

March 2019



Volume 14 Issue 7

Medieval Times



Hello All,

This month was a busy one. It's fun to see everyone at tournaments, see our kids excel in Spelling and Geography Bees, and have so many chances to watch our kids doing things they enjoy. One of the most fulfilling parts of my job is watching kids go out, have fun, and show their passion for sports, academics, and the CTSOs they dedicate their time to.

As March comes around, we turn our sights to the last months of school and completing our academic goals for the year. Teachers will be administering state tests and doing everything they can to get through the curriculum they are expected to address during the year. One of the most important things you can do as a parent is to help your children get quality sleep at home during this time. The following are the recommended amounts of sleep for children from the American Academy of Pediatrics (as adopted from the American Academy of Sleep Medicine):

- Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.

Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health.

(<https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>, 02-27-2019)

I would be surprised if a lot of our kids, especially as they get older, are meeting these guidelines.

If you struggle to get your kids to bed on time, here are some great tips ([Alaska Sleep - Tips](#)) from The Alaska Sleep Center. Using the ideas here can help get your kiddos to sleep on time on a regular basis. As an educator and parent, I know that the most important is to get rid of the electronics early in the night. Teaching your kids to disconnect is the best way to make sure they are able to get a full night's rest. As recommended by sleep experts, experts on social media use, and even law enforcement dealing with online harassment and child trafficking, keeping their smartphones and other communication devices out of their bedroom is good parenting. I also know the struggle is real when it comes to parenting our kids, so my only hope is that some of the information here can be your ally in that struggle.

Have a great March!

Sincerely,

Bart K. Hawkins, Superintendent

North Star School District 99M

bhawkins@nsschools.org



North Star Events and Activities



March

Sun Mon Tue Wed Thu Fri Sat

					1 *1/2 PIR Day No School	2
3	4 *JH Choir Festival-Havre	5 *District Science Fair-Havre-7am	6	7 *Miss MT- Elem-1p, HS/JH- 2:30p *Heritage Trip Pizza Hut Fundraiser-10a-all day-Havre	8 No School	9 *State BPA-Billings *Elem BB in Havre 19 AM
10 *State BPA-Billings 	11 *State BPA-Billings *NO SCHOOL No School	12 *State BPA-Billings *Track Practice begins	13	14	15 School in Session	16 *Elem BB in Gildford 10 AM
17 *State Science Fair-Missoula 	18 *State Science Fair-Missoula *Gr 6-8 Band Festival-Havre	19 *State Science Fair-Missoula *Showcase-S&D, FCCLA & Music -Rud 6:30	20	21 *State FCCLA-Bozeman *End of 3rd QTR	22 *State FCCLA-Bozeman No School	23 *State FCCLA-Bozeman *Elem BB in Chester 10 AM
24	25	26 *HS/JH Parent/Teacher Conferences- 4:30p-7:30p	27	28 *Elementary Parent/Teacher Conferences- 4:30p-7:30p	29 *School Ski Trip to Show-down	30 *Elem BB in Big Sandy 10 AM 
31						

Student Spotlight

Joshua Campbell—Fifth Grade

FUTURE PLANS - I don't have any yet.

BEST MEMORY - My first time Tubing

FAVORITES

CLASS - Reading/Writing Stories

FOOD/DRINK - Dirt & Worms/Milkshakes

SPORT/ACTIVITY/HOBBY - Tubing and Camping

COLOR - Dark Purple

SPORTS TEAM - New York Jets

Quinn Trueax—Seventh Grade

FUTURE PLANS - To go to college and get a job as an Architect or Veterinarian

BEST MEMORY - When I went to Whitefish for my birthday with my cousin Liddie

FAVORITES

CLASS - History & English

FOOD/DRINK - Watermelon Anything/Cranberry Sprite

SPORT/ACTIVITY/HOBBY - Dance and Volleyball

COLOR - Purple

SPORTS TEAM - Bobcats (College)/Packers (NFL)

Ethan Federspiet—Junior

FUTURE PLANS - Attend a Trade School

BEST MEMORY - Hanging out with friends

FAVORITES

CLASS - Shop

FOOD/DRINK - Cheeseburger/Vanilla Milk

SPORT/ACTIVITY/HOBBY - Football and Xbox

COLOR - Blue

SPORTS TEAM - The Packers





A Visit to the High School

By Maci VanWechel
and Kacn Peterson

We had a lot of fun at the high school. First, we did a buddy read. We read a book to a high schooler and they read to us. Seckint, we had a pepasembly . We lisined to music by the pepband and we did chears. Next, we ate lunch with the high schoolers. Last, we played games like duck –duck –guse and simin – ses. We went back to the elimetry. We wer good on the bus. We had a lot of fun!





