

Martin News

FEBRUARY NEWSLETTER

“Cold and Flu Season”

Winter is always tough in North Dakota as we not only have to battle the weather, but also with colds and flu. The degree to which it affects people can be just some annoying coughing and sneezing, while others are completely shut down for several days with symptoms far worse. No matter what we suffer from it definitely affects what we do at work or coming to school.

Following is a list of 10 things that you can do as preventive measures to protect against the cold and flu. The list comes from the University of Wisconsin Health Organization.

Getting flu vaccine is your best defense, but you may also use the following 10 tips to fight the flu this year:

- Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat
 - Avoid sharing objects
 - Avoid touching your nose, mouth and eyes
 - Get enough sleep and avoid getting "run down"
 - Reduce stress
 - Use tissues for coughs and sneezes and dispose of them immediately and appropriately
 - Eat right and get regular exercise
 - Avoid crowds and keep your distance from people whom you know are ill
 - If you are sick, avoid contact with the frail, very young and elderly
- If you are sick, stay home from work or school
- Even though you and your children may take all of the precautions listed above you may be unfortunate enough to get the cold or flu. There are many over the counter medicines that can help alleviate the symptoms, as well as medicines prescribed by your physician to shorten the length of the illness. The one symptom we monitor at school is fever occurring in students. We ask that students that have had a fever be fever free for 24 hours before returning to school. Your cooperation with this matter is greatly appreciated.

On a brighter note, I actually saw the sun this weekend! I believe that spring will come and temperature will warm up. Keep a positive attitude and we will get through this together. Think Spring!

-Mr. Waagen

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Mr. Bear's Message– Learning from Mistakes

They say you never forget how to ride a bicycle. Nobody ever seems to ask why. I've got a theory, though. I think it's because when you are learning to ride a bicycle and you make a mistake, it hurts. When a mistake hurts, you learn from it. We all make mistakes. Our reaction to those mistakes is what defines us as people. Education is about learning from those mistakes.

A school's job is to educate. The only way to do that is to allow for mistakes. As we age, the goal is that we learn from each of our mistakes and as a result, less and less mistakes are made. Luckily for us, kids are still in a position whereas there are a number of mistakes being made which we can use as teachable moments. After all, if a kid were already perfect, the school would serve no purpose.

Our world gets more communicative every day. If it were my desire to have a conversation with somebody from China, I would be able to do so. Even if I don't know anybody, I could do a search and find contact information for somebody from China. I do believe there is a good chance I would be able to be in a video chat with somebody I had never met that lived across the globe in under an hour.

That is amazing. If it were suggested to me 35 years ago that this would be the state of the world today, I would have had serious doubts. Somebody, however, had the idea and brought it to fruition. We can applaud them and think about all of the positive things this global communication can mean for our world. At the same time, however, we have to realize all of the downfalls.

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Pre-School

The preschoolers are getting ready for Valentine's Day! I asked what their favorite part of the day was and they answered giving, making boxes, and getting candy. The second question was what their favorite candy was and they answered milk duds, bubble gum, starbursts, chocolate, and cotton candy. The next question asked was who or what do they love the most and they answered mom and dad. The final question asked was what kind of box will they be making and they answered blue, red with dino, tree fort, green, heart, and kitty box. It was fun visiting with them!

Student Council

We are preparing for the upcoming Spirit Week.



Kindergarten

Love is in the air! February is here and the kindergarteners are ready! We asked them about what their favorite part of Valentine's Day was, and we got answers such as candy, making a heart box, more candy and chocolate! Since they loved candy so much we asked them what their favorite kind of candy was and some of the answers they told us were: heart shaped cookies, ring pops, and heart candies that aren't chocolate. Everyone loves someone or something, we wanted to know who or what it was that they loved. They told us their baby brother, their family, hot wheels, Mrs. Shrader, and Payton. Every kid loves Valentine's Day in school because they get to make a Valentines box. Some of the box ideas they told us they were going to make this year were a: unicorn box, hot wheels box, and some don't know yet!

1st Grade

When I visited the first graders this month, we had one more question prepared than normal. I asked what their favorite part of valentine's day was and they answered mom, candy, making boxes, and family. The second question was what their favorite candy was, and they like warheads, ring pops, airheads, and chocolate. The next question was who or what do you love and they answered mom, dad, family, and friends. The last question asked was what kind of box will they be making and they answered heart, joker box, tiger, owl, tank, sloth, and unicorn.

