November 2026

Medina Public School

Volume 44, Issue 3

Community Education Newsletter

Greetings from the Superintendent's Desk

It's hard to believe we've already completed the first quarter of the school year! As we head into November, I want to express my appreciation for the many people who make Medina Public School such a great place. We are blessed with dedicated teachers and staff who genuinely care about our students, along with parents and community members who continually support our school. Thank you for all you do to make our school a special place!

As we get closer to Thanksgiving, I've been reminded of just how much I have to be thankful for. Like everyone else, I sometimes get so caught up in the busyness of life that I forget to appreciate the blessings right in front of me. It's easy to focus on the things that aren't going quite the way we'd like instead of recognizing all the good things God has given us. I'm especially thankful for my family, the friendships I've been blessed with, and the opportunity to live and work in a community where people are caring and supportive. These are things I never want to take for granted.

One thing I've learned is that gratitude has a way of changing our perspective. It doesn't mean life is always easy or that everything goes according to plan, but when we take time to recognize our blessings, even the difficult days seem a little easier. This Thanksgiving, I encourage each of you to slow down, spend time with those you love, and let the people in your life know how much you appreciate them.

I'm truly grateful for the opportunity to serve the students, staff, and families of Medina Public School. I wish you all a wonderful Thanksgiving!

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

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

November 25–27 – 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 26—Practice begins for JH girls
November 16—Practice begins for 9-12 grade girls
November 30—Practice begins for 9-12 grade boys
December 7—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 16, 2026

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

The minutes of the September 11, 2026 regular meeting and September 22, 2026 special board meeting were reviewed. Jacob moved to approve the minutes as presented, Nancy seconded, carried unanimously.

The monthly financial report was reviewed and discussed. Nolan moved to allow the Class of 2025 to donate their remaining class funds to the Medina Booster Club/DHB Activity Center as per their request, Jacob seconded, roll call vote: SG-y, NH-y, JH-y, NK-y, JS-y, RH-y. Motion carried 6-0.

Jeremy moved to approve the financial report, Shawn G. seconded, carried unanimously.

The monthly bills and payroll were reviewed. Shawn G. moved to pay all bills and payroll, Jeremy seconded, carried unanimously.

Agenda Additions/Deletions: none

Recognize guests: Brett Evans, I-State
Public comments: none.

Brett from I-State Truck Center gave a tour/ demo of a mini bus that is available now.

We advertised for bids a new 14 passenger bus and two bids were received. Rory opened the bids:

- Hartley: GM Microbird G5 - $100,500 base + $4,000 cameras
- I-State: Chevy Minotour - $105,000 base + $4,500 cameras + $5,000 rear A/C

Nancy left the meeting at 7:45 am.

Discussion - consensus of the board to table purchasing a new bus – we will discuss at next meeting.

Shawn G. moved to approve the March/April 2027 music trip to Branson, MO, Nolan seconded, roll call vote: JH-y, NK-y, JS-y, RH-y, SG-y. Motion carried 5-0.

MPB Coop meeting report: annual Awards night will be held in Pingree in May, percentages of participation, participation fees, and state tournament expenses were discussed.

The pledge of assets from Dakota Heritage Bank was reviewed.

James Valley Career & Tech Center (JVCTC) membership would be a benefit our CTE programs/reporting and additional funding, and other class options. Jeremy moved to join the JVCTC, Shawn G. seconded, roll call vote: NK-y, JS-y, RH-y, SG-y, JH-y. Motion carried 5-0.

Superintendent evaluation is due November 15 – we will email evaluation form and will be due back by November 6 to allow for review before the November meeting.

Superintendent/AD Report: Congratulations to Rory Hoffmann for receiving a NDSBA Legacy of Service award for 21 years of service on the board, building committee will do a building walk-through today, elementary boys basketball started, fall sports are winding down and winter sports will be starting up.

Principal Report: Professional development with early school dismissal next Wednesday focusing on IEPs, BCI Internet Safety presentations for the high school students and presented at our Parent-Teacher conferences, Reb Ribbon week at the end of October, Career Fair & Life Skills event at the DHBAC – thank you to all who participated and made this event a success, Vision Zero team – Buckle Up commitment challenge.

The next regular meeting will be on Friday, November 13, 2026 at 7:15 am. Jacob moved to adjourn the meeting at 8:15 am.