Camp Read-A-Lot

By Richter Knutson
and Kaylee Horel



I love to read month is called Camp Read – A-Lot. We have a goal to read lots of books. We do crafts in it. We read under a tent. We both made a camping poem. Tomorrow we will get to dress up as a camper or a hiker. We get to vote on books that a guest reader reads. We get to read a lot. It is fun.

Things We Have Done

By Abigail Hawkins,
Brady Campbell
and Coty Richey

School is fun. We are doing plus and minis. Now we are doing tens and ones. We have been learning about Martin Luther King Jr. This week we are learning about presidents. We had fun at the Valintines party. We all brot treats. We played pas the bear and Brady won. The hunderith day of school is coming up. Now you know what has happened in school.



Finally Above Zero—It's SNOW Time!

We were finally able to go outside and play this week. All the kids worked hard at building an amazing snow wall, tunnels, caves and forts. Go Knights!



Building Forts and Friendships!



Just Chillin'!



Jumping Rope



This year, I have had the great pleasure of instructing Physical Education at the Elementary for grades K-5. It has been a learning experience, but so much fun! The children truly love P.E. and it has been an enjoyable challenge for me to find ways to incorporate life skills into learning and working on physical skills. Right now in P.E., we are doing a month-long unit on jump rope skills. This unit has been perfect for doing just that!

Why do a unit on jump roping? Jump roping is a great foundational skill with many applications to a wide variety of other sports and physical activities. Not to mention, it's a fantastic form of exercise and promotes good overall fitness! Jump roping is also easily ac-

cessible. The equipment is very simple and easy to acquire—all you need is a jump rope! It doesn't require a lot of space, and it's something that can be done with a group of people or solo, making it easy to do any-time and anywhere. Jump roping is an activity students can learn and carry with them for life!

What I like best about this unit, though, is the intangible "life skills" we're also able to work on as we go. We have talked a lot about having a positive attitude when learning a new skill. For many students, especially in the younger grades, jump roping is a brand new skill or one they are just starting to learn. We talk in each P.E. class about keeping a positive attitude, following directions, and working hard to improve. It has been really great for students to see how keeping a positive attitude can help them improve their skills.

Another intangible we are working on in this unit is goal setting. In each P.E. class of this unit, students have a chance to try to join the "One Minute Club" or the "Two Minute Club," where they must maintain a steady rhythm of jumping for either one full minute or two full minutes, without stopping. If they can do that, they get to write their name on the "One Minute Club" or "Two Minute Club" poster. We talk about the importance of trying your best, and even if you don't get it, just try to jump for longer today than you did last time. Students are learning not only concepts of pace and endurance through this activity, but also about trying to be better today than we were last time, and what does it take to achieve that?

The last intangible goal that I believe we are working on in this jump rope unit is what I call "the importance of doing hard things." Jump roping is NOT EASY! Jump roping for one or two minutes straight is NOT EASY, especially for children! My goal is to help students understand that if they work hard and persevere, keep a positive attitude and don't give up, that they can do hard things. This is something that comes back to our district's goals of encouraging a growth mindset, and is a skill that I'm hoping students will be able to apply to their academic subjects as well. It has been really interesting to watch students go from thinking "I can't do this," to, "I am trying my best," and even to "I CAN do this!" and the confidence that goes with that!

As we wrap up our jump rope unit, the older grades will be working on creating short jump rope routines and sharing their routines with the class. Younger students will be continuing to build on their foundational skills of jump roping, and doing some jump rope related games. Everyone will continue to try for "One Minute Club," and "Two Minute Club." Just like every unit we do in P.E., some students really love this unit, and others do not, but my hope is that throughout the month, they are improving not only their jumping but also on their growth mindset and other skills that they can carry with them throughout their time at North Star and beyond!



