

Martin News

MARCH NEWSLETTER

Conversations

Let's face it, we all have some long days. We walk through the door of our home and the last thing we feel like doing is interacting with anyone. Our work days and for our students the school day takes a lot of energy, some days more than others. Sometimes the only thing we may feel like doing is plopping down on the couch and relaxing. However, we know that eventually we will need to get up and moving again and interacting with our families.

The conversations you have had home with your children frequently revolve about their school day. I know it is easy to simply ask, "How was your day?", and you may get a quick it was okay or some other simple answer. As parents we need to keep in mind that they just spent over six hours at school and there are stories to be told. Not all children easily share about what happened without a little prying. Below are a few starter questions for you to try.

"Let's see what you brought home today."

"Show me what you have for homework."

"Describe a book or story you enjoyed today."

"Tell me what you learned that you'd like to know more about."

"What made you laugh?"

"How were you kind or helpful today?"

Asking some of the above you may find out not only what kind of day your child had in general, but also what they are learning and their interactions with others. Most of our teachers are utilizing the new Livingtree application to increase the engagement you have with your child as well as their teacher. We know that the more interest you show in your child's education, the greater their success in school. If you have not created account with Livingtree you are encouraged to do so. If you already have an account, please log in and watch different engagement activities/questions that teacher has posted. Your feedback, including the answers your child provides, is essential to help the teachers determine what they may or may not need to with the lesson they taught. More importantly, it will give you and your child time to interact on a deeper level about a lesson or activity they participated in.

I always enjoy my many conversations that I have with the students during the day. I encourage all parents to take the time to listen and talk with your children each day after school. You'll be glad you did!

—Mr. Waagen



Inside this issue:

Mr. Waagen	1
Mr. Bear	2&4
Pre-k, Student Co. ...	2
K, 1st, 2nd.....	3
Music/Speech News..	4
3rd and 4th.....	5
Archery	5
5th and 6th.....	6
HS Bball	6
SH- McKenna M.....	6
Calendars	7
Counseling News.....	8

Mr. Bear's Message- Learning from Mistakes

It does seem like we are always testing our kids. I do remember quite vividly as a teacher being irritated by all of the testing done. My logic was always that if we spent more time teaching and less time testing it would make sense. I do still hear that comment from people. Usually I don't hear it from teachers anymore, because we do understand the importance of having a look at the fruits of our labors to help dictate what we need to do in order to help our kids be successful.

As a parent, too, I like to see the testing results. When my kids were all younger, I didn't care as much. Now that one of my kids has graduated college and the other has recently started college, I understand how important those ACT scores are for my pocket-book in the long run. The tests we give on a regular basis help us see what to expect and where we need to make potential changes.

As an administrator, testing does take a lot of my time. I want to have consistent reliable results and the testing environment and the testing proctor can have an impact on those results. If all of the kids have the tests administered by me in the same location, it will help ensure that our scores are as accurate as possible. So, during testing season some of my other tasks (such as writing newsletter articles) aren't completed as well.

(Continued on pg 4)

Pre-School

This month I asked the preschoolers: "What is your favorite part of Spring?", "What is your favorite part of St. Patrick's Day?", and "Is your favorite color green?" The preschoolers are excited about the spring season! They would love to play at the park and have the snow disappear. They can't wait until they can go swimming and fishing. They don't know much about St. Patrick's Day, but their favorite part though is the fact that the color is green for the holiday. With that said, they majority of them like red, blue, pink, and purple. A couple liked green though.

Student Council

Spirit Week was a lot of fun as we had classes dressing up with different themes and having class competitions in dodgeball, tug-of-war, and free-throw shooting. We also had a paper airplane competition to see who could fold one to fly the farthest.



Kindergarten

Spring is coming and the kindergarteners are ready for it! In March, there is a holiday that people from all ages can participate in, St. Patrick's Day! We asked them what their favorite part of St. Patrick's Day was and they responded with, getting pinched, going to Disney Land to meet Ariel, and watching the run! As with the holiday, green is a very big part of this month, we wanted to know if their favorite color was green, all of them but 1 said no! They also told us that their favorite part of Spring was gardening, seeing all of the flowers, the roads not being bad, grass, going on the trampoline and eating lots of ice cream!

