Edition 26.4
April 26

Midkota Messenger

Inspiring Minds, Building Character, Shaping Futures.

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Superintendent News from Mrs. Halvorson

Spring is moving quickly, and it's hard to believe we have just 36 days of school remaining in the year! This is always a busy and exciting stretch filled with learning, activities, and celebrations as we head toward the finish line.

I want to share an important health reminder regarding measles awareness. Measles is a highly contagious illness, and state health guidance requires schools to follow specific procedures if exposure occurs. If a student is exposed to measles and does not have a record of vaccination on file, they will be required to quarantine at home for a period of time as directed by public health officials. We encourage families to make sure immunization records are current with the school office to help avoid interruptions to learning should an exposure situation arise.

Please note that we will have an early dismissal on Thursday, April 24 at 1:30 PM. During this time, our teachers will be carefully reviewing each student's assessment data, progress, and individual learning needs. Staff will work together to make instructional plans and adjustments where needed. This kind of intentional, student-focused planning is one of the things that makes Midkota so special!

Looking ahead to important end-of-year dates:

- Professional Development/Tutor Day: Friday, May 8th. Student time is 8:30 – Noon.
- Graduation: Sunday, May 24 at 2:00 PM
- Last Day of School: Thursday, May 21, out @ 1:30
- (If we need to make up a storm day, the last day will move to Friday, May 22.)

Thank you for your continued partnership and support as we make the most of these final weeks together.

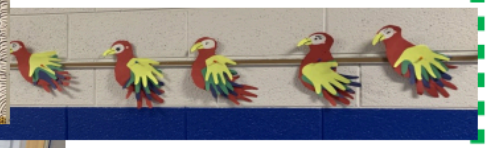
Elementary News from Mrs. Dockter

It's a Jungle in Here!

The month of March was full of reading, jungles, exotic animals, and Mrs. Topp serenading the students. Our hallways and classrooms transformed into a lush green landscape with vines hanging from the ceiling, which was especially appreciated with the gray skies, chilly temps and the snow that won't stay away outside. We participated in some fun STEM activities where we made elephant trunks and monkey ziplines and games in groups made up of students from all grades. We enjoyed Parent Breakfast, a great 5th and 6th grade musical, and closed out our month with a jungle extravaganza of movie choices. The final results are being tallied, and we will be sure to announce our overall word count soon. In the meantime, please enjoy some pictures from our Reading Month happenings.



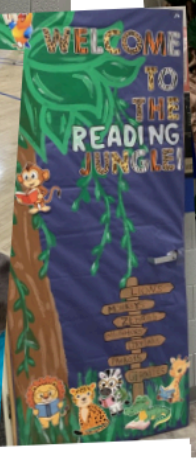












Midkota School District is seeking sealed bids for lawn care services at the Elementary School in Binford for the 2026 mowing season.

Scope of Work:
The successful bidder shall provide all labor, equipment, and materials for:

- Weekly/Bi-weekly mowing of approximately 5 acres.
- String trimming around all trees, fences, and structures.
- Edging of all walkways, curbs, and driveways.
- Removal of all grass clippings and debris from hard surfaces after each service.

Bid Submission: Sealed bids must be submitted no later than April 27, 2026. Bids should include: contractor name and contact information; total price; description of equipment and experience performing similar work (if available.)

Submission Address:
Midkota Schools
203 Curtis Ave. W
Binford, ND, 58416
Katie.Ellingson@k12.nd.us

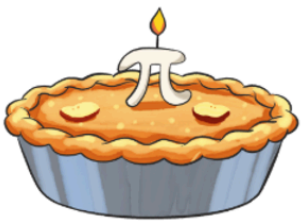
The Midkota School District reserves the right to reject any or all bids and to accept the bid deemed to be in the best interest of the school.

For additional information, please contact:
Kristi Halvorson, Superintendent at 701-785-2126
Katie Zimprich, Business Manager at 701-676-2511

Pie Day Fun



The 5th and 6th graders at Midkota Elementary took **Pi Day (3/14)** very seriously this year... and by seriously, we mean deliciously. In the name of "education," students sampled a wide variety of pies—everything from fruity favorites to chocolatey masterpieces. While not everyone agreed on their favorite pie, one thing was certain: fractions were forgotten, forks were flying, and "just one more bite" became the math problem of the day. The students sure ate this lesson up!



Midkota Speech Shines at Home and On The Road

The Midkota Speech Team has been busy in recent weeks, competing in three tournaments and earning numerous individual honors along the way.

