

The Viking



Edmore Public School

February 2018

Greetings Edmore Patrons:

The first semester has ended with students making academic gains. Students are now in their second week of second semester classes and have quickly adjusted to their new schedule. The North Dakota Center for Distance Education has allowed opportunity for our students to take a wide range of courses. The cost for these courses is reduced as the Edmore district is part of the North Dakota Small Organized Schools consortium which receives a financial discount for courses. The NDCDE continually explores new offerings for school districts and will be expanding programs to train students in Drone use and also Cyber Security. Both these program should be ready for our students to explore next fall.

Legislative Funding

In the next few months meetings will be scheduled with area legislators to discuss the present funding formula utilized in North Dakota. These meetings are an opportunity to educate legislators of the impact the formula has on individual districts and the state as a whole. There are no easy solutions to funding K12 education with small districts with declining enrollment being hit the hardest as funding to continue operations become depleted. The Edmore school board continues to stay the course to provide a quality education to our children as long as they have funds to continue operations.

Activities

January and February have and will be busy for student activities. Spelling bee, robotics, artist in residence, curling, hunter's safety, and boys and girls basketball are a few of numerous events that are on the school calendar. Edmore has hosted several junior high basketball tournaments this past month. The sports Coop with Langdon continues to be successful with Edmore hosting several competitions at home thus utilizing our facility and filling the gym with spectators. Langdon continues to invite Edmore to participate in lyceums and continues to be a good neighbor. It is through this cooperation between districts that students will continue to benefit both academically and through extra-curricular participation.

In closing, take time to look at the school calendar and attend a school event. Because of the support of the Edmore patrons, great things are happening at the Edmore School.

Frank Schill



Greetings-

February has arrived. We are halfway through our third quarter already! I am also excited that the days are getting longer and we have sunrises on our morning bus routes rather than driving in the dark! All students have transitioned nicely into second semester coursework and are hard at it.

Congratulations to the students of the quarter. We have such great kids that it is always hard for the staff to narrow it down to 4. Be sure to celebrate with your child if they win, it is very rewarding for them and they work hard to achieve the accolades.

We have some academic events happening over the next two months. The Spelling Bee is next week—good luck to all of our great spellers! We also have Math Counts (Feb 12), Math Acalympics (Feb 19), Knowledge Bowl (April 5), Academic Olympics (March 12) all coming up. Students will be chosen to be part of the team by the staff.

Our annual Pennies for Patients drive begins this month. Each class sets a goal of raising a dollar amount of loose change they collect for the month. I am sure your pockets will feel a little lighter! ☺ At the end of the month, the class who raises the most change will be allowed to celebrate with a pizza party.

Sporting events are getting to the high intensity level. Districts being February 9th for the girls up in Rolla and for boys it begins February 23rd. Good Luck to our Edmore Athletes!!

Our last Student-Led conference is slated for March 9th. Our students are working on their portfolios to showcase what they have been learning. Please make a point to keep that date open on your calendars.

In this month's newsletter, we are featuring 4 of our students that the ELA team has chosen for best expository writing. We will also be featuring art around the businesses. We had an artist in residence come in for a week and the kids all completed projects. We are so impressed with their creations and I believe every child enjoyed that week of creativity.

As always, my door is open for any questions, concerns, or discussions. Thank you for your support as we continue to do our best in "Working Together to Inspire Lifelong Learners".

Diane Martinson, PK-12 Principal

EDMORE HONOR ROLL

2nd QUARTER
January 12, 2018

SENIORS

"A"

Tanner Aanstad
Kristina Bryant
Leandre Kalhagen

JUNIORS

"A"

Sara Hodek
Haylee Linstad
Ethan Sampson

SOPHOMORES

"A"

Callie Ronningen

"B"

Austin Jenniges
MiKara Johanson

"B"

Holden Mack

"B"

Jadyn Harpestad
Mason Horner
Wyatt Knoke

FRESHMEN

"A"

Heather Okeson
Nicole Voeller

8th GRADE

"A"

Morgan Freije
Keenan Kalhagen
Tayler Lorenz

7th GRADE

"A"

Madi Knoke

"B"

Helena Mack
Jackson Skaar

"B"

Ethan Okeson

Students of the 2nd Quarter



(L-R) Mr. Schill, Wyatt Knoke, Alexis Wilkie, Leandre Kalhagen, Harlie Feist & Mrs. Martinson

Each quarter the faculty chooses Students of the Quarter based on certain criteria.

Congratulations to the following students.

Wyatt Knoke.....Citizenship Student of the Quarter

Alexis Wilkie.....Most Improved Student of the Quarter

Leandre Kalhagen.....Distinguished Student of the Quarter

Harlie Feist.....Elementary Student of the Quarter

**Request for Information: Parent's Right to Know
As Required by the Every Student Succeeds Act (ESSA)
Edmore Public School**

January 2018 (Distributed in February 2018 Newsletter)

Dear Parents,

Our school receives federal funds for Title I programs that are part of the Every Student Succeeds Act (ESSA). Under ESSA, you have the right to request information regarding the professional qualifications of your child's classroom teacher(s).

As always, we want to keep our parents informed on the quality education we deliver, and sharing staff qualifications is an excellent way to illustrate our commitment to our students. The staff at any school defines the education environment, and we are devoted to finding the best quality teachers and paraprofessionals to work with your children to ensure our school is a place where they can succeed.

Below is a table that lists the teaching staff at our school along with their current position, degree major, any other graduate degree, certification or endorsement, years of teaching experience, and whether or not they meet the state qualifications and licensing requirements.

Teacher Name	Current Position (Grade Level/ Subject)	Bachelor's Degree Major and/or Major Equivalency	Graduate Degree or Special Credentials or Endorsements	Meets State Qualification and Licensing Criteria	Teaching Under Emergency or Provisional Status	Years of Teaching Experience (Optional)
Aanderud, Krista	PK/K/1, Title I math	Elem. Ed/Early Childhood Ed	Title I Math	Y	N	0
Berry, Scott	2/3	Elem. Ed/PE/Early Childhood Ed		Y	N	6
Blekestad, Sharon	Sp. Ed, Music K-12	Elem. Ed/Vocal Music	Sp. Ed./TAFE	Y	N	35
Fox, Ryan	K-12 Phy Ed, Computers Facilitator	Physical Education		Y	N	9
Henry, Katie	FACS, Health, Guidance Counselor	FACS/Health Education	Career Advisor/Middle School/School Counselor	Y	N	17
Hoime, Kristen	Title Coord., Inst. Strategist	Elem. Ed.	Elem Math/Elem Reading/Title Coordinator	Y	N	39
Martinson, Diane	Principal, Title I Reading	Elem. Ed	Masters Ed. Lead./Elem. Principal/HS Principal/Librarian/Reading	Y	N	4
Metz, Mark	6-12 Science	Biology	Driver's Ed/TAFE/Middle School/OSEL	Y	N	33
Newgard, Raechel	6-12 Social Studies	Social Studies/Social Sciences/History	Middle School	Y	N	8
Schill, Frank	Superintendent/Computers Lead/Const. Tech	Social Studies Social Sciences Sp. Ed Bus. Ed/Gen. Bus.	Superintendent/C TE/Spec. Ed/Sec. Principal	Y	N	29
Schlenk, Taylor	9-12 Math, DE Facilitator	Mathematics 5-12	Master's Mathematics 5-12	Y	N	0
Tezel, Sara	6-12 English, K-12 Library	Comm: English 5-12	Middle School, Plan of study LMO1	Y	Y	1
Weber, Connor	5-8 Math, PE, Computers	Elem. Ed/Math		Y	N	0
Young, Audra	4/5	Elem Ed	ELL	Y	N	13

Below is a list of the paraprofessionals who work at our school and their qualifications. If your child receives services in our Title I program, these paraprofessionals may be assisting your child as he/she works with our Title I teacher. We also use paraprofessionals to assist classroom teachers and special educators.

