

Maple Valley School Newsletter

December 1, 2017

Volume 2

ADMINISTRATION NEWS

Dr. Michael Nygaard

It has been an exciting year here for students and staff of the Maple Valley School district. As we continue to plan and prepare for moving all students to one location next year, our staff continues to work hard implementing the best educational practices available! Just a few items implemented at the Tower City campus this year impacting students finds:

*We rolled-out 148 MacBooks at the start of school for all students and their instructors in grades 6 thru 12. These are MacBook Air lightweight laptops. They have the full Office 365 suite installed on them in addition to standard virus protection software.

*Students are also using the Edmodo LMS (Learning Management System) in their classes. This allows the students and instructors to become immersive in their content by being able to share and collaborate on 24/7 throughout the year. Teachers are also able to keep their students and parents up to date with regular updates on assignments and student progress.

*Read Plus: We are nearly three months into our pilot year of using Reading Plus for reading intervention. Initial data is exceptional! The program predicts maximum growth after one hundred lessons are complete.

*Updates on the Board portion of the website. You can now access Board policies, meeting times and past board minutes.

*During the summer of 2016, we sent SRD Potter and our two school counselors to the ALICE instructor trainer course at Fargo's Carl Ben Eielson Middle School. The ALICE acronym stands for Alert-Lockdown-Inform-Counter-Evacuate. ALICE is one of the most recognized and practiced options based lockdown programs in the country, not just for schools, but for health care organizations and businesses.

*The school accreditation model was turned over to Advance Ed a few years ago to serve as the agency for reviewing schools and making recommendations to DPI regarding school accreditation. Maple Valley hosted its first ever Advance Ed Team visit this past October. The team consisted of eight educators/administrator's from across the region to review three specific benchmarks which were: 1) Leadership Capacity 2) Learning Capacity and 3) Resource Capacity. Under each of these benchmarks there are many standards that the team assessed. We should be receiving a report back shortly on areas where the district excels well as areas where the district can look to grow.

As you continue to read through this month's newsletter (also a new feature of the district), you will find a wide variety of events and activities where our students at Maple Valley have had many experiences to grow and be successful! As we move toward the second semester of this school year, we must take time to look back and reflect on what we have accomplished so far, this school year and what we have yet accomplish. As noted above, you can see that Maple Valley is moving forward in many areas and will continue provide opportunities for students that are educational, challenging and preparational towards each individual students' success!



INSIDE THIS ISSUE

Dr. Nygaard.....	1
FCCLA.....	2
Technology News	2
Speech.....	2
SADD	2
Counselor Corner.....	3
Elementary Updates	4
Music	4
Bismarck Field Trip	4
The Cop Shop.....	5
Updates Continued	5
Raider Roundup	6 & 7

Special points of interest

- ◆ Two (2) hour late start on Wednesday, December 13th. Classes will begin at 10:30 am (no periods 1 and 2).
- ◆ The Maple Valley High School Christmas Concert will be held on Friday, December 15, at 7:00 PM.
- ◆ The Maple Valley Elementary Christmas Program (Buffalo & Oriska) will be held at the high school in Tower City on Tuesday, December 19, at 7:00 PM.
- ◆ The last day of classes before Christmas Break will be Thursday, December 21, and classes will resume on Wednesday, January 3, 2018.

It is the mission of the Maple Valley School District to assure all students entrusted to the district are provided the educational opportunity to gain the skills, knowledge and attitude necessary to effectively function in a changing society.



FCCLA NEWS

18 Maple Valley FCCLA members attended the District 8 Leadership Meeting at the NDSU Fargo Dome. Several members had specific duties and recognition. Katie Bitz read the minutes during the business meeting and Hali Miller and Katlyn Plecity served as voting delegates for the District 8 President election. The members participated in several mixers and activities and were able to hear motivational speakers. Rylie Karges and Cody Seidlinger were installed as the new District 8 STAR Event Officers. Maple Valley will be in charge of STAR events February 7, 2018.

UPCOMING ACTIVITIES!

December 6th

FCCLA Meeting and Christmas Party.

