November 2025

Medina Public School

Volume 43, Issue 3

Community Education Newsletter

Greetings from the Superintendent's Desk

It's hard to believe we're already into November! The school year is flying by, and I'd like to take a moment to say thank you to our community. Your support means so much to us and in a small, rural community like ours, it seems like the school is the heart of everything. The involvement and encouragement that our community provides to our students and school is much appreciated, and I think it's important to recognize that the strength of our school is dependent on the involvement and support of our community. Thank you for being an important part of our school! Whether you're cheering at a game, watching our students at a concert, or simply showing up for our kids, we truly appreciate it.

Even though we've been blessed with some nice fall weather, we all know how quickly that can change here in North Dakota. Please make sure students come to school prepared for the cold. Students in grades PK–6 should have coats, hats, gloves, and boots for recess, and all bus riders need to have proper winter gear before getting on the bus. Bus drivers will not let students ride the bus unless they have appropriate winter clothing. We want everyone to stay warm and safe when the temperatures drop, so please remind your children to be prepared for the ever-changing North Dakota weather.



As we head into the Thanksgiving season, I hope everyone takes a little time to slow down and think about the many blessings we have around us. Life can get busy and even a little stressful at times, but there's always something to be thankful for. Focusing on the good things helps keep everything in perspective. I hope you all have a wonderful Thanksgiving surrounded by the people who matter most. Happy Thanksgiving from all of us at Medina Public School!

Just a reminder that school will NOT be in session on the following days:

Tuesday, November 11 – No school in observance of Veterans Day. Please take a moment to thank a veteran for their service and sacrifice.

November 26–28 – No school for Thanksgiving Break

Damon Bosche, Superintendent/AD

Basketball Season Information

Girls' and Boys' basketball season is quickly approaching. Please make sure players have a current sports physical on file with the school before the first day of practice. **Athletes will not be allowed to participate in practice until they have a physical on file with the school. There is also a $30 fee that is required to participate in basketball. If this fee has not already been paid, please pay this before the first practice.**

Boys Basketball Coaches:
Jeremy Weinmeister, Head Coach
Joel Foerderer, Assistant Coach
Shawna Weinmeister, Assistant Coach
Nic Moser, Junior High Coach

Girls Basketball Coaches:
Jeremy Schmidt, Head Coach
Isabel Schmidt, Assistant Coach
Alisa Foerderer, Junior High Coach

Basketball Practice Start Dates:
October 27—Practice begins for JH girls
November 17—Practice begins for 9-12 grade girls
December 1—Practice begins for 9-12 grade boys
December 8—Practice begins for JH boys

- *Practice/Game schedules will be available for download from the documents section on the Medina Public School website.*
- *Detailed weekly practice schedules for all school events are also available at this same location.*

*Unapproved School Board Meeting Minutes

School Board Meeting
Medina Public School District #3
October 13, 2025

Chairman Rory Hoffmann called the board meeting to order at 7:15 AM with the Pledge of Allegiance. Board members Shawn Gefroh & Jeremy Schmidt were absent and all other board members were present (Rory Hoffmann, Jacob Hofmann, Shawn Lachenmeier, Nancy Heinle-Bodvig, and Nolan Kartchner). Supt. Bosche, Principal Hofmann, and Business Manager Moser were also present.

The minutes of the September 12, 2025 regular meeting were reviewed. Shawn L. moved to approve the minutes as presented, Nolan seconded, carried unanimously.

The monthly financial report was reviewed and discussed. Nancy moved to transfer the Close Up 2024 funds to the Close Up Administration account, Jacob seconded, roll call vote: NH-y, JH-y, NK-y, SL-y, RH-y. Motion carried 5-0. Jacob moved to approve the monthly financial report, Shawn L. seconded, carried unanimously.

The monthly bills and payroll were reviewed and discussed. Jacob moved to pay all bills and payroll, Nolan seconded, carried unanimously.

Agenda Additions/Deletions: add CD renewal at DHBank

Recognize guests: none
Public Comments: none

Building project update: carpet is complete, waiting for installation of new boiler room doors and repair of English room shade.

Superintendent evaluation will be sent out to all board members and is due back by November 7.

Update from October 1st MPB Coop meeting.

Shawn L. moved to rescind old policies BBA, FFK, FFK-BR, FF, FGA, FFE, and DDBD, Nolan seconded, roll call vote: JH-y, NK-y, SL-y, RH-y, NH-y. Motion carried 5-0.

Nolan moved to approve the adoption of policies BBA, FFK, FFK-BR, FF, FGA, FFE, DDBD, ACCB, & GABE on the first reading and waive the second reading to expedite the policy adoption process per board policy BDA; Shawn L. seconded, roll call vote: NK-y, SL-y, RH-y, NH-y, JH-y. Motion carried 5-0.