Paraprofessional Name	Qualifications	Meets ESSA Requirements
Volk-Schill, Helen	4-yr degree, ParaPro Certification for Sp. Ed.	Y
Worley, Michelle	2-yr degree, ParaPro Certification for Title I	Y

In addition, if at any time during the school year a teacher who is not highly qualified for four or more consecutive weeks teaches your child, you will receive timely notice from the school.

Again, thank you for your inquiry. Please continue to contact me at any time if you have questions.

Sincerely,
Diane Martinson, Principal

Pre-K / Kindergarten / 1st Grade



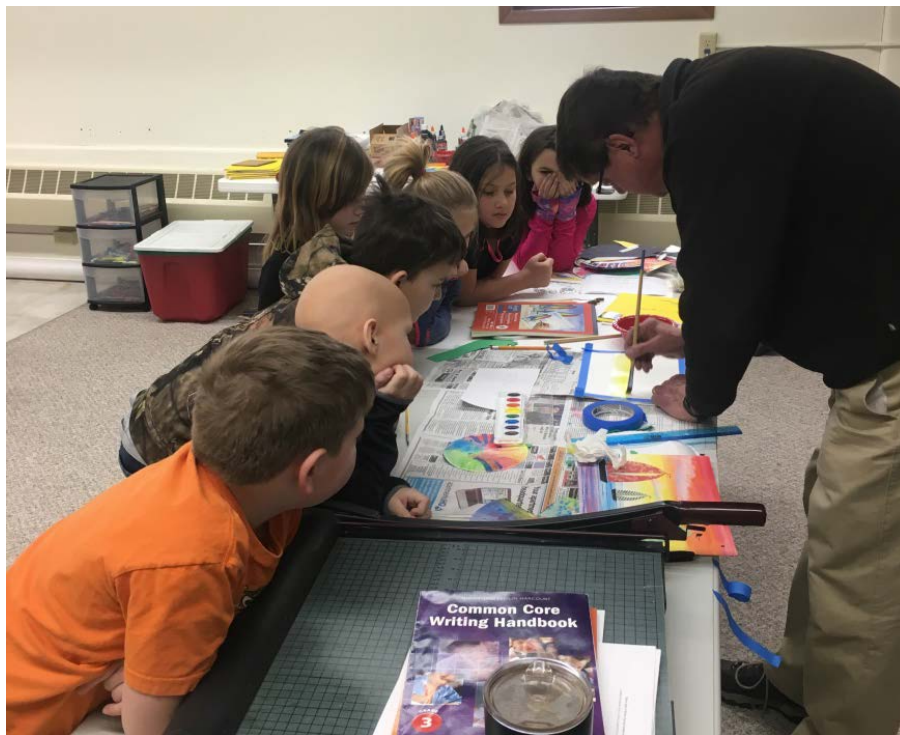
1st grade students were able to read their story to kindergarten students.



Hands-on learning activities are used to teach students various phonics skills, including letter identification, letter sounds, and word building.

February 2nd and 3rd Grade News!

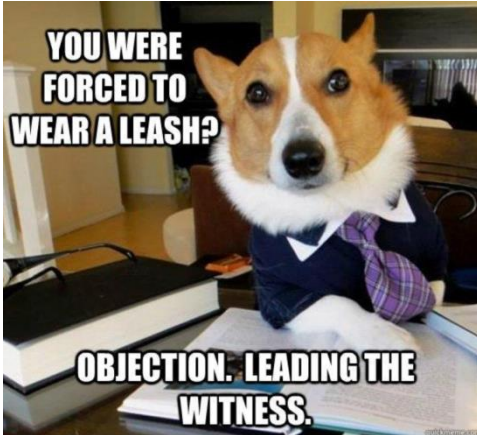
Hello all! Hope you are all having a safe and warm winter. We in the classroom are staying warm with all that we have going on recently. Mr. Paukart, a resident artist joined us for the week. We were very fortunate to work with him and the children had a blast learning from him. We are doing a better job with our focus and reaching our full potential in the classroom through those life skills. We will be starting our research writing in the near future and earth-space themes in science. The children are doing a better job working together to achieve happiness. Anything I can do to help with home resources let me know. Happy February!



FIFTH GRADE

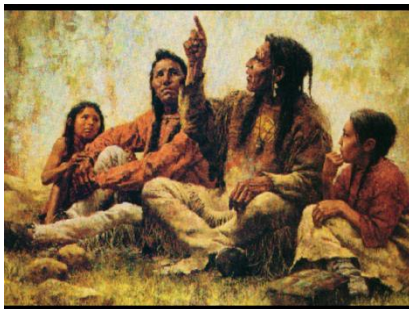
FOURTH

SIXTH GRADE



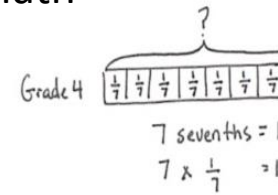
Animal Interview
Research Projects

ND Studies

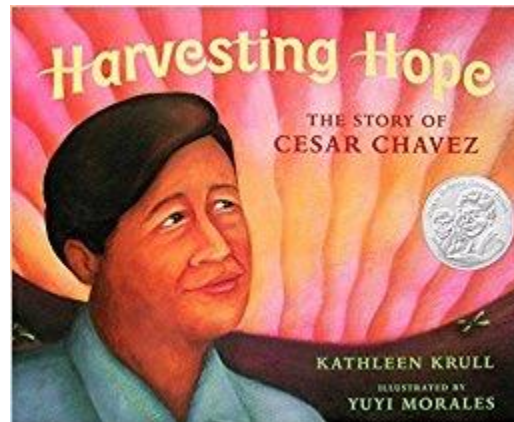


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Math



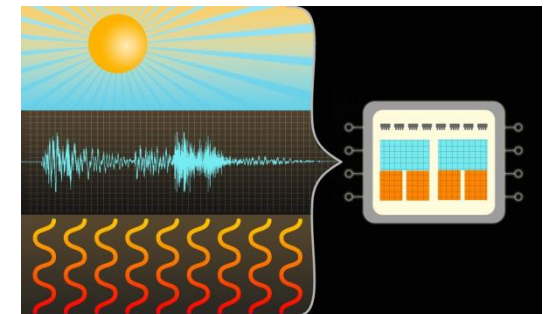
5 sevenths + 2 sevenths = 7 sevenths = 1
 $\frac{5}{7} + \frac{2}{7} = \frac{7}{7} = 1$
 $(5 \times \frac{1}{7}) + (2 \times \frac{1}{7}) = \frac{7}{7} = 1$



Reading



Health



Science

From Mr. Weber



5th Grade

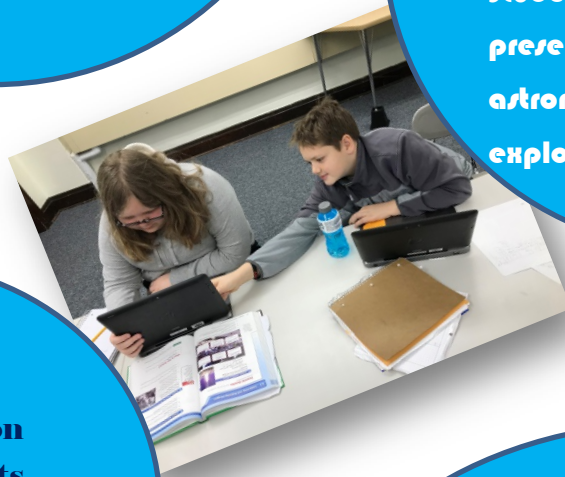
In fifth grade we have been working on decimals!

