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Volume 9, Issue 8
April 2019

FYI:

Please check out the school website at:
<http://www.mcclusky.k12.nd.us>

The power school site at:
<https://mcclusky.ps.state.nd.us/public>

Reminders:

NO SCHOOL

April 19 and April 22 for Easter Break

CONCERT

Music Concert will be April 30 in the High School Gym at 7:00 pm

THE MISSION...

... Of the McClusky Public School and community is to empower all students with the knowledge, skills, and attitudes to meet the challenges of our changing world.

Our vision is...

WE EXPECT SUCCESS

MSN

McClusky School News

Dale Ekstrom-Superintendent
Sarah Beck-Principal
Andrea Lauer-Business Manager

News and Reminders from Administration to Students and Parents:

- Parents – Students grades six through eleven have registered for required and elective classes for next school year, 2019-2020. Please speak with your child(ren) about the classes they wish to take. If you would like a copy of the classes they registered for, speak with Ms. Beck and/or Mrs. Herman, our counselor, or Ms. Logsdon, our counseling intern. If you, or your student want to make any changes, the final deadline for class changes is Tuesday, August 13. Thanks for your cooperation in this matter.
- Parents – McClusky Elementary School will host preschool and kindergarten students and their parents for two nights April 16 and 23 from 6:00 to 7:30 PM in the elementary kindergarten and preschool classrooms. Teachers will cover topics such as expected behaviors in school, alphabet and number activities, story time, how to check out library books, and following direction activities. Parents will be asked to fill out forms/register students and learn about daily schedules/routines, things to work on in the summer, activities their child(ren) will learn in kindergarten/preschool, and assessments we use in kindergarten and how and why they are used. First District Health will provide vision and hearing screenings and Lone Tree Special Education Unit will provide development screenings for those students coming into preschool and/or kindergarten. Vision and hearing screenings will be provided April 23 while Lone Tree will provide screenings during the day (any Monday before school is dismissed for summer) by appointment. Parents are strongly encouraged to sign up as soon as possible by calling the school and/or filling out the Gearing up for Preschool and Kindergarten form, found in the administrative offices at the high school, and returning it to the school. Finally, preschool children must be four years of age by July 31 and kindergarten students must be five years of age by July 31 of the upcoming school year.

Hot lunch

Shari and Brandi

So, for the month of March Menu, we did a little something different to go along with Reading month. We decided that one day each week was going to be a surprise and they had to guess what we were having and if you get it right you get a treat. So, the first week was Lady and the Tramp Special, which was Spaghetti and meatballs. The next week we had Ratatouille's Special Menu, that was Minestrone Soup. The 3rd week was Tiana's Place Special from The Princess and the Frog. This one was the most fun to us, because we had so many different guesses, we had made Chicken and Waffles. The last week was Dumbo under the Big Top, we are having Corndogs and popcorn cake with peanuts and M&M's, and apples with caramel. Thanks to the teachers for including us in a little bit of the reading month.

Social Studies

By Mr. Senske

The 7th/8th grade students just wrapped up three quarters of early U.S. History and will be moving into North Dakota Studies for the final quarter of the school year. During these closing weeks we will be taking a look at the geology, geography, flora, fauna, people and cultures that make up our great state. The sophomore students have been working on the Industrial Revolution and the worldwide impacts that it still has around the globe today. They will be moving into World Wars I and II in the coming weeks. After spending time on the United States involvement in World War I, the juniors cruised through the jazz age and into the Great Depression. They will be learning about the United States' involvement in World War II and the Vietnam War the remainder of the year. The seniors are getting anxious but will spend the rest of their high school social studies careers learning about the civil rights and liberties guaranteed to us by the United States Constitution. They will be participating in multiple Supreme Court simulations focused around those rights and liberties. The spring is already flying by and May 23rd will be here before we know it!

Acalympics

By Mrs. Netzloff

The McClusky Junior and Senior High Acalympic Teams traveled to Wing for the annual Acalympic Meet. Those on the Junior High Team were Easton Frey, Jayce Lauer, Parker Jerkovich, Dylan Faul, and Greg Felchle. The start of the meet was not going so well, but by the end of the meet, they had to go into a tie breaker for third place. They did not answer the question correctly, and so received fourth place in their division. It was an exciting match! The Senior High Team members were Carson Houser, Jacob Strobel, Kassidee Logsdon, Baylee Parsons, Baleigh Ripplinger, and Kaleigh Naser. These students worked hard for the complete meet and won second place in their division. The students all need to be commended for a job well done. It was a GREAT evening!!



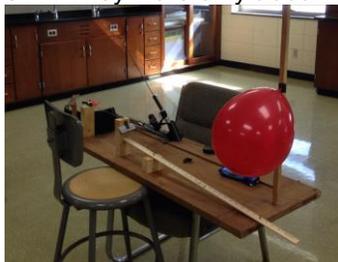
Science Happenings

By Ms. Potts

Classes are zipping right along. The 7th graders have started a new book, *The Diversity of Living Things*. They also recently presented their first PowerPoint presentation about their favorite dog breed. The 8th graders erupted their volcanoes and are currently studying earthquakes. The freshmen are learning about motion and the math formulas for velocity, etc. Oh, how they love math!