Midkota hosted its home speech tournament on Saturday, February 28, welcoming twelve schools from four different regions for a full day of competition. The Mustangs had an impressive showing across multiple categories. Individual results included:

- Avery Johnson – 8th place in Dramatic Interpretation and 6th place in Humorous Duo
- Sophia Dalman – 6th place in Humorous Duo
- Emily Frohms – Top Novice in Serious Interpretation and 6th place in Storytelling
- Heidi Ramsey – 5th place in Dramatic Interpretation and 2nd place in Serious Interpretation
- Grandin Black – 2nd place in Informative Speaking and 2nd place in Radio Broadcasting

The team returned to competition the following weekend at the Beth Stokka Memorial Tournament, held at Griggs County Central on Saturday, March 7. Midkota was one of twelve teams competing at the meet. Individual results included:

- Amy Ramsey – 7th place in Persuasive Speaking and 8th place in Extemporaneous Programmed Reading
- Emily Frohms – 8th place in Serious Prose and 2nd place in Storytelling

Continuing their strong season, the Mustangs competed at the May-Port CG Speech Meet on Saturday, March 21, earning an impressive 4th place team finish out of 15 schools. Individual results were:

- Emily Frohms – 3rd place in Storytelling
- Amy Ramsey – 6th place in Extemporaneous Programmed Reading (EPR)
- Haylie Spickler – 3rd place in Informative Speaking and 4th place in Impromptu
- Heidi Ramsey – Top Novice in Dramatic Interpretation and 2nd place in Serious Prose
- Grandin Black – 2nd place in Informative Speaking and 1st place in Radio Broadcasting – which makes him State Qualified!

Congratulations to all Midkota Speech Team members for their hard work, dedication, and continued success throughout the season!









MUSTANG OF THE MONTH

BE THE ONE: THAT'S CARING



Karsyn Halvorson is a 12th grader. Her parents are Louis and Kristi Halvorson, and her siblings are Lauryn and Kade. Karsyn is involved in FBLA, Volleyball, Student Council, National Honor Society, and Close Up. In her free time, she enjoys reading and making crafts. Her fear is snakes because she thinks they are weird. She excels in English. A teacher's nomination said, "Karsyn is a dependable, caring, and kind person who always gets her stuff done and is able to work with any of her classmates." Karsyn's advice for other students is be mindful of others. Karsyn's current goal is to graduate. Her future goal is to have a family and to be successful.



Kadence Spickler is a 9th grader. Her parents are Nathan and Emily Spickler, and her siblings are Trace, Haylie, and Quaid. Kadence is involved in Cross Country, Basketball, Track, FFA, and FBLA. In her free time, she enjoys playing sports. She excels in English. A teacher's nomination said, "Kadence is a super caring person who can be counted on in and out of the classroom." Kadence's advice for other students is to work hard and turn in your homework. Kadence's current goal is to qualify for state track and to end the year with a 4.0. Her future goals are to go to college and to live on a ranch.



Emily Frohms is a 7th grader. Her parents are Mary and John Frohms, and her siblings are Jesse, David, and Charlotte. Emily is involved in Speech and Track. In her free time, she enjoys art and reading. Her fear is snakes because her cousin threw one at her when she was little and she has never got over them. She excels in Math, Science, and Art. A teacher's nomination said, "Emily is a wonderful caring person that helps other classmates, shows kindness and determination with everything she does." She shows other students that being kind and helping others out is always a huge impact. Emily's current goal is to get all her B's up to A'S. Her future goal is to become a vet and to travel places she has never heard of.





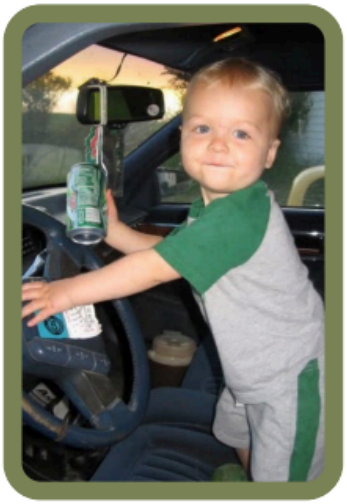


TRENDING

Have you noticed your kids getting excited when they hear or see the numbers 6 and 7 beside each other? Have you watched them do hand motions while slowly saying 6 7 for the last 6 or 7 months? The staff at MES decided to see what it was all about by wearing the numbers 6 and 7 to finish off the math Olympics. While we still don't really understand why this is so much fun, we're sure we heard at least 6 or 7 giggles throughout the day.







Carter Alfred Adrian



1.Which school event do you look forward to this year?
Homecoming Volleyball Tournament and Graduation
2.What's your favorite school lunch?
French Dips
3. What club or sport would you add to Midkota?
Co-ed Volleyball
4.If you could create one mandatory course for future seniors, what would it be?
Physical Education
5.Finish this sentence; "I will always remember..."
Kelsey getting a chair thrown at her
6.Where do you see yourself in 10 years?
Back Home
7.What is your dream vehicle?
Mclaren 600LT
8.What three things would you bring with you a to a deserted island?
My phone, unlimited credit card, 24/7 delivery service
9.Write the school rule you wish we had.
Seniors can leave after lunch
10.You are talking to your 8 year old self, what advice do you give?
Whatever happens, happens
11.What's your favorite quote?
"Do not be conformed to the world, but be transformed by the renewal of your mind. That by testing you may discern what is the will of God. What is good and acceptable and perfect." Romans 12:2

