VALLEY CITY

PUBLIC SCHOOLS

FRIDAY Flyer

NOVEMBER 20, 2026

INSPIRE | EMPOWER | ACHIEVE

701.845.0483 | www.hiliners.org


NO SCHOOL
NOVEMBER 26 & 27
Thanksgiving
VALLEY CITY PUBLIC SCHOOLS

PAC the HAC

November 12-24th

A competition amongst the grades!

GOAL OF 3,000 ITEMS

A grand prize of 20 extra minutes of lunch for 7-12!
Treats for the winning classroom Pre-K-6!

BRING IN NON-PERISHABLE ITEMS!

- Box Dinners
- Ramen Noodles
- Canned Vegetables
- Canned Soup
- Packaged Snacks
- Microwave Meals
- Noodles
- Rice
- Hamburger Helper
- Peanut Butter
- Powdered Milk
- Honey
- Mac + Cheese
- Diapers
- Hygiene Products
- Monetary Donations

ALL DONATED ITEMS GO TO THE HI-LINER PANTY, THE BARNES COUNTY FOOD PANTRY, AND THE BUFFALO BRIDGES HUMAN SERVICE ZONE.

Little-Liners

BASKETBALL

FREE to Grades K-2

Focus

To learn fundamental basketball skills while having fun and building excitement for the sport.

Practices

Sundays from 4:00–5:00 in the HAC at the Jr/Sr High School

Practice Dates

Jan 3rd, Jan 10th, Jan 24th, Jan 31st and Feb 7th.

Games

Each grade will play at 1 Varsity or Junior Varsity halftime as well as participate in a Varsity Starting line-up.

To register contact Josh Lagein at

josh.lagein@gmail.com

Preventive Mental Wellness Program for Adolescent Girls

Our Mission:
to improve the self-esteem of adolescent girls through empowerment of self and service to others.

Our Program:
combines evidence-based mentoring and physical activity with proprietary curriculum to support the healthy development of girls grades 2-6 during a transformative time in their lives, a time when self-esteem is typically plummeting. Program pillars include Mental Wellness, Leadership, Healthy Relationships, and Kindness
12 sessions in a season. 1 hour and 45 minutes each.

100% volunteer led.

Valley City, ND PROGRAM DATES & INFO

First Session: 02/23/2027 – SMP Health
Fun Run: 05/08/2027
Last Session: 05/11/2027
Meeting Day/Time of the week: Tuesdays 4:15-6:00pm
Contact: Jill Askin – valleycity.nd@biogirls.org
Learn more: biogirls.org
Registration: 11/24/26
Follow on Facebook for local program info & updates:
BIO Girls – Valley City, ND



It's here!! Registration begins Tuesday, November 24th! Jump on our Facebook page and find the registration link OR email valleycity.nd@biogirls.org and I'll get you all set!

JEFFERSON STEAM

GRINCH MAS



When:
Nov. 30 - Dec. 17

Where:
Jefferson Library

Time:
3:15 - 5:15 P.M.

Who:
2nd and 3rd Graders

JSVC
21st Century Community Learning Centers

Price included within application
Questions? Contact - Allison Wenaas
allison.wenaas@k12.nd.us



VCSU Department of Music Presents

Destinations

Fall Instrumental Concert

featuring VCSU Concert Band & VCHS Concert Band

Friday, November 20, 2026

Concert 7:00 p.m.
Performance Hall, CFA
Free Admission

VALLEY CITY STATE UNIVERSITY

music.vcsu.edu

Not Feeling Well Today?

Your symptoms can help you figure out where to get same-day medical care.

Primary Care Visit
Virtual Video Visit
E-Visit



Get care for symptoms such as:

- ☐ Cold or flu
- ☐ Sore throat
- ☐ Eye redness
- ☐ Earache
- ☐ Rash
- ☐ Insect bite or sting
- ☐ Painful urination
- ☐ Frequent urination

Urgent Care or Walk-in Care
24/7 Video Visit On Demand



Get care for the same symptoms as above and:

- ☐ Minor burns or cuts
- ☐ Minor sprains or strains
- ☐ Minor fractures (In-person only)

Call 9-1-1
Go to the Emergency Room



Get care for severe symptoms such as:

- ☐ Trouble breathing
- ☐ Chest pain
- ☐ Severe pain or serious injury
- ☐ Severe stomach pain
- ☐ Sudden numbness or weakness
- ☐ Fainting
- ☐ New confusion
- ☐ Suicidal thoughts

Not sure what to do?

1-800-714-4646
Speak with a nurse from our Nurse Care Line.

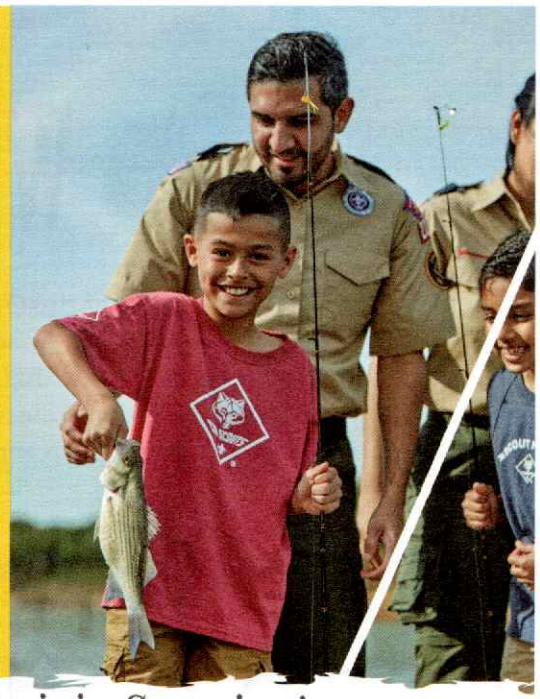
EssentiaMyChart.org
See your online care options.

EssentiaHealth.org/GetCare
Learn more about same-day care.

Essentia Health

PE22467





Boys and Girls Grades K-12 are invited to join Scouting!

Check out the adventures available to all ages with Scout meetings in Valley City!

Questions Text or Call Abe at 701-781-5312

Join Now

Follow us on Facebook

COME GET HOOKED ON SCOUTING!

JOIN TODAY!

Cub Scouting is fun for the whole family! In Scouting, kids start with their best right now selves and grow into their very best future selves. It's hands on learning and achievement that puts kids in the middle of the action and prepares them for life!

JOIN TODAY AT BEASCOUT.ORG

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NLC New Life Church

Community Thanksgiving Fellowship Meal

Thanksgiving Day

11:00 AM

FREE

New Life Church
520 Wintershow Rd SW

Scan here

