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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:

**Awards Ceremony
Wednesday, May 22 @ 1:30pm in the High School Gym**

**Last Day of School is
Thursday, May 23**

**Graduation is
Saturday, May 25 @ 2:00 in the High School Gym**

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:

- **Students and Parents of Students** – If you registered for a dual credit course, you must apply online through the attending college/university, pay the application fee, and claim your account before the college enrolls you in the course. This must be done as soon as possible due to limited space available. If the course fills up before you complete these steps, you will be assigned a different class. See Mrs. Faul, Ms. Beck, and/or Mrs. Herman for more information.
- **Parents and Community** – If you are interested in sending a child, grandchild, etc. to summer school, please complete the summer school interest survey and return to the school on or before May 10. Summer school will be offered for grades kindergarten through sixth. Summer school will be from 9 AM to 12:00 PM, located at the elementary, Monday through Thursday in the month of June. Specific dates would be June 3-6, 10-13, 17-20, and 24-27.
- **Parents, Students, Teachers, Staff, and Community** – Please join us at the high school Wednesday, May 22, at 1:30 PM for an awards ceremony. All students, parents, teachers, and staff are welcome to attend. Students will receive academic and sports recognition awards. Refreshments will be served after. Bus routes will run as normal. Parents may check child(ren) out of school after the ceremony, if need be. Hope to see you there!
- **Parents, Students, and Teachers** – Students are not to drive themselves to athletic events including games and practices. Per the student parent handbook page 60, students who are members of athletic teams, musical organizations, speech, etc. must be transported by a school bus or van. Students shall not be allowed to ride in any other vehicles, unless it is with their parents or another parent, with the parent's permission and the supervisor has been notified. Per school board policy IEAF, students are prohibited from transporting themselves or sharing a ride with other students when transportation is for the purpose of practicing for or participating in an extracurricular activity. The above stated policy must be followed at all times. Thank you for your cooperation.
- **Parents, Students, Teachers, Staff, and Community** – Thank you for a fabulous school year! This year passed us by in a flash! Administration hopes you have a wonderful summer filled with friends, family, and fun. Enjoy your time off and we will see you in August. **Back-to-School Night is scheduled for Tuesday, August 13.** More information to come.

A Big "Thank You"

Dale Ekstrom, Superintendent

A couple of months ago a fund-raising project was started for new scoreboards in our gym by asking individuals and businesses for their help. Wow! The response was great and the goal was met! So, a big "Thank You" to each and every one for your support of the McClusky School.

We are planning to have the new digital scoreboards installed this summer along with a recognition plaque listing all the donors. The new scoreboards will have the flexibility to be used for basketball and volleyball and will be located in a slightly different location for easier spectator viewing.

Also, we are working on installing an updated "Dragon" decal on the center jump circle in the high school gym and hope to have that installed this summer as well.

Lauer Power 3rd & 4th grade news

Mr. Lauer

As you read this article, or maybe don't read this article, I find myself awestruck at where we are at in the school year and just how little time is left of this 2018-2019 academic endeavor. This is the time where we, as educators, have to "tighten up our bootstraps" and come up with innovative and creative ways to keep our students engaged as the warmer temps creep their way into our classrooms.

With testing behind us, I am excited to see how much our classroom practice has helped to prepare them for success. I am "cautiously optimistic" about the outcomes and am very aware of the learning curve that we should expect. Nevertheless, it should be exciting! We found ourselves relatively pleased with the MAP scores and it was revelatory to me that I need to find more ways to incorporate exciting and relevant Science lessons/activities into the curriculum. I will work on that for the remainder of the year and for the upcoming classes as well☺

Believe it or not, we are nearly on track with most subject areas in comparison to year's past. What a bunch of mathematicians in this 3rd grade classroom! That was the greatest surprise of this entire schoolyear. We have nearly covered our entire Grammar/English book and it shows in their writing, when they slow down and choose to use their newly acquired rules and skills. Believe me, sometimes they need reminding☺ Any and all work done over the summer months will help keep these skills fresh and prevent the need for constant re-teaching. Please help practice these skills on a regular basis!!!