School Board Meeting ~ Midkota School District 7
February 10, 2026, 7:30 AM
Midkota High School, Glenfield, ND

Board Members Present: Bobbi Hoffman, Shian Hoyt, Jed Hasenwinkel, Ross Johnson, Tim Ronningen, and Justin Spickler.
Others Present: Superintendent Kristi Halvorson, Iris Brandt, Linn Dockter, Charla Hoyt, Katie Zimprich

1. Call the Meeting to Order
President Hoffman called the meeting to order with the Pledge of Allegiance at 7:31 and a quorum was established. Hoyt moved to approve the agenda with the addition of 2 open enrollments. Seconded by Spickler, Motion carried.

2. Consent Agenda
Motion by Hoyt to approve the consent agenda. Johnson seconded the motion. Motion carried.

3. Public Comment- None at this time.

4. Reports
Reports were presented to the board and are on file in the business office.

5. Business

5.1 2026-2027 Bus Routes-The board discussed the bus routes for the upcoming school year.

5.2 Set Election Date, Designate Precincts, Designate Polling Places

Hoyt moved to set the School Board election date as June 9, 2026 from 11AM-7PM and designated precincts as GSM-(Glenfield-Sutton-McHenry), Grace City, and Binford with the polling places as Midkota High School, Grace City Schoolhouse Café, and Midkota Elementary. Hasenwinkel seconded. Motion carried.

5.3 Appoint Katie Zimprich as Election Officer

Hoyt motioned to appoint Katie Zimprich as the Election Officer for the June 9th election. Spickler seconded. Motion carried.

5.4 Infinite Campus Support-The board supports Midkota Administration seeking help through the transition of the state mandated switch from Power School to Infinite Campus.

5.5 Open Enrollment

Hoyt motioned to approve the open enrollment request. Spickler seconded. Motion carried.

5.6 Open Enrollment

Hoyt motioned to approve the open enrollment request. Spickler seconded. Motion carried.

6. Committee Reports

6.1 Budget/Finance-None

6.2 Building-The building committee met after the January 13th board meeting. The committee meeting minutes are on file in the district office.

6.3 Curriculum, Technology, & Staff Development, Policy Committee-None

6.4 Sports Cooperative-Met on January 14th. The committee meeting minutes are on file in the district office.

7. Adjournment & Next Meeting

March 19th – 7:30 AM, Midkota Elementary School – Binford, ND

Midkota FACs Program Update

The Midkota Family and Consumer Sciences (FACs) classes have been busy building hands-on skills that students can use for a lifetime. We are excited to welcome Carrie Nichols from the Extension Office into our classrooms to work with students on basic sewing skills.

Students will be learning foundational techniques such as hand sewing and how to properly use a sewing machine. These are valuable life skills that help promote creativity, independence, and practical problem-solving.



FACs Program Needs

As we continue to grow our FACs program, we are currently seeking donations to help expand opportunities for our students. We are looking for:

- Fabric (new or gently used)
- Irons for pressing projects
- Sewing supplies (thread, needles, scissors, pins, etc.)
- Sewing machines in working condition (including all parts, manuals, and accessories)

At this time, our classroom has only one sewing machine, and additional equipment would greatly benefit student learning and allow for more hands-on experiences.

If you or someone you know would be willing to donate any of these items, please reach out. We greatly appreciate the support from our community in helping build strong, skill-based programs for our students.

2026 Washington D.C. and New York Trip



Will you see the changing of the guard? Are you going on a Capitol tour? Will the cherry blossoms be blooming? Do you get to see a Broadway show? One of the many fun parts of going to Washington D.C. and New York is that so many people have memories and favorite moments from their own trips to share with travelers as they anticipate departure. That anticipation was high when many of our juniors and seniors, their two group leaders, and three other parents left for their Landmark Educational Tour of Washington D.C. and New York on Monday, March 23.



Monday was mostly a travel day with just a couple quick stops after landing in DC, including the 9/11 memorial at the Pentagon, before heading to the hotel.

Tuesday we were greeted to a nice sunny day and started it by watching the changing of the guard at Arlington National Cemetery. We also lingered a little longer at the Lee House, which many in the group found very interesting. From there we stopped at the US Marine Corps War Memorial before heading to lunch and then the Holocaust Museum. Later, we visited the Natural History Museum. They had just installed two bison statues outside for the 250th, so the North Dakotans had to take a picture there. Students then had time to explore the museum and the option to check out the American History Museum as well. That night we walked from the Washington Monument to the Lincoln Memorial with a beautiful sunset in the background. We ended the day with cupcakes for Cooper's birthday.





