

# MUSTANGER

### It Just Isn't Fair...



The great thing in this world is not so much where you stand, as in what direction you are moving.

~ Oliver Wendell Holmes

#### **CHARACTER COUNTS!**

This month's assembly was about "fairness". The assembly began with a short story from the book *The Rat and the Tiger* read by Abby Peterson. Our fearless team leaders led their groups off to a quiet place where they facilitated an activity on "fairness". Each member of the team was given the same number of



#### M & M's....except for two!! Can you imagine how that went over??!! From this simple exercise, valuable discussion took place on "what is fair?" "Is fair the same for everyone? How and what can we do at home and school to make sure things are fair"? NOT FAIR!!! Those two little words are learned from a very early age

### A Look Ahead

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- Feb. 1: Senior Privileges begin
- Feb. 3: MathCounts contest in Zeeland
- Feb. 6 & 13: Wrestling Regionals
- Feb. 12, 15 & 16: GBB District @ Ashley
- Feb. 10 & 17: Parenting workshop in library 7 pm
- Feb. 18-20: State Wrestling
- Feb: 19: NO School
- Feb. 22-23, 25: GBB Regions
- Feb. 26-27, 29: BBB Districts
- Feb. 29: Track begins

#### CHARACTER COUNTS....CONTINUED.

and we certainly live in an unfair world. But, we all have the ability to change that one person at a time! You are more than welcome to watch our activities or assemblies.





#### **PARENTING WITH LOVE & LOGIC**

Do you know people who are trying to create a perfect environment for their children? Are they more concerned about getting the world to adjust to their kids than they are about helping their kids learn to cope with and deal with the world as it exists today?

In spite of the efforts of many to create a perfect country where no one will ever be offended, where bad decisions will have limited consequences, where good outcomes are guaranteed regardless of effort and sacrifice, and where kids never have less than the neighbors' kids, our kids are still living in a world that requires effort and resilience.

Our love for our kids tempts us to do all we can to make their childhood better than ours. It tempts us to try to eliminate disappointment, struggle, and inconvenience from their lives.

Each day we need to remind ourselves:

Whose needs are being met when we attempt to guarantee that our kids are never disappointed, never get less than an "A" grade, never have to struggle, never take risks, never fail, and never have less than the neighbor kid?

Is it my job to make the world adjust to my kids, or is my job to help my kids develop resilience so that they can fit into a world they're going to face?

Trying to create perfect environments for our children is about as successful as creating perfect children. In my eyes, to think otherwise is a delusion.

### Weight & See...



The year 2015 is now behind us and for those have have made a new year resolution to hit the workout room,

here's your chance! No more excuses! If you've had the opportunity to visit our workout room in the past, you might be thinking to yourself, "Hmmm....there's something different about this room, but I can't quite put my finger on it". You're right! There is something different - it has had a face lift! Thanks to some of the folks from the Wednesday basketball group, members of the boys' basketball and wrestling team, Josh/Robyn Schock, Ashley Forward Fitness members, KEM Electric, and Jeremy St. Aubin, all the equipment was moved out so it could be repainted and cleaned from head to toe.

These types of major projects just don't get done by themselves. Michelle Kempf and Tracey Wishek spearheaded this renovation and can be proud of the outcome. You'll notice a nicely repainted room in a pleasant light gray with all the equipment cleaned and looking new. The first thing you might see as you enter the the weight room, is an awesome Mustangs mural on the wall painted by Jenny Rohrich. Next time you're out and about and see these people who helped make this possible, please be sure and thank them for the time and energy they spent.

There's no better way to start off the new year and keeping your new year's resolution to shed some extra pounds or get in better shape than using this newly remodeled facility! The weight room is open to the public every Monday, Tuesday, and Thursday from 5-7 pm. Children must be supervised by a parent. See ya then!