Once again, I would like to thank all of our parents/caregivers for their support and care in helping make this last year another undisputed success. Have a great summer and we'll see you soon.

Hello from 1st and 2nd Grade!

Miss Schipman

It's hard to believe that I am already writing for the May newsletter. Where has the year gone?! We have had lots of fun and learned even more this year. This month we will be finishing up our Reading, Math, Phonics, and Science curriculums. We will be doing a few other fun activities as well, so stay tuned for what's to come! Just to highlight a few things, 2nd grade continues to improve their cursive handwriting, and 1st grade is doing excellent with their Math facts. I look forward to finishing the year strong with this bunch of students!

PEP TALK

By Lauri Logsdon

The end of the year school day countdown has begun. With graduation about a month away, seniors are starting to finish their graduation plans. We have 7 graduates for 2019 (Kaitlyn Haux, Carson Houser, Jeff Laib, Savannah Rhoads, Jacob Strobel, Cameron Touchette and Michael Wolt). We wish you the best in your futures, and we know you will be very successful.

Last Winter CDE of the Season

The McClusky FFA Chapter competed in the events: Ag Sales, Livestock and Agronomy Monday March 18th at Minot, ND.



The Ag Sales team members were: Kassidee Logsdon (gold, not pictured), Maria Steichen (silver), Michael Wolt (silver), and Megan Jerkovich (bronze, not pictured). The team took 9th out of 51 teams, scoring 174 points out of 200 in their team preparation for sales plan and goals of an animal related product taking silver! “The individuals did an outstanding job this season and worked very hard to help each other out as a team and to better themselves individually and as a team throughout the season,” said Coach Kady Rath.



The Livestock members were Carson Houser (5th place gold) and Kaitlyn Haux (bronze). This is both their last year of judging.



Kody Faul coached the Agronomy team who received 4th place in the State. From left to right: Jon Strobel (gold), Jeff Laib (silver), Kody Faul, Baleigh Rippliner (gold), Nick Richter (bronze), and Jacob Strobel (5th place gold). Jeff, Nick, and Jacob are Seniors and this was their last CDE contest.

The McClusky FFA would like to give a special thanks to Kady Rath, Nicole Wardner, and Kody Faul for all the time and hard work they put into helping the Chapter prepare for the CDE contests.

No Time to Clean Your Lawn? Let Us Help!



McClusky Student Council Fundraiser

From now until May 20th, you can schedule a student council member to work in your yard. Call the school at 363-2470, extension 106 and leave a message with your name and phone number for Miss Potts, the adviser. A student will contact you to schedule a day for the work to be done.

Cost: donation to McClusky Student Council



Thank you for your support!

COUNSELING CORNER

Submitted by Ms. Logsdon

In Ms. Logsdon's PACE lessons, I have been talking a lot about anger and techniques to help the students calm down when they start to get angry or frustrated.

1. **Breathe:** Breathing is the number one and most effective technique for reducing anger and anxiety quickly. When you're anxious or angry, you tend to take quick, shallow breaths. This sends a message to your brain, causing a positive feedback loop reinforcing your fight-or-flight response. That's why taking long, deep calming breaths disrupts that loop and helps you calm down. There are various breathing techniques to help you calm down. One is three-part breathing. Three-part breathing requires you to take one deep breath in and then exhale fully while paying attention to your body. Once you get comfortable with deep breathing, you can change the ratio of inhalation and exhalation to 1:2 (you slow down your exhalation so that it's twice as long as your inhalation. Practice these techniques while calm so you know how to do them when you're anxious.
2. **Admit that you're anxious or angry:** Allow yourself to say that you're anxious or angry. When you label how you're feeling and allow yourself to express it, the anxiety and anger you're experiencing may decrease.
3. **Challenge your thoughts:** Part of being anxious or angry is having irrational thoughts that don't necessarily make sense. These thoughts are often the "worse-case scenario." You might find yourself caught in the "what if" cycle, which can cause you to sabotage a lot of things in your life. When you experience one of these thoughts, stop and ask yourself the following questions:
 - Is this likely to happen?
 - Is this a rational thought?
 - Has this ever happened to me before?
 - What's the worst that can happen? Can I handle that?