*Washington D.C. and New York Trip continued...*We started Wednesday with a visit to the White House visitors center. Pictures of the White House were set back pretty far because of the construction around the building. We then went to the National Archives and were entertained by the street vendors while we waited for entrance. Lunch was at the Capitol building after a long line through security to get in and we enjoyed our tour there. At this point our step count from the first 36 hours was getting pretty high so a little bit of a bus ride to Mount Vernon was a welcome rest. The nice weather was enjoyed at the open spaces when we got there too. After supper, we went to the tidal basin for our evening tour starting at the Martin Luther King Jr. Memorial. The cherry blossoms were about a day away from peak bloom so we got to experience some of the excitement that time of year brings to DC as well. This evening's walk concluded at the Jefferson Memorial.





Thursday our bags were packed to move the trip north. After checking off a couple more states along the way, we arrived around lunch time in New York City. We first toured Radio City Music Hall before exploring St. Patrick's Cathedral and Rockefeller Center. Then the group headed up 67 floors to Top of the Rock for birds eye views of Manhattan including Central Park and the Empire State Building. From there we walked down to Times Square where a lot of the students enjoyed people watching in addition to shopping. We then watched our Broadway Show "The Outsiders" which was a favorite for some of the students.





Friday we cut things a little short to make sure we had plenty of time at the airport. We still were able to take the ferry out to the Statue of Liberty and afterwards walk to the 9/11 Memorial and the Oculus. We arrived at LaGuardia about five hours early, but made it through check-in and security in about an hour. Our flights went smoothly and we returned to Glenfield in the early morning hours of Saturday, students now equipped with their own lifelong memories.

Thank you!

We had a great trip to Washington D.C. and New York and want to thank everyone who supported us over the last two years. From pizza and product sales to our concession stands and 3x3s plus everything in between, we greatly appreciate our wonderful communities for helping to make this trip possible.

Thank you from all of the students and their leaders!!

Juniors-Jack Adrian, Brooke Anderson,Grandin Black, Hailey Donohue, Lakin Ronningen, Titus Smith, Haylie Spickler, Jessa Spickler, Trace Spickler, and Cale Spitzer,

Seniors-Alette Adrian, Carter Adrian, Lydia Eslinger, Karsyn Halvorson, Kelsey Johnson, Lilly Larson, Payton Sorum, Ava Schaeffer, and Cooper Timm,

Leaders-Gavin Black and Jessica Johnson



More from D.C. and New York













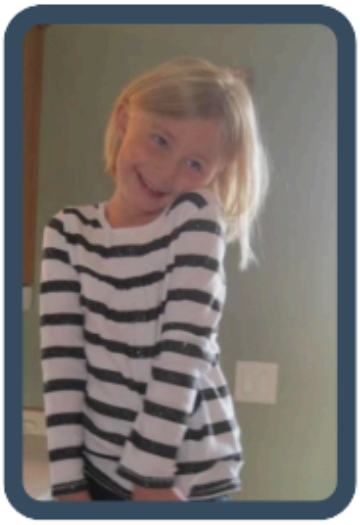




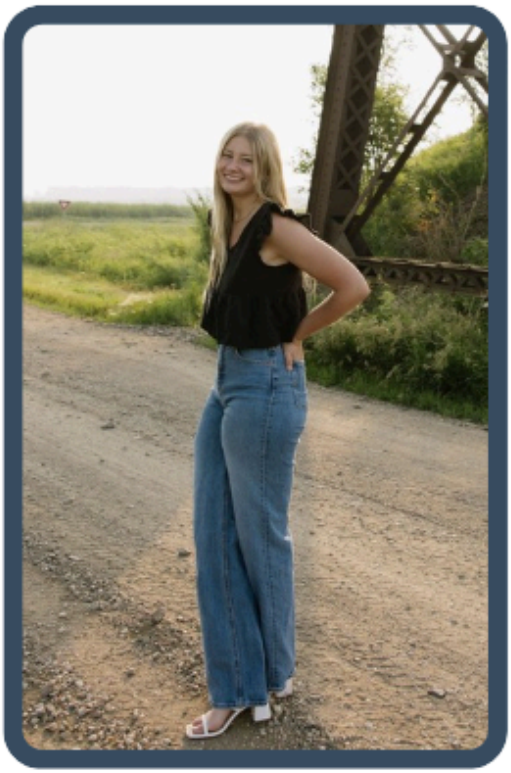








Karsyn Lyn Halvorson



1.Which school event do you look forward to this year?
Graduation
2.What's your favorite school lunch?
Tacos
3. Describe your senior year in three words.
Chill, Fun, Flying
4.What was the most enjoyable book you read in high school?
The Great Gatsby by F. Scott Fitzgerald
5.What is this year's must have fashion item, in your opinion?
Baggy sweatpants and oversized sweatshirts
6.Where do you see yourself in 10 years?
Married and rich with 4 kids
7.What sporting events are the most fun to attend? Why?
Boys Basketball games because they get mad easily
8.What are your 3 best skills?
Procrastination, napping, and scrolling Tik Tok
9.Write the school rule you wish we had.
30 minute naps are required after all tests
10.You are talking to your 8 year old self, what advice do you give?
Stop wishing you were older
11.What make you proud to be from Midkota?
The people

Midkota FFA

Midkota FFA Winter CDE Update

Midkota FFA members have had an exciting and successful start to their Career Development Event (CDE) season! Students recently competed at the Winter CDE contest in Carrington, followed by the State CDE competition in Minot.