- Addition
- Subtraction
- Multiplication
- Division



6th Grade:

We have been working on absolute value, coordinate planes, and number lines! Students even created presentations on the timeline of astronauts, and space exploration!



7th Grade:

We are working on GeoGebra projects and exploring using computer software to create angles and shapes!



8th Grade:

In class we are working with linear and non-linear functions! Sketching graphs and exploring what makes these functions linear and non-linear!

Social Studies: SEMESTER2 EDITION- What are they learning?

By: Mrs. Raechel Newgard

It is no secret that history is one of my favorite topics – I like to teach it, learn about it, discuss it, and question it. One of the best parts of teaching is when I finish a lesson and, yet, students walk out the door still discussing what we talked about in class. I try to tailor my lessons to each class, but this semester I am working on getting each and every student interested in *something* about history and/or geography.

Here is a little information on what is being taught in each class. Below the descriptions are either student quotes or little tidbits about the students and/or the class.

6th/7th: The sixth and seventh grade classes are currently studying Ancient History. Almost every lesson I gush to the sixth and seventh grade about how much I love learning about ancient history. The information in this class is incredibly interesting. We have learned so many new things throughout the course of the year. Since the new semester started the sixth and seventh graders have learned about Mesoamerican societies and are currently studying the ancient Greeks. This seems to be a popular chapter, being as so much pop culture revolves around Greek mythology.

- Heidi Voeller has been itching to get to this chapter, she has so much to share about Greek mythology. She is an avid reader of the Percy Jackson series, and is passionate about Gods, Goddesses, and mythology in general.

9th: The freshman girls are focusing on East Asia – Japan, China, Mongolia, North Korea, South Korea, and Taiwan. This has been a fun chapter because of all the exciting things that are about to happen in South Korea (the Olympics). We are specifically zeroing in on current events in the region and how the rest of the world is affected. To accompany this, the girls have just begun their second round of Pen Pals. Through a secure site the students are matched up with people from around the globe. The topic of this six week program is global news. They start by finding news pieces from their area (or country) and then discuss that topic with their pals. The goal is to get a more global perspective on current events.

- With a class of just two, it has been great to build lessons off what the girls already know. A big part of class discussions has been about making connections between the unfamiliar and the familiar. I have been so impressed with the array of topics that have been discussed so far.

10th: Sophomores are just finishing up learning about Nationalist movements after WWII. In order to show mastery of the Module the students are writing an essay. This essay focuses on how leaders can bring diverse groups of people together.

- “I thought it was cool to learn about things like the Taliban. The only things we had heard were the bad things, but we talked about how people liked the Taliban right away because they helped restore order.” – Jadyn Harpestead, 10th
- “Peace is what brought those diverse groups together, not violence.” –Denae Trottier, 10th

The other thing the sophomores, along with the freshman, are beginning is Pen Pals. Both classes are signed up for the same program. This will help give the sophomores a global perspective and maybe even see repercussions of many events we have studied throughout class.

11th/12th: The juniors and seniors are learning about the Cold War. This is one of my favorite times to teach about in history. I think it is a big turning point in American perception of the government (specifically Vietnam). The Cold War makes for good discussion, especially with the threat of nuclear weapons recently making headlines again. This topic opens a great dialog about the government, privacy, secrecy, and espionage.

- “The US government despised communism so much, they were willing to look past the horrible leadership of someone like Chiang Kai-shek.” –Leandre Kalhagen, 12th

8th: The students 8th grade switched from ND Studies to US History up to the Reconstruction. We started off with the basics about the government and how we acquired the type of government we have today. The class is a pretty inquisitive group, so it has been fun questioning a lot of laws, rules, and rights we have as citizens. I am working on informing students of their rights and responsibilities, hoping to make them more engaged and aware students.

- Last month the students wrote in to legislators about various topics. As of right now, one group did get a response from Representative Dennis Johnson. Representative Johnson responded to a letter written by Jackson Skaar and Keenan Kalhagen. He was gracious enough to point the students in the right direction to find the answers they may be seeking.

I take special requests, so if your student brings home something interesting or if you want to hear about a specific project a little more in detail, let me know! I can feature it in the next school newsletter.

Contact information: raechel.newgard@k12.nd.us

Science with Mr. Metz

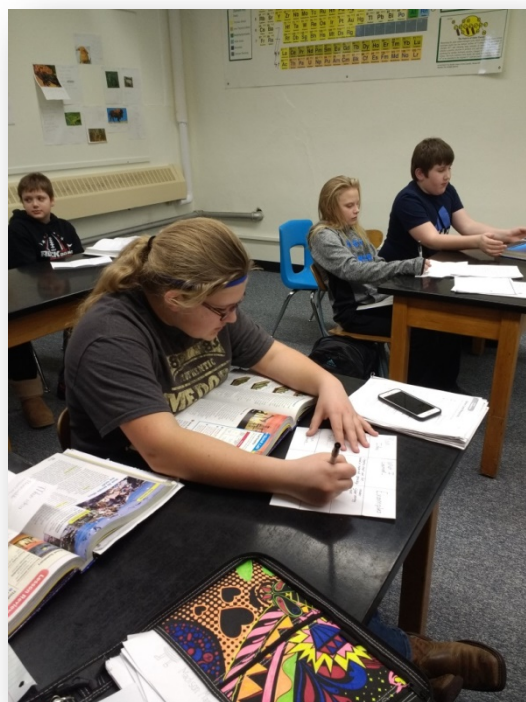
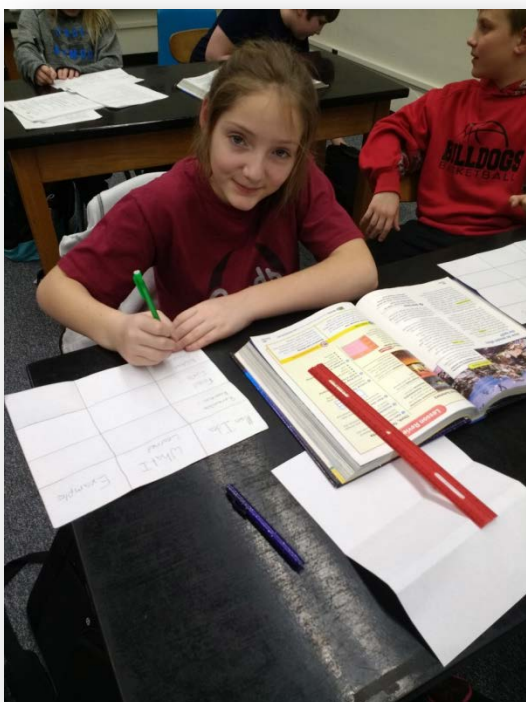
Students have been busy since we returned from vacation

6th and 7th grade General Science - Been studying natural resources, conservation, soils, water and how to use the Three Rs of reduce reuse and recycle - We have been doing labs like the desalination of water. Weather and the atmosphere come next!

