

Martin News

MARCH NEWSLETTER

Rituals

Dribbling the basketball four times before shooting a free throw. Brushing our teeth before we go to bed. Reading the newspaper on Sunday morning. The list goes on and on for what people do as a habit or a ritual. If we skip a ritual it may throw our entire day for a loop. Just ask anyone who forgot to set their alarm clock.

Some rituals may seem unimportant and maybe even a little silly as they are more of a superstition. However, rituals have a vital role in the well-being for ourselves, especially our children. There is plenty of scientific brain research about the importance and benefits of rituals, but I won't bore you with those details. Let's just say the chemicals that are released in your brain for having rituals make a day better for the individual.

Children need to have four "anchor points" according to brain researcher Horacio Sanchez during the school day. The anchors are: the beginning with a regular time to wake up and get ready to school; next is arriving at school around a regular time and eating at the same time; regularly scheduled class times; and finally, being greeted when entering the classroom. Staff members consistently work to meet these goals, especially greeting the students when they come to school or to their classroom. Each student needs to know how important they are in the classroom.

There are two very important rituals parents can do at home. Despite the very busy lives we all have, the tradition of sitting down as family for supper is key for connecting with each other, especially our children. Instead of just asking about how their day went, ask them about what they brought home, a story they are reading, what would you like to learn more about? If you crack open that door just a little you might be surprised but the many things they will share. The second item is having a bedtime tradition including a regular time they need to go to sleep. Sleep is crucial for all of us as we all have tales about when we didn't get enough sleep and how unproductive we were the next day. Our children are no different and need much more sleep than adults. So please take some time to have supper with your children and get them to bed at regular time. Hey, you might want to even squeeze in a bedtime story before they drift off.

-Mr. Waagen



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A Message from Mr. Bear- Testing Season

It is now testing season at Montpelier School. Our kids get inundated with standardized tests. At times, it can certainly feel like too much testing and not enough educating. Since this is the season in which we find ourselves currently, it seems prudent to sit back and consider each of these tests.

The test our kids take most often is the NWEA MAP tests. This is an adaptive test administered to each of our kids in grades 1 – 12. These tests give us immediate feedback in terms of how well our students are doing. This helps teachers make decisions in terms of instruction and it also helps us make wider school improvement goals.

We do have quite a few different reports that can be run. They chart each of our students' growth from the very first time they take an NWEA test at Montpelier. I do know that some teachers share those scores with parents at teacher conference time, but any parent is welcome to send me an email at any time and I will share those scores via email. Kids are taking NWEA tests right now.

The North Dakota State Assessment is another test that students take. This test is only administered to students in grades 3-8 and 10. The science portion is administered to grade 11 and not grade 10. The NDSA is a test with a lower standard deviation than the NWEA implying more accuracy. This is largely due to the fact that the NWEA test is adaptive – it changes for each student. The problem with that is that if a student guesses correctly, they can be bumped up into a more complex question bracket and scores can

Pre-School

The Pre-K class can't wait for Spring! They all want to go play outside with all their friends. Most of them want the snow gone so they don't always have to put on so much clothes. However, some want the snow to stay so they can sled more and build forts. Some of their favorite parts about spring is going outside and hanging out with their families. Their most favorite part about Spring is no more cold weather!

Student Council

At the end of February, we celebrated Spirit Week and had some friendly competitions throughout. The seventh graders were the grand champions. However, the Seniors hold the bragging rights in the tug-of-war battle going undefeated and even beating the teachers! This month, Student Council is doing an Easter themed art project with the elementary grades 4-6. This will be done during the FAD period. Student Council is, as always, trying to raise funds for hotel rooms and other various odds and ends.

Hobie Bear, President



Kindergarten

The Kindergarten class is very excited for Spring! Don't get them wrong. They love the snow, but they can't wait for warm weather and going swimming! Lily T can't wait until she can go play outside in the spring. Jaxon V and Jaxon can't wait until Spring to play outside in the mud. Kaihlynn's, Lily R's, Lily T's, and Cora's favorite thing about Spring is the beautiful flowers.

1st Grade

The first graders' favorite part of winter was playing in the snow, making snowmen, having snowball fights, making snow angels, and even just rolling around in the snow! Others preferred to stay inside with their families and have a fire and drink hot chocolate. Now, only a few of the students want the snow to stay. The rest want it to go so they can prepare for all the fun things they can do in Spring, such as rolling in the leaves, going to the pool, and spending time with their families more! Ella wants to get her ears pierced and many of the students have birthdays in the Spring!

2nd Grade

The second graders are excited for spring to come! All of them said that they are most excited for it to be nice and finally have warm weather. They also have some plans when Spring comes. Louis is ready for shorts and a t-shirt weather, so he can play with some bubbles with his dad. Avaeyha is sadly moving to Minnesota after school. Connor wants to go jet skiing and ride horse. Cheyenne wants to see her great grandma, and Mylee is finally going to get her kittens that she wants. The second graders are also ready for the snow to be gone, so they can enjoy the weather and their families without getting cold. Hopefully their wishes come true sooner than later!



be inflated or deflated accordingly.

The NDSA does have its drawbacks, though. It is a mandatory test we are required to give students. And it changes. This year is a different test than last year so it does become difficult to chart growth. Also, test results are not immediate like the NWEA scores are. We do still use it, though, and in fact this is the test the state analyzes to determine our status in different areas. It can sometimes dictate funding. It's still an important test, but not one we use in as large a variety of ways. The NDSA will begin to be administered in late March.

