TH  
4-6PM*

*WHERE:  
SHEYENNE HIGH SCHOOL COMMONS  
800 40TH AVE E \* WEST FARGO, ND*

*Sheyenne*  
**PROM SHOP**

*GET FREE PROM DRESSES AND  
SUITS!*

*OPEN TO ALL FARGO, WEST FARGO, AND MOORHEAD  
STUDENTS!*





MARCH 21-23, 2024

NORTHERN CASS THEATRE PRESENTS

# JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT



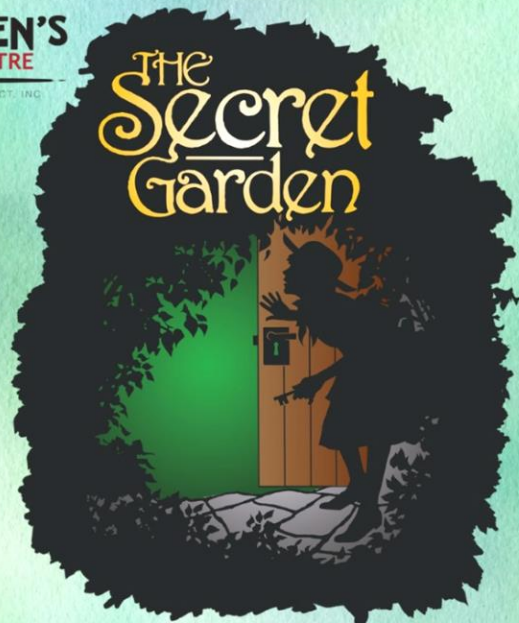
OTTO THOMSEN  
CHLOE HALL

ABBY WEIBLE  
BRODY VANDERWAL

**Tickets go on sale Friday, February 9**

MISSOULA  
CHILDREN'S  
THEATRE  
A PRODUCTION OF MCT, INC.

## THE Secret Garden



Adapted by Michael McGill • Music & Lyrics by Michael McGill

# April 15-20

Missoula Children's Theatre will be here the week of April 15-20 with their production of "The Secret Garden". This will be open to learners in levels K-12. Stay tuned for more information!



FEBRUARY 2024

# Creativity & Clarity: Emotional Regulation

Mental Health Series



In the intricate tapestry of childhood, **coping strategies serve as the threads that weave resilience, emotional balance, and growth.** From a very young age, children embark on a journey of learning. Skills nurtured at each age, act as a compass, guiding our children through life's tumultuous seas. With each triumph over adversity, they add another brushstroke to their canvas of emotional intelligence. Coping strategies are one of the most important things to teach your child. Being able to cope fosters self-esteem, and illuminates the path to mental well-being. As children bloom into adulthood, these skills and tools will accompany them, and help them navigate against life's storms. The ultimate goal is for children to continue allowing their emotions to flourish.



## A Word From An Expert...

When you brought your first child home I am sure you were excited to teach them their ABC's and 123's. Some children can even name all the dinosaurs...species and genus before they even enter Kindergarten.

This was the case for Brett William's kids.

Brett Williams proclaims, Emotional Regulation is the "key to life." Williams is a Licensed Marriage & Family Therapist with a master's in Clinical Psychology and he is the Clinical Director at Mountain View Hospital in Utah.

As you sit and talk with Williams today with now grown children that have flown the nest he shares in hindsight there were other important skills he wishes he would have taught his children.

Williams shares nurturing emotional regulation skills in your children at every stage is akin or maybe even more important than 123's and ABC's. Providing Children with emotional regulation skills and techniques is

like providing them with a treasure map to a lifetime of fulfillment and resilience. It's the secret passage to a world where self-control empowers them to make wiser choices, where the art of understanding and managing emotions becomes the key to forging lasting connections and thriving in the bustling marketplaces of relationships and academia. These skills are the steadfast ship that guides them through stormy seas of stress and adversity, the compass that leads them toward empathy and conflict resolution, and the guardian of their mental well-being, shielding them from the shadows of anxiety and depression. If kids can emotional regulate they emerge equipped with resilience to slay the dragons of setbacks, and as they embark on the adventures of adulthood with emotional balance and success. **"Emotion regulation" is a term generally used to describe a person's ability to effectively manage and respond to an emotional experience.**

Cont. Page 2



COOK CENTER FOR  
HUMAN CONNECTION



Parent  
Guidance.org



# Featured articles

People unconsciously use emotion regulation strategies to cope with difficult situations many times throughout each day. To really understand this topic, we must uncover what's wrong. Please take a moment and think about what YOUR biggest concerns are for your child and their emotional regulation.

Now that you have had a moment to reflect, consider Emotional Regulation to be an ongoing journey. It involves acknowledging that prior to controlling emotions, one must first pinpoint and embrace the emotional condition they are in. The process of emotional regulation takes consistent practice.

Here are some coping strategies to work on to help your child's emotions from getting too high or too low:

- Talking with friends
- Exercising
- Writing in a journal
- Meditation
- Therapy
- Taking care of self when physically ill
- Getting adequate sleep
- Paying attention to negative thoughts that occur before or after strong emotions

For young children you may consider books or stories that model emotional wellbeing and regulation. Our Expert, Brett Williams, wrote a book you may consider. "Xaler and the Dragon" is a story that both teaches and help a child practice new tools for dealing with emotions, fears and anxiety.

The hero of the story is a young child, who has to master his feelings of fear in order to fight a mischievous dragon. Xaler (is the word relax spelled backwards) learns a magic song which enables him to calm his nerves and move forward.