8th and 9th grade Earth Space - Working on Water resources- the life of rivers - how aquifers, springs, wells work. How we use water and water conservation. We also have been looking at how caves are made underground. We set up a lab on how stalactites and stalagmites form. Weather comes next.

10th and 11th grade Chemistry – Students are learning about balancing equations and predicting the outcome of chemical reactions. We most recently did a lab on different chemical reactions. Stoichiometry its calculations comes next.

12 grade advanced chemistry - They are learning about reactions that happen in solutions – acid-base reactions – precipitation reactions – oxidation/reduction reactions and all the mole calculations that go along with those reactions - did a lab on finding the ratio of water to compounds in hydrates and anhydrous compounds and will start soon on the synthesis of potassium aluminum alum. Rates of chemical reactions come next.



Coming up in.....

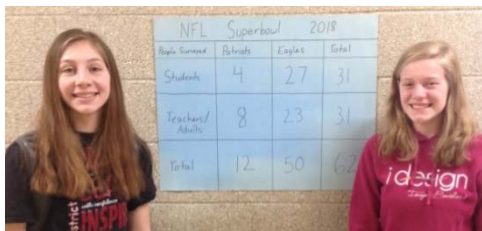
Algebra I: Students will be finishing up their statistics unit. We will then move on to linear systems and exponential relationships.

Geometry: Students are continually exploring the many properties of triangles. We will then move on to quadrilaterals, similarity, and trigonometry.

Algebra II: The first half of this second semester students will continue to learn about polynomials: factoring, dividing, and multiplying. Then we will move on to rational and radical expressions.

Sr. Math: We are currently looking at rational exponents and radical functions. We will then move on to exponential and logarithmic functions.

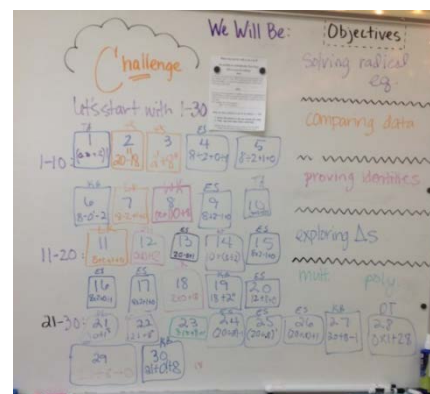
Precalc: Students are currently working through a lot of trigonometry. After those units, we will move forward to analytic geometry, systems, and matrices.



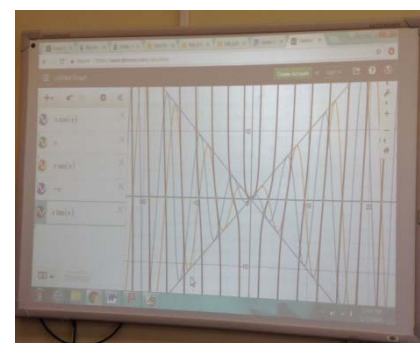
	Superbowl	2018	
Superbowl	Students	4	27
Teachers/Adults	8	23	31
Total	12	50	62

Algebra students conducted a survey around the area asking, "Who do you want to win the Super Bowl?"

This is the challenge problem the high school math students **have been working on. Create every number 1-30 using only the numbers 2, 0, 1, & 8.** Each can only be used once and all have to be used once.



Sr math students calculating the windchill outside and comparing it to the weather channel.



Precalc students exploring graphs of trig functions.

FACS CLASSROOM NEWS FEBRUARY 2018

(701) 644-2281

katie.henry@k12.nd.us

THE HAPPY HAPPY HENRY'S NEWS!



*Another of
THE HAPPY HAPPY HENRY'S
Selfies!*

Activities our Viking Family has done this past month:

Celebrated Sister Heather's Birthday!

Stay tuned for more fabulous family ideas!

FOOD & NUTRITION

Topics discussed this month:

- The Power of Food
- Diversity at the Table
- The Food Supply
- Food Science and Technology

Topics to come:

- Nutrition
- Food Preparation

MIDDLE SCHOOL FACS CLASSES

Topics Discussed this past month:

- Time Management
- Personal and Family Budgeting
- Consumerism

Topics to Come:

- Relationships
- Cooking Healthy Foods
- Sewing Basics

FACS I

Topics Discussed this month:

- Early Childhood Education
- Fiber and Fabrics
- Weaves and Knits

Topics to come:

- Sewing Projects
- Next Step Cooking

HARD AT WORK



FACS I class has been working on learning the difference between weaving and knitting. Here is a sample of the different types of weaves they tried.



FCCLA!

FCCLA FUNDRAISER –

VALENTINE GRAMS ARE AGAIN GOING TO BE SOLD FOR ANYONE WANTING TO SEND A MESSAGE TO A STUDENT ON VALENTINE'S DAY. ORDER A MESSAGE TO SEND TO YOUR FAVORITE STUDENT(S) USING THE ORDER FORM FOUND IN THIS NEWSLETTER.

Counseling NEWS

February 2018 • katie.henry@kl2.nd.us • (701) 644-2281

February is
Kindness
Month!!

*Random Acts
of Kindness
Week Kicks off
February 11th!

Check back
next month to
see what the
students did!

Check out:

<https://www.randomactsofkindness.org/> to find
family activities
that you can do
at home.

National School
Counselor
Week:
February 5-9!!!

Inspirational Quote:

What's Happened This Past Month

Classroom
guidance in the
elementary:
career jeopardy
and community
helpers

High School
Lessons included:
time management,
career exploration,
and ACT WorkKeys
Prep



Upcoming Activities to Look Into:

*Sophomores and Juniors: **Governor's School Applications** are now open. Please log on to
<https://www.ndsu.edu/govschool/applications>

*7-9th Grade Young Ladies: 39th Annual Expanding
your horizons – a day to empower young women will be held at
NDSU Saturday, April 7 Check out the brochure at
<https://www.ndsu.edu/fileadmin/csme/PDFs/EYH12282017>

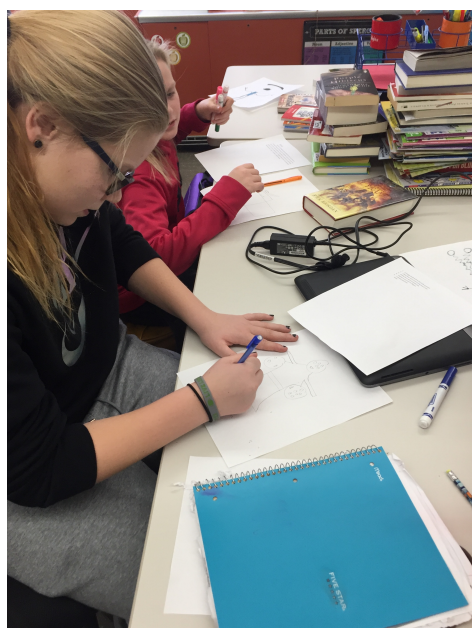
Contact Mrs. Henry at any time for any needs!