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

**** These minutes are unapproved and subject to change at the November 13, 2026 meeting.***

Rory Hoffmann, Medina Public School Board Chairman, Receives NDSBA Legacy of Service Award

Congratulations to Rory Hoffmann for receiving the Legacy of Service award at the annual convention of the ND School Board Association. The Legacy of Service Award honors long-serving school board members who make a lasting impact on public education

Rory has served on the Medina School Board for 21 years! Thank you, Rory, for your service to our school and students!

Adam Job Post #245 American Legion News

The Legion Hall has been a source for a wide variety of community events for decades. That is a tradition we value and want to continue.

We would like to thank Legion member Maynard Link and Legion Auxiliary member Adeline Link for their many years of coordinating events held in the Legion Hall. There will be a procedural change effective November 1, 2026 regarding the rent/use of the Legion Hall. This change will secure an accurate record of the reservation process.

Please contact Sharon Behm at 701-320-3630 to reserve your private or community event.

Veterans Day Appreciation Brunch

To commemorate Veterans Day, the Adam Job Post #245 will host a Veterans Day Appreciation Brunch. Everyone is welcome!

November 11, 2026
9:00—12:30
Legion Hall @ Medina

Serving French toast, pancakes & sausage.

Free will donations appreciated.

City of Medina Council Minutes

City of Medina Regular Meeting
September 14, 2026 7:00 PM

The regular meeting of the City of Medina, Stutsman County, was called to order at 7:01 PM in the Memorial Hall. Present was Mayor Randy Everding, CM Joe Deede (at 7:55 PM), CM Audrey Bosche and CM Bill Busch. Absent CM Joe Schmidt. Sid Higdem (City Worker) and Rhonda Schlecht (Auditor) present. Pledge of Allegiance was recited.

Minutes were read. CM Audrey motioned, 2nd CM Bill to approve the minutes from the August 3rd meeting as read. All ayes, no nays – motion carried. Absent CM Joe S. and CM Joe D. CM Bill motioned, 2nd CM Audry to approve the August 10th meeting with the corrections of adding "motioned" in. All ayes, no nays – motion carried. Absent CM Joe S. and CM Joe D.

Visitors: Karen Heinle

Public Comment – Karen Heinle was inquiring on if the hall can be used for pickle ball. They would need to put tape on the floor for the court and the tape used would not harm the floor.

CM Audrey motioned, 2nd CM Bill to allow the hall to be used for pickle ball. All ayes, no nays – motion carried. Absent CM Joe S. and CM Joe D.

Visitors recognized for Agenda: MED (observe), Matt Reister (Medina Café), Joe Rector (James River Valley Library System)

Joe Rector (James River Valley Library System) – Joe presented information on remote locker library system and possible locations to use in Medina. The council is interested in trying this new system out for residents that are not available to go to the book mobile.

Matt Reister (Medina Café) – Matt was following up on a liquor license for the Medina Café.

CM Bill motioned, 2nd CM Audry to approve Medina Café for a Beer/Wine License for "On Sale". The license of $350 will be prorated for 10 months at $291.70 for the license. All ayes – no nays – motion carried. Absent CM Joe Schmidt and CM Joe D.

PUBLIC WORKS REPORT – Tecta should be here this week for the hall roof. Poles were installed around the lid of lift #5 by CM Bill. The radar sign is up and might need to be moved farther South and lowered down. Discussion on placing the 2nd sign on the East end of School St E. Hydrant parts are in. Fish Cleaning Station is up and running, the signs are not in yet. Locations were done for the rain gutters on the hall. The sweeper needs four gutter brooms and the council approved ordering them. Plant is running good.

OLD BUSINESS – Discussion on water bills. Discussion on cameras at the laundromat that could possibly be tied into the Fish Cleaning Station from Jamestown Communications.

The 4-H inquired about using the hall on October 18th for their banquet. This is for all the clubs in the area and they take turns in the different towns holding the annual banquet. They have not been charged for the use of the hall in the past. A grader was located in Minnesota if someone has a chance to check it out. Information was relayed to the council on the safe in the office of drilling vs. having it possibly dialed open. The council agreed to have it drilled.

Continued on Page 4 ...

Principal's Message

When you think of community, what comes to mind? Lately, I think of our school, our families, and our surrounding towns—and how they all come together. There are so many communities that support our students, and this past month has offered several reminders of how fortunate we are.