General Fund Certificate of Deposit up for renewal on 10/26/25 – we will rollover for the best rate/term. Jacob moved to rollover the CD with Dakota Heritage Bank, Nancy seconded, roll call vote: SL-y, RH-y, NH-y, JH-y, NK-y. Motion carried 5-0.

Superintendent/AD Report: Bus driver workshop Nov. 5, building committee walk through today, Parent-Teacher Conferences today from 1:30-7:30, Fall sports are winding down, Winter sports starting soon: JH GBB starting 10/27 (Alisa Foerderer-coach), GBB starts 11/17 (Jeremy Schmidt-head coach & Isabel Schmidt-asst. coach), BBB starts 12/1 (Jeremy Weinmeister-head coach & Joel Foerderer & Shawna Weinmeister-asst. coaches), JH BBB starts 12/8 (Nic Moser-coach), next coop meeting tentatively set for February 4, 2026.

Principal Report: PT conferences today, Professional Development on Wednesday afternoon – early dismissal for students, Foster Grandparent program has started, Red Ribbon Week upcoming, Juniors & Seniors have a service learning day working around the community, National FFA convention upcoming and our Dairy Cattle Judging team will be competing at Nationals.

The next regular meeting will be on Friday, November 14, 2025, at 7:15 am. Shawn L. moved to adjourn the meeting at 7:32 AM, Nancy seconded, carried unanimously.

/s/ Rory Hoffmann, Chairman
/s/ Dawn R. Moser, Business Manager

**** These minutes are unapproved and subject to change at the November 14, 2025 meeting.***

Surround the State in Song Honor Choir

Eight students represented our school at the Valley City location of "Surround the State in Song" honor choir on Saturday, October 11th. Fifth, sixth, and seventh graders from all across the state met simultaneously in Dickinson, Bismarck, Valley City, Fargo, Grand Forks, Minot, & Williston to rehearse the same music and perform concerts for their communities that afternoon. The choir sang 4 songs: "I Met a Bird", "Canon of Hope", "Cantamos! (We Sing!)", and "I've Got Joy". Jacob Sherfy, Jamestown High School choir director, conducted the choir. Congratulations for being chosen and representing our school well!

Mrs. Rochelle Bosche



Back Row L to R: Haven Gefroh, Everett Hayes, Trinity Opp, & Allison Mittleider.
Front Row L to R: Kayla Watford, Olivia Friesen, Emelia Greer, & Kylie Moser

Just Say No Club News

The Just Say No Club had their first meeting on October 10th. They made posters to hang up in the school for Red Ribbon Week.

Schools celebrate Red Ribbon Week to promote drug prevention and honor the sacrifice of a fallen Drug Enforcement Administration (DEA) agent. It is the nation's largest and oldest drug awareness campaign, held annually in October.

The campaign began as a tribute to DEA Special Agent Enrique "Kiki" Camarena, who was murdered by drug traffickers in Mexico in 1985.

- After his death, people in his hometown of Calexico, California, wore red satin ribbons to symbolize their commitment to drug prevention.
- This local effort quickly gained momentum and led to the formation of "Camarena Clubs" and the expansion of the red ribbon movement across the country.
- In 1988, the National Family Partnership launched the first National Red Ribbon Week, with President and First Lady Reagan serving as honorary chairpersons.



Every Thing Creations donated Red Ribbon Key Chains/Zipper Pulls that say "Just Say No", to the Just Say No Club and they are so cute! The kids can attach them to their school bags and it helps remind them about "Just Saying No" to drugs! Thank you, Dawn Krapp, for the time and energy you spent in doing this for the students. It's so much appreciated!

Tammy Schlecht, JSN Club Leader

City of Medina Council Minutes

City of Medina Regular Meeting
September 8, 2025 7:00 PM

The regular meeting of the City of Medina, Stutsman County, was called to order at 7:00 PM in the Memorial Hall. Present were Mayor Myron Gunderson, CM Dean Moser and CM Mitch Gunderson(via phone – arrived 7:12 PM), CM Dacotah Dockter (7:12 PM). Absent CM Joe Schmidt. Rhonda Schlecht (Auditor), Lance Loock and Sid Higdem (City Workers) present.

Reading of the minutes 8/4/25– CM Dean approved minutes. 2nd CM Dacotah – all ayes, no nays – motion carried.

Public Comments – Bill Busch checking if Moore Engineering had a resolution to the water by him. Mayor Myron will check with Tom (Moore Engineering).

Visitors recognized: Joe Deede, Clyde Reister and Mark Freier (MED), Dave Nadeau (lift station), Rory Hoffmann and Scott Moser (Activity Center), Bill Busch, Tony and Joyce Hofmann, Joe and Melinda Deede, Chris Soukup (observing).

