



School Newsletter

From the desk of Mr. Waagen

The halls of our school feel back to normal as students and staff have begun the 2015-2016 school year. It is so nice to see the familiar smiles of returning students as well as the new students that have enrolled bringing our enrollment to 113 students to start the year. I tend to look at the start of a new year like a coach beginning a new sports season. There are many expectations and promise of a successful year. The best part is that everyone is undefeated and for students that means starting fresh with an opportunity to improve on last year's record as well as areas they have may have struggled with in the past. With hard work and dedication along with good coaching (teaching) all students will have a positive experience this school year.

There have been some changes to both the staff and facilities this past summer. Ms. Kayleen Anselment will be teaching fourth grade this year and Mr. Richard Wright fills the business teacher role. Montpelier School is happy to welcome back Mr. James Bear as the high school

principal and technology coordinator. This past summer new carpet was installed in Mrs. Brown's and Ms. Anselment's classrooms as well as in the office and the learning center.

This upcoming year our school will be involved with a variety of activities to continue the improvement of our school. We will be implementing the Nurtured Heart Approach with our students focusing on the positive behaviors they exhibit instead of negative ones. Mrs. Bear has posted a great explanation of the program on the school website, <http://www.montpelier.k12.nd.us/>. The staff will be working on the different aspects of AdvancED, a school accreditation program as the school is up for review in the 2016-17 school year. The school will be reaching out to students, parents, and community members through surveys and committee meetings. The input of all stakeholders is critical and your active participation will be greatly appreciated. Please watch for information regarding surveys and committees.

I am excited to be working

with everyone involved with Montpelier School and believe our school will experience many successes during the year. The kickoff of the year has just happened, so let the learning begin. Remember, we are all undefeated!

Inside this issue:

Mr. Waagen	1
Mr. Bear Bus Information	2
Nurtured Heart Title I	3
Box Tops for Education	4
Counselor's Corner	5
Back page	6
Calendars	7-8

Special points of interest:

- September 7- No school
- September 29- Picture Day

From the desk of Mr. Bear

I am very excited to be back in Montpelier School. I graduated college in 1998, taught for one year, and then came to Montpelier. I was in Montpelier from 1999-2012. In 2001 I moved to Montpelier and have been a member of the community ever since. There were a variety of reasons I left the school in Montpelier, but I have come back and it is a very good feeling to be back. Things seem right with the world once more.

I do remember when I was principal here previously that my talk to the kids on the first day was about what school could do for them. I spoke about options. I let them know that one of the main reasons for their working hard in school was so that they always had options. A lot of our kids mention how they aren't sure what they want to do upon graduation. Some of them are sure. But, when it comes down to it, at this point in their lives very few of them are right even if they are sure. In fact, some of us (like me) aren't even sure after we've been in our chosen career for a decade and a half.

When I spoke to kids that first day three years ago, I relayed a story of myself. I remembered how my English teacher had yelled at me about not having any goals. I remember vividly telling her how I did have goals and I fully intended to work on cars for the rest of my life. That would have been about 1990 when that happened and it is interesting that 8 short years later I was an English teacher myself.

Our world is changing and it's changing quickly. This year on the first day when I spoke with the kids I did mention once again options and I tried to emphasize not only how they needed to work hard to keep their options open and to give themselves some freedom, but also how they also needed to look around themselves and think about how the people around them might impact their future. It's not only important to work hard but it's also important that they treat those around them with respect and kindness. That is a reward in itself, but it also prevents them burning any bridges.

Another thing that changed in this year's speech was responsibility. One area in which my eyes were opened when I was principal previously was the tremendous responsibility placed upon my shoulders. As principal, I am responsible for each and every one of these kids' education. That is a tremendous responsibility. I take that responsibility happily. Partially the reason I can do that is because I do have a group of great teachers that also take that responsibility seriously. I also have a community of parents that take as their responsibility their kids' education. What's more important than any of those things is that these kids take that responsibility seriously. If administration, teachers, parents and the students themselves all take responsibility for our kids' education, we're bound to do great things.

I appreciate Montpelier School allow-

ing me to come back into this role. This first week has been great and I'm looking forward to a great year. I also appreciate the community and school's welcoming me back into the fold. It's a great place to be.

ATTENTION:
Any one interested in being a bus driver, please call Mr. Waagen at 701-489-3348.

Bus Information

Students riding a school bus should always:

- Arrive at the bus stop five minutes early.
- Stand at least 5 giant steps(10 feet) away from the edge of the road.
- Wait until the bus stops, the door opens, and the driver says it's okay before stepping onto the bus.
- Be careful that clothing with drawstrings and book bags with straps or dangling objects do not get caught in the handrail or

door when exiting the bus.