2nd Grade

As Valentine's Day approaches, the kids are very excited for the Valentine's Day party coming up. Their favorite part of Valentine's Day is making boxes, going to the Valentine's party, and getting/giving candy. Their favorite Valentine's Day candies are chocolate, Kit-Kats, suckers, and candy hearts. One thing they love is mom and dad. Another thing they love is their pets. One idea for their Valentine's Day boxes will be making a big heart.



When I was growing up I lived on a farm and was left to my own devices most of the time. There were certainly things I did which were dangerous. I didn't have the internet or even television to entertain myself so I played with things like electricity and fire. If I would have had the internet I would likely have done some things I shouldn't have, but my life would have been at less risk.

One of the biggest issues we face is that the problems associated with online shenanigans are not always apparent. If a child is playing with fire or electricity and something goes awry, his or her parents are probably going to know fairly quickly. If, however, things have gone awry with a child's online presence, there is a good chance a parent will never know until it's too late. Once something is online, it's there forever.

Kids feel as if their online life is private, but when a person posts something online whether it be Snapchat, Facebook, Instagram, or other social media platforms they are posting to the world. They might be doing the posting in the privacy of their homes, but they are putting it on a stage for the world to see.

I do believe the displaying on a global scale is why social media appeals to kids. They are young with their lives in front of them and they don't know what their futures hold. They want to be noticed, but since they are doing it from what they consider privacy, they don't always consider the ramifications.

We do have good kids at Montpelier School. The vast majority of behavior issues we have are rooted in online antics. It's frustrating for me, teachers, and parents. They are mistakes that kids might not recognize as mistakes, but they are still mistakes. We do need to do our best to recognize and point out those mistakes, because mistakes are the things of which education is made.

Music News

We are currently preparing for our spring concert and upcoming music competitions.

Speech News

The Monty Speech Team traveled to Enderlin on February 8. It was a great day! CeCe Bear and August Harms competed in Humorous Interpretation and Poetry. Cheyana Marks competed in Dramatic Interpretation and Poetry. The team is traveling to Kulm on the 22nd of February. Other tentative meets are BCN on the 29th, Wishek on March 14th and the Regional Meet in Marion on March 28th.

Great Job Guys! Keep up the good work!!



3rd Grade

The third-grade class has many different favorite parts of Valentine's Day. Some like making boxes and getting candy. One student likes being home alone while their parents go out. Another likes hearing their parents say "Happy Valentine's Day!" Others like to party and get gifts. The third-grade class also has lots of favorite types of candy. One likes suckers; another likes Hershey's. Others like Swedish Fish and candy bracelets. Some like candy hearts and Kit Kats. Some like them all so they could not choose just one. By the way, the third-grade class loves their friends and family! The third-grade class has different ideas for their boxes. One plans on making a Pokémon. One plans on making their box out of Legos. One plans on making a frog. One plans on making a tank. Some don't know what they are going to make yet.

4th Grade

Valentine's day is coming up and the 4th graders are getting ready! They have a few ideas on what their boxes are going to be. One is going to make a cool box with panned in horses, others are doing sloths, foxes, and even a bed. Their favorite parts of Valentine's day are relaxing, spending time with family, and, of course, candy. They have a couple candy favorites such as Ring Pops and strawberry truffles. February is a month of love and the 4th graders have said that they love their dogs, cats, horses, candy, and their best friends. February seems like it will be a good month for the 4th grade class.



Archery

The archery season is underway! This year Mr. Nelson has 23 participants. He took 21 of them to a shoot in Enderlin. Although nobody placed overall, several did meet personal milestones. In addition, many people qualified for the State Meet that will take place in March. Please buy raffle tickets to help the team raise money for the State trip and new supplies for practicing!

5th Grade

With Valentine's Day right around the corner, the fifth-grade class is looking forward to the fun and enjoyment of this exciting day! Some of the things that they like to do is spend time with family and create unique and interesting Valentines' boxes. The designs that are being made include a cat and owl box, a Minecraft box, and a Roblox box. Last is a "What?" box. A unique box that is probably one of a kind. Cats are also something that is loved and appreciated during Valentine's Day by this class. Next is the most important part of Valentine's Day: the candy! The most popular kind in this class is Fun Dip. Twix and Sweet Hearts are also enjoyed. By tradition, people express their love during Valentine's Day. A total of three students love their cats, while another just loves all their pets. Video games are another thing that is loved. They all love their families too.