One of the more stressful tests in the spring is the ACT. The ACT is administered to juniors and will be done at Montpelier School on March 20th right away in the morning. This test will help colleges make decisions about who they want coming to their school and how much they are willing to help pay to have them there. The ACT is a test that could potentially make some decisions for kids. It is very important that this test is taken seriously.

In addition to the above, there are some standardized tests done in the elementary throughout the year and there are tests given every day in one content or another. They are used to assess our teaching and in the case of the ACT to judge our kids. Sometimes it seems like time might be better spent in a classroom, but tests do help teachers make classroom time more productive.



Elementary students
enjoying their
Christmas party!



Music News

As of right now, we do not have a music teacher. Tonia Kjellberg will be our substitute for it until further notice.



3rd Grade

The third graders are ready for Spring to come! They are especially excited for the snow to be gone so they can enjoy themselves. Some of their Spring plans include riding their four wheelers, uploading YouTube videos, riding go carts, and, above all else, they are excited for Easter! A major, and absolutely fun, class activity is making a rabbit or egg art project. Some of them want to see their friends, but some of them want to spend some time with their family.

4th Grade

The fourth graders are excited for spring to come! They wanted to share their plans for spring. Fallon is ready for summer to be closer. Mylehe wants kittens. Donte is ready for mudding. Max wants to go dirt bike riding. Kaden wants to go swimming, and Chloe can't wait for it to finally be nice out! We asked if they had any plans, and they went crazy as they tried to tell us what their plans were. Kaden is ready for the popcorn party. Chloe wants her room to be done, so her five friends can come and stay. Max is excited for his mom's birthday. Mylehe and Cheyenne want to go camping, and Fallon wants to play and beat his video games. When asked if they are ready for snow to stay or go away, only two of them said they want it to stay, while the rest of them want it to be done with, so they can finally enjoy their individual spring time.



JH Bball

The JH boys' season was very successful! They only lost one game, and that lone loss was to Jamestown by 2 points! They said their favorite play of the year was when Lance went coast to coast and scored a layup!



5th Grade

The fifth graders can't wait for Spring, and they all want to snow to go away! Locklynn's favorite part about Spring is she can ride her horse a lot more then she can during Winter. Cece is getting chickens this spring and can't wait. Nathan likes working in the greenhouse a lot more, and Caden is going to build a raft and go floating down the river with his friends. They can't wait for warmer weather to do stuff outside. They all love going outside and playing with their friends.

6th Grade

I went to ask the 6th graders questions about spring and their responses were: **Kaiya:** She is excited for spring to come. She doesn't like snow, and wants it gone. She also wants to catch frogs. **Cody, Rylee, Colten and Austyn:** They all want spring to come, and they want the snow to be gone too. **Nate:** He wants spring to come and plans on going in the water. **Tarynn:** Yes, she wants spring to come and the snow to go away because it's too cold, **Gage:** He wants it to be spring too, and he wants to go mudding. **Alex-ius:** Wants spring to come, and her and her family are going to Alaska. **Amy:** Amy wants spring to come and for the snow to go away as well, and she is going to Virginia.

High School Bball

Our Varsity team qualified for the Regional tournament as a 2 seed. They made a valiant comeback try against Carrington, but fell a little short in the District Championship game. On March 5, they won their opening round game at Regionals.

Senior Highlight- Dawson Meyer

Dawson Meyer will not be attending college this fall. Instead, he will be taking a year off to get a job and see what he all wants to do in his life. Dawson's favorite memory being in school is winning the dodgeball and tug-of-war tournaments during Spirit Week the last two years. He says working as a class is a great feeling, and he loves that our class has gotten so close over the years. The advice Dawson gives the under-class men is "Don't Be lazy in grades 9-11 because it's just worse for you your Senior year. Get your work done right away and stay ahead. Don't fall behind, and, also, don't be afraid to ask for help."



March Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	01 Pork roast & boiled potatoes	02 Fish Wish sandwich
05 Ham/Broccoli hotdish	06 Chicken Fajitas	07 Subs	08 Cavatini	09 Knephla Soup
12 Spaghetti Bake	13 Corn dogs	14 Drum stick, mashed potatoes, Coleslaw and	15 No school	16 No school
19 McRib	20 Mexican hotdish	21 Scalloped potatoes and Ham	22 Chicken Alfredo	23 Fish sticks/Tator Tots
26 Walking Tacos	27 Easter Dinner (Ham & Cheesy Potatoes)	28 Chicken Nuggets/ Baked Beans	29 Cook's Choice	30 No school



Important Dates

- Mar 9- BBB Regional Tourney
- Mar 9- Spring Fling Bingo 5-7 pm @Montpelier School
- Mar 10- Archery in Wahpeton
- Mar 13- Elem. GBB- 4:30 pm @Edgeley
- Mar 14- School Board Meeting 6 pm
- Mar 15-17- State Boys BBall
- Mar 20- Elem. GBB- 4:30 pm @Edgeley
- Mar 22- Elem. GBB- 4:30 pm @Edgeley
- Mar 23-24- State Archery
- Mar 24- Prom Grand March @7pm
- Mar 27- Bookmobile

The Multimedia class is creating a community calendar that we plan to sell to raise money for our athletic program. In it, we would like to put peoples' birthdays, anniversaries, or other important dates that you would like to include. Please email me at richard.wright@k12.nd.us or call the school if you would like your family's information shared. We will not put any dates in the calendar of you or your family unless you specifically tell us to. I look forward to hearing from you! Thanks!



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:

Zach Dally

Grade 8:

Lane Froehlich

Lance Kjellberg

Grade 9:

Lucas Rich

Grade 10:

Kenzie Knight

Grade 11:

Hobie Bear

Grade 12:

Mai



High School having fun at Christmas bowling party!