Our ninth graders hosted a blood drive, and our community showed up in support. Many people donated blood, local businesses and individuals donated door prizes, and our staff adjusted their regular routines to make our school a welcoming location for the event.

Two weeks ago, we hosted a Career Fair in the Dakota Heritage Bank Activity Building. Nearly 50 booths introduced students to a variety of careers and educational opportunities. Among the many people sharing at the career fair, close to 10 MPS alumni returned to share their experiences and connect with our students. We also offered Life Skills sessions for grades 7–12, with MPS alumni, staff, and community members sharing

practical knowledge students can use beyond the classroom.

This week, we are preparing for a visit from a North Dakota legislator. Our administrative team will have an opportunity to visit with him and provide a tour of our school. We are also planning time for our juniors and seniors to meet with him, ask questions, and share how legislative decisions affect their lives as teenagers and young adults, including their high school experiences, college opportunities, and future plans.

Our upcoming Red Ribbon Week will encourage students to make healthy choices. We are also planning a hat and jeans week fundraiser to support a student and his family as they face additional medical expenses. These activities remind us that being part of a community means learning together, encouraging one another, and showing up when someone needs support.

These are just a few examples of how our communities come together for our school. We are thankful for everyone who supports our students, their learning, and their well-being. Alongside these experiences, academic learning is the heart of our work. We focus on growth in and out of the classroom, helping students build the knowledge, skills, and relationships they need for the future.

While we may not always agree on everything, we share a strong commitment to our youth and their learning. This shared purpose strengthens our community. Thank you for being part of it.

Mrs. Tara Hofmann, Principal

City of Medina Council Minutes continued from page 3

The lift at 304 NP St was done to be compliant for the project that was being done at the time. The property owner is responsible from the house to the city sewer for service.

CM Joe D motioned, 2nd CM Audrey to get a bid for the cameras at the laundromat and the compost area. All ayes, no nays – motion carried. Absent CM Joe S.

CM Audrey motioned, 2nd CM Joe D to waive the rental fee for the hall for the 4-H Banquet. The $100 deposit must be made. All ayes, no nays – motion carried. Absent CM Joe S.

CM Bill motioned, 2nd CM Audry to advance $16,384.45 from the Fish Cleaning Station Loan # 21866951 from Dakota Heritage Bank to the general checking. All ayes, no nays – motion carried. Absent CM Joe S.

ADDITIONS TO AGENDA – Mowing ordinance verbiage was corrected to $150 minimum per hour for the City to mow a property. First reading of the Mowing Ordinance was done.

NEW BUSINESS – Information was given on graders. Interstate Power Agreement was presented for the generator maintenance.

CM Joe D motioned, 2nd CM Bill to buy 1996 John Deere 772BH Motor Grader that was presented for $32,000 delivered from Paynesville, MN. All ayes, no nays – motion carried. Absent CM Joe S.

CM Joe D motioned, 2nd CM Audrey to sign the agreement for maintenance on the generators with Interstate Power. All ayes – no nays – motion carried. Absent CM Joe S.

PRESENTATION OF BILL – CM Joe D. motioned, 2nd CM Audrey to pay the bills that were presented. All ayes, no nays – motioned carried. Absent CM Joe S.

ADJOURN – CM Joe D. motioned, 2nd CM Audrey to adjourn the meeting at 9:58 PM. All ayes, no nays – motion carried. Absent CM Joe S.

/s/ Randy Everding, Mayor
/s/ Rhonda Schlecht, Auditor

Thank You!

Our school carnival committee would like to say THANK YOU to everyone who has supported our goal of adding new playground equipment! To the parents, students, staff, and community members who help make our school carnival possible every other year—thank you for helping us work toward this goal over the past few years. We also thank Knights of Columbus gaming from The Decoy and the Woodworth Legion for their generous donations that made this summer's additions possible.

A big thank you to Ryan, Mr. Bosche, Ashley, and Dean for installing the new equipment, and to Hunter Mitchell for his help as well.

We are grateful for our community and your continued support of our school and students!

Counselor Connection

Medina Career & Life Skills Fair

On October 14th, our students had the opportunity to participate in both a life skills and career fair.
The life skills fair focused on a variety of skills necessary for maintaining a vehicle, understanding and managing finances, finding an apartment and basic living tasks. This fair was planned in response to student survey responses over the past 2 years indicating a desire for opportunities to learn various life skills. Sessions were taught by a variety of teachers, community members and area businesses. Overall, it was a great success and feedback from students shows that this will likely be an event planned again in the future!