#### FISHING FOR STUDENTS' SUCCESS



As I am writing this article the temperature outside is really nice. We have seen some cold days, but not as bad as it could be. Our students are out and enjoying the weather during recess. Let's keep hoping for this weather, as I believe we all feel better getting that fresh air. It sure makes the long winter go by a lot quicker.

I have also noticed seniors are working hard on their scholarships. I would like to wish you seniors all the best of luck and if you need any help, please don't hesitate to visit with Mrs. Martz, Mr. Hauth, or myself. These next three months will go by in a blink, you may not think so now, but when graduation hits you will be going WOW!!!! Where did

the time go? Don't wait until the last minute to get things done, start right away.

Recently I have had the opportunity to witness some less than stellar conduct by our fans during sporting events. I often wonder if we could only see how foolish we look ranting and raving at these events. We have to remember this is for these young men and women, it is not for us. We also need to remember that these are high school sports and these activities are designed to teach and promote student learning. We preach student learning all the time, why not at sporting events? When the players on the floor see our fans and parents yelling and have negative behavior, how do we think they are going to respond on the floor? Probably not good!!!! A question for everyone; when a ref makes a call and we as fans yell and scream, have they ever changed the call? Parents, fans, everyone this is for our young adults to learn and grow and to even have fun. While we want the fans to come and watch an event, we also want to stay positive. I watched our boys take on a good Oakes team last week. The fans were very supportive of our boys, very positive atmosphere; our players responded and had a great game. When we are yelling at players, coaches, and refs, I have seen our team go exactly opposite and play poorly. Do we agree with every call an official makes? No we don't, but none of us really want to become officials. Both officials and coaches are the most criticized people in the gym, but hats off to both of those groups for doing something the rest of us don't want to do. I generally do not get too terribly excited about what I

see in the crowd, but of late, especially in boys' basketball there has been enough dissatisfaction within the fans viewing the game that it has spilled over into how our players react to each call. Please let the players play and the refs ref. Also, please yell to be positive and cheer our kids on doing the best that they can. It means a lot to coaches and players when there is a good loud atmosphere in the gym. Players truly get pumped up and their game rises.





The year is speeding by so quickly- it is hard to believe that we are already into the third nine-week period! The month of January was spent trying to keep warm and think of positive reasons to love North Dakota in the winter. The sixth-grade students wrote persuasive essays expressing their viewpoint on North Dakota winters with the goal of convincing others to share that view. While it was easy to come up with reasons to dislike North Dakota winters (high heating costs, blizzards, no power, frostbite, icy roads, car accidents or car not starting at all), students were able to come up with some positives as well. Reasons given to enjoy our wonderful state in the winter included the beauty of the white sparkly snow, the awesome designs made by the frost, and the thick coats of the animals; the great outdoor activities such as snowboarding, sledding, or snowmobiling along with building snow forts and snowball fights; and of course icefishing and hunting. According to one student trapping is more successful because the traps can be hidden better in the snow. Do you think cold temperatures are bad? Well, one sixth-grader believes the cold fresh air is great because it wakes you up and winter conditions keep you mentally alert as you avoid falling on the ice. That's positive thinking!! Are you convinced that North Dakota is the place to be in the winter??





Matthew, Katrina, and Darrell celebrated birthdays in January.

Yes we are still reading and doing math. We continue to learn new words and read



stories. We are even doing some writing. Adding numbers is getting easier. Area and capacity are our new Math words. We made gingerbread houses. (Thanks Mrs. Paulsrud for the pattern) They are outside of our classroom. The sixth graders helped us with the writing part. We enjoyed working with them. We are reading some of the different gingerbread stories and comparing the characters and endings.

We learned about penguins and the 4th graders shared their penguin projects with us. We are enjoying the weather now that we can go

outside again.

A big thank you to Holly Hoffman for sharing her Survivor story with us!