The 10th graders are studying genetics. Beware the Punnett square! The physics class is presenting their Rube Goldberg machines and the ecology class is finishing a chapter about raptors. This will include examining owl pellets for the remains of their prey.

Earlier this year, our gas line was inspected, and nozzles repaired. All new faucets were installed at lab tables and washing sink. They were only about 45 years old! A big thank you to Lynn Meserole for all his work to make our lab work better.



This is Bryton's set up. The balloon gets popped.

Grades Five and Six

By Mrs. Netzloff

One quarter left of the school year, where did the time go? The Fifth and Sixth Graders continue to be very busy. In reading they studied dinosaurs, did reports, and then sculpted the dinosaur of choice and presented it to families and the elementary school students. Now they are beginning the novel, *Summer of the Swans*. The Fifth Graders are studying fractions, factors, and prime and composite numbers in math. The Sixth Graders are studying the coordinate plane, comparing fractions and decimals, and volume. Both classes have been working on pronouns in English, and it has been challenging at times. In social studies the students are working on the founding of our country and will be focusing more on the Revolutionary War. The students are studying forces in science and are now going to build roller coasters, using pipe insulation and different types of marbles. Some of the students will be attending the 5th/6th Grades Math Meet in Wilton on April 12 and the Velva Academic Challenge on April 29. We wish everyone a great finish to the year.

Leadership Team Report

In March 2018, the AdvancEd Accreditation Engagement team assessed McClusky Elementary and McClusky High School in all areas and aspects of the school including leadership, learning, and resource capacities. Our stakeholders--including staff, students, parents, and community members--answered survey questions which gave the Accreditation team a snapshot of how others, those involved directly and indirectly with the school, felt the district was doing. We would like to share the results with you, our stakeholders, to let you know what the AdvancEd team found.

The AdvancEd Accreditation Engagement team found two areas of improvement in which they suggested the school to focus. The first area of improvement includes developing a purpose statement that includes our expectations for our students; the statement should also define the district's beliefs about teaching and learning. They stated, "We feel the students would benefit from knowing exactly what is expected of them in every class and throughout the school as a whole."

Another area suggests the district gather and analyze different forms of feedback from multiple stakeholders (parents, community, students, teachers, etc.) which would help us decide potential improvements for our district. The team interviewed students and parents, reflecting on their responses to the mission statement; as a result, the team felt the stakeholders should review, and possibly revise, the mission statement and its focus.

The review team also suggested time be set aside for teachers and staff to work together to accomplish the educational goals set by the district. They felt the district-wide technology plan currently in place will improve the district score for digital learning environment in the future.

The team commended the school on utilizing resources to accommodate for lack of programs and services a district our size cannot obtain. They recognized that many staff members fill multiple roles to meet the needs of all students. The school was also applauded for a positive learning environment. Our district's supportive learning environment is characterized by students feeling they are part of a community that is positive, engaged (actively participating in discussion and hands-on projects), and purposeful. A well-managed learning environment is characterized by showing respect between people in the school, for example, rules are followed and understood, behavior is appropriate, and class time is used productively.

Lastly, McClusky Elementary and McClusky High School has met the criteria for educational quality established by the AdvancEd Accreditation Commission and is accredited for the next five years, through June 2023.

2019 Contest Results

By Ms. O'Neil

Band**Blue ribbons**

5th & 6th grade Band- Radiance
Braxxten Wanner-Baritone solo-French Folk tune
Irie Irwin-Clarinet solo- Carnival
Daphne Lauer-Clarinet solo-Carnival
Lindsey Abrahamson-Flute solo- Spinning Wheel
Daphne & Lindsey-flute/clarinet duet-Au Claire de La Lune
Harpyr Abrahamson-Alto sax solo- Hunters Chorus
Brayden Lauer-Snare drum solo-
Emma Axt- Alto sax solo- Simple Aveu
Lilly Bobbins-Trumpet solo- Vega

Red ribbons

Cole Abrahamson- Trumpet solo- Music in the Air
Haley Bobbins-Clarinet solo- Liza Jane
Aubrey Majors- Flute solo- French Folk tune
Lindsey, Irie, Harpyr- mixed woodwind trio- Calm Seas
Irie & Lilly- Clarinet & trumpet duet-Dueto
Kayne Rhoads- Bari sax solo- Panis Angelicus

Vocal**Blue Ribbons**

5th & 6th grade Choir-Kye, Kye, Kule
Lilly & Irie- Vocal Duet- 900 miles
5th & 6th girls- Octet- This Little Light of Mine
Daphne & Lindsey-Duet- Rainbow Connection
Harpyr, Lindsey, Daphne-Trio- Roll on Columbia

Irie Irwin- solo Never Enough
Aubrey Majors- Solo- Every time I Feel the Spirit
5 & 6th Choir- Kye, Kye, Kule-
Irie, Lilly, Daphne, & Lindsey-Quartet- Erie Canal
Harpyr Abrahamson- solo- Nellie Bly
Emma Axt- solo- 900 miles
Emma & Haley- vocal duet-When Johnny Comes
Braxxten, Cole, Brody, Kayne, Brayden- Quintet- This Little Light of Mine

Awards concert is April 30, 7PM, in the High School Gym.