Additionally, our Medina students in grades 5-12, along with approximately 160 students from area schools, had the opportunity to explore a variety of careers at a career fair held in the Dakota Heritage Bank Activity Center. A total of 42 careers were represented by local and state businesses as well as ND colleges, universities and organizations. Students collected stickers each time they visited a booth and needed a minimum of 8 stickers to enter door prize drawings which included a laptop computer, $100 Amazon Gift Cards, $50 Amazon Gift Cards and various items provided by career representatives. This event was also a great success!

Backpack Program Update

You may recall we did some preliminary research last school year to determine if a Backpack Program, which provides students/families who sign up with a bag of shelf stable pantry items over weekends, would be a beneficial program to bring to Medina Public School. While we got a little bit of feedback, we do not feel it was enough to determine the level of need for our district. As a result, we are going to send home sign-up sheets with a student from each family in the coming weeks (a link will also be sent out through Teams if you prefer to complete the form electronically). If this is something that would be helpful for your family, please fill out the form and return to the school in a sealed envelop with Mrs. Foth written on the front. Once we have a more concrete number of students/families who would like to participate, we will be able to take the next steps to making this program available. While an exact timeline is uncertain, our goal is to make it available to families who sign up in the coming months. If you have any questions about this program, please contact April Foth at the school.

April Foth,
K-12 School & Career Development Counselor

Saturday, November 28th 2026

Medina's Annual Hometown Christmas

10AM–4PM VENDORS @ MEDINA CITY HALL

Santa's Coming!

BRING THE KIDS TO SEE MR. & MRS KLAUS!
THEY WILL BE READY FOR PICTURES AND HANDING OUT TREAT BAGS @ THE CITY HALL FROM 1-3 DURING THE VENDOR SHOW.

The Decoy Bar & Grill will have a supper special!

KRAMLICH-DEEDE MEATS OPEN 9-4
REISTER'S MEATS OPEN 9:30-5:30
MEDINA CAFE OPEN 7-2

Community Christmas Tree Lighting ceremony. stay tuned for more details on this.!

Sunday,November 29th Grace Emmanuel will be hosting a Hometown Christmas Church Service @6:30pm.

English Lutheran Church

FREE Community Meal

Friday, November 6

5:00 – 7:30 PM

Location: Medina Legion Hall

Meal Includes:

Soup • Salad • Breadsticks

A cozy meal during the cool Autumn evenings!

Come for the food, stay for the Fellowship!

A meal to bring our community together and enjoy fellowship with one another.

Music Department News

Surround the State in Song Honor Choir

Everett Hayes (7th grade) represented our school at the Jamestown location of "Surround the State in Song" honor choir on Saturday, October 10. Fifth, sixth, and seventh graders from all across the state met simultaneously in Dickinson, Bismarck, Jamestown, Fargo, Grand Forks, Minot, & Williston to rehearse the same music and perform concerts for their communities that afternoon. The choir sang 4 songs: "Tongo", "Old Joe Clark", "I Believe in a Seed" and "There Is Peace".

Dawn Hagerott , associate professor of music at BSC, conducted the choir. Congratulations, Everett, for being chosen and representing our school well!

Kuchen for Sale

Music students are currently collecting orders for their upcoming kuchen bake fundraiser on November 13-14, with proceeds going toward the spring 2027 music trip to Branson. Contact a music student or call the school if you'd like to order. Orders will be collected until we reach our maximum quantity!

Mrs. Rochelle Bosche

DC Trip Raffle

Congratulations to Sheena Mittleider, winner of the RTIC cooler. The drawing was held on October 13 at the volleyball game in Medina.

Thank you to those who purchased tickets for our fundraiser and for supporting our DC/NY 2028 trip.

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!

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

Early practices, crisp cool mornings, amazing sun rises, and yellow vests are a part of the cross country season! We started our season on August 10th and have been going strong since! The season will come to an end on Friday, October 23rd when we compete at the ND State Cross Country Meet at Jamestown. This year we have 4 runners that will be representing MPB at the state meet. The team worked hard and saw the benefit of their hard work by seeing their race times improve with each competition. Personal goals were accomplished and, in several cases, those goals were exceeded!