6th Grade

Valentine's Day is approaching us quickly! The sixth graders' favorite part of Valentine's Day is making the boxes and of course getting candy! Fun dip, skittles, Reese's pieces, and Twix are some of their favorite candies. Not everyone knows for sure what kind of box they will be making this year. Alex plans on making a combine box, Chloe wants to make a ziggurat box, and Mylehe might make a dinosaur or cow box. Around this time of year, we think about who and what we love. Some of the things the sixth graders said they loved were their family, their dad, their mom, and the people in their house.

High School Bball

The JV squad rebounded from their 1 point, opening round loss at the JV tournament by winning their next two games by 20+ point differences to take 5th place. Lucas played the majority of both games and was particularly proud of the charges he drew on a couple of his opponents. Good job Lucas!

Senior Highlight- Josie Gerber

Once Josie graduates, she plans on attending a police academy and hopes to become a police officer. Her favorite memory of high school would be spending time with friends and fun times she had during Christmas break. A couple of pieces of advice she would give to the underclassmen would be to get your homework done on time and especially enjoy your time here because it's not going to last forever.



LUNCH **FEBRUARY 2020**
Montpelier Public School

Monday	Tuesday	Wednesday	Thursday	Friday
3 Drumsticks & Buttered Noodles	4 Tater Tot Hotdish	5 Pork Roast & Roasted baby reds	6 Super Nachos	7 NO SCHOOL
10 Country Fried Steak	11 Tacos	12 Pizza	13 Chicken Patty & Potato Wedges	14 Hot Dogs, Chips and Baked Beans Happy Valentine's day!!
17 Diced Chicken & Mashed potatoes	18 Pancakes & Sausage	19 Chili	20 Teriyaki Chicken	21 Sloppy Joes
24 Hot Ham & Cheese	25 Spaghetti	26 Tuna Hotdish <small>Ash Wednesday</small>	27 Chicken Nuggets & Fries	28 Tomato Soup & Grilled Cheese



The Valentine Date Night Fundraiser was cancelled due to not enough advanced tickets being sold by the deadline.

Important Dates

- Feb. 1– HS BBB @Kensel
- Feb. 4– HS GBB @Kensel
- Feb. 4– HS BBB vs. Ellendale
- Feb. 6 & 8– HS BBB JV Tourney @Kulm
- Feb. 7– HS BBB vs. Milnor-NS
- Feb. 7– HS GBB @Fessenden
- Feb. 10– HS GBB @Napoleon
- Feb. 11– Bookmobile
- Feb. 11– HS BBB @LaMoure
- Feb. 12– School Board Meeting
- Feb. 12– Spelling Bee
- Feb. 13– HS BBB vs. Carrington
- Feb. 14-17– HSGBB Districts@Jamestown
- Feb. 18– HS BBB @Wyndmere
- Feb. 20– HSBBS vs. MPB
- Feb. 24– Elem GBB Starts
- Feb. 24,25, & 27– HSGBB Regionals
- Feb. 25– Bookmobile
- Feb. 27– PT Conferences
- Feb. 28-Mar. 1– HSBBS Districts



Counseling News

This month's newsletter has ideas to warm up your February the month we associate with love. Here in North Dakota, we need more WARMTH this time of year.

Share Food Together

Have your own competitions. Make homemade heart pizzas and have family and friends select a winner on social media. Have a potluck with friends. Have a "Chopped" style meal using food in your fridge that you need to use up.

Movie Night

Build a tent out of blankets and watch a movie together.

Game Night

Bring your favorite games out of the closet and have an evening of fun. Parents share with your children your favorite family games. Marathon Monopoly nights are a favorite memory from my childhood.

Pajama Day

On a Saturday, decree that it is jammie day and you will stay in your pajamas all day. Read books. Have breakfast for dinner and enjoy a day of total family time and relaxation.

Picnic in February

Spread a blanket on the living room floor and have an indoor picnic. Have popsicles, hot dogs, wear Hawaiian shirts and celebrate some of your favorite summer fun indoors. Enjoy your Valentine's Month. Tell your children what you love about them. Thankfully before we know it, Spring will be here.

Senior Highlight- Morgan Rebsom

Morgan is excited to graduate and to finally be on her own in the "real world." She has thoughts of pursuing a career in nursing, but hasn't decided what level of nurse she wants to become yet. The main thing is that she wants to have a job helping people. Her favorite memory of school is the life lessons she has learned throughout the journey. Her advice for underclassmen is to be nice to others and build one another up, rather than tearing people down.

