

Martin News

Mr. Waagen– School Days

I cannot believe it will be my 40-year class reunion, yes, I am old, coming up next summer. I think about my school days in Valley City with overall great memories. I know things were pretty good for me and how smart and athletically talented I was. All of my teachers taught perfectly and that I learned everything I really needed while in school. All of my classmates got along, and we enjoyed spending time together with no drama. Ah yes, those golden years.

OK, back to reality. The time that we spent in school was not completely the way we remember it as. Talking about the old school days is like a fisherman’s story, with the fish getting a little bigger each time the story is told. Unintentionally, we tend to recall our experiences in school with a bit more of a positive view than how it really may have been. I don’t believe that there is anything wrong with that because we should have more happy memories than bad ones. (Continued on page 6)

Mr. Bear– Honor Roll

Many of you may have noticed the absence of an honor roll for the high school after quarter 1. As a parent, I often provided rewards to my kids if they found themselves on the honor roll. I thought this was a great incentive for my kids to try to get better grades. Before I was a principal, I would have been a little bit irritated if at the end of the quarter I did not have an honor roll to reference.

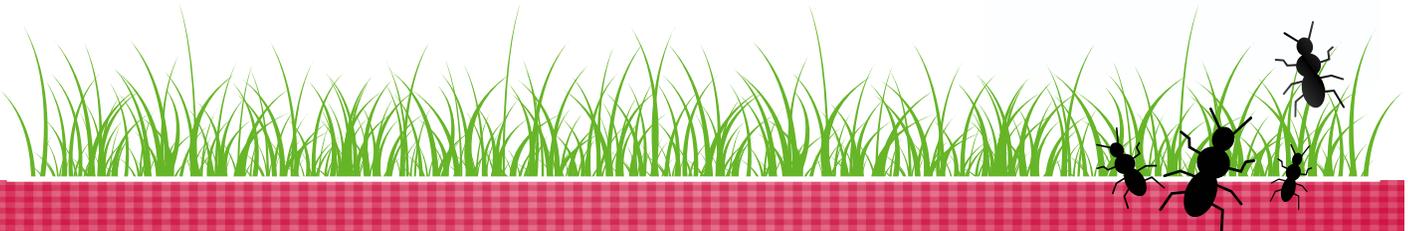
Reflecting on the purpose of an honor roll, though, it is used to celebrate the successes of our kids. When a child does well, we want to reward them. Frankly, though, there are some students that have traditionally struggled to get passing grades. For those students, to get straight C’s is an accomplishment – (Continued on Pg 7)

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Mr. Wright’s Multimedia Class



Student Council

We recently sold coffee to raise money to go to State Student Council, which is Dec. 9-11 in Bismarck. We still have \$5 t-shirts left as well!

This past week was Red Ribbon week, and we had lots of participation! Most notably was our food donation. Students brought a can of food to wear their hat for the day. There is still time to donate food to the pantry if you would like!



Pre-School

The Preschoolers are loving the fall season so far! Some of their favorite parts of fall include the leaves falling, Halloween, caterpillars, the fall concert, and Jeremy's birthday! Their favorite parts of Thanksgiving include the mashed potatoes, sprinkled donuts, the toys, spiders, and that everyone comes together! Almost all of them were thankful for God, but some other things they were thankful for were candy, the holidays, turtles, and fish!



Kindergarten

As I came around asking the kindergarten questions for the November Newsletter, they said they are all thankful for: Mrs. Schrader! **Kynzlee** was also thankful for her new toys. **Eva** is also thankful for her mom and dad. When it came to what was their favorite part of Thanksgiving, **Kynzlee** said she likes candy. **Coraline** says she enjoys spending time with her family. The rest of them said they enjoy the food, especially the turkey. When it comes to what their favorite part of fall is, most of them said they are excited for Halloween. However, **Kynzlee** said she likes jumping in the piles of leaves, and **Eva** likes the snow.

First Grade

The 1st graders were very eager to answer the questions we had in store for them, but they all gave the same answers. They were most thankful for God, food, and family. They enjoy everything about Thanksgiving from eating the turkey to playing lots of games! Their most favorite part of fall has been raking up the leaves and jumping in the piles!



Second Grade

It's that time of year again, Thanksgiving! We all love this holiday for many reasons, and we all have something we are thankful for. The second graders are thankful for their grandparents and the family that comes together, candy, turkey and all the delicious food. They proceeded telling us that they are excited for cracking the wishbone, spending time with family, and eating all the food! Besides Thanksgiving, their favorite part of fall is the leaves (especially jumping in them), the colorful maple trees, and hot chocolate!