## Books to Help Kids With Their Emotions

**How Do You Feel?**  
by Lizzy Rockwell

**Where Happiness Begins**  
by Eva Eland

**Breathing Makes It Better**  
by Christopher Willard  
and Wendy O'Leary

**Big Feelings**  
by Alexandra Penfold

## 5 Emotion Regulation Skills to Master

Students and families need to know skills that can help us self-regulate our emotions.

- 1. Create space:** emotions happen fast. Pause, take a breath, slow down the moment between trigger and response.
- 2. Noticing what you feel:** what parts of your body are you noticing sensations
- 3. Naming what you feel:** say our loud or recognize the emotion you are feeling
- 4. Accepting the emotion:** experiencing emotions is a normal human reaction
- 5. Practicing mindfulness and awareness:** notice what is happening around you in nonjudgmental way



A feeling wheels can help children identify and articulate their emotions more precisely, fostering self-awareness and effective communication as they navigate the relationships in their life



Understanding Your Child's  
Emotional Development: 11-14  
Years of Age



[Begin Course](#)

When we know what to expect, we are prepared and can predict what a child will go through, being more available to help them, should they need it. Additional courses in this series address ages 5-10, 10-13, 14-18 and 19+.

**Need more support or info?**  
Go to [ParentGuidance.org](https://www.parentguidance.org).

## Works Cited

"Emotional Regulation: Skills, Exercises, and Strategies." Better Up. 21 Jun. 2021. [www.betterup.com/blog/emotional-regulation-skills](https://www.betterup.com/blog/emotional-regulation-skills). Accessed 8 Sept. 2023.

"All the Feels: 10 Books to Help Kids With Their Emotions." Brightly. [www.readbrightly.com/7-books-to-help-kids-with-their-emotions/](https://www.readbrightly.com/7-books-to-help-kids-with-their-emotions/). Accessed 8 Sept. 2023.

Xaler and the Dragon. 2nd ed., My5Minds, 2020.



COOK CENTER FOR  
HUMAN CONNECTION



Parent  
Guidance.org

# 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.

#### TECHNOLOGY

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

#### ENGINEERING

robotics. power sports. civil  
infrastructure. electronics.

#### 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



# February 2024

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 Waffle Bites, Fruit, Juice, Milk	30 Mini Cinni, Fruit, Juice, Milk	31 Bacon Scramble Bfist Pizza, Fruit, Juice, Milk	1 Apple Frudel, Fruit, Juice, Milk	2 Banana Bread, Fruit, Juice, Milk	3
	Hot Ham & Cheese/Bun Puzzle Tots, Salad Bar, Fresh Fruit, Milk	Chicken Parmesan/Pasta Salad Bar, Fresh Fruit, Milk	Pulled Pork/Bun, Mac & Cheese, Salad Bar, Fresh Fruit, Milk	Pancake Wrapped Saus. Hashbrown Patty, Salad Bar, Fresh Fruit, Milk	Chicken O's, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	
4	5 Choc Chip Bfist Bar, Fruit, Juice, Milk	6 Strawberry Bagel, Fruit, Juice, Milk	7 Pancakes & Sausage, Fruit, Juice, Milk	8 Banana Choc Chip Muffin, Fruit, Juice, Milk	9 Pumpkin Bread, Fruit, Juice, Milk	10
	Old School Pizza, Corn, Salad Bar, Fresh Fruit, Milk	Walking Tacos, Toppings, Salad Bar, Fresh Fruit, Milk	Scalloped Potatoes/Ham Salad Bar, Fresh Fruit, Milk	Hamburgers, Baked Beans, Salad Bar, Fresh Fruit, Milk	Chicken Strips, Sweet Potato Fries, Salad Bar, Fresh Fruit, Milk	
11	12 French Toast Bites, Fruit, Juice, Milk	13 Pop Tart, Yogurt, Fruit, Juice, Milk	14  Valentine's Day Chocolate Long John, Fruit, Juice, Milk	15 NO SCHOOL	16 NO SCHOOL	17
	Garlic French Bread, Green Beans, Salad Bar, Fresh Fruit, Milk	Sloppy Joes, Tator Tots, Salad Bar, Fresh Fruit, Milk	Ind. Cheese Pizza, Broccoli, Salad Bar, Fresh Fruit, Milk			
18	19 NO SCHOOL	20 Assorted Cereals, Fruit, Juice, Milk	21 Ch. Omelet, Cornbread, Fruit, Juice, Milk	22 Min Cinni, Fruit, Juice, Milk	23 Blueberry Waffle Bites, Fruit, Juice, Milk	24
		Chicken Strips, French Fries, Salad Bar, Fresh Fruit, Milk	Meatballs in Gravy, Mashed Potatoes, Salad Bar, Fresh Fruit, Milk	Big Daddy's Pizza, Peas, Salad Bar, Fresh Fruit, Milk	Bosco Stuffed Ch. Stick, Tomato Basil Soup, Salad Bar, Fruit, Milk	
25	26 Chocolate Bread, Fruit, Juice, Milk	27 Strawberry Bagel, Fruit, Juice, Milk	28 Bacon, Egg & Cheese Sand, Fruit, Juice, Milk	29 Cinn. Toast Crunch Bar, Fruit, Juice, Milk		
	Chicken Fajitas, Hotdish, Corn, Salad Bar, Fresh Fruit, Milk	Pulled Pork/Bun, Mac & Cheese, Salad Bar, Fresh Fruit, Milk	Waffle Sticks, Sausage, Hashbrown Patty, Salad Bar, Fresh Fruit, Milk	Cheese Pizza Quesadilla Broccoli, Salad Bar, Fresh Fruit, Milk		

'This Institution is an Equal Opportunity Provider'