




# the MUSTANGER

$$E=MC^2$$



## SCIENCE FAIR

Ashley Public School Local Science Fair is the Evening of Tuesday, February 26. It will be open to the public starting at 7 pm and will conclude about 8:30.

### A Look Ahead

- Feb. 6: County Spelling Bee in Ashley (gr 5-8) 9:30  
-School Brd mtg. 7:00
- Feb. 7: GBB districts begin
- Feb. 9: WR Regions individuals
- Feb. 10: Family Funday & book fair 2:00
- Feb. 11: NAEP testing 8th gr.
- Feb. 12: Jr/Sr legislative trip
- Feb. 14-16: State Wrestling
- Feb. 15: NO SCHOOL
- Feb. 18: GBB regions begin
- Feb. 22: BBB Districts begin
- Feb. 25-26: AdvancED review
- Feb. 26: local science fair
- Feb. 27: Math Counts in Zeeland



"The science fair is tomorrow, and I need to build a model of a nuclear power plant. Can you help me?"



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

~ Oliver Wendell Holmes

# Thank You!

A big thank you to the Tri-County Tourism Alliance for their generous donation of "Ready for School" books for our 4th and 8th graders! These books take a look at the history of schools in the area and tell about the fascinating memories of people sharing stories of what it was like going to a country school.



With the recent bout of horrible weather, Ashley Public School will need to make up one of those missed days and some additional time due to the late start! More information will be made available soon for the time to be made up for the late start. As of now, we WILL have school on April 22, 2019



## Bridging the Chasm Between Teacher & Parents

by Justin Minkel

Like most parents, I tend to overreact when that papa bear impulse gets triggered. Like most teachers, I tend to fixate on the support I need from parents, while forgetting to ask what support they might need from me. Yet when I think of my children's teachers over their past five years in public school, or my students' parents over the past 18, my main emotion is gratitude.

Teachers, thank you. For doing so much, in such exhausting circumstances, to help our sons and daughters thrive while they are in your care.

Parents, thank you. We know your children are your heart itself. You drop off that heart with us every morning. We're grateful for the gift of your trust. Teachers and parents need each other.

This school year, let's reach out when we have something to thank each other for, not just when we have a complaint. Let's remember how hard both our jobs can be, and try to make them a little easier for each other when we can. We care deeply about the children whose lives, in school and at home, are in our hands. Let's do whatever we can to honor that shared truth.

*Justin Minkel teaches 1st and 2nd grade at Jones Elementary in Springdale, Ark., a high-performing, high-poverty school where 85 percent of the students are English-language learners. A former Teach For America corps member, Minkel was the 2007 Arkansas Teacher of the Year.*



Screen early. Developmental checkups help your child learn and grow.

### Developmental Skill Screening

Ashley School District offers free developmental screening for children ages 3-5 years old. The screening is to address parental concerns of suspected developmental delays in the areas of:

- Communication (speech and language)
- Learning (concepts)
- Physical development (motor skills)
- Social/emotional skills
- Self-help skills

Vision and hearing screenings will be available. Screening information is used to determine if a child needs further evaluation.

**When:** April 9, 2019

**Where:** Ashley Public School

**Contact:** Teresa Dockter @ 701-288-3456 to schedule a time

**This screening is not required for entrance into Pre-K or Kindergarten.**

STUDENT OF THE  
MONTH

*Congratulations*



Abby Petersen, daughter of Bryan and Sherri Iszler, has been selected as January's Student of the Month. Abby is a very conscientious student who enjoys being involved in Ashley Public School. She is willing to take on extra work and is very involved in FBLA, FFA and her Senior Class. Abby is respectful of staff and students and is willing to work with anyone. She is strong academically and has done a lot of volunteering during her high school career. Way to go Abby!

# YOU'RE INVITED TO OUR BOOK FAIR FAMILY EVENT!



February 10, 2019

1:30-5:30PM Bookfair in Library .

2:00 Sunday Funday

Sunday Funday is a family scavenger hunt throughout our school.

 SCHOLASTIC



**WILD**  
about  
4th Grade

**INVENTION**  
CONVENTION

We'd like to thank Peggy Bettenhausen for presenting a program called "On the Move" in our classroom. We are learning about the food groups, keeping a calendar of things we eat and drink, and monitoring our choices on healthy foods.