Joe Deede – Inquired on who would be paying for the remainder of the Fish Cleaning Station. There will be a donation spot for people who are using the station. There are also some outside entities/individuals that have expressed doing donations. Some of the State monies can be used toward tourism. The City Council does not foresee any monies coming from the residents. NDGF have grants to be requested once a year to go towards daily costs in the building. Question on Council Vote vs. Public Vote – This project is below the threshold where it would need to be put to a vote. The Council members were voted in by the people, putting their trust in them that they will do what is best for the people of Medina and the City. The agenda is displayed on the message board right inside the office door. Question about if the meeting that was cancelled was done properly. A change of date was displayed in the window of the City Hall as soon as it was known.

Clyde and Mark (MED) – a letter was presented for Consideration of 1% Sales Tax Support Economic Development. This needs to go to a vote in June 2026 to increase sales tax by 1%. Auditor Rhonda will check with the City Lawyer of how the City would have MED request the funds.

Dave Nadeau (lift station) – Dave thinks that he shouldn't have to maintain and pay for the lift. He was told that the lift was done in a project in 2004 and the engineering firm required the City to put that lift in. Moore Engineering stated that it is on private property, so it is the owner's responsibility. The engineering firm on that project was Ultieg Engineering in Fargo. Auditor Rhonda will check with them for the project information.

Rory and Scott (Park) – The Park is inquiring about the meter being put in the Activity Center – if it is just for usage or if the Park will be charged monthly. The Council explained that all properties are suppose to have a meter for billed and unbilled usage. The Park is part of the City and the meter is for usage.

Moore Engineering Report - Water Treatment Plant updates – Construction is complete except for any additional City requested work. There is estimated about $160,000 in contingencies remaining. The City coordinated with Tecta America to do roof inspection on the Water Plant. Report is that the roof is in good shape except for some work that could be completed along the seams. Estimate is approximately $8,000 plus General Contractor mark up. Moore's have asked NDDEQ if this would be an eligible expense and are waiting for their response. Water tower Update – Pre-Construction meeting is planned for Wednesday, August 10th at 2 PM. Work is planned for early October and is anticipated to take 2 weeks. City will run off of high service pumps while the water tower interior is rehabilitated. The award was for interior coating and Jet Mixer. The contracts need to be signed. Water Main Replacement Project (Phase 2) - 3rd Ave was repaired and miscellaneous punch items were corrected. Pay application No. 4 for $91,683.02 was not approved due to chlorine line not done. Pay application No. 8 for $111,142.68 was not approved – need concrete done at 103 2nd Ave NW and the handicapped area by Dakota Heritage Bank fixed.

Continued on Page 4 …

Principal's Message

Over the past few weeks, I have had many conversations about using your conscience. As our kids grow and learn, one of the most important skills they develop is a strong conscience—that inner voice that helps them make the "right" choices. At school, we work to create a community where students are encouraged to reflect on their actions, consider how they affect others, and take ownership of their choices. We don't expect them to be perfect and make the right choice, every time. We help students build the tools and use the strategies they need to pause, think, and do what's right, even when it's hard.



At the same time, we know that mistakes are a natural (and necessary) part of growing up. Children will sometimes make the wrong call—whether it's a poor decision in the moment, a lapse in judgment, or simply testing boundaries. When these moments happen, the most effective response isn't punishment alone—it's guidance. As parents and educators, we can help students reflect on what happened, understand the impact, and think through better choices for next time.

With patience, consistency, and open conversations, we can turn missteps into meaningful learning moments that help our children grow into kind, responsible individuals.

Mrs. Tara Hofmann, Principal

City of Medina Council Minutes continued from page 3

CM Dacotah motioned to approve Contractor's Application for payment No. 3 for $182,411.20. (Advantage Electric). 2nd CM Dean – all ayes, no nays – motion carried. Absent CM Joe Schmidt. Motion was rescinded until all electrical is resolved. All ayes, no nays – motion carried.

CITY WORKERS REPORT – Guthmiller's were contacted on hauling trees out of the compost and if they have time, it would be $100-$150 hr. They are currently looking for a back driver's side window for the excursion which was broke by a rock while trimming. They are still looking for a mobile 30KW generator. They will check at Abrahamson's in Cooperstown. Flushing of hydrants has started and they will continue doing them this week. HA Thompson was here and did service on the furnaces. A service agreement from Butler's was presented for blade, skid steer and payloader. The Council would like clarification on the payment terms before agreeing to it. A quote was presented from DPC to redo Lift #5. The street sweeper was not working well at the end of cleaning streets. CM Joe talked with Luke from Border States regarding the street damage in front of The Decoy from Fall Festival to be approximately $1,500 to fix.

