

# Martin News

## Mr. Waagen– Continuing the Journey

The school year is off and rolling with both students and staff getting back into the daily routines of school. Our school continues to work hard so that each student improves academically as well as socially and emotionally. I am always amazed at how different the students are when they return in the fall, noting not only their physical changes but maturity as well. They do grow up fast!

Last year, if you recall, our elementary school worked with a company Ed Direction to help coach our teachers and me in order to improve our students’ academic success. The results from the state assessments are in and we saw tremendous growth by the students. Comparison of our “year of record” in 2016-2017 to this past 2018-2019 is amazing. The number of students proficient in reading in 2016-2017 was 28%, while this past year was **49%**; math showed growth from 28% to **46%**. That is an improvement that everyone should be proud of.

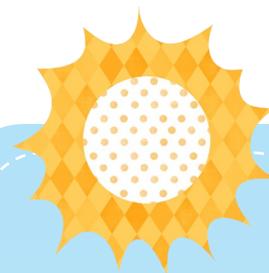
However, we strive to get all students to be proficient in reading and math to prepare them once they graduate. We will continue our coaching this year understanding that instruction can always improve as teaching techniques are refined. A main focus of improvement for our entire school this year is in the area of writing. Teachers in grades K-3, will be attending workshops throughout the school year addressing writing instruction. (Continued on Pg. 6)

## Mr. Bear– Flex Mod Update

On 9/25, I attended the 2019 ND Small Rural Schools Summit. The purpose of the summit was to provide an avenue for issues facing small rural schools to be addressed. The keynote speaker at this event was a man by the name of Ben Winchester. He works out of the University of Minnesota Extension Service. He has a master’s degree in rural sociology and his message was one explaining how we create our own negative narrative in our small schools.

It’s true that we hear kids, teachers, and parents say things about our rural areas that are negative. There are a variety of news reports discussing how everybody is leaving the rural areas creating a ‘brain drain’. He suggested this is wrong. It’s true, he said, that kids leave our small towns when they graduate. And, he said, that’s what we want. We want our kids to expand their minds and grow which sometimes requires leaving Montpelier.

Oftentimes they come back. It doesn’t seem like it was very long ago when I started



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### Published by:

Mr. Wright’s Multimedia Class



### Student Council

Student Council has been busy hanging up locker decorations for the various activities that students participate in. In addition, they are planning out Red Ribbon Week for the last week of October. They are also looking forward the upcoming Student Council Convention in December!



### Pre-School

School is flying by really fast! In the preschool class there are seven students. Their names are Addison, Austin B., Austin J., Brysen, Kayla, Oakley, and Payton. Their favorite part of school so far is the treasure box.



They also like music, recess, gym, and of course lunch. Halloween is quickly approaching! Addison wants to be a kitty. Austin B. wants to be a spooky ghost. Austin J wants to be a scary Minecraft zombie. Brysen wants to be a shark. Kayla wants

to be a very pretty princess. Oakley would like to be the Joker. Finally, Payton wants to be Pikachu for Halloween. For trick-or-treating, they like candy corn, Twizzlers, rainbow candy, pig candy, and horse candy. As for pumpkin carving/painting, they don't really know what they plan to do yet.

### Kindergarten



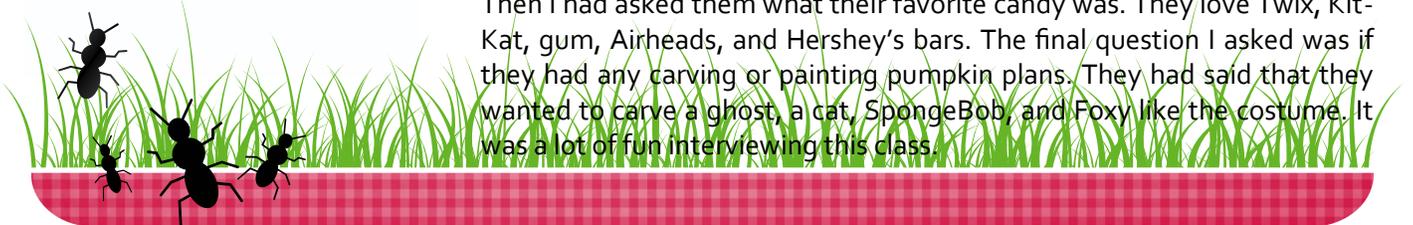
Fall is here and the kindergarteners are ready! Since school has just begun, we thought we would ask the students what their favorite part of school was so far. They proceeded to tell us statements like, recess, food, tablets, math, and nap time! Halloween is a fun thing this time of the year, so we wanted to know what they were going to be for Halloween. Some kids said Venom, Elsa, Ariel, and Chucky! Some other kids said they did not know yet, but we are sure they will be amazing! M&M's, Candy Corn, Bubblemum, Cookies, and Twix, are some of the kindergarteners' favorite candy.