The 4th graders will be holding their annual **INVENTION CONVENTION** on Friday, February 1. Eight inventions are in the works and will be displayed outside our classroom when the convention is finished.

The following are their creations!

**Brendan Jenner:** The Propellar Powered Car

**Haley Kaseman:** The Antler Trophy and Medal Display

**Jaden Lear:** The 15th Century Game

**Bryan Mann:** The Reader

**Megan Monson:** The Cat Feeder

**Angel Newman:** The Boxing Car

**Ryder Newman:** The Real Physics Remote Control

**Lydia Wolf:** The Bead and Bubble Stress Ball

“Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Remember that fear always lurks behind perfectionism.”

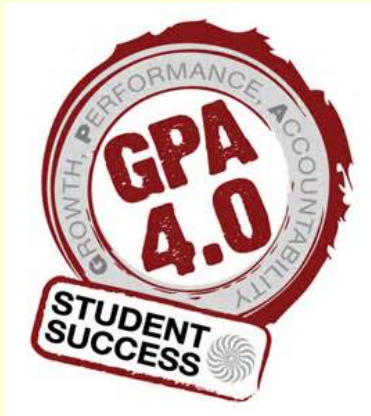
~ **David M. Burns**



# HONOR ROLL

## 4.00 GPA

Christopher Pfeifle-8  
 Kathryn Schneider-8  
 Zach St. Aubin-8  
 Hunter Gallagher-10  
 Alexis Kempf-10  
 Nathan Schauer-10  
 Nicole Schmidt-10  
 Emily St. Aubin-10  
 Faith Dockter-11  
 Sean Fuchs-11  
 Caitlin Molter-11



Grant Schneider-11  
 Bryce Goettle-12  
 Tanner Kempf-12  
 Collin Martz-12  
 Riley Molter-12

## 3.50-3.99 GPA

Alli Engelhart-7  
 Brylee Fast-7  
 Colin Goettle-7  
 Cheyenne Lindgren-7  
 Jace Nitschke-7  
 Cora Schaunaman-7  
 Trevor Schmidt-7  
 Daniel Schumacher-7  
 Keeda Beach-8  
 Marshall Lindgren-8  
 James Schumacher-8  
 Dani Gilstad-9  
 Michayla Hakanson-9  
 Colton Martz-9  
 Jackson Meidinger-9  
 Blake Meyer-9  
 Hannah Schauer-9  
 Trey Haugom-10  
 Kylee Thiery-11  
 Abby Croker-12  
 Victor Mendes-12  
 Nick Paulsrud-12  
 Abby Peterson-12

## 3.0-3.49 GPA

Kaden Bader-7  
 Andy Croker-7  
 Teresa Johnson-7  
 Hailey Metzger-7  
 Faith Melom-8  
 Damian Bender-9  
 Gracie Hoffman-9  
 Baxter Sand-9  
 Nelson Meidinger-10  
 Kebba Beach-11  
 Whitney Blumhardt-11  
 Sara Melom-12  
 Andreas Neu-12





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Ashley FFA members attended the North Dakota FFA Winter Leadership Conference on January 5th and 6th in Bismarck, ND. Part of what students learn in FFA is leadership. The conference is broken down into three levels. All of the students attended the 101 conference. This conference is designed to develop the foundation of leadership for middle school students. The theme for this conference was Leadership is Incredible. Students participated in skits, large group sessions, and small group breakout sessions. Keeda Beach, Faith Melom, Teresa Johnson, Brylee Fast, Cora Schaubman, Colin Goettle, and Kaden Bader attended the conference.



...a fun place to play and learn!



