

# Martin News

## MARCH NEWSLETTER

“I think I can. I think I can. I think I can.” I am betting that you know this phrase from a book that we all read when we were children, *The Little Train That Could*. Reading this story was not only meant to entertain but teach children a valuable lesson. If you believe in yourself, you can accomplish almost anything.

Recently Miss North Dakota, Katie Olson, presented to our students about *The Motivation Mindset: Positivity at Every Turn*. The message was to encourage students to believe in themselves and they had the power to determine how each and every day goes. We choose how we feel each day and even though some days may be a challenge, we can certainly work to making a day a good one. One great thing she shared was how a simple gesture, such as a smile, can make someone else’s day better. What a simple, but wonderful gift.

Our school, like all schools, faces many challenges and it is important to believe that we can accomplish the goals we set. We may be a small school, but we are constantly working to create and reach new goals to make our school the best it can be. It is important that all members of our school community believe in what we can accomplish, and we have a solid chance in reaching those goals. I will end with a quote from Henry Ford who said, “Whether you think you can or can’t—you’re right”.

-Mr. Waagen

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### **Mr. Bear– Changes to the Flex Mod Scheduling**

We've gone through a year of our flex-mod schedule. There have been some positives and some negatives. I do have a group of older students that have been doing significantly better than they have in the past. In addition, it is far easier to find times for kids to work with special education or Title I teachers. The biggest problem as I see it is that our resource times are not used as effectively as I would like.

Before Christmas, I did speak to teachers about this. The solution at the time seemed to be two-fold. First, teachers thought that the 20 minute resource time was too short. Second, they thought that some of our groups of kids should be split up in order to help them have fewer distractions. So, after the Christmas break we made those changes. More of our resource times are now forty minutes long and we split up our grade levels.

After we made those changes, however, feedback I received from teachers seemed to contradict feedback I received before Christmas. After Christmas, teachers seemed to feel like they wanted the grade levels together. It still seems evident, however, that forty minutes tends to be more productive for resource times than shorter time periods.

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### **Student Council**

The junior class won the Spirit Week Dodgeball Tournament, and they were the overall grand champions of Spirit Week as well! All of the money raised from the penny drive is going towards buying new dodgeballs. Thank you to all who participated! They are currently in the process of planning a fundraiser for next month.

### **Pre-School**

Although the snow has been super fun, Spring is coming, and they are very excited! Along with this month comes St. Patrick's Day, and they can't wait to make treats and trap the leprechaun. Some of them are sad that the snow will soon be leaving because they love making snowmen, building forts, and having snowball fights. Even though they will miss the snow they are looking forward to being able to jump on their trampolines, wearing sandals, doing front flips outside, and smelling the flowers!



## Kindergarten

I went around asking the kindergarteners about St. Patrick's Day and about the snow and spring. Most of them didn't really say anything about St. Patty's day except that they like dressing up in Green and looking for a leprechaun. Some of them said that they like playing in the snow and building snowmen and having snowball fights. Everyone is excited about spring to come, so they can enjoy the nice weather. The boys are excited to run around in the mud! The girls are happy that it will be nice out and they can just run around, but they are a little sad that the snow will be gone.

## 1st Grade

When we entered the first-grade room ready with our questions and eager to ask them, they were looking cute sitting in their desks ready to answer questions. The first question we asked was what their favorite part of St. Patty's day was and most answered catching the leprechaun. The second question we asked was what their favorite thing to do with snow is and if they liked it. They answered making snowmen, sledding, and shoving faces into snow. BRR!!! The final question that was asked was what they are most excited about for spring, and they answered going outside, not getting frostbite, watching flowers bloom, and helping dad with the garden. We were so excited to ask the questions we had prepared for the first graders and we can't wait for next month!

## 2nd Grade

Spring is almost here, believe it or not, and the kids are ready! We asked the 2<sup>nd</sup> graders if they liked the snow and what their favorite thing to do in the snow was. They proceeded to tell us that some of them don't like the snow at all! They say that it's way too cold for them. But some of them really enjoy making forts and digging tunnels, burying themselves in the snow, snow boards and so much more! After all that snow talk, we asked them what their favorite part of St. Patty's day was. They told us they like to wear green, catch leprechauns, getting gold, and messing up the room! Everyone's favorite thing after a long winter is spring! The kids love spring because they can go fishing, ride their bikes, run in the ditch, getting the mail on their bikes, and jumping on the trampoline!