We have some time in October before Halloween arrives, that we can do some fun autumn activities! The kids are planning on carving, and painting some scary, happy, sad, and creepy faces on pumpkins this year! It's going to be Spook-tacular!

### First Grade



Today, I asked the 1st grade class questions for the newsletter. One of the questions was what their favorite part of school was so far, and they had some good answers. Most of them love gym, but some of them like homework! Social Studies is another subject they enjoy. Another question was what they want to be for Halloween. There will be a clown, panda, Pikachu, a butterfly, foxy, ninja, and a sawt person. One of the student's family is going to dress up as the Adam's family. I thought that was interesting! Then I had asked them what their favorite candy was. They love Twix, Kit-Kat, gum, Airheads, and Hershey's bars. The final question I asked was if they had any carving or painting pumpkin plans. They had said that they wanted to carve a ghost, a cat, SpongeBob, and Foxy like the costume. It was a lot of fun interviewing this class.



## Second Grade

Hello October! School is going by quickly this year. Some of the students' favorite part of school so far was making applesauce, doing math, science, and homework. The second graders are excited for Halloween this year! Some of them are going to be carving/painting pumpkins. For Halloween, some of them will be dressing up as SWAT, a clown, butterfly, and the Addams family.



## Third and Fourth Grade

The third-grade class were all sitting in their desks when I came in. These students all have different opinions on what their favorite part of school is, but the two most popular were cursive and science. Other favorite classes were math, writing, spelling, and recess. They have great costume ideas for Halloween and trick-or-treating! They are planning to go as a unicorn, mermaid, horror princess, ninjas, a panda, prom girl, author, cop, and Darth Vader. As they go trick-or-treating, they hope to get lots of candy, especially gummies, Candy Corn, Starburst, Hersey's, Rice Krispies, Kit Kat, Pop Rocks, and Mike & Ike. They had great ideas for carving and painting pumpkins! Some planned to carve a dog, smile, vampire face, and Jack Skellington. Others planned to paint a butterfly, and blue, white, and green.

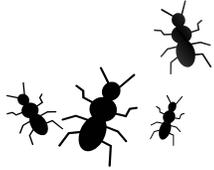


The 4th grade class is having a great year so far! Some of their favorite parts of school have been Reading, PE, and of course the beloved recess. A few of them have no favorites and just enjoy all subjects. They are quite excited for the upcoming Halloween holiday. A few costume ideas are a fox, moonlight unicorn, Wario, and Wednesday from the Adams Family. As for the traditional Trick or Treating, the kids are hoping they get some of their favorite candies such as Almond Joys, suckers, gummy bears, and bubblegum. The kids have some very interesting plans for their pumpkins this year. Some plan on carving unicorn faces and/or the scariest faces. The rest have different plans as they are going to be blowing them up or even having pumpkin seed fights. This Halloween is going to be wild and exciting for the 4th grade class!



## Fifth Grade

The students in the 5<sup>th</sup> grade class all like school for various reasons. One of their favorite things about school are the Field Trips that they have the opportunity to go on. Gym is also very popular. Math, Spelling, and Science are also enjoyed. With Halloween right around the corner, the 5<sup>th</sup> graders are getting ready and putting together their costumes. There will be dinosaurs, a cheetah, Power Ranger, dancer, and a prairie girl. They hope their costumes help them get lots of candy trick-or-treating, especially Hershey's bars, Musketeers, Laffy Taffy, Twix, and all kinds of chocolate! The last event for Halloween is the ancient



art of carving pumpkins. Everyone in the class has unique plans for their pumpkins. Some of the carving ideas included a butterfly, dog, cat, and a grim reaper! One student just plans to experiment and see what will happen. Another very creative idea was covering a pumpkin with melted Crayons!



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*"The burden of making the world to become a better place lies on our kids. I think they can do it – and that faith in them is the first step."*

*-Mr. Bear*

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## Sixth Grade

The 6th grade class seems a little bummed that summer is over, but they are really enjoying Social Studies and seeing their friends! For some reason none of them really plan on going trick or treating this year. Even though

they aren't going trick or treating, they still like candy. Their favorite candies include Kit-Kats, Snickers, Sour Patch Kids, and Twix.