OLD BUSINESS – Water bills – Board was updated. Fence Ordinance – Need published in the paper and starting from the beginning on this. Laundromat – washer and dryers are purchased and need to set up a delivery time. HA Thompson needs to unhook old gas dryers and hook up the new ones. Question of if the dryers should be placed on a platform. This was decided against. Fish Cleaning Station – Agreement has been signed with the NDGF. An insurance claim is in process for the sewer backup and the Excursion window.

ADDITIONS TO AGENDA – Extra garbage totes – Auditor Rhonda will contact Strom Sanitation on how he wants to handle extra (personal) totes.

Auditor's Report – informed the Council that Flexible Transportation Funds are being sent to the City now. The Council will need to have a Special Meeting to do the 2nd reading of Restaurant/Lodging Ordinance. This will be set for September 22 at 7 PM along with doing open bids for the Cub Cadet mower and sweeper. A rental agreement from KC for 2 additional gaming machines at The Decoy was OK'd to initial and send back.

NEW BUSINESS – First Reading of the Restaurant/Lodging, Combing of parcel #78-1200010 and 78-1200020. Brian Buskness new home charges. Joyce & Tony Hofmann regarding combining parcels 78-1200010 & 78-1200020. They have legally combined the parcels, and the Council advised them that the Specials get combined but not dismissed. Going forward if any Specials are done it would be assessed as one parcel. Brian Buskness moved a mobile home into his campground area. Brian will be charged the residential charges for the home. The home is not exempt from the new business no charge on water/ sewer for 3 years.

Buildings – None

Streets – None

Water – None

PRESENTATION OF BILLS – CM Dean approved paying all bills that were presented except for K & M Transport. 2nd CM Dacotah – all ayes, no nays – motion carried. Absent CM Joe Schmitdt.

ADJOURN – CM Dacotah motioned to adjourn the meeting at 9:39 PM. 2nd CM Dean – all ayes, no nays – motion carried. Absent CM Joe Schmidt.

/s/ Myron Gunderson, Mayor
/s/ Rhonda Schlecht, Auditor

FFA Fruit & Pizza Sales

The Medina FFA Chapter will start selling for their annual Fruit and Pizza Fundraiser soon. FFA students will be out selling fruit and pizza. If you aren't asked but would like to buy, please get in touch with Ms. Montgomery or call the school. Thank you for your continued support of the FFA Chapter!



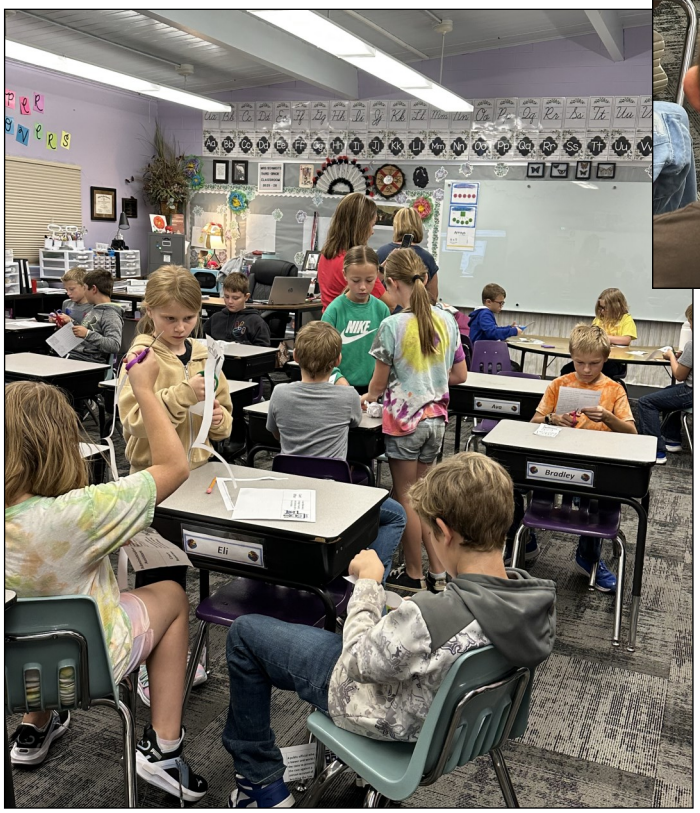


Exciting Learning Opportunity on Constitution Day

Our 3rd and 4th graders recently participated in a *live, virtual mock trial* in partnership with Kansas' Olathe Public Schools and Judge Robert J. Wonnell of the Kansas 10th Judicial District Court. They joined 17,590 students from 736 classrooms nationwide in this powerful Constitution Day experience!



The mock trial enriches social studies instruction by bringing key standards to life. Students explored how societies are shaped by the identities, beliefs, and practices of individuals and groups, and they examined the connections between choices, rights, and responsibilities.