"Make kindness your daily modus operandi and change
your world." ~Annie Lennox

Classroom Round-up

Things have been pretty exciting in the English classroom! With the start of the third quarter, all students are beginning, or about to begin, their research paper. This quarter the paper will be worked on over the course of the nine weeks instead of being taught in a more "chunked" format. This should allow students to dive into research and go deeper, without becoming stressed over the course of a week or two. If you're interested in what each class specifically, read below for the stand-outs!

6th/7th grade:



Students are just starting *Holes* so if you are interested in joining in and visiting with our class, you still have a little time! Students are only to Chapter 10 (the chapters are relatively short). Please stop in and talk with Ms. Tezel after school to get the full reading schedule. Recently the students figured out how big of a hole the kids at Camp Green Lake have to dig, and they've also tossed around camp nicknames for one another. We're excited to see what happens next, and many students are "accidentally" reading ahead!

In addition to our novel, we've switched up vocabulary for this quarter and are using a service called *Flocabulary*. *Flocabulary* is a resource where you learn words set to fun music and sometimes even rap songs. So far the students have forgiven the cheesiness because the songs are a great way to remember new vocabulary!

8th grade:

The 8th graders are reading *Inside Out & Back Again*, the tale of a girl moving from Vietnam to the United States during the Vietnam war. The book is written in verse, so students are getting introduced to a new-to-them form of storytelling. The other day was sampled fruits that grow in Vietnam because the main character has a hard time leaving behind her papaya tree and does not adjust well to food in



the United States. The students had a great discussion centered around cultural foods and how what someone eats plays such a large part in their lives.

9th/10th grade:

The Freshman and sophomores are finishing up their rhetoric appeal unit and will be diving into poetry at the end of the week. While there have been some groans in anticipation of this upcoming mini-unit, I have a few things up my sleeve to keep things interesting. Once we examine a few of the classics, we'll apply our new-found skills and knowledge to evaluating modern poetry and song lyrics.

11th grade:

The juniors have been hitting grammar pretty hard the last few weeks. With the ACT rapidly approaching, we had a great class discussion on areas of weakness related to English and have been learning how to fix errors in practice. The juniors have done exceptionally well and I am excited to see how they do on this section of their ACTs. The juniors have also works on analyzing nonfiction documents: newspapers, brochures, magazine articles.

12th grade:

Senioritis has managed to stay away from the English classroom for the time being. The seniors just finished picking their research topics and are already pretty deep into research. Nathan is currently planning a paper that evaluates modern versus traditional farming and Kristina is focusing on famed inventor Nicola Tesla. The seniors also just finished evaluating different forms of poetry, including creating black-out poetry from the novels they read for fun!



"When you read well, you hear how the parts work together. Once you can do that, you can create writing from parts of a whole you couldn't imagine before."

-Penny Kittle

2nd Semester Vocal Music

By Sharon Blekestad

While we cruise into our second semester of vocal music, the Elementary students are continuing to build their musical vocabulary. We have included terms, such as *tempo*, *duration*, and *melodic direction*, to our list. PK-1 have been learning about quarter notes, eighth notes, quarter rests, and rhythm measures; as well as learning the rhythm syllables: *ta*, *ti-ti*, and *sh*. Dancing with scarves and playing the rhythm sticks are fun, too. They always enjoy singing along to both new and familiar songs. We will be adding some Valentine and spring songs very soon!

Grades 2-5 continue to grow in musical knowledge. This quarter, the focus is on learning the names of the staff lines and spaces in the treble clef. They are getting better every day at naming the notes that they see in music examples. The *Artist of the Week* is *Billie Holiday*. We will listen to her sing some famous *jazz selections* and learn about her life and musical background. We will create a book about her, using other content areas of art and literary skills.

High School students are beginning a new quarter-long project. We are watching musicals – old to new – Including a new Broadway Musical called *Newsies*. For each movie, they are required to fill out an information sheet, which consists of *Production Info*, *Types of Music (genre)*, *Theme/Plot*, *Historical Connection*, and *Inspirational Comments*. These sheets are kept in their portfolios, to be used while completing their *Comparison/Contrast Paper* near the end of the nine weeks. All of this fun takes place during the second half of our class period, after we complete our sight singing and/or parts work. We are in the early stages of choosing our Spring Concert songs. Some of the students have expressed an interest in competing in the Region IV Vocal Music in March. What an exciting time of the year this is! Looking forward to a successful Spring Season of Songs.

2nd Semester with Mr. Fox

Computers

We have a great 2nd semester already in the works. The computer application 2 students have had the option of taking accounting through Distance Ed this semester or Computer Applications 2. Computer apps will be learning how to do video editing, using QR codes and learning to teach & program Lego Robotics project.

7 & 8 are getting the opportunity to further their own knowledge by taking a new computer class that allows the students to learn how to use distance ed and give the students a little more variety like Web page design and self-discovery of topics that interest them by applying those skills towards technologies.

Phy Ed

9-10 Phy Ed classes have been learning about the history of the different commercial products we have in our weight room. The purpose is to give the students a better understanding on what muscle groups the machines they use work and where they started. Will be moving on to reviewing different types of health topics from heart rate, how the physiological responses to individual levels of fitness and nutritional balance work and the ability to create a workout plan for at home, gym or weight room. Later in the year they will be put into groups to choreograph and perform a dance.

Elementary Phy Ed

The elementary students are currently working on Racquet skills like forehands, backhands and overhand hits. We are moving to serving, badminton games and a little golf the next two week. From there our students will participate in obstacle courses, line dancing and a focus on learning about different activities dealing with health topics.

I'm proud to see all of our classes growing with different opportunities for the students this semester. Our school takes great pride with increasing the many tools our students can add to their toolboxes.

Title 1 News



February 2018

Tips for reading aloud :

February is already here- this school year is flying by! This month's newsletter focuses on tips for reading aloud to your child. Reading aloud to your child is recommended by reading experts across the country because it builds the desire to read! Whether your child is reading on his/her own or needs assistance, reading aloud is recommended regularly. You only need 15 to 20 minutes a day!

Get comfortable

Offer your child soft mats or pillows to sit on. Give a blanket to snuggle up in or sit near a cool breeze when the weather is warm. Let them have a snack or a drink before you start,

Remove Distractions

Make your "reading spot" as quiet as possible so your child can focus on the story. Turn off the television & consider ignoring the phone to avoid interruptions.

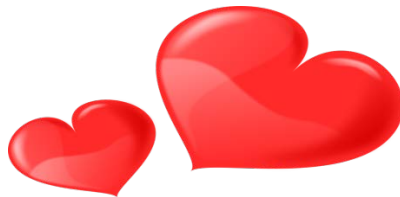
Encourage Participation

Children will enjoy reading more when they are invited in. Let them take turns choosing a book & turning the pages. If there is repetition in a story, challenge them to recite the key phrases with you.

Keep it Appropriate

If your child has trouble following the language or plot of the story, it may be too difficult at this time. Look for books closer to their reading level. Tip: ask your child's teacher for suggestions.

Happy Valentine's Day!



Lego Robotics State Bound Again

The Edmore Vikings Lego Robotics team will be making a return to state this season. The team has been putting in the hard work three days a week since November. Mr. Metz and Mr. Fox are extremely proud of what we have done this season as a team.