By Mrs. Katie Bangs



6th Grade Results:

Blues:

Madelyn Myers- Taste Buds Taste
Ecko Fraser - How Stars Move

Reds:

Jon Schaumloeffel and Casey Richey- Air and Helium
Brodie Jackson - How Does a House's Shape Help it Stand an Earthquake?
Devon Valdillez and Holden Skryja - Paper Helicopter
Faith Keith and Madison VanWechel- Fluffy Slime
Keaton Chinadle and Andrew Harvey - Rocket Aerodynamics
Skyla Gilead-The Perfect Jump Shot

7th Grade Results:

Blues:

1st place - Quinn Trueax - Testing the Effects of Environmental Factors on the Strength of Glue
2nd - Carter Campbell - The Effect of Temperature on the Respiration Rate of Mealworms
3rd - Kira King - How do Different Liquids Affect Flowers?
4th- Michael Berg - Testing the Effects of Fabric Softeners on the Flammability of Different Fabrics.

Reds: (no particular order):

Chris Burkhartsmeier - Studying the Effects of Liquids on the Corrosion of Metals
Jessica Troup - The Effect of Temperature on the Fermentation of Yeast
Emily Connor- Music and the Human Body
Brienne Stoltz and Kayli Fleming - Reaction Rates
Tristen Swick - Studying the Effect of Gravity on Velocity and Force
Gavin Clawson and Xander Searles - On Fire!

8th Grade Results:

Blues:

1st-(Team)Colton Spicher and Garrett Spicher - Silver, Valuable Commodity or Deadly Toxin?
2nd-(Team)Raine Watson and Brooklyn Hansen - What's In Your Water?
3rd-(Team)Porter Ditmar and Gavin Spicher- The Effect of Agriculture on Reservoir water in Hill County
1st-Dylon Melby-The Effect of Temperature on the Elasticity of Racquetballs
2nd-Laynie Sattoriva - Comparison of the Water Absorption and Flame Resistance of Different Sheep Wools
3rd-Ty Hansen- Deflate-Gate

Reds:

Ryan Seidlitz - Let's Get That Bread
Ereka Harvey- Testing the pH of Bottled Water
Travis Otto- Testing the Effect of pH on Enzyme Action
Tristan Sterner and Mythias Cole - How Temperature Affects the Speed of Sound
Kaytlyn Domire - How Temperature Affects Pressure
Joey Wendland - The Law of Conservation of Mass

Yea, another Science Fair is in the books and was it a rollicking great time!!! We had the 6th grade join us, and they had some AMAZING projects. We were also very excited to see the large number of community members who stopped by to see our projects. Students who earned a blue ribbon will now head to Havre for the Regional Fair on Tuesday, March 5. The Fair will be held at the SUB Ballroom on the MSU -Northern campus. 1st round judging starts at 9:30 and will last until noon, and the 2nd round will start at 1:30. The projects will be open to public viewing at 3:30. Any student earning a blue or purple ribbon at this fair will be eligible to attend the State Fair in Missoula, March 17 - 19. We hope to see you there!!



North Star FCCLA Traffic Safety

North Star FCCLA was fortunate to receive another traffic safety grant from the Department of Transportation, Ford Safe Driving Skills and National Road Safety Administration in November. Since that time, we have worked to prepare programs to address the traffic safety needs of our school and the community. This year, our focus was on Drowsy Driving as that is a

concern in our rural area and the use of unimproved roads. Chapter members have worked hard to make an impact and we have been successful on many levels.

We started by naming February as Traffic Safety Month at North Star Schools. At the Middle School and High School, members put a red magnetic clip on each locker and used those to attach a postcard with a traffic safety message. Each Monday, for 5 weeks the message was changed to address a new topic. A variety of these messages was also shared at the elementary school for grades 3-5. Messages included types of distracted and impaired driving, drowsy driving, seatbelt use and Montana teen driving statistics.

Chapter members Paj Peterson, Olivia King and Shayla Borlaug took the lead this year and planned both the Elementary program and the Middle School High School programs. These young ladies were helped to facilitate the Elementary program by Bailey Spicher, Kenidee Wolery, and Katie Berg. Students in grades 3-5 were able to experience impaired driving with the use of drunk and drug goggles as they attempted to play corn hole and catch items tossed at them. They also worked on distracted driving as they tried to text a message while running through an obstacle course. Those



students finished their program by creating bumper stickers with a safe driving message and were given the opportunity to sign a commitment to not drive drowsy. The students in grades K-2 worked on not being a distraction to the driver and personal safety habits. They participated in a role playing scenario about safety when riding the school bus. It was fun for them to identify students who were doing things correctly and those that needed reminders to sit in their seats and visit quietly with their seat partner. The highlight of their afternoon was getting to use the drunk goggles to try and catch bean bags and then toss them at a target. These students created stop lights and talked about being safe as a pedestrian when crossing the street when walking or on a bike. At the end of the afternoon, these students also signed the commitment to not drive drowsy. All elementary students took home a coloring book and crayons with traffic safety reminders in them as well as a stainless steel water bottle to fill with ice water to help them remain alert when traveling.