December 8th

Jolly Lollies Fundraiser at the Boys Basketball game.

Submitted by Cody Seidlinger

TECHNOLOGY NEWS

Tech notes Make sure that you clear out the cache on your browsers on a regular basis. The cache holds cookies and links to sites which allow your computer to load a web page quicker. However, the cache doesn't clean itself. You have to clear it out on a regular basis. I clear the cache on my browser once a week. It also is a good housekeeping and security habit to get started.

SPEECH NEWS

Speech season is starting! We are beginning our 2017-2018 speech season with practices beginning on Monday the 20th. Speech is the longest extracurricular activity at Maple Valley, beginning in January and running through the end of April. Speech team members compete practically every Saturday during the season at high schools around eastern and central North Dakota. We lost several experienced seniors last year who competed with the team from the time they were in 7th grade. We have a solid experienced core group of returning speech veterans who are excited to kick off the season with our first tournament in Enderlin on the first Saturday in January. So if your student is on the team and you see them talking to the walls, they are not crazy, they are in Speech!

SADD

The Maple Valley SADD Chapter hosted their annual fall blood drive on Monday, November 13th. Out of 32 people that volunteered, 28 of them were able to donate. Two of the donors gave Double Red Cells, we were able to collect a total of 30 products, exceeding our goal of 23 donors giving 28 products. We also had five donors that gave blood for the first time!

Thank you to all that donated food, time and blood! You are truly a lifesaver! Our next blood drive will be in March.

Two (2) hour late start on Wednesday, December 13. Classes will begin at 10:30 am (no periods 1 and 2).

COUNSELOR CORNER

PSAT Score Week

Any juniors who took the PSAT in October will be able to access their scores online during the week of December 4-8. See Mrs. Kaspari for more details.

ASVAB Testing

ASVAB testing will be available to all Sophomores and any Junior or Senior who would like to participate on December 14th at 8:30AM. We use this test primarily for career planning purposes here at Maple Valley. Once the results are in, there is a comprehensive interpretation for students to match their personal results with possible career paths. We will look into these paths, career options, school and training required and much more.

Seniors

Early deadlines for some colleges will be coming due soon. Make sure you put your application in if you haven't already, and check to see if the school you apply to requires a separate Freshman Scholarship Application process.

Scholarship Spotlight

ND Corngrowers Scholarship: The ND Corn Growers Association will award 10 - \$1,000 scholarships to high school seniors or college students with an ag background.

ND School Counseling Association Scholarship: Students write a 500-word essay on their career goals for a chance to win \$1,000. *Visit Mrs. Kaspari's webpage for up-to-date scholarship information and links: <https://www.maplevalley.k12.nd.us/Page/149>.

***** SCHOOL LUNCH MENU *** The lunch menus for the elementary schools are printed in their weekly bulletins. The lunch menu for the high school is available on the school website: www.maplevalley.k12.nd.us.**

THE RAIDER WAY

R RESPECT FOR
SELF

A AND OTHERS

I IGNITED BY

D DEVELOPING
CHARACTER

E EMPOWERED BY
KNOWLEDGE

R RESPONSIBILITY

S AND SAFETY

ELEMENTARY ACTIVITIES

Wednesday, December 13th—2 Hour Late Start for Staff Professional Development.

Tuesday, December 19th - Elementary Christmas concert in TC 7:00 p.m.

Thursday, December 21st - Last Day of Classes before Christmas Break

There will be no school from Friday, December 22nd through Tuesday, January 2nd

Wednesday, January 3rd Classes Resume

Upcoming Activities

Saturday, December 2nd JV/V BBB Scrimmage in TC vs. Edgeley-Kulm 10:00 a.m.

JV/V GBB @ BSC vs. Bowman County 5:00 p.m.

JH GBB LYC @ FSHP TBD

Monday, December 4th V GBB @ VCSU (BCT) TBD

JH GBB @ Lisbon 4:30 p.m.

Tuesday, December 5th Booster Club Meeting in TC 6:30 p.m.

Wednesday, December 6th Eligibility Grade Check for Grades 4-12 9:00 a.m.