Each classroom served as a jury—listening to evidence, weighing the facts, and deliberating before submitting a verdict in real time. At the end, Judge Wonnell revealed the collective jury's decision and answered questions during a live Q&A session.

Through this event, students made meaningful connections between their studies and real-world civic engagement, learning about the court system, the branches of government, the Constitution, and the civic duties that strengthen our communities.

Mrs. Meredith Schmidt & Mrs. Mary Wick

(more photos on school website)

COUNSELOR CONNECTION

Why Early Career and College Exploration Matters

Ever wonder why students are starting career and college exploration so early? The answer lies in what research and state guidance tell us: early exploration sets students up for long-term success and reduces stress for students as they approach high school graduation.

A Process, Not a One-Time Decision

Career development isn't something that happens senior year—it's a continuum. The North Dakota Career Development Continuum outlines three stages: awareness, exploration, and preparation. During exploration (which the continuum suggests take place during middle school), students connect their interests, strengths, and values to potential career fields. Activities like college visits, job shadows, and career fairs are not about locking in a decision—they're about learning what fits and what doesn't so students can feel more confident in their decisions later on. It's like trying on shoes… you try on different pairs until you find one that fits the best.

What are the benefits of earlier exploration?

Research consistently shows that students engaged in exploration demonstrate stronger decision-making skills and higher motivation in school. Students who explore early gain a clearer understanding of who they are and what career fields might fit them best. It also provides the time students need to compare options, reflect, and plan intentionally—often saving time, money and stress down the road. Exploring and comparing multiple options allows students to feel more comfortable adapting to change. Instead of feeling "locked in," students learn that career planning is flexible and can evolve as they grow.

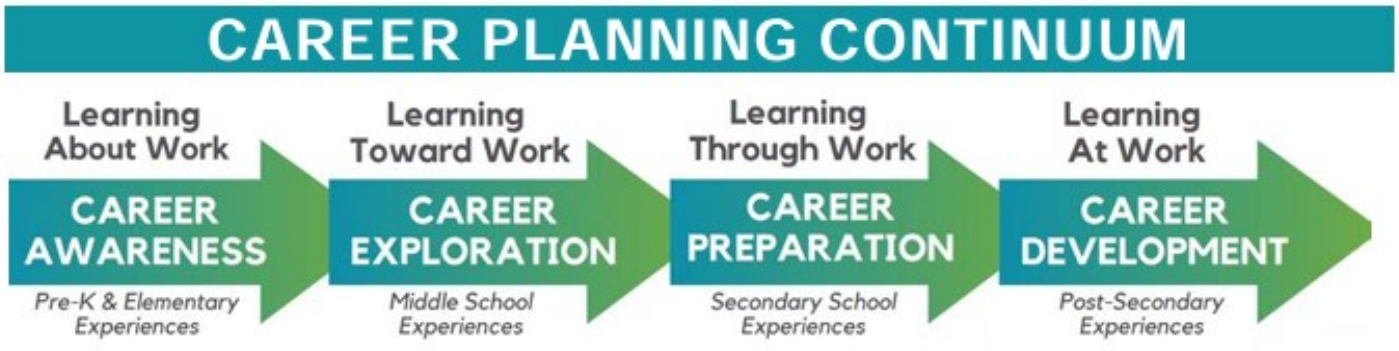
Backed by Evidence and Practice

The North Dakota Department of Career and Technical Education encourages early exploration as part of the Career Planning Continuum (see image provided), emphasizing age-appropriate career development beginning in elementary school and continuing through graduation. National research (ACTE; NCDA) reinforces this approach—showing that early, guided exploration leads to greater postsecondary success and career satisfaction.

How Parents can Support Student Exploration Activities

Parents are exceptionally important in helping students make the most of opportunities provided to them for both personal and career exploration. When students engage in exploration activities and events, encourage their curiosity by asking them what they noticed or learned. Did anything surprise them? And finally, remind them that exploration isn't intended to create pressure—rather, it's preparation for whatever their future may hold.

April Foth, K-12 School & Career Development Counselor



https://www.cte.nd.gov/sites/www/files/documents/CareerDev/CCSSO_ContinuumWithResources.pdf

MHS Honor Roll — 1st Quarter — 2025-2026

'A' HONOR ROLL

Seniors: Paige Anderson, Kara Bosche, Allison Erickson, Layna Garrett, Seth Guthmiller, Katie Hieb, Gage Hofmann, Lauren Markegard, Shayla Martin, Kylie Mees, Taryn Mittleider, Adam Ryun, Cherdan Slaughter, Joshua VanEpps

Juniors: Trevin Behm, Sydney Davis, Ally Greer, Nicole Hayes, Lucas Lytle, Destiny Opp, Kitra Schmidt