"The 4th graders are an enjoyable class to interview, as they are always lively but well behaved."

Third and Fourth Grade

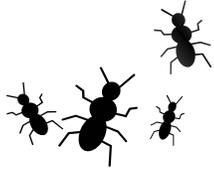
The 3rd graders were behaving very well when we walked into their classroom! A lot of them are thankful for their family, friends, and animals, but some other things they mentioned that they were thankful for was their cat, their class, their mom and dad, and life in general. Many of them are looking forward to eating the turkey on Thanksgiving, but a few other things they love about Thanksgiving is seeing their family, hunting the turkey, and eating all the food! Almost all of them said they loved fall because of the leaves, because they love jumping in the leaves, raking the leaves, the color of leaves, and making art projects out of leaves. A couple others said they loved the coldness in fall and the deer season!

The 4th graders are an enjoyable class to interview, as they are always lively but well behaved. Their responses to being asked what they were thankful for all differed. Some of the responses were their family, their phone, God, their cat, candy, and being alive. Their favorite parts of Thanksgiving include the food, the turkey, the stuffing, the pumpkin pie, and eating until they get sick! They all love fall because of the leaves and being able to play and hide in them!



Fifth Grade

With Thanksgiving coming soon, the 5th graders were asked to reflect on this holiday. Alex, Mylee, and Cheyenne like the food. Mylee and Fallon like spending time with family, and Chloe likes riding horse! Alex's favorite part of the fall season is getting to stay home some-



times. Fallon's favorite part is raking leaves, and Mylee, Chloe, Cheyenne, and Mylee's favorite part is the leaves too! They are all very thankful for many things. Alex is most thankful for his family. Fallon is most thankful for life.

Mylee is most thankful for her cat. Mylee is most thankful for her family and friends. Chloe is most thankful for the roof over her and her family's heads, and Cheyenne is most thankful for her family as well.

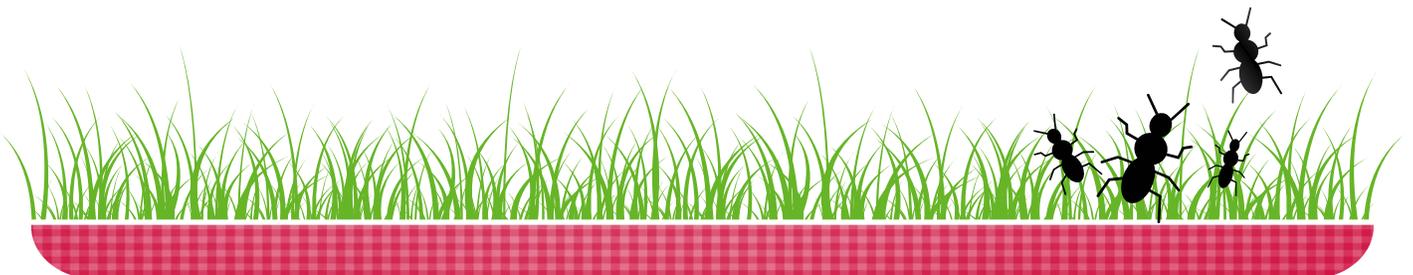


"Self-esteem builds confidence and helps children bounce back from disappointment."

-Gayle Nelson

Sixth Grade

Today, we asked the six graders some questions about what they're most thankful for and what is their favorite part of the fall season. August enjoys seeing all the geese flying in big flocks. CeCe said she likes the food and the beautiful trees! Floyd said he likes the family hunting during this season. They are all very thankful for their family and the weather not being too hot or too cold.





Elementary Girls Volleyball- (LtoR) Mylehe Kastet, Cheyenne Bowen, & Chloe Smith

Counseling News

Building Self-Esteem in Kids

Self-esteem builds confidence and helps children bounce back from disappointment. Here are a few tips parents should know to help support their child in developing real self-esteem.

1. Stability Counts. Provide a stable living environment wherein the child feels love and unconditional positive regard. This goes beyond the basic needs of food, shelter and clothing. It includes routine, limits, laughter, love and sense of belonging. Knowing that you and your home are a safe haven provides the foundation on which all other building blocks for self-esteem will rest. Every child in the world needs this.