The team competed in 10 meets throughout the season and each meet brought new surprises - both good and disappointing. It didn't matter where we were, practice or a meet, these kids supported and encouraged each other to do their best! These kids showed up for practice everyday and gave it their all! I am very proud of everything they've accomplished! We wish Carter, Jackson, Micah, and Savannah the best of luck as they run the last race of the season at state!

Tammy Heinrich, XC coach

These athletes make up the MPB XC team: Carter Schlecht, Jackson Brenner, Micah Brenner, Savannah DeVore, Aurora Hayes, and Lillian Higdem. Savannah and Lillian are new to our program this year and we are very happy they joined us!

Elementary Cross Country

This fall the elementary cross country team consisted of two 4th graders – Cooper Perleberg and Luke Heinrich – and one 3rd grader – Natalie Sprenger. The season started in late August with practices held Tuesday-Thursday mornings at 7:30. By the end of the season, runners were running 1 mile in practices to get ready for their final race and shaving time from their personal stats. The runners have developed skills and have set and met goals they set for themselves throughout the season.

Medina hosted two meets after school and had our three runners compete against runners from Buchanan. They consistently ran well and made improvements each time. We missed running at the Medina meet held at Crystal Springs Camp due to poor weather (we can't control the rain). But the runners were able to compete at Grand Rapids (Granny Run) on September 26th and represented Medina very well! I am impressed with each individual runner and their effort and desire to improve each time they competed in races and ran in practices. The runners made some realistic goals and they worked hard to reach them! Cross country is a sport that is individualistic in running to reach one's own goals but also a team sport where everyone is encouraging to other runners – no matter where they are from. This sport is one that celebrates all runners and their accomplishments. You will see fellow runners and spectators cheering on runners (even ones they do not know) and encouraging them to keep going and

finish running until the very end! My hope is that as these runners continue to grow and develop their running skills they will join the junior high/high school team. It is so much fun to watch these runners work hard and grow to reach their goals.

Thank you to the parents for sharing your runner with me over the season, I enjoyed coaching them and seeing them develop! Thank you, also, to the high school students who helped during our two meets to direct the runners on the course. If you have a child who might like to try cross country next year have them ask any of the runners about their experience this year. We'll welcome them with open arms! Keep running and reaching for your goals!

Jennifer Hayes, Elementary Cross Country Coach

ELEMENTARY SCHOOL

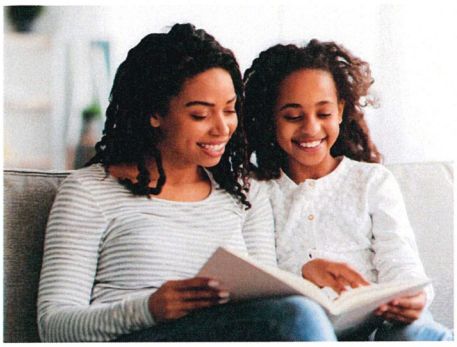
November 2026

Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

Medina Public School

Let your child see you reading often for all kinds of reasons



Your child is always watching and learning from you—even when it doesn't seem like it. So when you demonstrate the many reasons reading is useful in your life, your child learns it is a skill worth having.

To help your elementary schooler develop the reading habit, read often yourself and discuss why you are doing it. Show that reading helps you:

- **Relax and have a good time.** Say that reading is entertaining, and not just something for school or work.
- **Figure things out.** Explain that you are reading a manual to find out how to program the new coffee maker, or a weather report to decide what to wear. Show your child how you read a recipe to make sure you have the ingredients you need before you start cooking.
- **Learn new things.** Say, "I'm trying to learn more about AI because we want to use it at work. This article explains how other businesses use it."
- **Take boredom out of waiting.** Bring something to read everywhere you go. Ignore TV screens in waiting rooms and pull out your reading. Play audiobooks on long car trips.
- **Enrich conversations** and relationships. When you read something interesting, read a tidbit aloud. Share an article your child might like.