To try to get a better handle on what would work best, I did survey teachers about the flex mod schedule. Feedback I received from the survey did teach me three things:

1. Teachers would like to see more consistency in the schedule.
2. Teachers do want resource times to contain as many students of a single class as possible.
3. Teachers would like to see a variation of the FAD time which we incorporated last year in our schedule somewhere.

So, looking at our schedule for next year, here are some changes we will see:

- The academic class schedule will be the same for students on Mondays-Thursdays – with the exception of some science times which will pull from resource times. Resource times will alternate day to day.
- Friday's schedules will be quite a bit different than Monday – Thursday. On Fridays, we will have both band and choir (previously those alternated days) and we will also have a FAD time in the schedule.
- Each resource time will have as many kids of a single grade level as possible.

We will not change the structure of resource time/free time. That does seem to be working out fairly well for our older kids. There is potential that our school day will be slightly longer next year. If that is the case, we will incorporate a half-hour home room at the end of the day instead of what we currently have. This will help us motivate those kids that are struggling at the end of the day and help them remember and understand what needs to be brought home for homework in order that they can experience success.

All in all, I am very glad we incorporated this flex mod schedule into Montpelier School and I am very thankful that teachers and parents have been patient as we try to change things to make things best for our kids. If ever anybody would like to discuss the schedule with me, I would be happy to do so. Please stop in, call, or send an email.

## Music News

Guitar lessons are on Wednesday mornings. There are currently 10 students doing this. Students are also preparing for their Spring concert and the High School is working on songs for their choir and band large group competition at the upcoming Music Festivals in Oakes on March 19. More details of April events will be coming soon!

## Speech News

The speech team has had difficulties making it to meets because of the rough winter weather. However, they did make it to the one in Marion on February 16. Cheyana Marks took Top Novice in her speech to Inform. There is another meet schedule for March 23 in Kulm, and the Regional meet will be held in Linton on April 6.



## 3rd Grade

St. Patrick's day is almost here and the 3<sup>rd</sup> grade is excited! One of them gave up on trying to trap the leprechaun, so they trap their sister instead! Another one of them is going to dress up their cat as a leprechaun! They aren't as crazy about the snow as the younger kids are, but they do enjoy making snow forts and snowmobiling. The things they are looking forward to for spring is no snow, jet skiing, and their birthday!

## 4th Grade

I always enjoy going into the 4<sup>th</sup> grade classroom because their energy is positive and funny. They are looking forward to St. Patrick's Day because they like pinching people that don't wear green, making traps, and the day after is Jordan's Birthday! As we all know the snow isn't going to be here for much longer, I hope, and the kids are enjoying as much of it while they can. They love throwing snowballs, making snowmen, and going sledding. Although they will miss the snow, they are excited for spring! Klara is excited for her birthday, Ian is also excited for his birthday, some other things they are all looking forward to is gardening and riding bike.



## Elem Bball

Elementary Girls Basketball started practice on February 28. We have two girls playing, Mylehe Kastet and Chloe Smith. Their first game is on March 19 vs. BCN in Edgeley.

## Track

Despite what the weather is outside, our track team will start practicing on Monday, March 11. Any 6<sup>th</sup>-12<sup>th</sup> graders that plan on participating need to submit a sports physical before they can participate. Practices will be held right after school and go until about 4:30 pm. The track meet schedule is currently being finalized and participants will get a copy of it as soon as it's available. If you have any questions or concerns, please feel free to contact me at [richard.wright@k12.nd.us](mailto:richard.wright@k12.nd.us) or call the school at 701-489-3348.

## 5th Grade

It's the beginning of the month again! This month's topics are what peoples' favorite part of St. Patrick's Day, snow, and Spring is. The 5<sup>th</sup> graders favorite part of St. Patrick's Day are as follows: Cheyenne likes wearing green. Fallon doesn't know. Alex likes the freedom he has when his parents are gone. Max and Chloe like pinching people. Mylehe likes NOT getting pinched. Mylee likes dressing her cat up in green.