PEP TALK

By Lauri Logsdon

Spring sports are well underway now. We have 6 out for track, 5 for baseball, 3 for softball, 4 for golf, and 5 for elementary basketball. These numbers are great!! We are so excited to have 2 coaches from our school as well. Mr. Senske is head baseball coach, and Mr. Siewert is head softball coach. It looks like games will be starting the first week of April, so check the schedule because there is always a game or track meet to go to help support our kiddos.

The junior class would like to thank everyone who supported their spaghetti feed. Holy Spaghetti was there ever a turn out!! They made over \$1000 in just a few hours. They were extremely calm and collected even under pressure. Great job juniors!! Your prom is going to be amazing.

Please remember to have your child sign up for prom soon. The deadline is right around the corner. If they plan to attend the after-the-prom party, they need to pick up a permission slip for themselves and their date ASAP in Ms. Logsdon's room.

COUNSELING CORNER

Submitted by Ms. Logsdon

In Ms. Logsdon's PACE lessons, we have been talking a lot about keeping kids safe from harm. You have probably been hearing a lot about the opioid epidemic that is going on in the world today. Below you will find some ways to educate yourself about the use of opioids.

What are opioids?

Opioids are a type of medicine often used to help relieve pain. They work by lowering the number of pain signals your body sends to your brain. They also change how your brain responds to pain. Doctors most often prescribe opioids to relieve pain from:

- toothaches and dental procedures
- injuries
- surgeries
- chronic conditions such as **cancer**

Some prescription cough medicines also contain opioids.

Opioids usually are safe when you use them correctly. But people who do not follow their doctor's instructions and those who misuse opioids can become addicted. Misusing opioids means that you don't follow your doctor's instructions for how to take the medicine. It can also mean that you take the drug illegally.

What is addiction?

Addiction is a disease that affects your brain and your behavior. At first, you have control over your choice to start using drugs. If you misuse a drug, its pleasurable effect eventually makes you want to keep using it. Over time, your brain actually changes in certain ways so that you develop a powerful urge to use the drug.

Opioid drugs include:

- opium
- codeine
- fentanyl
- heroin
- hydrocodone
- hydromorphone
- methadone
- morphine
- oxycodone
- oxymorphone
- paregoric
- sufentanil
- tramadol

(Counseling corner continued from previous page)

Symptoms of opioid addiction

The first step toward recovery is recognizing that you have a problem with opioids. The signs and symptoms of [substance abuse](#) can be physical, behavioral, and psychological. One clear sign of addiction is not being able to stop using the substance. It is also not being able to stop yourself from using more than the recommended amount.

Other signs and symptoms of opioid abuse include:

- poor coordination
- drowsiness
- shallow or slow breathing rate
- nausea, vomiting
- [constipation](#)
- physical agitation
- poor decision making
- abandoning responsibilities
- slurred speech
- sleeping more or less than normal
- mood swings
- euphoria (feeling high)
- irritability
- [depression](#)
- lowered motivation
- anxiety attacks

An overdose of opioids requires immediate emergency medical treatment. If you suspect someone has overdosed on opioids, call 9-1-1 immediately. In some states, a prescription nasal spray called naloxone (Narcan) is available to keep on hand in case of an opioid overdose. We actually stock this at the school. There is one at the high school and at the elementary school.

Symptoms of an overdose include:

- unresponsive (can't wake)
- slow, erratic (irregular) breathing, or no breathing at all
- slow, erratic pulse, or no pulse
- vomiting
- loss of consciousness (passing out)
- constricted (small) pupils

What causes opioid addiction?

Opioid drugs alter your brain by creating artificial endorphins. Besides blocking pain, these endorphins make you feel good. Too much opioid use can cause your brain to rely on these artificial endorphins. Once your brain does this, it can even stop producing its own endorphins. The longer you use opioids, the more likely this is to happen. You also will need more opioids over time because of drug tolerance.

What is the difference between drug tolerance, dependence, and addiction?

Drug tolerance and dependence are a normal part of taking any opioid drug for a long time. You can be tolerant to, or dependent on, a drug and not yet be addicted to it.

Addiction, however, is not normal. It is a disease. You are addicted to a drug when it seems that neither your body nor your mind can function without the drug. Addiction causes you to obsessively seek out the drug, even when the drug use causes behavior, health, or relationship problems.

How do You know if You're addicted?

You might be addicted if you crave the drug or if you feel like you can't control the urge to take the drug. You may also be addicted if you keep using the drug without your doctor's consent, even if the drug is causing trouble for you. The trouble may be with your health, with money, with work or school, with the law, or with your relationships with family or friends. Your friends and family may be aware of your addiction problem before you are. They notice the changes in your behavior.

PLEASE CONTACT ME IF YOU WOULD LIKE MORE INFORMATION.