

Martin News

JANUARY NEWSLETTER

Social Media

I had the tastiest donut. The Vikings are going to crush the Bears today! To get rid of hangnails just use three times a day. Look a duck! It just goes on and on and on these comments made on social media. Today we have Instagram, Snapchat, Twitter, LinkedIn, Pinterest, Facebook, and many other social media sites. One or more of these sites are used by almost all of us daily, and it is hard to imagine them not being around.

I have been around long enough to see the development of the Internet, from back when you would use the old phone dial up to listen to the lovely high-pitched squeal while it connected. I would teach adult education classes using Netscape as my browser. We were able to access some basic websites to read articles and we were thrilled to do so. Needless to say, the Internet has evolved by leaps and bounds since then.

Today's Internet is powerful allowing everyone to access information about any subject imaginable. It is helpful in finding a recipe, how to unclog a drain, and just about any other thing you may need help with. The Internet is now an intricate part of our society. However, we also know there are negative aspects of the Internet that we all must be aware of.

The fact that nearly everyone has a smartphone with access to the Internet and all the social media that goes with them can become an issue. There are multiple studies available discussing the effect of social media on our mental health. These show how they become addictive, easily seen in any public setting as both adults and children spend more time looking at their phones than actually talking with one another. There is a lot of negative materials and this can trigger sadness as we read the depressing news articles or if we start comparing our lives to others. The Internet is a useful tool, but it cannot fix all our problems and we need to be careful of what we read.

I must admit that I enjoy looking at Facebook. It has given me the chance to catch up with old high school classmates and friends I have made throughout the year. I am always amazed how much they have changed while I still have my youthful look, or maybe not. I have had many good laughs reading the comments made as well as the goofy pictures that are posted. (Continued on pg. 7)



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A Message from Mr. Bear- Be Nice & Be Discrete

Recently, I presented a lesson on social media to 4th graders. You did read that correctly – a social media lesson to 4th graders. I've never presented to kids that young before, but after a minor situation that occurred, it became evident that it was necessary.

I do tell kids that there are three major differences between the real world and the online world.

1. You don't get all of the nuances with online communication that you do with face to face communication. You don't get to read the other person's face when you are telling them something when you are online.
2. When online, you can create nuance through emoji's and well-crafted language – but oftentimes it is false.
3. Anything you do online is there forever. While people do forget, the evidence always remains when online. Even when you delete. Service Providers, in fact, are required to keep the things sent and posted by law to prepare for the potential event that these items are needed in a court of law.

Otherwise, though, you are still communicating. It is very similar. People still get hurt by your words. People still get inflamed. People are still people. So, the first online rule which applies to the real world is this: Be Nice. Always.

I don't think anybody would argue that we should not be nice. I have heard people say about others, "You're just too nice." That's not true. You can never be too nice in any situation. Online it's even more important to be nice because you do not have the same kind of nuances available to you that you do in the real world and

Student Council

This month, the Student council has big plans to interact with the elementary. We have an arts and craft project planned to do with them during the FAD hour. We also have a fundraiser planned for the month of January. We will be raising funds for hotel rooms for the convention next December and for various other odds and ends we may have to buy throughout the rest of the school year.

-Hobie Bear, President

Pre-School

PreK kids really enjoyed 2017! Braydon liked building a big snowman and putting a carrot nose on it. He also liked the candy canes that Santa brought him! Kynzlee liked going to the zoo. Their hopes for 2018 are that Braydon would like to build another snowman, and Coraline would like to go to the store. They both would love to go to Storybook Land!