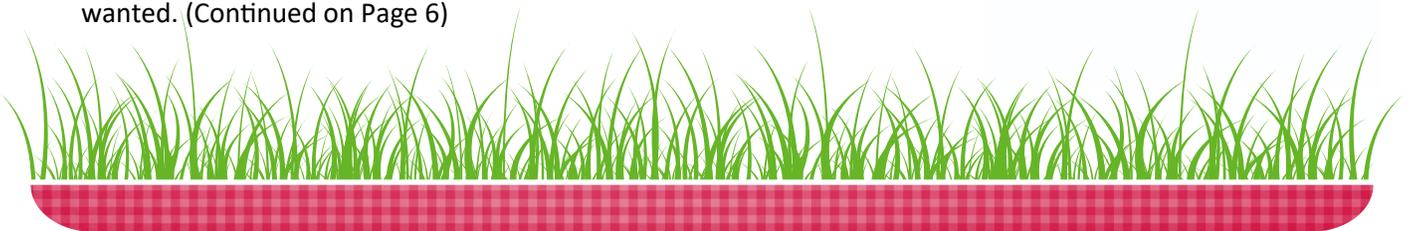
2. Challenge. Allow your children to be challenged. This stretches their mental muscle and let's them feel accomplished when they complete a task they had not earlier been able to master. Focus on progress, not perfection. Cheer your child on to victory. Support her in her defeat.

3. Listen Up. Your child needs your undivided attention. No, not all day long. Thank goodness, because if this were the case, you'd never get anything done. Your child needs some time alone to dream, doodle and entertain herself. But, she also needs and deserves your full attention, at times. Put that iPad or phone down. Stop multi-tasking. Look into your child's eyes. LISTEN. Really listen. Reflect back to her what she is asking or saying to you. Make her feel understood and wanted. (Continued on Page 6)

Sports News

The junior high girls basketball season is underway! The first game is scheduled for Nov. 5 in Frederick, SD. Our lone participant is Amy Smith, and she seems to be enjoying it. She especially likes her coach!

The high school boys will start practicing at the end of the month on Nov. 26.



PTO News

The PTO bingo is scheduled for November 16th. We will serve supper beginning at 5:00 PM and BINGO games begin at 6:30 PM. We will play 10 games of BINGO and one blackout game. Each class will make a basket again this year as a chance prize. Teachers will get you more information on that as it gets closer. This is our biggest fundraiser and we are always looking for help. If you haven't sent back the bottom portion of the first PTO newsletter it's not too late!

This year we have already put your PTO funds to good use. We purchased flexible seating options for a few classrooms, laminating film, and new floor mats for the gym. Your help and support make it possible to get the extra things for our kids.



Pictures from Red Ribbon Week

One important for all adults to keep in mind that times have changed in life and in schools. Many of us that are a little bit older, were taught by teachers that lectured at the blackboard with students taking notes as fast as they could. A worksheet or problems from the textbook were assigned and that was that. A visit in today's classroom may find students working in small groups, working independently on their Chromebooks, or going to an activboard to answer questions. School is very different from when were in school even if that was only a few years ago.

Though there are many changes in schools there are still some things that haven't changed. Schools are filled with many fantastic teachers that care about not only what the students should know, but also each child as an individual. Schools want to prepare students that they will experience success throughout their lives. Yes, there are still assignments to be completed, but today's students have more resources available to them on their smartphones and Chromebooks.

It is my hope that our current students will look back in 20 or 40 years and remember the good old days at Montpelier School. Our task as a school community is to make that a possibility. Thank you to all who have and will make this happen.

but it would not get them on the honor roll. As a parent, though, I would incentivize that to a greater level than I would incentivize a student that traditionally got all A's when they once again make it on the honor roll.

That student that gets all A's has his or her own rewards. I know, for example, that the University of Jamestown offers a prestigious award every year called the Wilson scholarship (<https://www.uj.edu/financial-aid/scholarships/list-of-scholarships/wilson-scholarship>). This scholarship provides a full tuition award to recipients. Applications only requires a 24 on the ACT. But, students must have at least a 3.5 GPA. A 9th grader getting C's will likely not graduate with a 3.5 GPA. Getting all A's puts things in place for a student that can have lasting impacts on their lives. Being named to the honor roll is minimal compared to the grander things that are awarded based on grades.