Their favorite thing to do with snow: Cheyenne and Alex like playing in the snow. Fallon likes laying in the snow. Mylehe likes burying herself in the snow. Max likes making snow forts. Chloe likes throwing snowballs at people. Mylee likes to pile up the snow and then jump in it.

The thing they're most excited for about spring: Cheyenne and Mylehe like that there won't be snow. Fallon doesn't know. Alex likes shooting guns. Max likes that summer vacation will be here soon! Chole likes that her baby animals will be born, and Mylee likes that her cats are born.

## 6th Grade

In spite what the weather feels like, spring is coming! I went around asking the 6th graders some questions about the new month ahead of us. Their favorite part of St. Patrick's Day was nothing. Some of them even forgot what it is about. So I asked them what they like to do in the snow. Floyd said he likes to throw snowballs at his brother. Others said stay inside. Finally, I asked them what things they're most excited about for Spring. Cece said riding horse. Floyd said riding dirt bike. They are also all excited they won't have to wear snow pants anymore, and it will be nice outside!

### Senior Highlight- Chris Smith



Chris plans to attend NDSCS in Wahpeton to pursue a degree in Diesel Technology when he graduates. His favorite memory from going to school here are the State Archery trips, especially the bus ride and hotel stay. His advice to underclassmen is to "Try not to fall behind on your work because it's hard to get it caught up."

## High School Bball

The basketball season ended on March 5 in dramatic fashion at the Civic Center in Jamestown. The Rebels were down 11 in the third quarter but came roaring back to take the lead by one in the fourth. However, the Imperials made two free throws with about two seconds left to re-take the lead and defeat us. Despite the disappointing finish, the season was a successful one.

## Archery

Coach Nelson has 20 students out for archery! At there first meet in Medina, George Rinquette placed 2nd, and Chris Smith recorded his highest score of his career! Their next meet is in Edgeley on March 16. The state meet is schedule for March 22-24. Overall, Coach Nelson has been impressed with the progress of his team!

LUNCH					MARCH 2019				
Montpelier Public School									
Monday	Tuesday	Wednesday	Thursday	Friday					
1 Chicken & mashed potatoes with gravy	2 Spaghetti with meatballs	3 Fish Ste & Fries	4 Pilly Cheese Steak	5 Ham, Egg & Cheese Biscuit					
6 Swedish Meatballs	7 Bepier Nachos	8 Cheese Chicken Hotdish	9 Hot Turkey Sandwich	10 Turnoto Soup & Grilled Cheese					
11 Broccoli Ham hotdish	12 Chef Salad	13 Tater Tot Hotdish	14 Subs	15 Tuna hotdish					
16 Scalloped Potatoes & Ham	17 Chicken Enchiridita	18 Hot Ham & Cheese	19 Hot dogs	20 Fish Wish Sandwich					

Day for Hot lunch on the website:  
<http://www.montpelier.k12.nd.us>

PaySchools  
Online Personal Planning System



## Important Dates

- Mar. 11– Track Starts
- Mar. 12- Bookmobile
- Mar. 16- Archery @Edgley
- Mar. 19– Music Large Groups @ Oakes
- Mar. 19- Elem. GBB vs BCN
- Mar. 21- Elem GBB vs LLM
- Mar. 22-24- State Archery
- Mar. 23- Speech @ Kulm
- Mar. 26- Bookmobile



## Snooze News

We can help our children emotionally, physically, academically and socially by giving them something free. SLEEP! As your family settles back into the school year routine, remember that sleep is a very important consideration. We can realize a huge return on our investment by insuring that all family members get an adequate amount of sleep nightly.

How much sleep does a person need?

Average Sleep Needs:

Babies 14-18 hours

Toddlers 11 hours plus a 2 hour nap

Preschoolers 11-12 hours plus a 1 hour nap

School Age 10-11 hours

Adolescents 9.25 hours

Adults 8.25 hours

**CHILDREN WHO DON'T WAKE UP ON THEIR OWN IN THE MORNING NEED AN EARLIER BEDTIME!**

Tips for bedtime

- No TV, computer or other electronics in the bedroom
- Regular routine each night (bath and brushing teeth, books, songs and stories, visiting, back rub)
- Go to bed at about the same time 7 days a week (no more than an hour difference on the weekends)

*Research from Mary Sheedy Kurcinka's book, Sleepless in America provided by ND Dept. of Human Services, Children & Family Services Division*