## Student of the Month



Tiffany, daughter of and Terra Engelhart, has been selected Ashley High School's Student of the Month. On a monthto-month consistent basis, Tiffany has demonstrated a hard work ethic, respect for her surroundings, classmates and teachers. Tiffany is a prime role model for our students, including the elementary. She continues to make her voice heard in the classrooms and is very conscientious about her academics and strives to do her best each time. Tiffany is involved with Boys basketball stats, yearbook, FBLA officer and Student Council.





There is an interest to start a gymnastics/tumbling program in Wishek. The anticipated months are this upcoming October, November, December and January for the program, however this may change. The tentative preliminary cost would be \$25 per month. The intentions of the program are to get kids (both boys and girls) active and help them with balance, coordination, overall motor skill development, and core strength. These are all key aspects for athletics. Tumbling is also a fun sport for kids and it can be started as young as 18 months. There are also plans for the kids to perform at

Wishek home games. The program would be for 18 months old through grade 6. If your child is younger than preschool age, a parent must be present during practice time and performances. My hope is to have the program implemented during the 2016-2017 year.

If you would like your child(ren) to participate in this program please contact Melisa Meidinger @ 701.659.0566.



#### FUTURE BUSINESS LEADERS OF AMERICA



#### **Other News** -

- FBLA will be selling their 2nd Annual "I'm a Sucker for You" Valentine's Day candy-gram! Information will be sent home with the students. FBLA will also have a booth available during the Girls Basketball District Tournament selling the suckers.
- February 11th Crafts with Elementary





#### ND State FBLA Member of the Month

Each month Ms. Sathre nominates a local FBLA student as a "Member of the Month" and submits it to the State Officer Team. To be nominated, the students must show their dedication to the organization, leadership, and put forth time and energy to the local chapter. In early January, the FBLA chapter received notice that the State Officer Team and State

Advisor selected Tiffany Engelhart as the October North Dakota FBLA Member of the Month! Tiffany is a sophomore and chapter Historian. Congratulations to Tiffany and thank you for all your dedication and hard work!

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- The FBLA organization mailed a check to the March of Dimes worth \$439.00.
- FBLA gained three more Professional Members: Tara Brandner, Denise Martz & Terri Rueb. Thank you ladies for becoming local mentors for our organization!
- FBLA secured two Corporate Sponsors: Farmers Union Insurance, Kary Lindgren & Mcintosh County Bank. Each sponsored \$200.00 to help with event costs, prizes and national registrations. The sponsors will be recognized at State FBLA and the Fall Leadership Conference. Thank you so much for your generosity!
- Katie Schmidt wrote and submitted an article to the National FBLA publication!
- January 27th 9th 12th FBLA members will travel to Valley City State University to participate in the Emerging Leaders Competition to prepare for State FBLA.







We really liked when Holly Hoffman, inspirational speaker and Survivor contestant came to our school. We have been using her main theme "NEVER give up" in our classroom a lot. It is important to keep on trying, not to quit and to do your best! Highlights: Haley – I liked hearing about the Survivor show Bryan – My favorite part was when she got a cell phone Megan – Her talk reminded me of working with my goats, it was hard at first, but I kept working and working with them and finally they were doing what they were supposed to do. Brendan - I liked hearing about the bug stuff Jaden – I wonder what the howler monkeys sounded and looked like

Mrs. Dockter – I loved listening to Holly, she has such a great message for all. She is blessed with many talents and I am grateful she is sharing them!





Happy New Year! We hope this year brings you happiness! Our class has been busy since we came back from Christmas vacation. We are excited for the 4th Grade Annual Invention Convention which will take place January 28 and 29. Our minds have been busy thinking of some great inventions and we will share pictures and more information in the next newsletter. One project we just finished is researching penguins. We each picked a different kind of penguin and wrote a report along with making the penguin we researched. It was fun to share our findings with the kindergarteners, who were doing a little project with penguins as well. Social Studies took us to the Northeastern part of the U.S. where we did a report on one of the states. Glad we don't live there...due



to the crazy weather!