Address behavior with three Ps

When it comes to behavior problems, many families wait until *after* their child misbehaves to take action. But preventing problem behavior in the first place is much more effective. Here is a three-step system for doing it:

1. **Predict.** Think about a behavior you would like to change. Perhaps your child usually takes so long to get out of bed and get ready that mornings are hectic.
2. **Prepare.** Since you can predict the behavior, you can also think of ways to prevent it. Instead of waiting until your child dawdles down to breakfast, brainstorm about ways to avoid the late start. Is your child tired in the morning from staying up too late at night? An earlier bedtime could change that. Is your child taking too much time trying to get organized for school? Packing up the night before is the answer.
3. **Practice.** Help your child practice the prevention strategies until they are routine. Then, offer praise for getting ready on time!

Don't hesitate—engage!

Each child is unique. But *all* families can participate in their children's education in beneficial ways. Dive in and engage:

- **At home.** Talk with your child every day about school. Encourage daily reading. Try new things together.
- **At school.** Attend events for families. Ask teachers how you can support your child's learning. If needed, ask for an interpreter or translated documents.
- **In the community.** Meet other families. Share ideas for helping the school meet needs.

Make it easy to recall rules

Creating catchy phrases that link rules with their consequences can help your child remember them. For example:

- **Leave it out and you go without.** Belongings not put away properly go into time-out for a week.
- **Play nice or think twice.** Fighting siblings will have to take a time out to think about their actions.

Help your child step up

How should you respond when grades are disappointing? Stay calm, and set your child up to make improvements. Here's how:

1. **Ask questions** about grades, such as: *Do you think they reflect your work? Do you understand the lessons? What could you do differently?*
2. **Consult the teacher.** Is your child having issues in class? What resources are available for help?
3. **Offer support.** Suggest ways to find help or look for answers instead of giving up.

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ELEMENTARY SCHOOL
Helping Children Learn®
Tips Families Can Use to Help Children Do Better in School
November 2026

Q&A How do I stop a weight issue from being a school issue?

Q: My child is quite overweight. We are working with a doctor, and are improving our diet at home. But my child has almost no friends at school and doesn't want to go. What can I do?

A: More than one-third of children in the U.S. are overweight. And unfortunately, many have problems in school. Studies show that weight-based bullying is more common than other types of bullying. Many children don't speak up in class because they fear being made fun of. They are also more likely to spend time by themselves in less active pursuits.

To help turn things around for your child:

- **Affirm all the positive reasons** your child is a person of value.
- **Tell the teacher** what your child is going through. The teacher can watch for teasing and may have ideas about other ways to help.
- **Emphasize health** rather than a number on the scale. Focus on establishing habits that help your child feel healthy and strong.
- **Follow the doctor's guidelines.** But avoid turning into the "food police" for your child. Make healthy diet changes for the whole family.
- **Make fitness a family priority.** Plan active weekend activities like hiking or kicking a ball around.

Parent Quiz Are you modeling attentive listening?

Listening is an important learning skill. Your child will need to listen to absorb new information and to communicate effectively. Are you teaching your child to listen by example? Answer *yes* or *no* to the questions below:

1. **Do you pay** undivided attention when your child is talking to you? If you're busy, do you say when you will be able to listen?
2. **Do you allow** your child time to put thoughts into words and continue to listen patiently?
3. **Do you let** your child finish speaking without interrupting, and ask your child not to interrupt you, either?
4. **Do you restate** what your child says to confirm understanding?
5. **Do you "listen"** to your child's behavior? A child who is acting up is communicating a need.

How well are you doing?

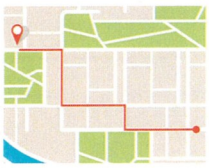
More yes *answers mean you are helping your child sharpen listening skills. For each* no, *try that idea.*

"When you talk, you are only repeating what you already know. But when you listen, you may learn something new."
—The Dalai Lama

Put geography on the map

Help your child celebrate Geography Awareness Week (November 16-20) with these learning activities:

- **Locate places** in the news on a world map. Together, learn some facts about the locations and the people who live there.
- **Explore local geography.** Help your child find out why your town is located where it is, and what connects it to the rest of the world (roads, rail, rivers, etc.).
- **Make maps.** Have your child map the route from home to school, a store or a friend's house. Then, follow the maps.



Ask questions when math problems get sticky

When your elementary schooler is stuck on a math problem, asking questions can help your child think it through. You can ask:

- *What do the directions say?*
- *What words don't you understand?*
- *What do you already know that can help?*
- *Would it help to draw a diagram?*
- *Can you find an explanation in your book?*

Encourage deeper thinking

Your elementary schooler will be expected to think, evaluate and reason in all grades. To develop these skills, ask your child to:

- **Identify patterns.** What does your child see in that spider web, for example?
- **Evaluate performance.** Ask, "What did you do well? What would you change next time?"
- **Explain reasoning.** Why did your child take a particular action?
- **Look for different ways** to solve a problem.