The team challenge this season was called Hydro Dynamics. The idea this season was based on the everyday use of water around the world and how to use it to the best of our ability. This could mean finding better ways to find wells for homes and villages. What can we create to transport or clean water for areas of the world that have many miles to travel each day or how do we conserve water in our own homes to help drive the cost and toxicity down in our own communities with using little tips and tricks.

Our team traveled to Devils Lake to compete against 7 teams from around the area. The Top 3 teams would move onto state in Grand Forks on Feb 10th. Our team had the honor of bringing home three trophies that day.

2nd Place Champions Award: Based on strong performance BALANCED across all three judged areas AND Robot Game score is in top 40% of the highest single scores at the event, Team must complete all 3 parts of the Project, Team must adhere to all Core Values.

2nd Place Project Award: Research, Innovative Solution and Presentation are weighted equally in determining the award winner. Teams must complete all 3 parts of the project and any season-specific requirements.

1st Place Core Values: Inspiration, Teamwork and Gracious Professionalism are weighted equally in determining the award winner. (Many of the judges were so impressed with how well mannered, professional and & respectful our students were)





FCCLA Valentine Grams

The FCCLA Chapter will again be selling Valentine grams for Valentine's day!

Valentine Grams will be sold for \$1 each or 6 for \$5 the week of February 5-9, to be delivered on Valentine's Day. The Valentine's gram will include a message on a heart along with a treat or gift of some kind. Parents, grandparents, and other community members are encouraged to also participate in the opportunity to give to their favorite student(s)! Just fill out the form below and send it to the school with the money due in an envelope marks "FCCLA".

Proceeds go towards the FCCLA Chapter to pay for leadership conference.

Candy Gram Form:

Student Name: _____

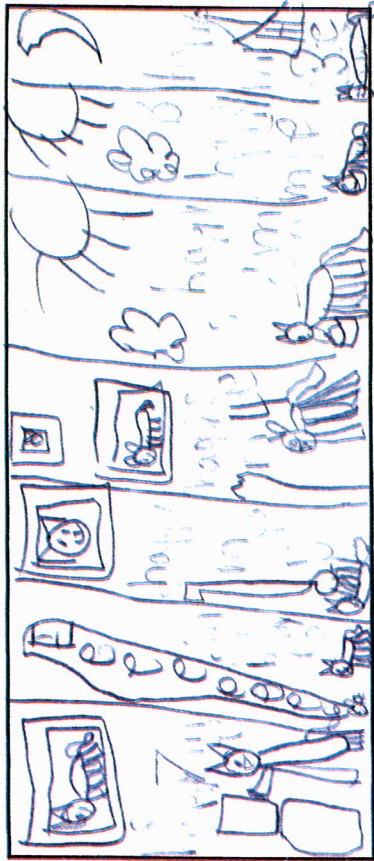
Message you would like on the heart: _____

Love/From: _____

(Write same format on other paper if you would like more than one.)

Thank you!

1st Grade
Writing Workshop
Name: Cassie Kroeke **Date:** 1-17-2018



Cats scratch on a post.
and They chase mice.
Cats play with yarn.
They lives in a home.

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Appendix A - Page 8
The purchase of this material entitles the buyer to reproduce student pages for classroom use only - not for commercial resale. Reproduction of these materials for more than one classroom, an entire school, or district is prohibited.

1st Grade
Writing Workshop

Cats eat cat food.
They drink water.
They live in a home.

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Appendix A - Page 9
The purchase of this material entitles the buyer to reproduce student pages for classroom use only - not for commercial resale. Reproduction of these materials for more than one classroom, an entire school, or district is prohibited.

Levi

Abraham Lincoln

Have you heard of Abraham Lincoln? I think he is awesome and he has a really interesting life. He also was a president and a very nice man. Read more about Abraham Lincoln in this passage.

Abraham Lincoln was born February 12, 1809. He grew up on a Sinking Spring Farm, near Hodgenville, Kentucky. At a young age Abraham Lincoln got the nickname Honest Abe because, when he was a store clerk and he realized he had short changed a customer by a few pennys, he would close the shop and deliver the correct change-regardless of how far he had to walk.

He had 2 siblings named Sarah and Thomas. He was a middle child and when he grew up he had 4 kids named Robert, William, Tad, and Edward. Robert was the only one to make it to be an adult.

Abraham Lincoln was the 16th president 1861-1865. He was president during the Civil War and he was fighting on the north side and he won. When he was president he was shot in a theater on his 2 year of being a president and died April 15, 1865 at an age of 56 years old.

Abraham Lincoln will be remembered for years to come. I hope you liked this passage about Abraham Lincoln.

Morgan Freije

Ms. Tezel

English 8

19 January 2018

How To Live Being Happy

Life can be a roller coaster of emotions where there will be lots of highs and lows. Some days will be better than others, people will have days when they are on cloud nine and some when they feel like they have hit rock bottom. Being happy is a simple necessity of life. Here are some simple ways to live a better and happier life.

Being happy doesn't matter how old a person is, how much money they have in their bank account, their marital status or what they do for a living; we all want to be more successful in our lives. Defining self-success is different for everyone. There are even a few steps people can take to be happy and successful in life (Rampton).

If people want to start living a happy life first they have to be committed. Commitment is what drives us all to become more successful. Be grateful every day. Being grateful can result in feeling better about life. People can take time to write down what they're grateful for each day (Rampton). There is an old saying that reads "Money can't buy happiness." Money is obviously needed in life and makes some things easier; people shouldn't be focusing on how much their paycheck is a month, but focusing on their passion in life. Staying in touch with friends and family is one of the top five regrets of the dying. Don't take rejection personally. Accepting and learning from rejection is one way to guide someone to be success in life. Don't take on too more or it will make a person feel burnt out constantly because of taking on more than he or she can handle at one time. Don't hold grudges. Studies have shown that holding a grudge can mentally

wear a person out and make them miserable. Doesn't life seem to go a lot smoother when people aren't angry? Always remember to live in the moment. People can't change the past and can't control the future so live in the moment and enjoy and appreciate what is given right now (Rampton). Focus on the positives in the present moment, instead of dwelling on the past or worrying about the future (How).

People can learn how to be happy or at least happier. Many people think that happiness comes from being rich or beautiful or living a stress-free life the reality is that people who have wealth, beauty, or less stress are not happier on average than those who don't enjoy those things. Let people know that they are appreciated for what they do (Rampton).

When people are trying to invest in a happy life they need to surround themselves with people who are happy. Being around happy people will make them want to be more positive towards negative things. He or she could build their emotional account with kind words and actions (How).

A step someone can take to can take to live a happier life is to express gratitude. It's more than saying "thank you." Its appreciation and thankfulness for life. Its easy going through life taking things for granted. Often it takes a tragic event to happen for people to look at life and see what they have. Gratitude should be the last thought before going to sleep. Gratitude should also be the first thought when waking up in the morning (How).

People shouldn't let the negatives color their whole outlook on life. Look at the bad and find the good and find happiness in the good. Remember that what is right will always trump the wrong and it may take time to change a set mind from looking at everything negatively and change it to the positive. When people have negative thoughts, take a step back and look at how

much worse it could be; is there another or better way to look at the situation and then after the situation reflect back on it and see what was learned from it (How).

People who strive to meet a goal or fulfill a mission whether it's growing a garden, caring for children or finding one's spirituality are happier than those who don't have such aspirations (How). Having a goal offers a sense of purpose. Whatever a person's goal is doesn't matter as much as whether the process of working toward it is meaningful to him or her.