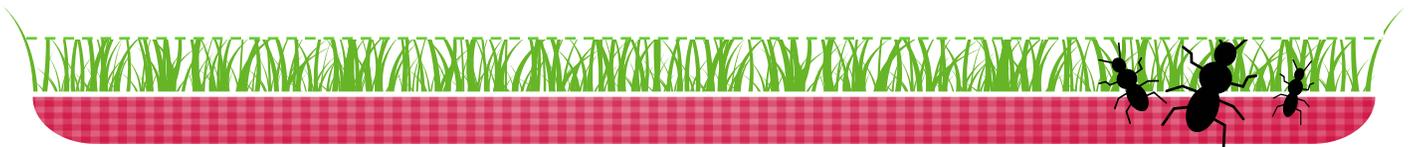
What's more is that the world is changing. At Montpelier, when a student in grades 9-12 has potential and interest, we offer options that cannot be offered within the school through both ITV and online coursework. Currently, we have 31 students in grades 9-12. Of those, 17 are taking classes that are not isolated to within the walls of Montpelier School. That creates a logistical problem when creating an honor roll. One 12th grader, in fact, has only 1 class within these walls and 5 other courses. One 11th grader has only 3 credits within these walls with three being taken outside of the school. One 10th grader has four credits in the school and two outside. These are all students that would certainly be on the honor roll, but honor roll would not be able to be accurately calculated. Since this is true of over half our high school kids and it is likely true that most of that half would be on the honor roll, the honor roll if calculated would be inaccurate and would not reflect much equity.

What is important for us to celebrate is whatever constitutes a success for our kids. We don't need to compare them to each other. If a student struggles to pass his or her classes, having C's in all of his or her classes should be rewarded. If our student has traditionally been a good student, having him or her take an online AP class or two should be rewarded. If a student is kind or honest or responsible, it should be rewarded.

So I do apologize. We will not have an honor roll for Quarter 1 in the high school. Watch for it after that first week in January.

"What is important for us to celebrate is whatever constitutes a success for our kids. We don't need to compare them to each other."

-Mr. Bear



4. Praise Effort, Not Outcomes. "You worked really hard on folding those socks. Look how many you did!" "You never gave up on that math homework! Good for you!" "It's fun for me to watch you play soccer. When you got knocked down, you got right back up and kept running! Way to go!" "You studied hard for that spelling test and did your very best! Excellent effort!"

5. Help Children Be Unique. When we look for it, we can find amazing qualities in every child we meet. Help your child identify what makes her unique, what makes her stand out, what makes

her special and different from anyone else in the world.

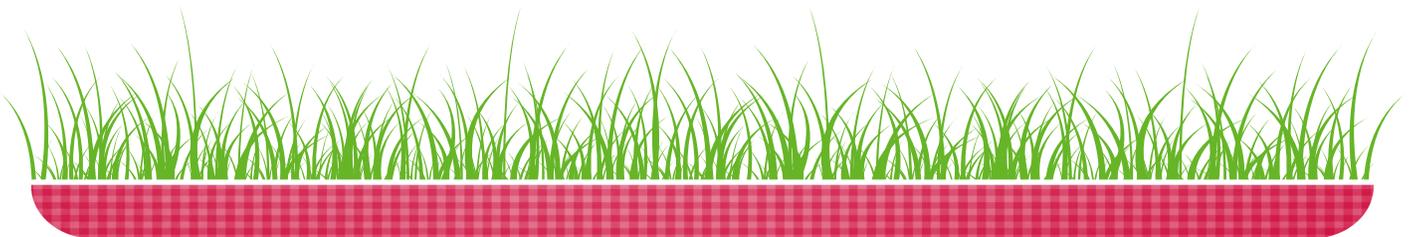
These tips focus on helping your child be strong and secure in herself. Self-esteem is an inside job! Help her make her own internal dialogue STRONG and CLEAR, so she learns to trust and rely on herself.

Adapted from Kidlutions: Solutions for Kids

"You can enjoy having fun, but make school your number one priority. You can always have fun outside of school."
-Kristina VanAlstine

Senior Highlight– Kristina VanAlstine

Kristina is not exactly sure what she wants to do once she graduates. She is considering moving back to Minnesota or staying in North Dakota and living with a co-worker. She has a couple of different ideas on what she would like to do with her life. The first idea is going to school to further her knowledge in dog training. The second idea is going to be an elementary teacher. Either way, she plans to wait at least a year before going to college. Her advice for students still in school is to not procrastinate and make sure to get your work done. You can enjoy having fun, but make school your number one priority. You can always have fun outside of school. Her favorite memories from her time here would have to be the dodgeball competitions during spirit week, having a great time with Mrs. Smith, and talking to the guidance councilor Mrs. Schuetz.