Thursday, December 7th V GBB @ VCSU (BCT) TBD

Friday, December 8th - JV/V BBB home vs. FSHP 6:00 p.m. (pep-band playing)

Music Update

Holiday concert season is upon us and the students have prepared a fun variety of Christmas tunes for your enjoyment! The high school Christmas Concert is Friday, December 15th at 7pm and the elementary Christmas concert is Tuesday, December 19th at 7pm. We look forward to seeing you there!

In other music news – Congratulations Hali Miller! She will be representing our school and our music program at the UND Mixed Honor Choir festival! She auditioned against class A and class B students throughout the whole entire state and was selected to sing soprano 2. The concert will be held Sunday, January 21st on the UND Campus – more details to come!

As always, thank you for your support of our Raider music program!



On October 25, the Maple Valley junior high students ventured out to Bismarck with their Science and Social Studies teachers, Bret Kapaun and Jody Haseleu respectively. The students explored the Heritage Center, the Capitol Building, and the Gateway to Science Center.

Highlights at the Heritage center included the dinosaur exhibit, and the display on our state's Na-

tive Americans. The WWI exhibit was also of interest as students found artifacts donated by several Buffalo, ND residents. After a lunch at our state's capitol, the 7th and 8th graders went to the observatory to view Bismarck from above.

The final stop for the day was the Dakota Science Museum. The junior high students enjoyed their time here immensely as it was all hands on.

Some students still owe for Registration Fees. Fees are \$15.00 for K-6 and \$25.00 for 7-12. Please pay as soon as possible.

The Cop Shop

Chris Potter, School Resource Deputy

Managing “Holiday Blues”

Although feelings of sadness and hopelessness can happen anytime, the holiday season can present unique challenges for children and adolescents. Oftentimes, the chaotic business of managing travel schedules, family relationships, holiday celebrations, and breaks in routine leaves kids feeling left out, stressed, and at times, bored. Parents may feel preoccupied by trying to meet high, unrealistic expectations of “making things perfect,” leaving them unavailable to provide the usual supports for their children.

Adding to holiday stress, seasonal affective disorder (SAD) can be a factor with longer periods of darkness. Changes in the production of serotonin and melatonin, which are stimulated by sunlight, can biologically affect mood, energy and sleep-cycles, leading to increased feelings of depression.

Suggestions for managing holiday blues include daily outdoor activities that promote physical movement, social connections with friends and exposure to sunlight. Sledding, ice skating, building snow forts, enjoying the playground, exploring, walking pets – anything that gets kids outdoors and moving for at least 45-60 minutes daily is a good start.

Other suggestions include healthy eating habits, routine sleep schedules, and family activities that promote laughter, social interaction and cognitive activity. Board games, family projects, taking in a musical event or even exploring a new place together, like a museum or art gallery, keep young minds stimulated. Try to avoid excessive TV, video game and digital device time that discourage social interactions and exercise.

Kids may just need some extra individual attention over the holidays, a reminder that, “Everything’s OK and we are here for you.” Recognize that life stressors and traumatic experiences may be triggered, particularly losses of loved ones, parental separation/divorce, serious health issues and military deployment of family members. Don’t hesitate to seek professional help if the situation is serious, ongoing or causes concern about self-harm.

For help, call the FirstLink 24-hour help line at 2-1-1 or (701) 235-7335 (SEEK)



Upcoming Activities Continued

JH GBB @ Enderlin 4:30 p.m.

Saturday, December 9th -JV BBB
Shootout in Oriska and TC TBD

V GBB @ VCSU (BCT) TBD

Monday, December 11th - J V/V
BBB @ Cooperstown vs. GCC
6:00 p.m.

JH GBB home vs. Richland 4:30
p.m.

Tuesday, December 12th - JV/V
GBB home vs. GCC 6:00 p.m.

JH GBB home vs. Enderlin 4:30
p.m.

Thursday, December 14th - JV/V
GBB home vs. Enderlin 6:00
p.m.

Friday, December 15th - JH GBB
home vs. CC 4:30 p.m.