Kindergarten

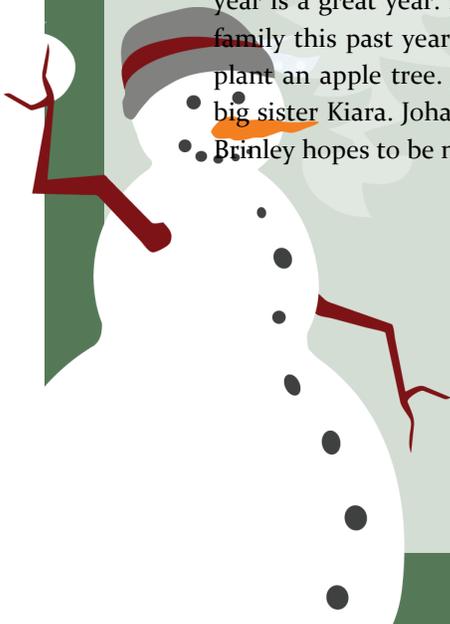
While the kindergarten starts off the new year, they all wish they could spend more time with their families. Most of all they want to do well in school. The Kindergarten class was telling me what their goals are in 2018, and Lily T said she will be a better listener. Lily R wants to spend more time with her brother and baby sister. Jaxon B's goal is to read more, and Jaxon V was very happy that he got a monster truck for Christmas and his goal is to play with that more. Cora said she went to her aunt's house for Christmas. She had a blast with family, and her goal is to go back. She can't wait! Kaihlynn got a lot more flannel shirts just like she asked for, and she plans to wear each of them many times!

1st Grade

When asked about this past year, Ella enjoyed having a good time with friends this past year. Her plans or goals for this year are to plant sunflowers, and she hopes that Ian has a good birthday this year. Wyatt enjoyed being with family this past year. He plans on going fishing this year, and he hopes to be nice to his friends and family. Leon's favorite thing of all about 2017 was getting a Xbox 360 controller, and he hopes to get some ice cream cake this year. Charley's favorite part of 2017 is having baby Jesus born again. His plans for this year is celebrating his birthday, and he hopes he has a good birthday this year. Bristol enjoyed having fun in kindergarten, and she hopes that this year is a great year. Micah enjoyed going on vacation with family this past year. His plans or goals for this year is to plant an apple tree. Jalyssa enjoys spending time with her big sister Kiara. Johannah hopes to be nice to her grandpa. Brinley hopes to be nice to family and friends.

2nd Grade

The second graders are ready for the new year, but first they wanted to reflect on the events of last year, specifically Christmas break and what they got for presents! Maycee got a toy unicorn and a radio, Kailey got a puzzle, Louis got a laptop and a remote-control car, Kody got a PacMan game and a baseball bat. Moving into the new year is an exciting time for the second graders! They were more than ready to share what their goals are for the rest of the school year. Kody and Kailey want to play more video games, Louis wants to go ice fishing, Conner and Savannah want to see their aunts and uncles. Hope is big when it comes to these young minds. All of them want to celebrate birthdays, extra recess, an ice cream party, and to fill up their class bean jar.



as a result, sometimes what is said is misinterpreted.

The second online rule which I tell kids is even more important than it is in the real world is this: Be Discrete. That was a fun lesson with the fourth graders because it also allowed me the opportunity to give a vocabulary lesson.

Discretion is a tremendous asset in the online world. We don't need to tell everybody what we had for lunch, where we went on vacation, or what we think of the current tax reforms. It seems to be the trend in social media that people only say the good things about themselves. And then, they tend to only say negative things about organizations such as schools or governments. Both of these phenomena tend to exist to make the individual spouting the information appear 'better'. We tell good things about ourselves and we do bring others down to elevate ourselves. But... we know we should follow that first rule – be nice – so we don't tend to berate others (usually) but rather just berate organizations.

Neither of those things do any good. When we just put on our facebook pages everything that is glorious in our lives, the rest of the world might believe that's everything about us without realizing that there are always some things that aren't so great. Research does show that this is a major cause of depression in our world today. That does seem odd because we know we should always put our best foot forward, but when all many people know of us is our online presence, I have to wonder if there is any point to posting anything personal on social media because when we do, we are neglecting what exists in the physical world.