November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Tomato Soup & Grilled Cheese	2 Super Nachos
5 Chili	6 Scalloped Potatoes	7 Roasted baby-reds & Sausage	8 Roast beef w/ gravy over mashed potatoes	9 Hot ham & Cheese
12 No School	13 Broccoli-Ham Hotdish	14 Thanksgiving Dinner	15 Soup & Sandwich	16 Subs
19 Pizza	20 Hamburgers	21 Hot dogs	22 No School	23 No School
26 Pizza-Burger	27 Beef Stroganoff	28 Spaghetti & Meat balls	29 Biscuits & Gravy	30 Chicken-Fajita's

October Activities

School Activities

Picture Retakes **Nov 5**
 No School **Nov 12**
 Book Mobile **Nov 13**
 School Board Meeting **Nov 21**
 No School **Nov 23-24**
 Book Mobile & Early Release **Nov 27**
 @Edgeley

HS Boy's Bball

First Practice **Nov 26**

Jr. High Girl's Bball

Nov. 5 @Frederick 5
Nov. 8 @Ellendale 4:30
Nov. 15 MPB@Edgeley 4:30
Nov. 20 LLM@Kulm 4:30
Nov. 27 SB@Edgeley 4:30
Nov. 29 Jamboree



Pictures from Fall Concert

Music News

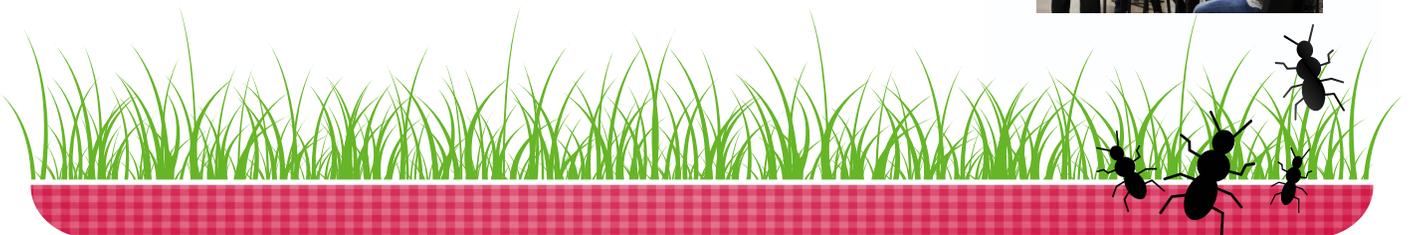
Thank you to all those that came to our fall concert on October 29! Go to the last page to read a student's review of the concert!

Also, put these dates on your calendar:

Dec. 18 @ 7 pm- Winter Concert

April 30 @ 7 pm- Spring Concert

The music students are currently selling Butterbraids! All the money will go towards reeds and oil for students to use the instruments, and we are looking at buying a couple of instruments as well!



On October 29, I attended the Montpelier Public School Fall Concert, which featured performances by all the different grade levels. The first thing I noticed was that though the concert was a “fall” one, there was little to no decorations suggesting this. It was basically just risers and chairs with people singing and a band playing. For this being the first concert that was put together by the new teacher, however, it was well organized. I liked how the concert started with the elementary band and followed with the high school band. Then, we heard the elementary and high school choirs in order from youngest to oldest.

The first song the band played got off to a rough start, I think. I couldn’t tell if it was too good for them to be playing or if it was all a mess. However, they did hit the beats well after the first song. When the elementary started singing I have to say I was shocked. In my opinion, I have never heard the elementary sing so loud, but still sounding good at the same time. I also enjoyed the little dances they had performed, they were cute. When the high school started performing, I wasn’t too impressed. The octaves seemed too high for the girls. In addition, the choir did not sound comfortable at all, and they had no enthusiasm. The first step would be to smile a little bit, rather than being so straight faced. It appeared like they were more worried about what people thought, rather than just enjoying the moment and going for it. The end song made me smile! Seeing all the grades next to each other was awesome! There is nothing like school spirit than seeing everyone together.

Overall, the first concert of the year was okay. There were some things that went well, and there were things that could have been better. The elementary choirs were the best I’ve heard here, and I thought the last song where everyone sang together was great! However, the older students could have had more spirt. I think putting up some color and decorations would have helped add to the overall production as well. The last thing I think would be to use better microphones to pick up peoples’ voices better.

McKenna Mostad

“The elementary choirs were the best I’ve heard here, and I thought the last song where everyone sang together was great!”

-McKenna Mostad