The best way to be more productive is to just be happier. Happy people accomplish more. One way to live happier is to exercise. Exercise has such a big effect on happiness and well-being that it is an effective strategy for overcoming depression. People don't have to be depressed to benefit from exercise, though. Exercise can help people relax, increase their brain power, and even improve their body image, even if lose don't lose any weight (Haden).

Everyone knows that sleep helps a body recover from a long day of work and it help people be more focus and productive. If people get more sleep, they will be less sensitive to negative emotions. It is shown that sleep is also important for happiness within the soul (Haden).

Using a facial recognition task throughout the course of a day, researchers studied how sensitive participants were to positive and negative emotions. Those who worked through the afternoon without taking a nap became more sensitive to negative emotions like fear and anger. Researchers found that employees' moods when they clocked in tended to affect how they felt the rest of the day. Early mood was linked to their perceptions of customers and to how they reacted to customers' moods. Depending on how well how long someone sleeps will probably affect how they feel when they wake up, which can make their whole day different (Haden).

Smiling can make people feel better; it's more effective when they back it up with positive thoughts, not just faking it. According to PsyBlog, "smiling can improve our attention and help us perform better on cognitive tasks." A smile can also reduce some of the pain people feel in troubling circumstances (Haden). Even forcing a smile when people don't want to or crabby is enough to lift up a mood. Try it.

Meditation is often looked at as an important habit for improving focus, clarity and attention span, as well as helping keep people calm. It turns out it's also useful for improving a person's happiness. In one study, a research team from Massachusetts General Hospital looked at the brain scans of 16 people before and after they participated in an eight-week course in mindfulness meditation. The study, published in the January issue of *Psychiatry Research: Neuroimaging*, concluded that after completing the course, parts of the participants' brains associated with compassion and self-awareness grew, and parts associated with stress shrank (Haden). When someone meditates it literally clears their minds and calms them down (mine). It's been proven to be the single most effective way to live a happier life. Meditation can actually make a person happy long term (Haden).

Getting older can actually make a person happier. As people get older, particularly middle age, people tend to naturally grow happier. There is still some questioning over why this happens. "Some studies have discovered that as people age, they seek out situations that will lift their moods--for instance, pruning social circles of friends or acquaintances that might bring them down." Still other work finds that older adults learn to let go of loss and disappointment over unachieved goals, and focus their goals on greater well-being (Haden).

Even though life can be a roller coaster of emotions stay positive. People will have good and bad days. Always remember to look at the positive of a negative thing. People can't predict

the future and can't control what happened in the past so live in the moment. Always remember to be grateful and happy. Is the glass half empty or half full?

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Heather Okeson

Ms. Tezel

English 9

19 January 2018

Reading and the Brain

Reading books and novels has always been known to benefit individuals of all ages because of the way it exercises the brain and allows it to expand its knowledge in almost any subject. Throughout their lives people have heard about how reading affects the brain and how greatly reading will benefit them as they grow older. Questions to ask are *how* specifically does reading affect the brain and *how* will it give someone an advantage in their future life? Some clues to finding answers to these questions are to learn how reading changes the brain, how the brain perceives words and letters, and the relationship between society and reading are all significant things that are proven to help each person's future.

One study showed that 26% of those surveyed say that they read in their free time on a daily basis, that 33% of people read on their own time at least once a month, and that a greater percentage of people only read in their free time every few months or less often (Sullivan). In fact, another study shared information about students who were in 12th grade between the years of 1984 and 1996; it showed that seniors who spoke of never reading for enjoyment increased from 9% to 16% during those years. A poll created in 2001 by Peter Hart for the *National Education Association* showed that students in middle school read the most with 70% of them reading an average of 10 books a year. This compares to only 49% of high school students that read the same amount. All together this shows that 59% of the younger generation is reading more than 10 books a year for enjoyment (Facts). Those that read more often are shown to have

more significant advances in different areas of learning; this can include English and Math. Reading can help develop skills in being imaginative, critical thinking and vocabulary (Wolpert). Vocabulary is one of the most significantly affected parts in the English aspect (Sullivan).

Vocabulary is an enormous part of reading and a study that included over 9,400 British people who were born in 1970. Researchers studied the vocabulary differences in people from the ages of 16 and 42, they also gained some information about younger children and how their reading habits affect their future. On this test, the average score for people at the age of 16 was 55% while people at the age of 42 scored higher; this showed that those who read in their lifetime are bound to pick up more distinct words to put into their vocabulary (Sullivan). Some of these vocabulary advancements can be deciphered by what individuals read and when they start to read often. Children who learn to love reading early in their lives have greater strides in their vocabulary later in life; a child's love of reading and their success in learning can come from having a plentiful amount of books in their home, whereas having fewer books in the home can be, "...one of the most powerful predictors of educational failure" according to *The Lifelong Benefits of Reading* by Alice Sullivan. What a person likes to read can lead him or her to have a more expansive vocabulary in the future as well, the same study showed that some of the largest vocabulary growth comes from people who enjoy reading classic fiction, such as *The Great Gatsby* (Sullivan). Besides the vocabulary gain we learn from reading we also learn other things; an example is that the books that you have read can expand your attention span and that the different styles of books that you read can form different patterns in your brain (Your). Research done by Stanford University shows us that when we read for enjoyment blood flow is increased to different areas of the brain and their research also showed that close reading gives your brain a workout (Your). When you are reading books your brain is taking note of the story structure,

more specifically the beginning, middle, and end. Your brain starts thinking in sequence and it adapts to easily thinking in cause in effect as well; creating more plasticity. This helps accomplish the goal of having a greater attention span and this is one reason why most adults encourage children to read (Your). While people are learning all of this new vocabulary and additional information we have to wonder what is happening in our brain when we are reading.

Brains are known for their intelligence and ability to process things right away, this skill is especially significant when it comes to reading. To understand the brain's activity while reading neuroscientists used to track it by how it focused on individual words, but this method was not reliable because their device was too slow to keep up with the brain's natural reading speed. Neuroscientists have now adjusted their technique and today they track volunteer's eye movements and they see what words a brain is paying the most attention to. Using that technology researchers have created two main theories, that words are represented by connections to the real world and that words are abstract symbols that interact with each other.

Through the process of monitoring how the brain reacts to reading, researchers have discovered that different parts of the brain may be focused on different English subjects, such as language and grammar. Research that has been done also shows that the brain may anticipate what words are coming ahead in reading, and that words can be associated with real actions. New ways of research, such as this, could potentially help find a way to get rid of dyslexia and other reading deficits (This). Because of this new understanding of letters and words, it is now possible to learn more about *how* reading affects people and the way they go about their daily lives.

Because of the brain's magnificence it's already known that it can do amazing tasks that relate to most subjects, so it's not surprising that the brain can translate what someone reads into extraordinary things. When a person reads he or she automatically comes up with an image to go

with it; this happens in the outside world as well. Spoken words can also be related to that because of the images a brain is creating can be related to experiential parts of a brain; these are activated when individuals are listening to something. When you read your brain starts believing what you are reading; this is because the books that you read are able to connect to our thoughts and feelings so well, the way we connect with books also makes us more empathetic. While we read our brain picks up on how characters feel; in real life we can use that information to become more aware of how others feel. One of the best ways to grow your brain is to read novels in a foreign language, a research team at Lund University in Sweden tested two different groups of people and they recorded the brain growth in the hippocampus and the cerebral cortex from reading a foreign language (Your).