Sophomores: Jacob Griffeth, Drew Hofmann, Isabella Hofmann, Blaire Irish, Aubree Lachenmeier, Jayden Opp, Hank Redlin, Carter Schlecht, Charice Slaughter, Terran Tripp, Tessa Wanzek

Freshmen: McCall Dockter, Natalie Erickson, Whitney Erickson, Angel Hayes, Jaedyn Owens, Kaitlyn Ryun, MaKenzie Tripp

Grade 8: Kadin Bodvig, Madison Carlson, Teddi Dockter, Jaeden Foerderer, Evan Hofmann, Lyla Lachenmeier, Karter Lang, Dylan Lytle, Kyle Ryun, Reanna Schlecht, Ilaina Schmidt, Harleyquinn West, Harper Wick

Grade 7: Olivia Friesen, Emelia Greer, Brynnly Lachenmeier, Brynn Leno, Weston Moser

'B' HONOR ROLL

Seniors:

Juniors: Dawson Cassula, Kaden Hieb, Marley Hoffmann, Rica Schutt, Sage Williamson

Sophomores: Xander Hayes, Breonah James, Taeya Sayler

Freshmen: Clayton Mittleider, Leon Simpson

Grade 8: Zachary Cassula, Mayse Friesen, Katherina Hayes, Lillian Higdem, Leah McCauley, Claire Mittleider, Isabella Morales, Isayah Olson

Grade 7: Hayden Dallmann, Haven Gefroh, Aurora Hayes, Parker Krapp, Bryce Leno, Brylee Leno, Noah Moser, Juanita Watford



Annual Notification of Asbestos Containing Materials

In compliance with the US Environmental Protection Agency (EPA) Asbestos Hazard Emergency Response Act (AHERA), in the fall of 1988, Medina Public School performed inspections of our school building for asbestos-containing building materials. The inspection findings and asbestos management plans have been on file in the school administrative office since that time. These files and our asbestos management plan are available for public review during normal school hours.

During the past year, there were no significant changes in the condition of the remaining asbestos. It is important to note that the asbestos-containing materials in our building are in a form and condition that DOES NOT pose a health threat to students or employees. It is the intent of Medina Public School to not only comply with all applicable regulations, but to exceed them where possible. We will take whatever steps are necessary to ensure that the occupants of our school building have a healthy and safe environment in which to learn and work.

2025 MPB Cross Country



What sport offers 100% playing time, builds mental toughness, fosters lifelong friendships, and can be enjoyed for a lifetime? That's right — **cross country!** This is a sport where everyone cheers for everyone, no matter what team's colors they wear.

The MPB Cross Country season began on August 11th and wrapped up on October 24th with the ND State Class B XC Meet in Jamestown. During those 11 weeks, our athletes logged countless miles, witnessed breathtaking sunrises, disappeared into morning fog, and supported one another every step of the way.

This year's runners competed in 12 meets, experiencing both successes and challenges along the way. With each setback came valuable lessons — every athlete identified areas to improve, put in the work, and came back stronger. The result? Numerous personal best times and a season full of growth and perseverance!

Representing MPB this year were: Ierlyn Sackman, Carter Schlecht, Xander Hayes, Jackson Brenner, Joyell Tripp, Aurora Hayes, and Micah Brenner.

Each season brings heartfelt goodbyes to graduating seniors. This year, we say good-bye to our only senior, Ierlyn Sackman. Ierlyn joined us from Kidder County as a 7th grader and has been a dedicated part of our team for six years. Her leadership, hard work, and determination have made her a role model for the younger runners. She will be deeply missed, and we wish her all the best in her next adventure!

The MPB Cross Country team once again proved that it's not just about running fast — it's about running together.

Tammy Heinrich, XC coach

Elementary Cross Country



Pictured L-R: Jeslyn Tripp, Lucas Heinrich, Jaelee Tripp, Everett Hayes, Sage Perleberg, Cooper Perleberg & Coach Jennifer Hayes

The elementary cross-country season has come to a close this year. It seems like we just began the season, how the time sure flies by! Elementary cross country is open to all students in 3rd through 6th grade. Practices were held in the mornings three days a week at 7:30. There were three home meets at Medina and the big cross country meet MPB hosts at Crystal Springs Camp which our runners participated. We had six runners participate this year. We had three runners in the 6th grade (Everett Hayes, Sage Perleberg & Jaelee Tripp), one runner from 4th grade (Jeslyn Tripp) and two runners from 3rd grade (Lucas Heinrich & Cooper Perleberg). They were an eager group of runners and I believe they had a fun time running, even when I had them run a mile to get ready for meets. An elementary race consists of one mile on a variety of surfaces. You might have seen the runners running one Friday afternoon in September around the school and park in Medina.