1st Grade

The first-graders are ready for Spring! They can't wait to not have to wear a coat. The snow to go away is going to be real exciting for the first-graders as well, so they can go swimming and to the park. They like St. Patrick's Day because it involves pinching. They can't wait to pinch friends, brothers, sisters, moms, and dads if they aren't wearing green. Last but not least, only one person liked the color green in first grade. They like some pretty colors though. Red, blue, pink, purple, orange, and gold are really pretty colors.

2nd Grade

The second graders are excited for the spring as the weather is changing. Environment, flowers growing, swimming and birthdays approaching are their favorite parts of Spring. Two of their favorite Saint Patrick's Day traditions are 'tricking the leprechaun' and coins of chocolate and creating more leprechaun traps. Many of the class decided that green is the favorite color.



As close to the start of school in August and after Christmas, we administer NWEA tests for all grades. Some of the younger grades will also administer them in the spring. You may see some kids running around with shirts that say “MHS 2018”, “MHS 2019”, or “MHS 2020” on the front with 75% on the back. These are shirts that I buy for kids that score in the 75th percentile or above on one or more of the NWEA tests. If you see one of those shirts, let those kids know you are proud. More importantly, though, realize that the 75th percentile score equivalates very closely to about a 25 on the ACT. A 25 on the ACT says good things for a student’s chances of getting good scholarships in college.

On March 3rd, all juniors will take the ACT. This is the big test. This is the test that lets a student know where they can go to college and how much they will get for going to college. But, of course, it’s not a one and done situation. If a student thinks they could have done better, they have multiple opportunities to retake the test starting this summer.

Starting March 16th, we will start administering NDSA tests to students in grades 3 – 8 and 10. This is the state-mandated test. This is the test the Department of Public Instruction uses to determine how well we as a school are performing. If numbers are low, there are extra opportunities for growth within our staff.

I will go around in the near soon future to each of our high school classes talking about the results of their NWEA scores. If a parent would like to see NWEA or NDSA scores, please let me know. I would be happy to send a PDF document via email or a paper copy home with your child.

We do appreciate parents’ help during the testing season. Parents can help by making sure students are taking tests seriously, being certain students have a good night’s sleep before testing, and being certain kids are eating healthily. If there are ever any questions, please feel free to reach out.

Music News

We are currently preparing for our spring concert and music competitions. We are hoping to still have them, but it will depend on the coronavirus developments.

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 Regional Meet is schedule to be in Marion on March 28th, but the season has been suspended indefinitely by NDHSAA, due to the corona virus pandemic.



3rd Grade

The third-grade class's favorite part of Spring are the flowers and bees. They also like the nice weather to play outside and splash in the puddles. They also like how it means they are getting closer to summer break. They like that there is little snow, so they can fish and ride bike. One likes to celebrate their birthday too! This class has different favorite parts of St. Patrick's Day. Some like pinching people who don't wear green and eating candy. Some like the parades. They also like trying to catch the leprechaun and solving pranks and the riddles. Some like eating with their family too and wearing green. The third-grade class's favorite colors are light blue, blue, baby blue, dark blue, bright purple, teal, yellow, and green.

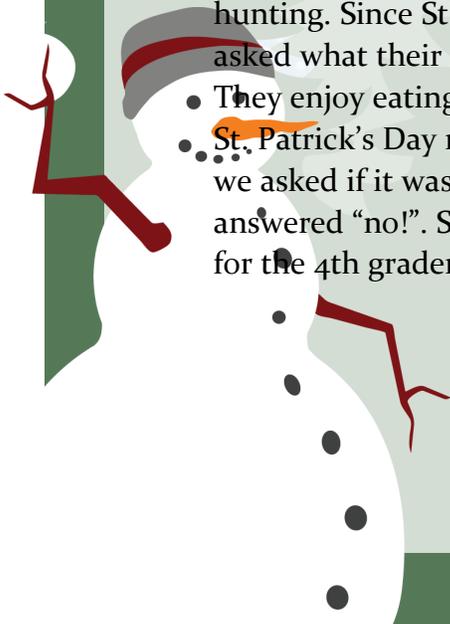
4th Grade

Spring is in the air! Some of the 4th graders' favorite things about Spring are bouncing on their trampoline, seeing friends and family, their upcoming birthday, and, eventually, Easter egg hunting. Since St. Patrick's Day is coming up, we asked what their favorite part of the holiday is.

- They enjoy eating food and wearing green. Since
- St. Patrick's Day revolves around the color green, we asked if it was their favorite color. All but one answered "no!". Spring will be quite interesting for the 4th graders.

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 is currently suspended indefinitely, due to the current coronavirus pandemic.