In today's society it is important to talk about how technology can influence how we read as well, and this relates to how reading changes the brain. Although the relationship between technology and reading has its share of good things and bad things, from this information we can infer information about how technology today is taking away from good things in the past. One of the negative parts of technology is the fact that it is taking imagination and critical thinking away from people today (Wolpert). Nevertheless, there are many good ways that technology is helping us read presently, one of those ways is reading e-books. It is shown that your brain can adapt to reading an e-book in seven days, your brain can adapt to them very quickly. Reading e-books doesn't offer the same rewards as a paperback book, they lack spatial navigability, and this is when you have a sense of location due to physical hints. An example would be the weight of the pages you have left to read or the weight of the pages that you have already read. Ever since humans have been around we have relied on clues in our location to find our way around, otherwise we would feel very lost; this is what e-books lack making us think that what we are

reading may not ever come to an end. Page numbers and the percentage of how much we have left to read can help us and can somewhat simulate a paperback book (Your).

Reading has been proven to help each individual person in a variety of ways. We can see how reading affects the brain, how the brain reacts to letters and words and the relationship between people and reading. Research has shown that the way people work with reading is remarkable and how today's technology is has both effected reading positively and negatively. It has also shown that our brain's complex process to understanding words and letters is truly amazing, and that there is still much more to discover about that topic. Another thing that research has proved is the big question of *how* reading affects the brain; some examples being, how our vocabulary grows when we read, how we feel more empathetic to people in the outside world and the astonishing fact that our brain starts believing what it is reading. Despite all of this though we can't help but know that there are still many important details that may still be hidden from us about the life-long benefits of reading for people of all ages.

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February 6
Spelling Bee
@ Devils Lake

February 7
Early Out
1:30

February 10
Lego Robotics
State @ Grand
Forks

February 12
Math Counts
@ Devils Lake

February 19
Math
Acalympics @
Grand Forks
UND

February 9, 10 & 12
GBB Districts
@ Rolla

February 19, 20 & 22
GBB Regional @ Devils
Lake

February
23, 24 & 26
BBB Districts
@ Dunseith

**Homework
Club
Tuesdays
3:30-5:30**

Lego Robotics
Monday,
Tuesday,
Thursday &
Fridays



The students of the Edmore Public School are proud to announce that they will once again be participating in Pennies for Patients, a fundraising activity for the Leukemia & Lymphoma Society. In February, every class will be challenged to collect loose change that they find (watch your pockets parents) and bring it to the school to put in their classroom container. On February 21st the class who has raised the most money will be allowed to have a pizza party as a reward.

The US Mint estimates that there is 13 billion dollars in loose change laying around the US. The Leukemia & Lymphoma Society's mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma and improve the quality of life of patients and their families. Donations from *Pennies for Patients* help families of patients pay for medicines, and the doctor or other treatment-related expenses, in addition to help funding research focused on finding a cure.

Please don't be alarmed when your child starts lifting the cushions of your couch, checking the floor of your car, or digging in your junk drawer in order to help his/her class raise money for those less fortunate!

THANK YOU IN
ADVANCE FOR YOUR
GENEROUS DONATION!

February 2018

Menu

Edmore Public School

706 N Main St Edmore, ND 58330

701-644-2281

www.edmore.k12.nd.us

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 oatmeal, toast, fruit & juice turkey noodle soup, assorted sandwiches, crackers, salad & sauce	2 pancakes, juice & sauce hamburger gravy, mashed potatoes, corn, dinner roll, salad & fruit	3
4	5 omelets, toast, fruit & juice chicken nuggets, rotini, salad & dinner rolls	6 yogurt, toast, sauce & juice taco soup, assorted sandwiches, tortilla chips, crackers, salad & sauce	7 French toast sticks, fruit & juice hot ham & cheese, sweet potato fries, salad & sauce	8 muffins, fruit & juice baked potato, chili, broccoli cheese, diced ham, shredded cheese, bread, salad & sauce	9 cereal, sauce & juice corn dog, beans, salad, chips & fruit	10
11	12 pancakes, sauce & juice ham & cheese hotdish, carrots, dinner rolls, salad & sauce	13 HB eggs, toast, fruit & juice BBQ's, French fries, salad, beans & fruit	14 oatmeal, toast, fruit & juice knoephla soup, assorted sandwiches, crackers, salad & fruit	15 cereal, juice & fruit soft taco, shredded lettuce & cheese, salad, sauce & rice pudding	16 yogurt, toast, juice & fruit fish fillet, mashed potato, green beans, bread, salad & sauce	17
18	19 cereal, juice & fruit taco salad, shredded lettuce & cheese, corn, salad, sauce & Spanish rice	20 caramel rolls, fruit & juice subs, macaroni salad, pretzels, salad, fruit & beans	21 eggs, toast, sauce & juice <u>Nathan's Meal:</u> pork roast, dumplings, sauerkraut, carrots, dinner rolls, salad & cookie	22 yogurt, toast & juice spaghetti, green beans, garlic toast, salad & sauce	23 French toast sticks, fruit & juice tomato soup, grilled cheese, crackers, salad & fruit	24
25	26 oatmeal, toast & juice beef stroganoff, corn, dinner rolls, salad & sauce	27 omelets, toast & juice pulled pork on a bun, coleslaw, sweet potato fries, salad, beans & sauce	28 cereal, juice & sauce chicken tortilla soup, assorted sandwiches, chips, crackers, salad & sauce			

February 2018

Activities

Edmore Public School

706 N Main St Edmore, ND 58330

701-644-2281

www.edmore.k12.nd.us

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 -GBB (7 & 8) @ Langdon Tournament -GBB (JV & V) @ Larimore 6:00 -BBB (C) @ Larimore 4:30 -JH BBB Practice @ Edmore 4-6 -Hunter Safety Course 6:00 -Lego Robotics 3:30-5:00	2 GBB (C) @ Fordville 6:00 JH BBB Practice @ Edmore 4-6 Lego Robotics 3:30-5:00	3 BBB (JH, JV, V) @ Leeds 2:00 GBB (7 & 8) @ Langdon Tournament
4	5 GBB (JH, JV, V) @ Langdon vs Warwick 4:30 Lego Robotics 3:30-5:00	6 -BBB (JH, JV, V) @ Rolette 4:30 -Spelling Bee @ Devils Lake -LRSC – CTE Day -Lego Robotics 3:30-5:00	7 Early Out 1:30	8 BBB (7,8,JV,V) @ Langdon vs St John 3:30 Lego Robotics 3:30-5:00	9 GBB (V) Districts @ Rolla	10 GBB (V) Districts @ Rolla Lego Robotics State @ Grand Forks
11	12 GBB (V) Districts @ Rolla Math Counts @ Devils Lake 9:00	13	14	15 BBB (JH) @ Munich Tournament BBB (JV,V) @ Lakota 5:30	16	17 BBB (JH) @ Munich Tournament
18	19 GBB (V) Regionals @ Devils Lake Math Acalympics @ Grand Forks	20 GBB (V) Regionals @ Devils Lake	21	22 GBB (V) Regionals @ Devils Lake	23 BBB (V) Districts @ Dunseith	24 BBB (V) Districts @ Dunseith
25	26 BBB (V) Districts @ Dunseith	27	28			