For many of our members, this was their first time competing at both the district and state levels. Students represented Midkota in Agronomy, Agricultural Sales, and Livestock Judging. Through these contests, they strengthened their knowledge, built confidence, and gained valuable real-world skills in communication, teamwork, and problem-solving.



Left to Right: Kadence Spickler (9), Paige Black (9), Watson Spickler (10)



Left to Right: Kade Halvorson (10), Watson Spickler (10), Paige Black (9), Kadence Spickler (9), Amy Ramsey (10), Carson Urness (10)

We are incredibly proud of all of our participants for stepping outside of their comfort zones and representing our chapter with professionalism and determination. Competing at this level is a huge accomplishment, especially in our first year rebuilding the program.

We have been sharing updates, photos, and results on the Midkota Facebook page to keep our community involved and informed. We also utilize the Remind app to communicate directly with parents and students about practices, events, and important updates.

Upcoming Event – Midkota FFA Banquet

We are excited to announce that we will be hosting our first-ever Midkota FFA Banquet! The date is to be determined, and the event will be open to the public.

This banquet will be a great opportunity for community members, parents, and supporters to learn more about FFA and what our program is all about. The evening will include a meal, recognition of student accomplishments, and a silent auction. Funds raised from the silent auction will go toward building our FFA chapter budget and supporting future opportunities for our students.

Thank you to our parents, community members, and supporters who have helped make these opportunities possible. Your support plays a huge role in the success of our students and program.

We look forward to continuing to grow and build our FFA chapter throughout the rest of the year!



Mrs. Brandt Receives Award

Congratulations to Mrs. Iris Brandt on being recognized last month at the North Dakota Counseling Association Conference. Mrs. Brandt was awarded the Glenn Dolan Award for her significant contribution and outstanding leadership in the counseling profession and within the community! We are so lucky to have Mrs. Brandt on our team!

Congrats Mrs. Brandt!

WOW



Kelsey Johnson was named to the 2026 NDAPSSA ND Division B Girls Basketball All-State Second Team



ATTITUDE
Is a little thing that makes a big difference between success and failure.

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
*4/14: 4:30p E-VB @ MES vs. BCN Foster Co. Health @ MHS	*4/23: 4p JH BB @ Lakota vs. MPCG *4/27: 4:30pm SB @ Carrington; V, JV		1 Small Group Music Contest @ University of Jamestown	2 4th Gr. Wax Museum 4:30p E-VB @ MES vs. Dakota Prairie NO ASC	3 **NO SCHOOL** **Good Friday**	4
5 **Happy Easter**	6 **NO SCHOOL** **Easter Monday** TBD Boys Golf Practice Starts	7 3p JH Track @ VCSU; 4p JH BB @ Lakota vs. Devils Lake 4:30p BB @ Carrington; V, JV	8	9 TBA Varsity Track @ Fessenden	10 4p BB @ Tolna vs. MPCG; V, JV; 4p JH BB @ Mayville; 4p SB @ McVille vs. Maple River; V, JV; 5p Track @ UND	11 Regional Speech @ Dakota Prairie 11a JH BB @ Park River; 2p BB @ Hillsboro; V, JV
12	13 4p BB @ Tolna vs. Park River; V, JV; 4p SB @ McVille vs. Northern Cass; V, JV; 4:30p E-VB @ MES vs. Four Winds	14 7:30a School Board @ MHS; 2p Varsity Track @ Carrington 4p SB @ Minto; V, JV; 4p JH SB @ Grafton	15	16 1p Varsity Track @ Grafton	17 4p SB @ Langdon; V, JV	18 11a JH Track @ Mayville 1p BB @ Park River; V, JV PROM
19	20 4p BB @ Hope; V, JV 4:30p JH SB @ Devils Lake	21 1p JH Track @ Carrington; 4p BB @ Larimore; V, JV 4p SB @ McVille vs. Grafton; V, JV	22	23 2p Track @ VCSU 3p JH Track @ Hillsboro 4p SB @ McVille vs. Thompson; V, JV; 4p BB @ Mayville; V, JV	24 11a Varsity BB @ Carrington 1:30pm Early Dismissal	25 TBA JH SB & JH BB@ Larimore; State Speech @ Mandon; 11a Track @ Hillsboro; 12p BB @ Carrington vs. NR
26	27 3p JH Track @ Grafton; 4p BB @ Thompson; 4p JH BB @ Lakota vs. PCN; 4p JH SB @ McVille vs. DL	28 Public Health @ MES; 3p Track @ GF 4p BB @ Northwood 4p JH SB @ Langdon 4:30p JH BB @ DL	29 NO ASC	30 4p JH BB @ Lakota vs. H/N 4p SB @ Mayville; V, JV		

Website: www.midkotaschools.k12.nd.us | Facebook Page: Midkota Public School

Archers Aim for Nationals After Great Showing at State

The Kensal-Midkota Archery Team took to the range on Friday, March 20th, aiming for a top ten finish and a chance to qualify for the National Competition. Archers kicked off the weekend with the 3D competition, taking aim at six different animal targets. They returned bright and early Saturday morning to compete in the Bulls Eye contest.