We have enjoyed the snow, reader buddies, journaling, and reading our current story Island of the Blue Dolphins. Mrs. Paulsrud says we are getting pretty good at making predictions!

Until next time... The 4th grade crew

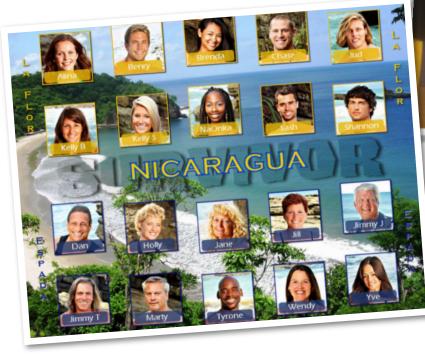
# HOLLY HOFFMAN survivor nicaragua season 21 Finalist

Ashley students and staff were fortunate to have a celebrity speak on January 20th. Born and raised in Eureka, South Dakota, Holly Hoffman was the last remaining member of the Espada Tribe and the last woman standing on Season 21 of CBS' hit reality show "Survivor Nicaragua". Through that experience, and others throughout her life, Holly was inspired to share her message of positivity, determination and confidence with business leaders, teachers, and students across the nation.

An accomplished motivational speaker and the author of Your Winner Within, Holly acknowledges that life is made up of challenges, and we are oftentimes faced with situations that seem insurmountable. But within each of us is an ability to focus our thoughts, emotions, and energy to succeed—if only we have the knowledge, tools, and discipline to do so.

Holly's writing and speaking not only offer encouragement and optimism but a roadmap for self discovery and spiritual enlightenment. Her methods—the ones she uses everyday in her own life—are intuitive, honest, and adaptable to nearly any situation. Readers and audience members alike walk away inspired to light the fire of successful living within themselves.

Holly was very impressed with our students and the interest they showed during her presentation!





#### **TECH TALK WITH THE DOC**

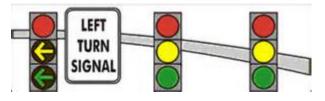


The Inventions and Innovations class will soon be constructing their first invention, the Jelly Bean Dispenser. However, to start the 3rd quarter, students researched inventions of the past and people like Leonardo Da Vinci, a person sometimes referred to as the Father of Invention. His ideas, which were illustrated in notebooks were so sought after, that one notebook sold for \$30 Million Dollars. Also, during Leonardo's time, and long before there were intellectual property (IP) protections like patents, trademarks and copyrights, he used mirrored writing to write his notes in such a way that others would have difficulty reading and ultimately stealing his ideas. As an enriching activity, students were challenged to use mirrored writing on a couple of activities. To be sure, sometimes Leonardo is only remembered for his art, but he

was also fascinated with mechanisms and how they worked – combined with his artistic ability to illustrate – he had created rare and sought after technological advancements that were well beyond their time.

The Technological Systems class finished assembling/constructing catapults. This unit focuses on the concept of system calibration, the ability to adjust the input on a machine in order to affect the output of that machine. On catapults, a weapon used centuries ago, students tested how adjusting the lever arm and vertical support position affected the travel distance of a given projectile – in this case a ping pong ball. Students also are learning about the launch and pull back angles and how they can affect the trajectory path of the projectile. Almost all systems allow for calibrations, it is important that students understand that adjusting a system is an important part of proper and appropriate operation of that system or machine.





The Technological Design class is currently working on a transportation challenge whereby student groups (traffic engineers) have to work together to use data, graphs and illustrations to solve for varied transportation challenges. These challenges (scenarios), five in all, require roadway improvements to reduce the number of crashes. Students are tasked with reading and

interpreting the data in such a way as to help them determine where to spend their limited monies (budget) in order to reduce the most crashes in a three year period. This challenge requires that students work together much like real-world engineers who have to address problems, solve them to meet a public need, and all while working within a budgeted dollar figure – in this case \$625,000.00.