HS Christmas Concert in TC
7:00 p.m.

Saturday, December 16th - JV/V
GBB & BBB Doubleheader in TC
JV GBB 1:00 p.m. V GBB 2:30
p.m. JV BBB 4:30 p.m. V BBB
6:00 p.m.

Monday, December 18th - JV/V
BBB @ Kindred 6:00 p.m.

JH GBB home vs. FSHP 4:30
p.m.

Wednesday, December 20th -
Eligibility Grade Check for grades
4-12 @ 9:00 a.m.

Thursday, December 21st - JV/V
GBB & BBB Doubleheader @
Northern Cass: JV GBB 4:30
p.m. JV BBB 4:30 p.m. V GBB
6:00 p.m. V BBB 7:30 p.m.

Wednesday, December 27th - JH
BBB Begins Practice in Oriska
9:00 a.m.

Happy Holidays

Congratulations to Dustin Kasowski for being selected as a 1st Team All-State Linebacker! This is Dustin's 3rd consecutive year selected to the All-State team. What a tremendous accomplishment, and all of us here at Maple Valley are very proud of you!

Congratulations to Hali Miller! She auditioned alongside Class A and Class B students from across the state and was selected to participate in the UND Mixed Honor Choir. The concert will be held Sunday, January 21st at the Chester Fritz Hall on the UND campus. Good luck Hali!

The Tower City Community Club will be hosting their annual Christmas Celebration on Saturday, December 16th from 11 am to 2 pm. Everyone is welcome....Sleigh rides will be available and Santa will be dropping in at 1 pm. Pizza and Pop will be served.

The 4th Lunch Ticket was due on Tuesday, November 21 - please pay promptly! Please consider paying for the month so that there is always a positive balance in your child/rens' account. If you think you may qualify for free or reduced price meals and have not yet filed, please do as soon as possible. It's not too late! Applications are available at the school offices and on-line at www.maple-valley.k12.nd.us.

To Family, Friends, & Many Supporters,

I have been trying to write up a Thank You for the last three weeks. Thoughts of "Where do I start?" What if I miss someone? To me, Thank You just doesn't seem like enough. But here it goes... We are so grateful to EVERYONE that helped make everything possible. To the committee for the Benefit and T- Shirt sales: Wendy Pueppke, Mandy Steckler, Sheree Killoran, Jessica Hill, Marsha Snyder-Kasowski, Tammy Buhr Erickson, and First State Bank of North Dakota your hard work made this all happen. Thank you to my Aunts, Sue Baumgartner, Jodie Hannig, and Cindy Beyer for your hard work in getting donations and helping with the benefit. Thank you to the countless volunteers, everybody who purchased a t-shirt and those who supported us through the District Volleyball Tournament on the Digs... Thank you for the donations, Kevin Pfeifer, Darin Hannig, Flint Kasowski for volunteering your time with the planes. Thank you Darin and Jenna Hannig for being there for my kids. The list can go on and on. I can't name everyone; I am sorry...but Thank you, Thank you, Thank you!!! You have truly touched our hearts with your love, friendship, and offers of help and assistance. Thank you Adele Smith and Arthur Companies for coordinating the very delicious meals and the generous support, at the benefit, and through the school. It has all been amazing! And last but not least to our employers Arthur Companies, Inc and Maple Valley Ag Chem for your continued support and patience as we venture down this road together.

This has been a very scary and emotional time, not knowing what to expect, but all the prayers and support that are being given to my family and me help make this unexpected journey so much more bearable!

Thank you again EVERYONE for everything you have done for my family. We will never forget it!!!!

God Bless all of you!

Mindy, Chad, Jase and Trygg Erickson

PLEASE NOTE Pain Reliever Medication policy ~ Pain reliever medication (Tylenol, ibuprofen, Advil, etc.) is no longer readily available to the students. If you wish to have the school administer pain reliever medication to your child, first you must come to school and complete medication authorization permission forms. You will also need to bring your own supply to the school, labeled with the child's name and birthdate. For the safety of our students, do not send any medication to school with your child. Parents will need to deliver and pick up all medications from the schools.