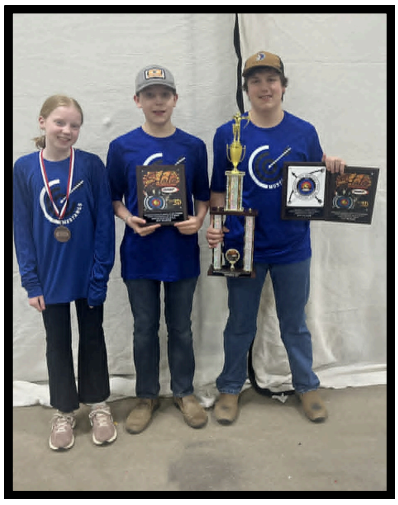
By the end of the weekend, five team members had earned top ten finishes and qualified for nationals—four of whom are Midkota students. Leading the way was Jesse Wessels, who placed 1st in High School Boys 3D with a score of 284 and added a 5th place finish in High School Boys Bulls Eye with a 280. Cole Wessels secured 4th place in Middle School Boys 3D with a 280, Laura Anderson placed 10th in Elementary Girls 3D with a 243, and Kash Ekren took 2nd in Elementary Boys Bulls Eye with an impressive 282.

Several archers also competed for spots on the All-State Team. Kash Ekren and Laura Anderson represented the elementary division, each shooting a practice round followed by a scored round. Both were pushed to a one-arrow tiebreaker, adding to the excitement. Kash emerged from the tiebreaker to earn a spot on the All-State Team. Jesse Wessels was also named to the All-State Team for his outstanding performance.

Jesse's success didn't stop there—he finished among the top five overall archers in the 3D competition, earning the opportunity to take one final shot for a chance at an antelope hunting trip and prize package valued at over $7,000. He didn't end up with the win, but was happy to have a shot at it.

Throughout the tournament, scores and placements were updated live on the NASP app. However, midway through the day on Saturday, updates were turned off, leaving competitors and spectators in suspense. This made the awards ceremony even more exciting, as final placements remained a mystery until they were announced.

Archers who qualified will travel to Salt Lake City, Utah, in April to compete at the national level. Congratulations to all of our archers on an incredible weekend—we are proud of your hard work and accomplishments, and we wish you the best of luck at nationals!







Always show kindness and love to others. Your words might be filling the empty places in someone's heart.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 E: Chicken Nuggets HS: Crispitos	2 E: Tacos HS: Hamburgers	3 **NO SCHOOL** **Good Friday**	4
5	6 **NO SCHOOL** **Easter Monday**	7 E: Scalloped Potatoes & Ham HS: Orange Chicken	8 E: Crispitos HS: Beef Stew	9 E: Spaghetti HS: Roast Beef	10 E: Chicken Burgers HS: Pizza Sticks	11
12	13 E: Hot dogs, Corn dogs HS: Spaghetti	14 E: Chili HS: Chicken Nuggets	15 E: BBQ's HS: Hot Ham & Cheese	16 E: Chicken Alfredo HS: Mini Corn Dogs & Mac-N-Cheese	17 E: Soup & Sandwich HS: Chicken Burgers	18
19	20 E: Meatballs HS: Macaroni Hotdish	21 E: Orange Chicken HS: Pulled Pork	22 E: Hamburger Hotdish HS: Chili	23 E: Pulled Pork Sandwiches HS: Chicken Alfredo	24 E: Pizza HS: Pizza	25
26	27 E: Chicken Noodle Hotdish HS: Tacos	28 E: Beef Stew HS: Chicken Strips	29 E: Meatloaf HS: BBQ's	30 E: Chicken Strips HS: Hot dogs, Polish Sausages, Corn dogs		

Website: www.midkotaschools.k12.nd.us | Facebook Page: Midkota Public School





Trace Spickler was named to the All-District and All-Region boys basketball team. Way to go Trace!





The Midkota High School was visited by musician Kenneth Bender. The students and staff thought it was a great show and enjoyed having a special program during their day.