The Applied Technology (High Tech Machines) class just finished working on the Computer Numeric Code (CNC) Router. There were not many projects conducted with this commercial grade machine, but students were able to manually code a project where they have to set up a work piece on the router table and lock the work piece in place using sacrifice boards made of wood. Then, students were tasked with using the router software to move the gantry around until they had properly established the router home position. At this point students went into the edit software and set a router feed rate and then programmed the movement coordinates (x, y, z) of the router until the desired design was accomplished. The program could then be simulated with the software and eventually routed with the machine. Students will now changeover to the vinyl cutter and begin working on glass etching, thermal t-shirt designs, and vinyl signing for walls/vehicles.

# LOVE the LIBRARY

#### Library

Our invitation to send authors work to the Young American Poetry Digest has arrived. The poems need to be postmarked no later than March 11, 2016. (Poems should not be more than 80 words in length.) Please give your poem to Mrs. Bender and she will send them in as one group.



#### NORTH DAKOTA DEPARTMENT OF PUBLIC INSTRUCTION

Great Schools launches guide for parents Great Schools has announced the full launch of the GreatKids State Test Guide for Parents, a free, online tool organized by grade and subject to help parents use their state test scores to support their kids at home. The guide launched for states using Smarter Balanced assessments earlier this year, and the version for states using PARCC tests is now online. The Guide helps provide specific, actionable information for parents, customized to the grade level of their children and described relative to the sections of the tests. It is available in English and Spanish for grades 3-8. To learn more, and use the guide, visit www.statetestguide.org

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The Mustang Sports Club will be serving concessions for the Girls Basketball District tournament in Ashley February 12th, 15th & 16th. If you would like to volunteer to help, please contact Jessica Schmidt or Michelle Kempf.





February 1-5 is School Counseling Week! What does that mean exactly?? What does a school counselor do anyway?? School Counseling Week is a great way to thank your counselor for all the work they do to:

- help students reach their full potential
- help students explore their abilities, strengths, interests, talents as these traits relate to career awareness and development
- help parents focus on ways to further the educational, personal, and social growth of their children
- work with teachers and other educators to help students explore their potential and set realistic goals for themselves
- identify and utilize community resources that can enhance and complement comprehensive school counseling programs and help students become productive members of society
- help students achieve success in school



## LOVE & LOGIC

Simple Parenting Strategies for Raising Great Kids in Complicated Times February 10



Simple Parenting Strategies for Raising Great Kids in Complicated Times February 17



### PARENTING WORKSHOP

Are you looking for practical solutions in the daytoday frustrations and challenges common in raising children? Are you seeking tried and true techniques that reduce the time and energy you spend disciplining your child? Are you searching for ways to increase child cooperation so that you can enjoy parenting?

Love and Logic is an approach to working with people that:

- puts you in control
- teaches kids to think for themselves
  - raises the level of responsibility prepares them to function
    - effectively in a society filled with temptations, decisions, and consequences

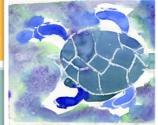


Workshop Location:

The workshops will be held in the School library on Wednesday February 10 & 17 at 7:00 p.m. These sessions are in an entertaining DVD format all will enjoy. Four different topics will be explored; Come to one or both days!! It's FREE! An art & photography exhibition is set for March 22 during the parent teacher conferences. Advertising for this is set early so students will have an opportunity to snap those just right photographs or work on that piece of artwork. Any questions can be directed to Mr. Hauth at <u>cary.hauth@k12.nd.us</u> or call the school. Parents are welcome to submit art or photography as well!



# ART & PHOTOGRAPHY EXHIBIT

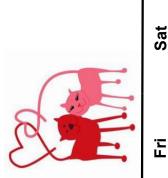


Now is the time to get started on your art project or collecting photos!