- Check both ways for cars before stepping off the bus.

Crossing students should:

- Walk in front of the bus; never walk behind the bus.
- Walk on the sidewalk or along the side of the road to a point at least 10 giant steps ahead of the bus.
- Be sure the bus driver can see them, and

they can see the bus driver.

- Wait for the driver's signal to cross.



Greatness is our Superpower!!

Hello and welcome back to a brand new year at Montpelier Public School. This summer I was honored with training in the Nurtured Heart Approach. The Nurtured Heart Approach is more than just a behavior management strategy. It is a philosophy for creating healthy relationships with the people in your life. This approach focuses on the positive rather than the negative. We are living in the moment with the mindset of 'what is going right, right now?'

The faculty at Montpelier Elementary School has been and we continue to be trained in this approach. If you notice some differences in the way your child receives and gives praise it is likely due to the implementation of this approach in your child's classroom. This is a good thing! We are working together to build and strengthen relationships with our students.



You will see this happening in our school in a few different ways. First of all we will be teaching the students about their greatness. Everyone has qualities that are great. When we, as teachers, see these qualities in our students we are going to tell them—and we are going to tell them how they are showing their greatness. Secondly, we are going to be teaching the students a super empowering word each week. How each teacher does this in their classroom is up to them but it will likely involve a simple definition, an 'I can' statement, and/

or examples of what this greatness looks like. In addition, once a week we will show the children a slideshow featuring THEM living their greatness.

The first week of school we focused on the superpower of being brave. Upcoming superpower words

are as follows: self-control, respect, and being polite. You can stay updated on our progress on our website and

Facebook page.

On a final note, I would like to invite you to speak with me about the Nurtured heart Approach at the Open House on September 3rd. I hope to have more information on the free parenting class I will be offering this fall. I look forward to visiting with each of you throughout the year.

Heidi Bear

Title I Coordinator

Routines at Home for Success in School

With back to school comes the need to establish or re-establish a routine. A routine will help your child succeed in school by ensuring adequate sleep and homework completion. Here are a few tips to get you started:

- Make sure your child gets enough sleep at night by setting a bed time and sticking to it. A routine that involves reading (either together or for a set number of minutes for independent readers) is a great way for your child to relax.
- Have your child get their backpacks ready to go and choose their clothing the night before. This can cut down on a stressful morning.
- Make sure you have breakfast food your child can and will eat or have your child eat breakfast at school. If children are hungry it is difficult for them to focus.
- Utilize the planner the school provides all students ages 3rd - 8th graders. This is a great tool to keep up with what is going on in the classroom. Even if your child doesn't have homework look at their planner with them and ask them questions about their classes.
- Establish a routine for homework. Gather pencils, erasers, paper, and a pencil sharpener to keep handy when there is a homework to be done. Have a set time and place for your child to do their homework. A location free of distractions is best.

Use these steps as a guideline to establish a school routine that works for your family. If you establish a routine early on in the school year, your family will be able to weather the busy season of school together.

Heidi Bear

Title I Coordinator

Box Tops for Education



The latest news & information from Box Tops for Education

August 2015



EARN CASH



for our school with Box Tops for Education!

It's easy! Box Tops are each worth 10¢ for our school. Look for Box Tops on hundreds of participating products, including cereal, snacks, paper products and produce.

See a list of participating products at BTFE.com/products.

Here's how Box Tops works:



Twice a year, we submit all our school's Box Tops and receive a check. Our school can use that money to buy anything it needs. If every family clips Box Tops, imagine how much our school can earn!

LEARN MORE ABOUT BOX TOPS AT BTFE.COM

Welcome back Montpelier Families!! I am so excited to start off a new year here at our wonderful school. Personally I can't believe how fast summer went and feel so thankful for the time to rest and prepare for the new school year. I have a feeling 2015-2016 is going to be a fantastic year for our school!

For those of you who do not already know my name is Courtney Schuetz and I have the privilege of being the school counselor here at Montpelier. This will be my third year at our wonderful school and I have greatly enjoyed getting to know our students and families over the last two years. I am available three days a week here at Montpelier: Monday, Tuesday and Thursday. This year I will also be working at a school in Jamestown on Wednesdays. I currently live in LaMoure with my husband and two little boys: Asher and Lincoln. I plan to spend my Fridays chasing after those two. I am available all week long through email or phone so if there is anything you ever need please don't hesitate to get ahold of me!