The community of cross country is one that is unlike other sports – there is a genuine feeling of encouragement for all runners, no matter how fast they run. Everyone competing is cheered on and encouraged to keep going and do their best. I hope the elementary runners have taken away a few lessons on perseverance, setting goals and working through tough times. These skills which they are learning at this early stage are ones that will help them when they are older. I look forward to seeing all the runners continue to grow and develop as runners in the future and in other sports. I want to thank the parents of my runners for encouraging them to be in cross-country! Thank you!!

Jennifer Hayes, Elementary Cross Country Coach

ELEMENTARY SCHOOL

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

November 2025

Medina Public School

Find out how your child is doing at a parent-teacher conference

A parent-teacher conference offers you something different from many other school activities for families: one-on-one time with the teacher. It is dedicated time to focus on your individual child's strengths and needs, and to discuss plans and expectations for the year ahead.



For the best results from your conference:

- **Chat with your child in advance.** Ask how school is going. Is there is anything your child would like you to ask or tell the teacher?
- **Write down a list of things to tell the teacher.** You are the expert on your child and your family. Sharing information will make it easier for the teacher to meet your child's needs.
- **Make a note of questions to ask,** such as: *Is my child meeting expectations for reading and math skills? Does my child participate in class? Does my child interact with others appropriately and have friends?*
- **Arrive on time.** Teachers usually schedule conferences back to back.
- **Discuss next steps.** Ask the teacher how you can reinforce what your child is learning. Agree on a plan to address any issues.
- **Tell your child** about your meeting. Share praise, and explain plans you and the teacher agreed on.

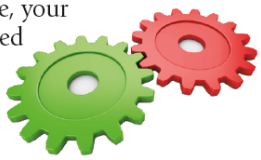
Independent play is worth the time

Research shows that playing independently can help children learn to solve problems and overcome fears—and ease stress at the same time. To help your child benefit from independent play:

- **Make time for it.** Balance structured activities in your child's day with unstructured play time.
- **Give your child** a variety of things to play with, such as cardboard boxes, blocks, art supplies and props for pretend play. Choose toys your child can use creatively, in many different ways. Items from nature like acorns and shells are also inspiring choices.
- **Support your child** in taking positive "risks," such as climbing a low playground rock wall, or balancing while walking on a fallen log. These experiences can boost confidence and willingness to try.
- **Let your child** decide what to play with and how.

Source: "'All work, no independent play' cause of children's declining mental health," Florida Atlantic University.

Offer cooperation practice



In school and in life, your child will be expected to cooperate with others. To reinforce this skill at home, establish rules for sharing and taking turns fairly, such as "If one child chooses the game, the other gets the first turn." Have family members take turns making decisions for the whole family sometimes, such as what movie to watch or what vegetable to eat for dinner.

Support reading progress

Students read to learn. To be successful, they must continually develop and maintain their reading skills as they go through school. To encourage reading skill-building:

- **Make real-life connections.** Have your child read about historical events that happened near your home.
- **Help your child start a book club** with friends. They can meet up for book-related discussions and activities.
- **Read more advanced books aloud.** Listening lets your child enjoy more challenging stories and words.

Foster grateful feelings

Research links gratitude with increased motivation, engagement and achievement in school. To foster this feeling, take time often as a family to make and share lists of what you're thankful for. Be sure to mention school and any progress your child is making. Then, encourage your child to say "Thanks" to the people who are making school a positive experience.



Source: R.B. King and J.A.B. Datu, "Grateful students are motivated, engaged, and successful in school: Cross-sectional, longitudinal, and experimental evidence," *Journal of School Psychology,* Elsevier.

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ELEMENTARY SCHOOL
Helping Children Learn®
Tips Families Can Use to Help Children Do Better in School November 2025

Q&A What can I do to boost my child's memory power?

Q: My child studies before tests, but often forgets the material by test time. How can I help my child remember things better?



A: Being able to recall and use information is an important part of learning. Here are a few strategies that can make it easier. Help your child practice using:

- **Personal connections.** Brainstorm together about ways to relate the material to your child's life. An important date in history might also be a relative's birthday, for example.
- **Grouping.** Divide long lists of facts into smaller groups that share a common characteristic. Instead of trying to remember all 50 states, your child can group them by region and focus on one region at a time.
- **Mnemonic devices,** such as *acronyms* or silly sentences. Your child can make a name, word or sentence out of the first letter of each word in a list of terms. The acronym ROY G. BIV is a classic way to recall the colors of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, Violet). "My Very Elegant Mother Just Served Us Noodles" is often used for the planets in order of their distance from the sun (Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune).
- **Mental images.** Your child can draw or imagine a picture of the material, then visualize the picture during the test to remember the information.

Parent Quiz Are you showing how to tackle projects?