Kenzie



Treazur



Ashley

(Sorry, don't have pictures of Elementary Athletes yet!)

### Volleyball

We have three high school volleyball players this year: Kenzie, Treazur, & Ashley. Kenzie and Treazur play both JV and V, while Ashley is on C and JV. They said the year has had its ups and downs. The JV team has won both of their tournaments, but they have been losing most of their matches. I guess you could say that they win when it matters most! Hopefully, the varsity team can do the same come Districts and Regionals!

We have four elementary players: Chloe, Myhele, Mylee, and Clara. They all agree that volleyball has gone well. Chloe says her favorite part is just playing the game whenever she can. The other girls like practicing better, especially when they play the games Queen of the Court and Connect!

### Basketball

The elementary boys' basketball season began Thursday, October 3! We have five boys out: Fallon, Alex, Max, Ian, and Brayden.

The junior high girls' basketball season begins Tuesday, October 22 for seventh grade girls and November 8 for eighth grade girls! Junior high and high school participants need to complete a sports physical before they can start practicing. Please turn in a completed sports physical to Melissa in the school office.

### Music News

The date for our fall concert has been set to Oct. 29 @ 7pm here at the school.

The Barnes County Music Festival is on Nov. 18.



PTO News

Welcome back to a new school year!

The PTO bingo is scheduled for November 15<sup>th</sup>. 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!

We continue to collect Box-tops for learning. However, it is switching to electronic now. You should have received info about it earlier this school year. If not, please contact the school for more info about the changes being made!

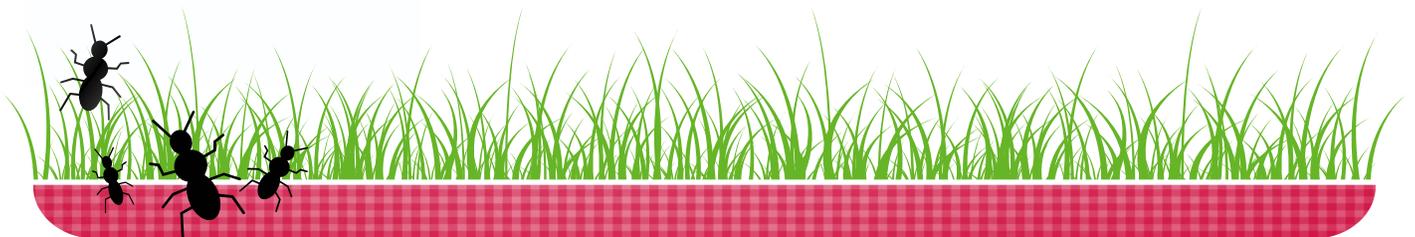
A valuable website to learn more about our school and other schools across the state is <https://insights.nd.gov/>. This website has information about student achievement, performance comparison to other schools, student growth, demographics, and much more. I encourage to look under the school improvement tab and review the strategy map. The strategy map is used as guide for our school's continuous improvement process that is required of all schools in the state. If you have any questions about the website please feel free to contact Mr. Waagen at the school.

I look forward to continuing this journey with students, staff, and our entire Montpelier School family. Open communication is always a key component of improvement. I hope to hear from you and see you at school events!



Freshmen project for Ms. Leggate.

Sophomore mummy project for Ms. Leggate.



teaching in Montpelier and I was the young guy in the building. That's obviously changed, but now when I look around at the kids in the school I'm seeing the kids of the kids I taught. Even the school board has two members that are former students of mine. We are fortunate to have open-enrollment because without it, Montpelier School simply wouldn't have enough students. What's more is that it allows those kids that graduated from Montpelier to send their kids here even if they live in Jamestown.

That is a testament. I grew up in small town, ND. I knew when I contemplated where to raise my family that I wanted to be in a rural area. As I get older and the snow piles higher I can see the appeal of living in town, but now my wife – who was raised in the city – won't leave. And, in fact, a survey was quoted by Mr. Winchester whereas people in ND were surveyed from both rural and urban areas showing that 51% of all people in North Dakota believe living in a rural area or small town is preferable to living in the city. When a rural home goes for sale, it doesn't take long for it to be sold.

That's important to consider when we think about our families and our school. I want to be here and I want the kids we have to be here. We are indeed living the dream. There's not an ounce of sarcasm in that sentiment even though it is true that we face some challenges in our small schools. We want our kids to be prepared for the world to come. Unfortunately, we don't really know what that world looks like.