Students interested in submitting photographs and artwork should see Mr. Hauth. You do <u>not</u> have to be enrolled in an art class to participate!! Deadline for submitting your finished work is March 18.

# February 2016 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Orange Chicken Rice Vegetable Fruit Cereal Sausage wraps Fruit Juice Milk	2 Barbecue Vegetable Fruit Cereal Banana Bread Fruit Juice Milk	3 Grilled Cheese Tomato Soup Fruit Cereal Omelet Fruit Juice Milk	4 Ham &Cheese Sandwich Vegetable Fruit Cereal PB&J Rounds Fruit Juice Milk	5 Taco Salad Fruit Cereal Combo Bars Fruit Juice Milk	6
7	8 Shredded Beef Sandwich Vegetable Fruit Cereal French toast Fruit Juice Milk	9 Chicken Chow Mein Rice Vegetable Fruit Cereal Breakfast Burrito Fruit Juice Milk	10 Dakota Nachos Vegetable Fruit Cereal Toast Fruit Juice Milk	11 Chicken Patty Vegetable Fruit Cereal Yogurt Fruit Juice Milk	12 Pork Chop Patty Cheesy Potatoes Fruit Cereal Ham/Egg/Cheese Biscuit Fruit Juice Milk	13
14	15 Chef Salad Corndogs Fruit Cereal Breakfast Taco Fruit Juice Milk	16 Crispitos Vegetable Fruit Cereal Sausage links Fruit Juice Milk	17 Tacos Vegetable Fruit Cereal Pancakes Fruit Juice Milk	18 Hamburger Vegetable Fruit Cereal Breakfast Fritter Fruit Juice Milk	19 NO SCHOOL	20
21	22 Sweet&Sour Chicken Rice Vegetable Fruit Cereal Toast Fruit Juice Milk	23 Spaghetti Meat Sauce Vegetable Fruit Cereal Ham Patty Fruit Juice Milk	24 Pork Rib Sandwich Vegetable Fruit Cereal Waffles Fruit Juice Milk	25 Chicken Nuggets Seasoned Noodles Vegetable Fruit Cereal Scrambled Eggs Fruit Juice Milk	26 Chili Soup Breadsticks Vegetable Fruit Cereal Mini Bagels Fruit Juice Milk	27
28	29 Chicken/Beef Fajitas Vegetable Fruit Cereal Bacon Fruit Juice Milk				Served Daily: Cold Meat&Cheese Or PB&J Sandwich Carrots, cucumbers, Broccoli, celery, Cauliflower 1% White or Chocolate Skim Milk	



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 JHBBB-Linton @ Wishek 4:30	2 GBB-BCN @ Ashley-6 BBB @ Zeeland-6 Progress Reports	3 Mathcounts @ Zeeland	4 JHBBB-Napoleon @ Ashley-4:30	5 GBB-Lamoure @ Wishek-6pm BBB-Linton @ Ashley-6	6 Region Dual WR@ Kindred
7	8 GBB @ Enderlin-6pm JHBBB-Strasburg @ Ashley 4:30	9 JHBBB @ Tappen-4:30 C-squad BBB to follow	9	11 BBB @ Britton-6pm JHBBB @ Ellendale-4:30	12 GBB Dist @ Ashley	13 Region Individual WR @ Wishek
14 A Harres C	15 GBB Dist @ Ashley	16 GBB Dist @ Ashley	17 School Board Meeting 7:00AM	18 BBB-Lamoure @ Wishek-6 STATE	19 BBB @ Leal-6pm WRESTLING No School	20 @ Fargo
21	22 Reg GBB @ HMB	23 Reg GBB @ HMB	24 McIntosh Co Spelling Bee @ Ashley Presentation College Field trip	25 Reg GBB @ HMB	26 Dist BBB @ Napoleon	27 Dist BBB @ Napoleon
28	29 Dist BBB @ Napoleon					