North Star FCCLA Traffic Safety Continued...

Students at the middle and high school attended a Traffic Safety resource fair in early February. Students listened to opening remarks and then rotated through six stations to learn more about traffic safety issues affecting teen drivers. At each station, two FCCLA members relayed more information about the traffic safety issue they represented and then conducted an activity to



illustrate why that problem was a concern for drivers. Students experienced drunk driving by using drunk goggles and riding a small scooter around an obstacle course. The drug goggles were used while playing corn hole and further challenged when they had to catch their bean bags to play. Drowsy driving statistics were covered in a true/false game that challenged students to determine if the facts presented were true. In addition, they had the experience of wearing drowsy driving goggles and riding a small plasma car through a course with obstacles darting out at them. Distracted driving while

texting is a big issue so students were timed as they texted a message and then texted the same message while running an obstacle course. All challenges they faced were meant to illustrate that it takes your eyes to see, your hands to text and your brain to think about what you are doing. These are the same visual, manual and cognitive skills that driving requires which is why any form of distraction while driving an alarming concern. All students were again offered the opportunity to sign the commitment poster promising to not drive drowsy and were given a stainless steel water bottle to fill with ice water when driving home late or to practice early in the morning to help them stay alert.



The messages about traffic safety were shared with the community at two basketball games with a PSA that was read, an insert in the basketball program and an invitation to sign the commitment poster to not drive drowsy. In the end, we had over 600 signatures on our poster. We support the Montana Department and their Vision Zero campaign as well as the National Road Safety Administration in their efforts to bring awareness to drowsy driving. We were happy to be a part of this effort.

Heritage Trip Fundraisers

Come support the classes of 2020 & 2021



Pizza Hut

March 7, 2019

Dine in or Carry out

Need to mention the North Star fundraiser



Come eat homemade soup

Every Thursday at Cenex/Farmer's Union

in Rudyard

Starts February 14, 2019



Donkey Basketball

Thursday, April 18, 2019 @ 6:30 p.m.

food, fun, and laughs

In the gym in Rudyard





LFL-Little Free Library

Check out what's new in Rudyard! The Chirping Meadowlarks 4H Club has placed a Little Free Library right down the road from Toner's.

What is a Little Free Library (LFL)? A LFL is a national program that anyone can use—neighbors, friends and passers-by. The books are always free. **Take a book...**if you see something that you'd like to read, take it! It's for you. Some books include a note about who gave it or has read it. You may leave your own note in it when you're done. **Share a book...**When you're finished with a book,

you may pass it along to a friend or return it to this library or any other Little Free Library. **Leave books...**Your books are welcome at any LFL. If this one is full there is another Little Free Library at the Havre IGA. The mission of the Little Free Library is to inspire a love of reading, build community and spark creativity by fostering neighborhood book exchanges around the world. For more information about the Rudyard or Havre Little Free Library please contact Reba Domire at 390-1343 or Cassie Solomen at 390-4242. For more information about the Little Free Library program visit www.littlefreelibrary.org

Science + Math

Science and Math Exploration for Middle School Girls

The 26th Annual Expanding Your Horizons in Science and Mathematics (EYH) Conference will be held on **Saturday, March 30, 2019, 8:30 AM to 3:30 PM at Montana State University in Bozeman.**

The focus of the workshop is to encourage young women in grades 6-8 to explore a variety of math and science related professions through fun and creative hands-on workshops. **Conference registration will open March 4, 2019** and cost is just \$30.00, which includes lunch and supplies. Space is limited to 240 participants and is determined on a first-come basis. Register early!

Registration forms will be sent to Mrs. Spinler at the beginning of March. Students may also learn more about the conference at : <http://ato.monanta.edu/eyh/index.html>. Registration forms will also be available online after March 4.