Our world changes at a rate so fast it's almost mind-numbing. It didn't change that quickly when I graduated from high school 27 years ago but even then I didn't know what I wanted to do with my life. So, when we consider our kids and we think about what's facing them to come, it's bound to be intimidating. It's easy for them to get off-track because you've got to know where you're going if you are going to stay on-track and, quite frankly, none of us know where this world is taking us.

So we need some tools. First and foremost, kids need to learn how to be responsible. They need to be given some responsibility in order to learn responsibility. When they take ownership of their schoolwork or a job, that's when it gets done well. They are going to mess up sometimes and that's okay because that's how they learn. Ultimately, though, they've got to be trusted to do a job well if they are ever going to do it well.

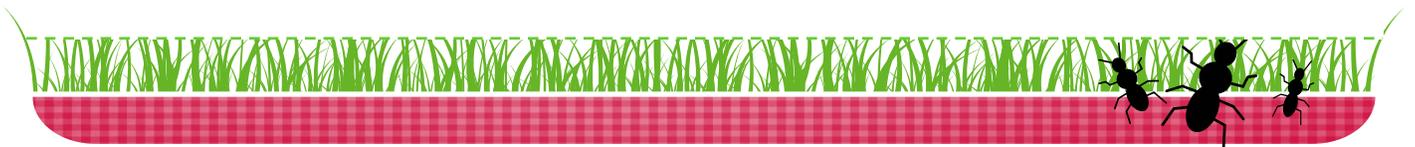
Also, though, are the 4 c's of 21<sup>st</sup> century skills: Critical Thinking, Creativity, Collaboration, and Communication. In PowerSchool, if parents are looking at student grades, they might see one of these 4 c's popping up as a category for different assignments. That's because I encourage teachers to emphasize these things. Kids do need to learn quadratic equations and the battles of the civil war, but an employer – regardless of the job – is more likely to be happy with the employee that can communicate, work with his or her peers, come up with new ideas, and figure out how to make things work.

So, our school is in a great place geographically and in time. We can be thankful for that. And we've got an exciting world to come. And we can be thankful for that. The burden of making the world to become a better place lies on our kids. I think they can do it – and that faith in them is the first step.

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*"Our school continues to work hard so that each student improves academically as well as socially and emotionally."*

*-Mr. Waagen*



7th Grade



8th Grade



9th Grade



10th Grade



11th Grade



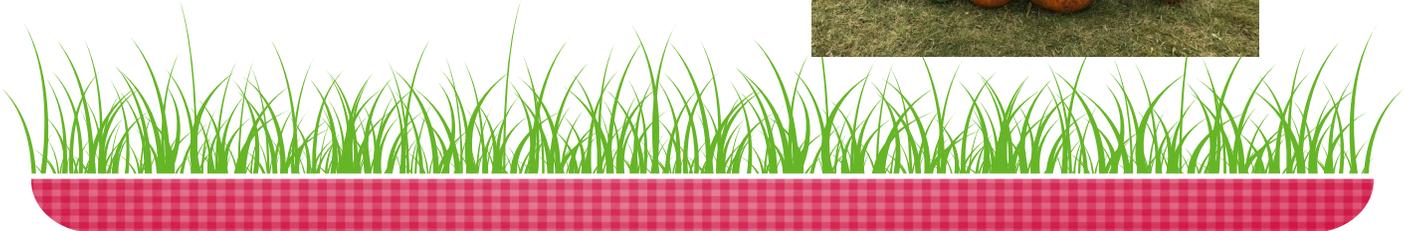
12th Grade



*"Don't let others get in the way of you achieving your dreams!"*

*-Taya Dally*

### Pumpkin Patch Photos



## October Lunch Menu

LUNCH					OCTOBER 2019				
Montpelier Public School									
Monday	Tuesday	Wednesday	Thursday	Friday					
	Hamburgers	Burritos	French Toast Stix & Sausage	Pizza					
Beef Stroganoff over noodles	Popcorn Chicken Bowls	Tomato Soup & Grilled Cheese	Chili Crispos & Spanish Rice	McRib					
Broccoli Ham Hotdish	Pizza Burger	Chicken Patty	NO-SCHOOL	NO-SCHOOL					
Hot Dogs	Pork cubes w/ Gravy & Mashed Potatoes	Mexican Hotdish	Chicken Soup	Tater Tot Hotdish					
Sweet & Sour Chicken	Chicken Enchilada's	Lasagna	Subs	Happy Halloween!					