Long-term assignments let students explore topics in greater depth. They also usually involve multiple parts. Are you helping your child learn to manage these big projects? Answer *yes* or *no* to the questions below:

___**1. Do you encourage** your child to get started as soon as the assignment is received?

___**2. Do you ask** questions to help your child narrow down a broad topic to something specific and manageable?

___**3. Do you help** your child break the project down into small steps and schedule time to do each on a calendar?

___**4. Do you have** your child list all the supplies that will be needed, so you can avoid last-minute shopping trips?

___**5. Do you help** your child locate credible books and online sources?

How well are you doing?

More yes *answers mean you are showing your child how to plan and complete big projects. For each no, try that idea.*

"One may walk over the highest mountain one step at a time."
—John Wanamaker

Share tools for learning

Math and science tools aren't always expensive and complicated. You probably have several at home (or on your phone). Using them with your child provides familiarity which pays off in school. Help your elementary schooler use a:

- **Magnifying glass** to observe items in nature like pine cones and anthills.
- **Tape measure** to find the *circumference* (distance around) of tree trunks.
- **Calculator** to play store or restaurant.
- **Compass** to find out what direction you are walking in.

Source: M.E. Ennes and others, "Children and Parents' Perception of Access to Science Tools at Home and Their Role in Science Self-efficacy," *Research in Science Education*, Springer.

Keep a family journal



Writing regularly helps your child strengthen literacy skills. To instill a writing habit, start a family journal. Each weekend, have your child jot down something special about the week. It doesn't need to be long; a couple of sentences will do. After your child's entry, add one yourself. Soon, you'll have a record of the year's highlights to enjoy reading and remembering together.

Does your child see clearly?

Poor vision can negatively affect your child's school performance. Having your student's eyesight tested yearly is an important way to prevent problems. To protect vision:

- **Limit screen use.** High levels have been linked to nearsightedness in kids.
- **Promote outdoor play.** An extra hour or two a day outside can help some children avoid nearsightedness.

Source: Anglia Ruskin University, "Screen time linked to risk of myopia in young people," *ScienceDaily*; "Outdoor activity and Myopia Progression in Children," *Ophthalmology*.

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November 2025



Breakfast served daily from 8:05-8:25 AM. Salad bar & milk served at lunch daily. Menu subject to change.
Families are welcome — please make prior arrangements with the office.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!**				31 TRUNK or TREAT *starts at 5:30 English Lutheran Church*	1
	3 Spaghetti Cheesy Breadstick ~~~~~~~~~~~~~~~~~~~~ *EBBB @ Gackle 4:00 FFA meeting 7:00 PM District Volleyball @ Napoleon*	4 Chicken Tortilla Soup Grilled Cheese ~~~~~~~~~~~~~~~~~~~~ *Bookmobile District Volleyball @ Napoleon*	5 Sloppy Joe French Fries 	6 Scalloped Potatoes Ham Green Beans ~~~~~~~~~~~~~~~~~~~~ *EBBB @ Edgeley 4:30*	7 Taco in a Bag ~~~~~~~~~~~~~~~~~~~~ *Just Say No Club 2:45 MHS Student Council Harvest Ball Dance 7:00-11:00 Grades 7-12*	8 *EBBB Jamboree @ Steele* 
9	10 General Tso's Chicken Rice ~~~~~~~~~~~~~~~~~~~~ *Regional Volleyball @ Harold Newman Arena, Jamestown*	11 **NO SCHOOL** *Regional Volleyball @ Harold Newman Arena, Jamestown* VETERANS DAY HONORING ALL WHO SERVED	12 Lasagna Garlic Toast Corn	13 Fish Burger French Fries ~~~~~~~~~~~~~~~~~~~~ *Regional Volleyball @ Harold Newman Arena, Jamestown*	14 Tacos ~~~~~~~~~~~~~~~~~~~~ *School Board mtg 7:15 am JH GBB vs. L-HMB @ Medina 4:30*	15 *Regional Volleyball @ Harold Newman Arena, Jamestown*
16	17 Stuffed Baked Potatoes ~~~~~~~~~~~~~~~~~~~~ *V/JV GBB practice begins JH GBB @ Carrington 4:30*	18 Taco Soup Sandwiches ~~~~~~~~~~~~~~~~~~~~ *JH GBB vs. South Border @ Medina 4:30*	19 Chicken Nuggets Potato Smiles ~~~~~~~~~~~~~~~~~~~~ *Bookmobile*	20 Thanksgiving Feast  *State Volleyball Tournament @ Bismarck*	21 Tator Tot Ole'	22 
23 	24 Pizza Corn ~~~~~~~~~~~~~~~~~~~~ *JH GBB vs. EKM @ Medina 4:30*	25 Sack Lunch ~~~~~~~~~~~~~~~~~~~~ *JH GBB @ Steele 4:30*	26 **NO SCHOOL** 	27 **NO SCHOOL**	28 **NO SCHOOL**	29

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We leave to achieve.