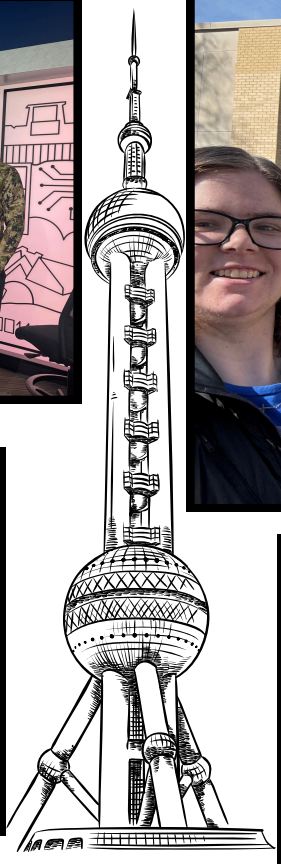
Multi-Media Class Visits WDAY

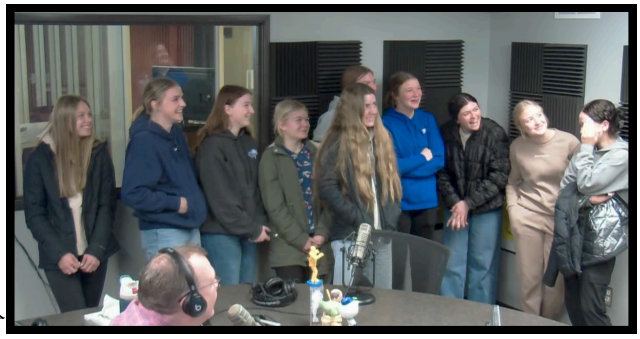
The Multi-Media class took a field trip to WDAY in Fargo. The students broke into two groups, and the ladies got the opportunity to be on air live with Dom Izzo during Hot Mic! The students had the opportunity to view a live news cast behind the scenes from the control room and live with the news anchor and meteorologist.









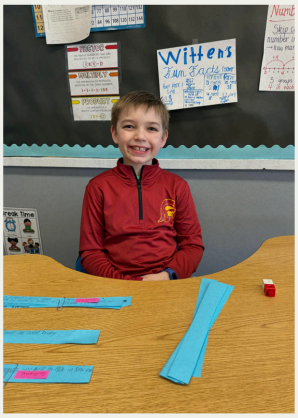


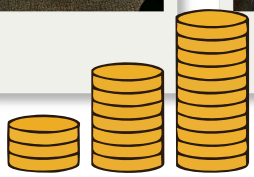
Midkota's Elementary Spring Concert and Kindergarten Graduation will be held Thursday, May 7 at 7:00pm. We are celebrating America's 250th birthday with a patriotic theme to our program. The students and public are invited to wear their best red, white, and blue that night!

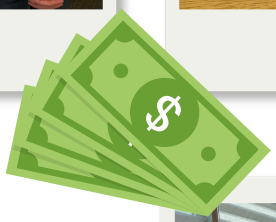












Happy SHOPPING



Mrs. Perleberg's 3rd grade students did a hands-on activity to learn all about economics. Each student was able to create a business that sold a good or service. They learned about setting prices and advertising, and why businesses are important to a community. They were then given class currency to practice their hand at being consumers. Students sold ice cream, lemonade, cookies and candy, fun facts, bracelets, art supplies, and desk organization services. This was such a fun activity for our students to participate in. While all the students ran successful businesses, the ice cream shop in particular seemed to be a hit. Great job 3rd grade!