For further information or questions, contact EYH Program Manager, Nicole Soll, at (406) 994-6633 or Nicole.soll1@montana.edu

NANCY REYNOLD'S MEMORIAL SCHOLARSHIP

Scholarships will be awarded in memory of Nancy Reynolds to students pursuing a degree at an institution of higher education. Applicants must be a graduating senior living within the former boundaries of the KG School District or a graduate of KG High School. Priority will be given to candidates who have completed at least two full semesters or three full quarters at a college or university. Applicants must possess a good academic record, show a desire to better themselves and have a need. The amount of the scholarship will be determined by the number of students chosen to receive the award. The recipients of the scholarship will be announced at the North Star Graduation on May 18, 2019. Anyone interested in the scholarship may pick up an application by contacting Ginny Reynolds 265-9785, Kathy Preeshl 355-4481 (W), 376-3183 (H), or you may pick up applications at North Star High School.

The completed scholarship application must be returned to Ginny Reynolds, 570 Road 403 N., Havre, MT 59501, on or before Wednesday May 1, 2019. Please allow sufficient time for Post Office to deliver application by Wednesday May 1, 2019.



P.O. Box 202501
Helena, MT 59620-2501

[REGISTER NOW!](#)

Montana DRIVE One-Day Summer Workshops June 3 through August 8, 2019

Learn to respond safely to driving risks and become a better driver!



Come to Lewistown this summer for a fun and active behind-the-wheel workshop that improves driver skill and confidence. All drivers are welcome and training costs less than a crunched bumper.

For drivers over 55, the completion of this workshop can lower auto insurance premiums. Check with your insurance agent to learn more.

Space is limited and workshops fill up quickly. \$10 off if registered by March 5.

TO REGISTER: Visit [Montana DRIVE](#) for registration details and 2019 workshop calendar. All workshop participants must pre-register and pre-pay the workshop. The cost for a one-day adult workshop is \$330. Register by March 5 for an early registration discount of \$10.00. [Submit your registration online](#), receive an invoice, and pay within 30 days.

TEEN WORKSHOPS: Montana DRIVE Teen Week is scheduled for July 22-26. ***Registration for the teen workshops will begin in March.***

Since 1979 our professional driving instructors have trained more than 14,000 drivers in off-road recovery, skid control, and evasive maneuvers. Montana DRIVE summer workshops include two hours of classroom instruction and six hours driving vehicles on a safe, closed track adjacent to the Lewistown Airport. The one-day workshop is limited to 12 drivers per day. Watch our [YouTube video](#) for an introduction to some of the driving exercises featured in the workshop.

Share this announcement with co-workers, friends, and family. And please register early to get the workshop day you want.

For more information, call: (406) 444-4432 or e-mail questions to montanadrive@mt.gov.

"The Montana Office of Public Instruction provides vision, advocacy, support and leadership for schools and communities to ensure that all students meet today's challenges and tomorrow's opportunities."



HEDA's Attic

Thrifty for you
(N. door) Hingham School

Open 9-12pm

1st & 2nd Saturday Each Month

To help with your donations

Call or txt

Jason.	406-551-0864.	Rose.	406-262-4675
Bill.	406-390-1911	Grace.	406-539-7638
Brent.	406-390-2627.	Jessica.	406-680-7084
Sharon.	(Txt only) 406-390-4464		

We have housewares, kids clothes, kids skis, golf clubs-
(3 sets), Material, puzzles, antique items and collectibles

HEDA also offers gym memberships,
Gym / Lunchroom rentals

Or join

Laurie Chvilicek & Chvilicek Music (N.door)

Monday thru Thursday

Jessica Wall & Farm Fitness (S.door)

Tuesday's and Thursdays

Also remember our Duffers Golf Tournament in June





North Star Booster Club Dues

\$25.00 per family
\$50.00 business membership Funds
support school activities K-12

Send checks to either school in care of North Star Booster Club. Thank you for your support.

Shoes, Shoes, Shoes...



North Star Elementary is still collecting new or gently used shoes (no holes, laces if applicable, clean and still have life in them) as a fundraiser for new playground equipment. Collection sites include both school campuses, Hi-Way Bar and K-lanes. Please contact Jessica Myers if you have any questions at jmyers@nsschools.org or 397-3281. Our goal is to collect 10,000 pairs and we are only at 3,500! Keep them coming!!