## October Activities

### Basketball

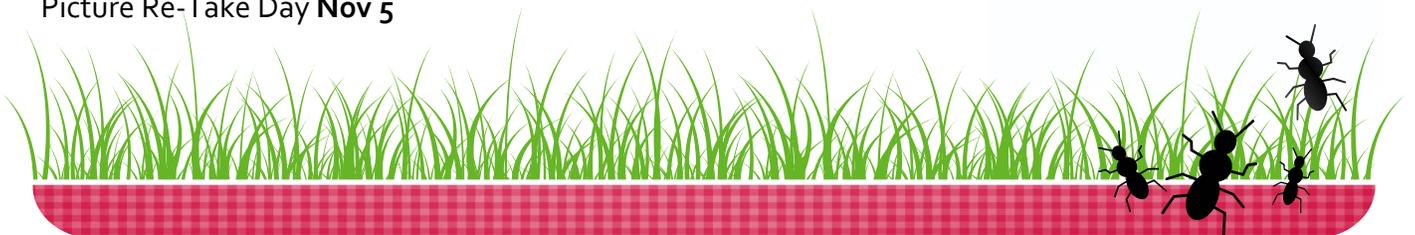
Elem. Boys- vs. LLM **Oct 21**  
 Elem. Boys- @Ellendale **Oct 22**  
 JH Girls- 7th start Practice **Oct 22**  
 Elem. Boys- vs. BCN **Oct 28**  
 Elem. Boys- @Litchville **Oct 29**

### Volleyball

HS Girls- @LaMoure **Oct 8**  
 Elem Girls- @Litchville, **Oct 10**  
 HS Girls- @Linton **Oct 10**  
 Elem Girls-Tourney@Ellendale **Oct 12**  
 HS Girls-Tourney@Carrington **Oct 12**  
 HS Girls- vs. BCN **Oct 15**  
 HS Girls- vs. Strasburg @Kulm **Oct 21**  
 HS Girls- vs. Ellendale **Oct 22**  
 HS Girls- @Napoleon **Oct 28**  
 HS Girls-Districts @Carrington **Oct 31, Nov 1 & 4**

### School Activities

Bookmobile **Oct 8**  
 School Board Meeting **Oct 9**  
 No School **Oct 17-18**  
 Book Mobile **Oct 22**  
 Flu Vaccines **Oct 24**  
 Financial Aid Night **Oct 24**  
 Picture Re-Take Day **Nov 5**



# Counseling News

## 12 Ways to Reduce Your Child's Stress and Anxiety from Your School Counselor

Anxiety is common in 10-20% of children and adolescents. Stress affects even more of our students. So, what can we as parents do to help?

*Encourage your child to face his or her fears and not run from them.* With your support, the longer your child is in the anxiety provoking situation the more their anxiety will decrease. It usually takes 20 to 40 minutes.

*Tell your child it okay to be imperfect.* We can think that our children need to be good at sports or get perfect grades. Children need to enjoy performance in activities and love the learning process. Embrace our imperfections and mistakes as part of the learning process.

*Focus on the positives.* Help your child see the positives in difficult situations. It is helpful to embrace the best instead of the worst when life gives us a curve ball.

*Schedule relaxing activities.* Children need time to play and relax. It is important to have time that is unscheduled and full of time to play games, paint, listen to music or simply unwind.

*Model self-care and positive thinking.* Your child will do more of what you do than say. As parents model staying positive and taking care of yourself. It is a gift to your children.

*Reward brave behavior.* When your child embraces his fears, reward with a hug, high five or another motivator.

*Encourage good sleep.* Set a bedtime and try to stick to it. Allow your child about 30 minutes of transitional before sleep. Reading or calming music are a great way to help create a relaxed state.

*Encourage your child to vocalize and express his/her anxiety.* It is tempting to say, "No you are not afraid" or "You are fine". Validate those feelings and assure them we all have felt that way from time to time.

*Help your child problem solve.* Help your child identify ways they can solve a problem or reduce their anxiety. If they can't do so, you can suggest solutions.

*Stay calm.* Children will pick up on our emotions and look to us to see how to react. Deep breaths, a walk or simply making a point to slow your speech can help.

*Practice relaxation exercises with your child.* Take time to relax in a hammock, take a walk, or ask them to picture a time or place when they felt calm.

*Don't give up.* Keep trying and remember practice makes better. If you need help, feel free to contact me or a mental health professional.

### Gayle Nelson Montpelier School Counselor

Email me at [gayle.nelson@k12.nd.us](mailto:gayle.nelson@k12.nd.us). You could also leave a message with Melissa and I will return your call as soon as possible. Contact me with any concerns or questions that you may have.