After you go through the questions, it's time to reframe your thinking. Instead of "I can't walk across that bridge. What if there's an earthquake, and it falls into the water?" tell yourself: "There are people that walk across that bridge every day, and it has never fallen into the water."

4. **Release the anxiety or anger:** Get the emotional energy out with exercise. Go for a walk or run. Engaging in some physical activity releases serotonin to help you calm down and feel better. However, you should avoid physical activity that includes the expression of anger, such as punching walls or screaming. This has been shown to increase feelings of anger, as it reinforces the emotions because you end up feeling good as the result of being angry.
5. **Visualize yourself calm:** This tip requires you to practice the breathing techniques you've learned. After taking a few deep breaths, close your eyes and picture yourself calm. See your body relaxed, and imagine yourself working through a stressful or anxiety-causing situation by staying calm and focused. By creating a mental picture of what it looks like to stay calm, you can refer back to that image when you're anxious.
6. **Think it through:** Have a mantra to use in critical situations. Just make sure it's one that you find helpful. Ask yourself, "Will this matter to me this time next week?" or "How important is this?" or "Am I going to allow this person/situation to steal my peace?" This allows the thinking to shift focus, and you can "reality test" the situation. When we're anxious or angry, we become hyper-focused on the cause, and rational thoughts leave our mind. These mantras give us an opportunity to allow rational thought to come back and lead to a better outcome.
7. **Listen to music:** The next time you feel your anxiety level cranking up, grab some headphones and tune in to your favorite music. Listening to music can have a very calming effect on your body and mind.
8. **Change your focus:** Leave the situation, look in another direction, walk out of the room, or go outside. I recommend this exercise so you have time for better decision making. We don't do our best thinking when anxious or angry; we engage in survival thinking. This is fine if our life is really in danger, but if it isn't life threatening, we want our best thinking, not survival instincts.

9. Relax your body: When you're anxious or angry, it can feel like every muscle in your body is tense (and they probably are). Practicing progressive muscle relaxation can help you calm down and center yourself. To do this, lie down on the floor with your arms out by your side. Make sure your feet aren't crossed and your hands aren't in fists. Start at your toes and tell yourself to release them. Slowly move up your body, telling yourself to release each part of your body until you get to your head.
10. Write it down: If you're too angry or anxious to talk about it, grab a journal and write out your thoughts. Don't worry about complete sentences or punctuation — just write. Writing helps you get negative thoughts out of your head. You can take it one step further and make an action plan to continue staying calm once you're done writing.
11. Get some fresh air: The temperature and air circulation in a room can increase your anxiety or anger. If you're feeling tense and the space you're in is hot and stuffy, this could trigger a panic attack. Remove yourself from that environment as soon as possible and go outside — even if it's just for a few minutes. Not only will the fresh air help calm you down, but also the change of scenery can sometimes interrupt your anxious or angry thought process.
12. Fuel your body: If you're hungry or not properly hydrated, many of these techniques won't work. That's why it's important to slow down and get something to eat — even if it's just a small snack.
13. Drop your shoulders: If your body is tense, there's a good chance your posture will suffer. Sit up tall, take a deep breath, and drop your shoulders. To do this, you can focus on bringing your shoulder blades together and then down. This pulls your shoulders down. Take a few deep breaths. You can do this several times a day.
14. Have a centering object: When you're anxious or angry, so much of your energy is being spent on irrational thoughts. When you're calm, find a "centering object" such as a small stuffed animal, a polished rock you keep in your pocket, or a locket you wear around your neck. Tell yourself that you're going to touch this object when you're experiencing anxiety or frustration. This centers you and helps calm your thoughts. For example, if you're at work and your boss is making you anxious, gently rub the locket around your neck.
15. Identify pressure points to calm anger and anxiety: Going for a massage or getting acupuncture is a wonderful way to manage anxiety and anger. But it's not always easy to find time in your day to make it happen. The good news is, you can do acupressure on yourself for instant anxiety relief. This method involves putting pressure with your fingers or your hand at certain points of the body. The pressure releases the tension and relaxes your body. One area to start with is the point where the inside of your wrist forms a crease with your hand. Press your thumb on this area for two minutes. This can help relieve tension.