Box Tops



North Star Elementary is once again collecting Box Tops for Education this year. You can find them on various grocery and sundry items, clip them out, gather them up, and turn them in to the Elementary. Then, three times a year they are submitted to Box Tops headquarters and we get a check in return. The money earned has been used toward purchase of playground equipment and recreation supplies for

our students. Collecting Box Tops is a great activity for kids as they are not only helping out our school, they can practice their cutting skills. Please double check that you are not submitting any expired Box Tops and do your best to cut them out accurately. If you have any questions, contact Katie in the Elementary Office. Thank you for helping contribute to our school!

Trustee Candidates may file for Election

DECLARATION OF INTENT AND OATH OF CANDIDACY FOR TRUSTEE CANDIDATES

Forms for the upcoming Trustee Election to be held on Tuesday May 7, 2019 are available.

Forms may be picked up from Kathy Preeshl (election administrator) at the High School Business Office located at North Star High School, 105, 3rd Ave NE, Rudyard, MT 59540

NO CANDIDATE MAY APPEAR ON THE BALLOT UNLESS HE OR SHE MEETS THIS DEADLINE.

(13-10-201, 20-3-305 MCA). (No earlier than 145 days or not later than 40 days before election).

Candidate must be registered to vote at the time the Oath is filed.

Trustee Positions open for a 3 year term

Trustee Position open for a 2 year term

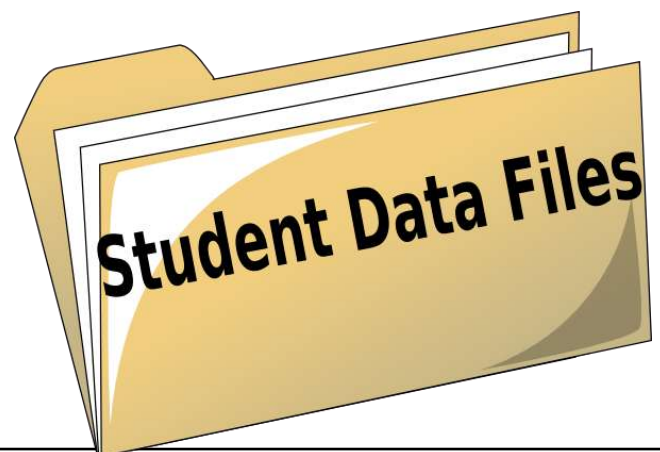
Any candidate that has already filed for election, but wishes to withdraw their name, may do so by sending a statement of withdrawal to the election administrator, no later than 5:00 PM the day before ballot certification. (20-3-305(2)(b)MCA), (Thursday April 4, 2019 by 5:00 PM)

Candidate forms must be picked up and returned by 4:00 PM on Thursday March 28, 2019.

Transcripts

Beginning with the Class of 2019 and subsequent classes, transcript requests can be made electronically through Parchment. Transcripts are free for two years following graduation. After that, there is a \$3.15 fee that will be collected by Parchment. Destinations such as colleges, NCAA, Common Application or yourself can be requested. In three easy steps, you can order your transcript:

1. Register for your free account at parchment.com.
2. Request your transcript.
3. Track your transcript. A student can not only request a transcript but explore and compare colleges and analyze admissions data. Visit parchment.com. If you need further assistance, contact Rose Spinler or Carol Tempel.



Upcoming Events:

March:

1st-2nd-Girls State Basketball Tournament-Great Falls
7th-9th- Boys State Basketball Tournament-Billings
9th-12th-State BPA-Billings
10th-Daylight Savings Time Begins
11th-State BPA No School
19th-S&D/FCCLA/Music Showcase-Rudyard Pit 6:30p
21st-23rd-State FCCLA-Billings
21st-End of 3rd Quarter
26th-JH/HS Parent/Teacher Conferences 4:30-7:30p
28th-Elementary Parent/Teacher Conferences 4:30-7:30p
29th- School Ski Trip to Showdown

April:

5th-6th—District Music Festival in Havre
8th-10th--State SkillsUSA (No School Monday)
10th—Montana Shakes! Performance/Workshops
19th-22nd—Easter Break
26th—Mid-Quarter

May:

3-4th—State Music Festival in Missoula
8th—District Track & Field in Havre
15th—Triangle Telephone/Hill Co. Electric Youth Coop Day-Gildford
16th—Divisional Track & Field in Great Falls
18th—Graduation-Rudyard @2pm
23rd—Student Last Day/End of Qtr. 1:30p early out
24-25th—State Track & Field in Laurel
27th—Memorial Day