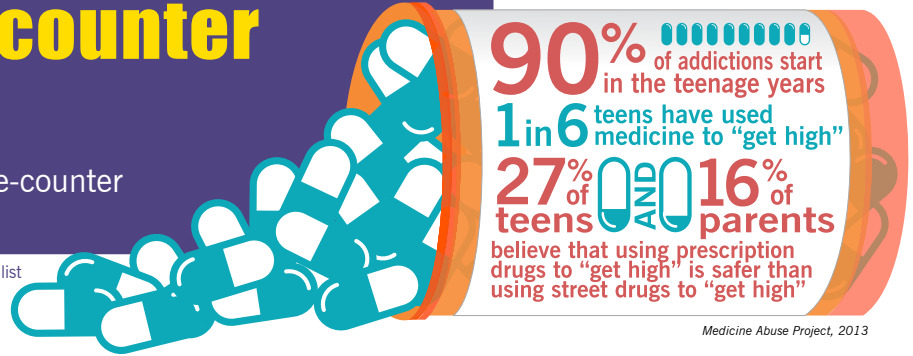
# December

## PK Workshop

# Adolescent Prescription and Over-the-counter Drug Abuse

The Truth About Abusing Over-the-counter and Prescription Medications

Meagan Scott, Ph.D., Assistant Professor/4-H Youth Development Specialist  
 Chloe Krinke, NDSU Center for 4-H Graduate Assistant



Medicine Abuse Project, 2013



After marijuana and alcohol, prescription and over-the-counter (OTC) drugs are the **most commonly abused** substances by Americans 14 and older.

## What is Prescription/OTC Drug Abuse?

- \* Taking a prescription/OTC drug not prescribed to you
- \* Taking it in a way other than prescribed (larger dose)
- \* Taking it for another purpose than prescribed (to "get high")
- \* Mixing a prescription/OTC drug with other drugs (alcohol)

**Myth:** Taking an extra pill from my prescription or giving one to my friend is not harmful because a doctor prescribed it.

**Fact:** Taking drugs that are not prescribed or taking them in any way other than a doctor directs can be dangerous.

**Using another person's medication or sharing your medication is against the law.** – N.D. Century Code 19-03. 1-23.



**Myth:** Prescription and OTC drugs are safer than illegal drugs.

**Fact:** Prescription and OTC drugs can be **more addictive and dangerous** than illegal drugs. Users are at risk for adverse health effects and overdose. **Legal does not mean safe.**

- 
- ✗ Missing medications
  - ✗ Continually "losing" prescriptions
  - ✗ Negative performance at school or work
  - ✗ Changes in hobbies or interests
  - ✗ Visits to internet sites with information on how to get and abuse prescription/OTC drugs to "get high"
  - ✗ Disrupted sleeping/eating patterns
  - ✗ Changes in friends
  - ✗ Changes in appearance and hygiene
  - ✗ Withdrawal from family and friends
  - ✗ Excessive mood swings (irritability)

## Why Do Youth Abuse?

- ✓ Feel good or "get high"
- ✓ Relieve or stop pain
- ✓ Help with school work
- ✓ Reduce appetite
- ✓ Experiment
- ✓ Relax/reduce stress
- ✓ Escape reality
- ✓ Fall asleep or stay awake
- ✓ Feel accepted by others
- ✓ Feed an addiction



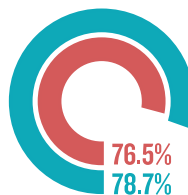
Most youth who abuse prescription drugs get them for free from a **friend or relative**, sometimes without the person's knowledge.

Early substance abuse is associated with a greater likelihood of developing a **substance use disorder later in life.**



59.7%

**Widely Available:** In North Dakota, the number of controlled substance prescriptions dispensed increased **59.7 percent** between 2008 (935,201) and 2015 (1,493,847).



MORE THAN **THREE QUARTERS** OF ND ADULTS BELIEVE **PRESCRIPTION DRUG USE AMONG BOTH YOUTH (76.5%) AND ADULTS (78.7%) IS A PROBLEM IN THEIR COMMUNITY.**