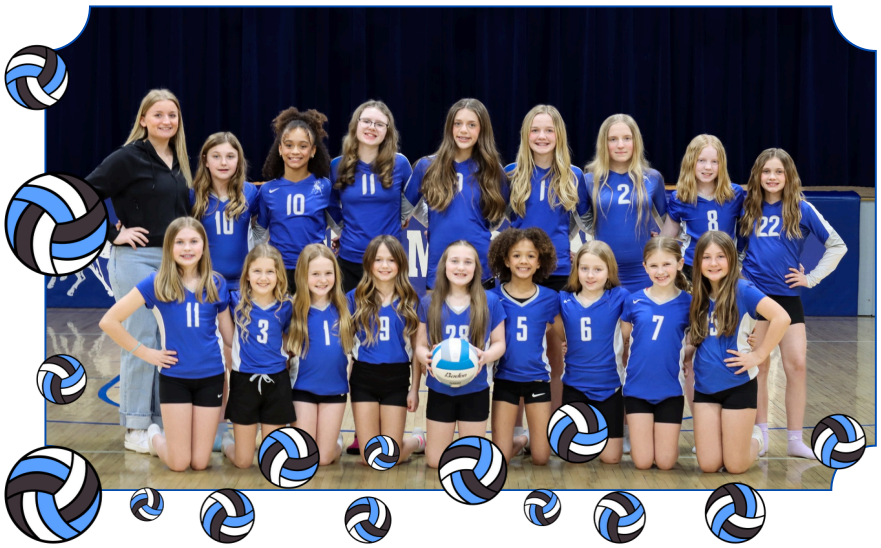








Lady Mustangs Hit The Court



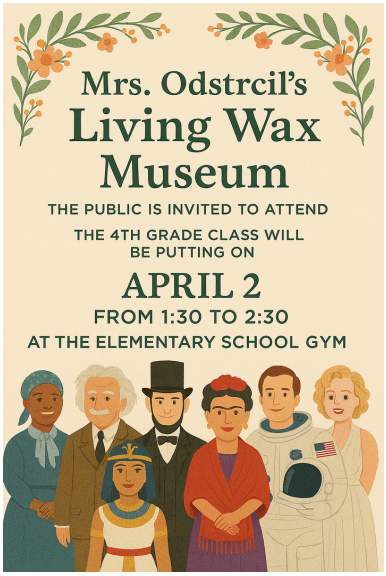
Elementary girls volleyball is well underway. There are 18 4th-6th grade girls out this year from Midkota and Kensal. Coaching the Lady Mustangs is Senior Payton Sorum. Check out the Midkota webpage or Facebook page to find a schedule, and come out and watch these girls get their Bump! Set! Spike! on!

March FFA Members of the Month





Jake Dreher and Harlie Hoyt





INDOOR RECESS - BUT MAKE IT FUN!

With the undecisive North Dakota weather, PreSchool-3rd grade recess teachers decided it was time for a change.



Indoor recess can be overwhelming, overstimulating and chaotic with five classes in the gym at a time! Stations were set up to help keep the students safe and give them options for a variety of activities. This has allowed them to be creative, physically active, competitive, or have a calm space to read. We enjoyed seeing the kids interact with students from other classes!

~Miss Katie, Miss Kim and Miss Renae





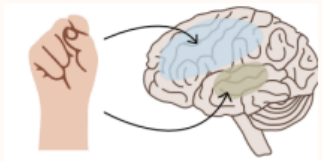


March 2026 Ms. McKenna Frappier

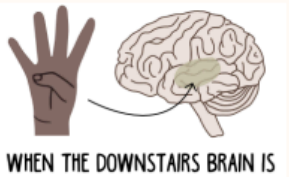
COUNSELOR'S CORNER

"FLIPPING OUR LID"
A Hand Model of the Brain

Have you ever witnessed a child having an intense, emotional outburst of sorts? Even as adults, we ourselves have probably experienced times that something was said in a moment of anger that we then regret afterwards....we've all been there! This is what we would call *"flipping our lid"*, which was the topic for this past month's guidance lessons for grades 2-6. Our brains are INCREDIBLE and they control every process that regulates our entire body! But sometimes, our brains can have trouble when they get overloaded with intense emotions (such as *anger* or *anxiety*), which our brain interprets as potential danger. Now, our brains don't actually "flip" when this happens, but they do flood adrenaline and cortisol throughout our bodies, which then diverts oxygen away from our **thinking brain** (prefrontal cortex), causing our **emotional brain** (amygdala) to take over. We then act purely on emotions rather than logic or reason. Which is why it's important to use calming strategies to bring our thinking brain back into action, creating balance again. Having a balanced mind means that our thinking and emotional brain are connected and working together, helping us think before we act! The hand model is a way to help kids remember this cool concept. :)



A BALANCED MIND



WHEN THE DOWNSTAIRS BRAIN IS IN CHARGE - WE "FLIP OUR LID"

The Prefrontal Cortex

Curl your fingers over your thumb to make a fist. The front of your fingers represent the Prefrontal cortex also known as the "Wise Owl".



Amygdala

Curl your thumb over your palm. This represents your Amydgala, the part that helps you feel your emotions. Your thumb is also known as your "Guard Dog".



Hippocampus

Open up your fingers where you can see the palm of your hand. This part of the brain helps us remember things! This can be known as the " Memory Saving Elephant".





The wise owl makes smart, wise decisions. This is the part of the brain that controls what you're thinking before you act.



The guard dog helps keep you safe and guards you against things that could hurt you. It tells you to freeze, fight or flight when it senses danger.



The Memory Saving Elephant saves both new and old memories and helps us learn. It can help us decide what to do next based on our previous experiences.

Character Matters

Midkota's 5th and 6th grade classes, under the direction of Mrs. Topp and Mr. Christianson, performed the musical Character Matters for elementary and high school students, as well as family and friends. The students began practicing at the start of the school year and dedicated many hours to preparing for their performances.

In this fun and engaging show, the Fairy Tale Advice Council—led by Rapunzel, a Handsome Prince, and a (recovering) Wicked Witch—helps well-known storybook characters work through important life lessons. The Big Bad Wolf learns about the Golden Rule, Cinderella gets help managing her anger, and Jack and the Giant discover that their differences can be a strength. Along the way, characters like Humpty Dumpty and Goldilocks are challenged to take responsibility and practice forgiveness, adding both humor and heart to the story.

Way to go guys! The play was a great success, and so much fun to watch.