In terms of organizations, I get very frustrated at times. I do have a social media account, but you will seldom see me posting anything unless it has to do with school. How often do your 'friends', however, rant about different bills that were passed or not passed, different elected officials, or even things that happen at school? In reality, though, a rant never helps because there is always somebody with an equal and opposite opinion (I think that's a law of nature – but I'm not a science teacher). So, it ends up a shouting match with nobody ever being convinced of anything.



Music News

Thank you for all coming out and supporting our music program at the Christmas Concert!



3rd Grade

We asked the third-grade class what their favorite part of 2017 was, and Ian says he liked Christmas the most. Clara liked Halloween more. Brayden liked bowling and Jordan liked getting a kitty cat. However, for Jakolby and Isabella, they really enjoyed Thanksgiving the most! Now that its 2018 though, Jakolby hopes to score big in Hockey, while Brayden hopes for a pug this next Christmas, and Jordan hopes for a schnauzer. Clara wants to go skiing, and Ian hopes his puppy, Lady, gets better soon.

4th Grade

Most fourth graders are ready for the new year, but some of them are still not over last year and Christmas break. Fallon got a Nintendo Switch, Cheyenne got a new kitten, Chloe got a new horse, and Donte got a gun. Goals for the fourth graders are different for each of them. Cheyenne's goal is to keep her room clean. Donte doesn't want to get grounded, and Fallon wants to find games that were lost. The fourth graders are excited for the rest of the school year! Cheyenne wants more kittens, and Fallon wants more games. More is definitely better for these fourth graders.



JH Bball

The JH boys are excited for their first game of the season on January 9 in Kulm vs. Ellendale!



5th Grade

The fifth grade is very excited for the start to a new year, but they still enjoy the things that happened back in 2017. Cecelia's favorite part was when she discovered how good whipped cream was on toast, as toast is her favorite food. Caden got to go to the WWE in Grand Forks. August's favorite memory was when his sister fell out of a tree. Nathan enjoyed when he got a box of Lego's to create new things and fun things with, and Locklynn's favorite part was when she got two St. Bernard puppies. For 2018 goals, Cecelia wants to win a spelling bee, and Locklynn wants to move up in her reading class. Meanwhile, Caden and Austin really want to make it to their sixth-grade year. Many of them will be taking vacations this summer. Cecelia and her family will be taking a trip to Wisconsin Dells. Caden and his family will be venturing to Hawaii, and Locklynn's family will be on a trip to the Bahamas in the near future.

6th Grade

We went and asked the six grade what their favorite or best part of 2017 was. Colten enjoyed going to Austyn's house. RyLee enjoyed getting an iPhone X. Gage enjoyed seeing his brother after a year. Kaiya enjoyed riding her cousin's horse. Austyn enjoyed trying to shoot a deer. Ethan and Hayden enjoyed getting a fat dog. They hope to get outside more and want to learn to work on a four-wheeler this year. Nate enjoyed his trip to New York. Cody enjoyed going to Montana. Taryn got a dog. Alexius enjoyed dying and bleaching her hair. Amy enjoyed getting new boots for her horse.

High School Bball

Hobie and Lucas are our two boys playing. Hobie loves playing as much as he can. This year he is in a great situation where he gets to play a lot on JV and quite a bit more on V than last year too. Lucas is primarily on the JV team, and he is enjoying the guys on the team. He said his best moment so far was making both of his free throws in the first game.

Both teams are off to a good start! The varsity is 4-1, with it's only loss to Dakota Prairie over Christmas break.

The junior varsity team also has only lost one game this year (against Strasburg) and are 2-1.

Senior Highlight- Morgan Smith

Next fall, Morgan Smith will be attending the University of Jamestown for nursing. She can't wait to start her career in nursing because this is what she loves to do! Morgan's favorite memory at Montpelier School is riding the bus to volleyball games with our volleyball coach Mr. Nelson. Her advice to the younger students is "Don't procrastinate, get your work done right away and stay ahead. Don't fall behind."