ND Prevention Resource & Media Center, 2017



# February 2019 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Tacos Vegetable Fruit ----- Cereal Toast Fruit Juice Milk	2
3	4 Chicken/Beef Fajita Vegetable Fruit ----- Cereal Ham Patty Fruit Juice Milk	5 Corn dogs Vegetable Fruit ----- Cereal Banana Bread Fruit Juice Milk	6 French Dip Vegetable Fruit ----- Cereal Toast Fruit Juice Milk	7 Barbecue Vegetable Fruit ----- Cereal Smoothie Fruit Juice Milk	8 Knefla Soup Popcorn Chicken Vegetable Fruit ----- Cereal Breakfast Burrito Fruit Juice Milk	9
10	11 Hamburger French Fries Fruit ----- Cereal Waffle Fruit Juice Milk	12 Chicken Chow Mein Rice Chinese Vegies Fruit ----- Cereal Cinnamon John Fruit Juice Milk	13 Grilled Cheese Tomato Soup Vegetable Fruit ----- Cereal Tornado Fruit Juice Milk	14 Hotdogs Mashed Potatoes Fruit ----- Cereal Yogurt Fruit Juice Milk	15 NO SCHOOL	16
17	18 Sweet&Sour Chicken Rice Vegetable Fruit ----- Cereal Combo Bar Fruit Juice/Milk	19 Hot Ham & Cheese Vegetable Fruit ----- Cereal PB&J Rounds Fruit Juice Milk	20 Chicken Strips Seasoned Noodles Vegetable Fruit ----- Cereal Scrambled Eggs Fruit Juice Milk	21 Crispitos Vegetable Fruit ----- Cereal Breakfast Cookie Fruit Juice Milk	22 Chili Breadsticks Fruit ----- Cereal Toast Fruit Juice Milk	23
24	25 Chicken//Rice Casserole Vegetable Fruit ----- Cereal Breakfast Taco Fruit Juice Milk	26 Pork Chop Patty Cheesy Noodles Dinner roll (6-12) Vegetable Fruit ----- Cereal Sausage Links Fruit Juice/Milk	27 Chicken Nuggets Noodle Soup Vegetable Fruit ----- Cereal Toast Fruit Juice Milk	28 Meatballs/Gravy Noodles Vegetable Fruit ----- Cereal Eggwrap Fruit Juice Milk	Served Daily: PB&J or cold meat/ cheese sandwich Carrots, cauliflower, Broccoli, cucumbers Choice of 1% white Or chocolate skim milk	

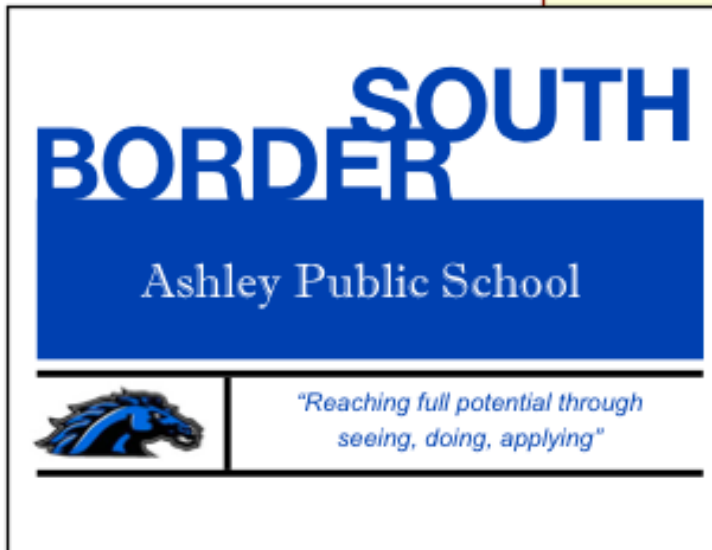


# February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 JHBBB @ Zeeland-4:30	5 BBB-Strasburg/Zeeland @ Wishek-6pm JHBBB @ Tappen-5pm	6 Progress reports School Board Meeting-7pm McIntosh Co Spelling Bee @ Ashley-9:30am	7 Dist GBB @ Wishek	8 Dist GBB @ Wishek	9 WR Region Individual @ Linton
10	11 Dist GBB @ Wishek	12 Sports Club Meeting- 5:30pm	13	14 BBB @ Lamoure-6pm STATE	15 NO SCHOOL (Storm make-up) WR @	16 FARGO
17	18 Reg GBB @ Jtwn	19 Reg GBB @ Jtwn	20	21 Reg GBB @ Jtwn	22 Dist BBB @ Napoleon	23 Dist BBB @ Napoleon
24	25 Dist BBB @ Napoleon	26 Science Fair @ Ashley	27 McIntosh Co Mathcounts @ Zeeland-9:30am	28 PWWR @ Napoleon		

# School Board



## Members:

- Lyle Fey - President
- Ross Litsey - Director
- Kevin Nitschke - Director
- Trisha Schneider - Director
- Gwyn Schumacher - Director

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