5th Grade

The fifth graders are excited to see Spring coming soon! Some of them look forward to driving go-carts through the mud. In addition to the joys of warmer weather, three students are looking forward to their birthdays, which will occur sometime during the Spring. This class isn't really into St. Patrick's Day, so they don't have any big plans. However, all but one of them say that their favorite color is green. The other student likes red the best.

6th Grade

Spring is finally arriving! The 6th graders are eager for the snow to be gone! Their favorite parts of spring include the warm weather, going fishing, and riding bike. Another thing that is coming up is St. Patrick's Day! This class enjoys dressing up in green so they don't get pinched! Some of them really like the color green, others not so much.

High School Bball

The EKM Boys Basketball team won the Region 3 Title on Thursday, March 12 for the first time in co-op history! However, the State Class B tournament has been suspended indefinitely this year, due to the coronavirus pandemic.

Senior Highlight– McKenna Mostad

After High School, McKenna plans to attend the University of Jamestown. She is currently undecided on what field she wants to go into. There are so many things she could spend the rest of her life doing, but she knows she has time to figure it out and wants to make sure that her decision is what is best for her and is what she truly wants. McKenna's favorite memories from school is the friendships she formed, and she loved the archery trips. She also likes how she could feel so comfortable at Montpelier. What she wants underclassmen to know is to be careful with your High School years. People will come and go and one person could ruin your life if you choose to let them. High School is full of mean people. Just focus on yourself and turn your assignments in! She says she wishes she knew how important it was when she was younger. Remember to respect yourself. Nothing else matters but you.



LUNCH CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Meatballs & Mashed Potatoes	3 Pulled Pork	4 Chef Salad	5 Spaghetti	6 Fishwich	7
8	9 Hamburgers	10 Chicken Bacon Ranch Hotdish	11 Pizza	12 No School	13 No School	14
15	16 Chicken Strips & French Fries	17 Nacho Tots	18 French Toast & Sausage	19 Tater Tot Hotdish	20 Fish Tacos	21
22	23 Chicken Fajitas	24 Sub's	25 Meatloaf & Baked Potato	26 Orange Chicken	27 Knephla Soup	28
29	30 McRib	31 Scalloped Potatoes & Ham				

Important Dates

All NDHSAA events have been suspended indefinitely. To our knowledge, the following events are still on:

Mar. 24– Bookmobile

Mar. 27– Hypnotist 7 pm

Apr. 1– Early Release

Apr. 8– School Board Meeting

Apr. 10-14– No School

Apr. 17– Bookmobile

Apr. 28– Bookmobile

Master Hypnotist Michael Colucci is.....

MIKENOSIS

THE "KING" OF COMEDY HYPNOTISM

March 27th 2020 7pm show
 Montpelier School Presents
 The Elvis Hypnotist King of
 HypnoticShows
 Montpelier School Gym
 214 7th ave
 Montpelier ND

Tickets \$10.00 for Adults and children 5-12 \$5.00
 Available at the door, for more info call 701-489-3348



10 Tips to Parent Your **ANXIOUS** Child

By Anne Marie Albano, PhD, author of *"You and Your Anxious Child"*, with Leslie Pepper



1. Respect and validate your child's feelings! Anxiety is a real emotion and not pleasant.
2. Teach your child deep, slow, belly breathing. This is an easy and very portable skill for self-soothing and calming.
3. Listen to your child and ask "Tell me what you are thinking?" This will help to reveal scary thoughts and scenes that build up in your child's mind.
4. Rather than swooping to reassure, ask your child "How likely is (that thing you're afraid of) to happen?" You'll be teaching him to challenge his anxious thinking.
5. Prompt your child with "Tell me some things you can do to handle this situation" and help her to brainstorm, rather than just giving her solutions. She'll feel empowered.
6. Give up the idea of "mental health days" "skip days" "sleep with mom nights" or other ways of avoiding feared situations. This just makes the anxiety stick more firmly and lead to further avoidance.
7. Encourage your child's attempts to be brave, no matter how small they may seem to you. Use labeled praise such as "I'm so proud of you for sleeping in your own bed last night!"
8. Work with your child to outline small steps leading to a bigger goal.
9. Create opportunities for your child to practice being brave and coping, and then high-five his/her efforts!
10. Recognize when you are anxious and say aloud what you can do to calm down and solve the situation. You'll be modeling coping for your child, but be mindful and don't overshare your anxiety!