Helping Children Learn®
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November 2026

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
1 	2 Chili Dogs Chips ~~~~~~~~~~ ***VB District Tournament @ LaMoure***	3 Tortilla Soup Chicken Burger ~~~~~~~~~~ ***Bookmobile*** ***VB District Tournament @ LaMoure***	4 Chicken Rice Hotdish Peas	5 Scalloped Potatoes & Ham Corn ~~~~~~~~~~ ***Elem BBB @ Edgeley 4:30***	6 Tator Tot Ole' ~~~~~~~~~~ ***FFA meeting 7:00 pm*** 	7 ***Student Council Dance*** ***7:00—11:00 PM*** ***Medina School gym***
8	9 Corn Dogs French Fries ~~~~~~~~~~ ***VB Regional Tournament @ Newman Arena Jmst***	10 Taco Soup Garlic Toast ~~~~~~~~~~ ***VB Regional Tournament @ Newman Arena Jmst***	11 ***NO SCHOOL*** ***Veterans Day Brunch 9-12:30 @ Medina Legion Hall*** VETERANS DAY HONORING ALL WHO SERVED	12 Tator Tot Hotdish Green Beans ~~~~~~~~~~ ***Just Say No meeting 2:45*** ***VB Regional Tournament @ Newman Arena Jmst***	13 Chicken Wraps ~~~~~~~~~~ ***School Board mtg. 7:15am*** ***JH GBB @ Pingree 4:00***	14 ***VB State Qualifier @ Mayville***
15	16 Pizza Corn ~~~~~~~~~~ ***JH GBB @ Napoleon 4:30*** ***JV/Varsity GBB practice begins***	17 Wild Rice Soup Sandwiches ~~~~~~~~~~ ***JH GBB @ Wishek 4:30***	18 Thanksgiving Feast ~~~~~~~~~~ ***Bookmobile*** 	19 Spaghetti w/ Meat Sauce Mixed Vegetables	20 Dakota Nachos	21
22 	23 Terayki Chicken Rice ~~~~~~~~~~ ***JH GBB @ Edgeley 4:30***	24 Sack Lunch ~~~~~~~~~~ ***JH GBB @ Medina 4:30***	25 ***NO SCHOOL*** 	26 ***NO SCHOOL***	27 ***NO SCHOOL***	28
29	30 Stuffed Baked Potato w/ Ham & Cheese ~~~~~~~~~~ ***JH GBB @ Steele 4:30*** ***JV/Varsity BBB practice begins***	1 ***GBB vs. Maple River @ Medina 4:30 (JH, JV, Varsity)***	2	3 ***High School Christmas Concert 7:30*** 	4	5 ***JH GBB Jamboree @ Hazelton***

~~ *Karter Kramlich Kidney Transplant Fundraiser* ~~

State Volleyball Tournament @ Bismarck

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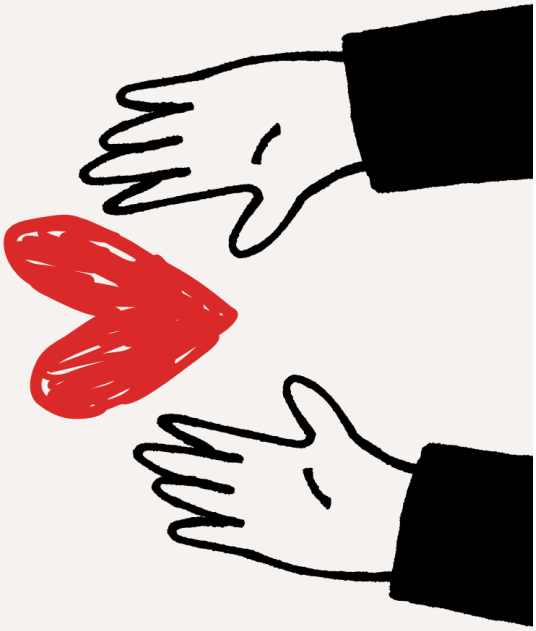
November 2- November 6

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