January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
01	02	03 Hot ham&Cheese	04 Meatloaf & Baked potato	05 Drumstick/ Mac n cheese
08 Sloppy joe	09 Knephla Soup	10 Hamburgers	11 Broccoli & Ham hotdish	12 Crispitos & Spanish rice
15 Sausage & Roasted baby reds	16 lasagna	17 hamburger soup	18 biscuit & gravy	19 super nachos
22 Beef & Stroganoff	23 Enchilada hotdish	24 Pizza	25 hot dogs	26 Chili
29 Chicken fajitas	30 chili dogs	31 tater hot hodish	01	02

Personally, I don't post many comments but if I do I always keep in mind that what I post is permanent and public. This is a rule I learned some time ago and it applies to all forms of social media. It is easy for us to post comments, but we must think before we post as that brief comment can have lasting effects both good and bad.

I am sure that most of us would not like having Internet and our social media apps unavailable on our phones. We must remember that even though these are easy to use they come with responsibility of using them properly. I encourage parents to monitor your children's use of the Internet and phones as well as model proper use. The Internet has opened our world and it is there for us to explore. Enjoy and safe travels.

-Mr. Waagen

My final words to the 4th graders told them there is an alternative to social media. We can close that computer, shut off that phone, or just have a little bit of will power and ignore it. Ultimately, though, if they are using social media, they should abide by those two rules:

- Be Nice.
- Be Discrete.

I firmly believe those are both good rules for everybody to abide by in any world which they reside.

-Mr. Bear

Important Dates

- Jan. 5— End of 1st Semester
- Jan. 5— HSB BBall @Stutsman Tourney
- Jan. 6- HSB BBall @Stutsman Tourney
- Jan. 9- Bookmobile
- Jan. 9- JHB BBall vs. Ellendale (Kulm 4:30)
- Jan. 12- HS Boys @Kindred @6
- Jan. 12— JH Boys @Marion @4:30
- Jan. 16— HS Boys vs. BCN (Edgeley 4:30)
- Jan. 17— School Board Meeting
- Jan. 18- JH Boys @Frederick @5
- Jan. 19- JH&HS Boys @Oakes @4
- Jan. 20- HS Boys @Wyndmere @2
- Jan. 23- Bookmobile
- Jan. 23- HS Boys @Linton
- Jan. 25- HS Boys vs. Midkota (Edgely@4:30)
- Jan. 26- JH Boys Jamboree (Edgeley TBA)
- Jan. 27- JH Boys Jamboree (Edgeley TBA)
- Jan. 29- JH Boys vs. LLM (Edgeley 4:30)
- Jan. 30- HS Boys vs. Ellendale (Edgeley 6)

Winter Weather

The winter weather season is here and all the challenges it can bring. Many of our students ride the bus to and from school each day and there will be days when the weather is extremely cold, snowy or both. It is essential the students dress appropriately when riding the bus in the winter time. Students should wear warm winter coats (not just sweatshirts), gloves or mittens, and some head wear such as a stocking cap.

The safety of students is a priority and when weather conditions may cause a change in the normal routine please watch for a notification from the school. Notifications coming directly from the school will

come to you by email, voice mail, and/or text message depending on what method(s) you have selected. If you receive a phone call, there is typically a 10 to 15 second delay before the message actually begins to play, so please be patient. You may also be notified through the school's listserv. If you have "liked" Montpelier School on Facebook you may also find weather related updates there. Notices will also be on local television and radio stations. These notices will be sent out as early as possible so everyone may plan appropriately.



Grade 7:
Eddie Harms

Zach Dally

Grade 8:
Lance Kjellberg

Grade 9:
Lucas Rich

Grade 10:
Colten Boom
George Ringuette

Grade 11:
Hobie Bear

Grade 12:
Lookmai