The services provided the last two years for students have been individual and group counseling and classroom education lessons. My counseling program is always growing and changing so if you are interested in services for your child please don't hesitate to let me know!

Back to School Can Be Tough on Both Kids and Parents:

After having quality time with family and friends all summer starting school can feel like starting all over, even if this isn't your child's first year.

Some tips to help the transition go smoother:

Write your child an encouraging note. Finding a little something from you in their lunch box or back pack might give your nervous student something to look forward to.

Make your goodbyes quick. Long and repeated goodbye rituals can prolong your child's fear about you leaving them at school. A quick hug, kiss, and "have a good day," might be all your child needs to start the day off right at school.

Start getting into a great bedtime routine. It can be so hard to shake off the relaxed summer routine. Starting a few weeks before school can make climbing into bed and getting up a littler earlier go smoother for everyone (especially parents).

A good talk solves a multitude of problems. If your child is having fear and/anxiety about starting a new school year talk it over with them. Even older kids get nervous about starting school all over again after a long summer off. If this is something you are worried about I would be more than happy to talk with your student to make that transition smoother!

Check out these books to help you and your child get ready for back to school:

The Kissing Hand by Audrey Penn

Llama Llama Misses Mamma by Anna Dewdney

It's Hard to Be Five by Jamie Lee Curtis

The Night Before Kindergarten by Natasha Wing

First Day Jitters by Julie Danneberg

ACT and Scholarship Information:

For our senior students who are chopping at the bit to get some scholarships and retake the ACT I will be keeping in close contact to update/remind them of upcoming opportunities and dates.

First Test Date: September 15, 2015

Second Test Date: October 24, 2015

Visit www.actstudent.org for more information on test dates and how to register.

Montpelier Martins

Montpelier Public School
214 7th Ave
PO Box 10
Montpelier, ND 58472

Phone: 701-489-3348
Fax: 701-489-3349
E-mail: julie.smith1@k12.nd.us

▶ To add articles to our newsletter, write or email Julie Smith at the above address.

Montpelier Mission Statement

To be a community-based institution with community based cooperation. To enhance individual educational opportunities in a quality-learning environment.

We're on the web
www.montpelier.k12.nd.us

Back To School Information

If you have not filled out your back to school information and returned it to the office, please do so ASAP! It is very important that we receive this information on your child/children. Updated work/cell phone numbers are also important to have on file at the school in case of emergencies.

If you feel you may qualify, it is important that you fill out the free and reduced application and return it to the office. This needs to be filed every year. If you filed a Free/Reduced application last year and qualified, it is valid until September 30. On October 1 if a new application is not received, the Free/Reduced status will change to Full Pay. If you have any questions please

call me at the school.

So far pre-paid meals are working well. Please keep an eye on your children's account. I will be notifying you if their account goes below \$10 on a monthly basis. You can call me at the school any time and we can go over the lunch balances. If you are not set up to check your child/children's account on PowerSchool and would like to, please contact Mr. Bear at 701-489-3348.



Thank you,
Julie



Montpelier Martins

September 2015

Activities

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 1st day of Preschool LMM VB @ Enderlin 4:30p (3games)	2	3 Open House 5pm—7pm	4	5
6	7 No School	8 LMM VB vs Midkota @ Montpelier 5p(3games) School Board Meeting	9	10 LMM VB @ Zeeland 5pm (3games)	11	12
13	14	15 LMM VB @ Carrington 4:30p (3games)	16	17 LMM VB vs South Bor- der @ Wishek 5pm (3games)	18	19 Optimist VB Tourney (Varsity Only)
20	21 LMM VB vs PBM @ Montpelier 5pm (3games)	22	23	24 LMM VB vs BCN @ Montpelier 4:30pm (3 games)	25	26 LaMoure JV Tourney
27	28	29 Picture Day LMM VB @ Edgeley 4:30p (3games)	30			



Montpelier Martins

September 2015

Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Chef Salad	2 BLT	3 Hoogie	4 Scalloped Potatoes & Ham	5
6	7 No School	8 Fish Nuggets & grilled cheese	9 Tator Tot Hotdish	10 Sweet & Sour Chicken Nuggets	11 Pulled Pork	12
13	14 Hot Dogs Mac & Cheese	15 Taco Salad	16 Cooks Choice	17 Pizza	18 Turkey & Gravy	19
20	21 Honey Chicken Stir Fry	22 Shepherd's Pie	23 Breakfast	24 Ham & Baked Potato	25 BBQ Potato Rounds	26
27	28 Hamburgers & Salad Bar	29 Tuna Hotdish	30 Teriyaki Chicken & Fried Rice		Menu Subject to change	