



# St. Mary's Servant



volume III issue ii MMX

Bismarck, ND

## CAUGHT IN THE ACT!

### NEWS NOTES

#### *NORTH DAKOTA STATE ASSESSMENT TESTS ONGOING*

Beginning October 25th, students in grades 3 - 8 began completing the CTB McGraw-Hill Standardized Tests, which serve as the North Dakota State Assessment.

While not obligated to administer the standardized tests, St. Mary's Grade School uses the results to help shape curriculum and instruction for the following years.

We also understand the importance of students learning proper test-taking skills. Because feeling anxious about these tests is normal for many students, our teachers are constantly working with them to identify individual methods for overcoming those feelings.

### TEST-TAKING TIPS

- A good night's sleep
- Proper nutrition
- Covering test with a blank sheet of paper so that only current problem is visible.
- Skip over a problem if it is difficult, come back to it later.
- Study a little bit every night, rather than a lot the night before the test.
- Mini-breaks during the test, like a few slow, deep breaths, or a drink of water to give the mind a quick rest.



*Kindergarten students Grayson, Ella, Pacey, Paityn and Hannah reveal to the camera their chocolate fingerbrushes during their art class.*

### ***KINDERGARTEN STUDENTS PAINTING WITH CHOCOLATE, WITH FULL KNOWLEDGE AND CONSENT OF MRS. BIHRLE***

BISMARCK, ND - There were some tasty art projects being produced by the Kindergarten class this month. Rather than use pencils, crayons, or markers, the students in Mrs. Bihrlé's class decided to dabble in a different medium - chocolate syrup! All of this was an effort to introduce to the students the fun and excitement of art and creativity.

"It adds a little flavor to art creation," said Mrs. Bihrlé, who has been using chocolate syrup for art projects for several years now. "It is amazing how excited the students become during this project."

As the students left school after completing the art projects, several of them looked ready to lick up all of the chocolate that they had just designed.



*The entrance to Mrs. Bihrlé's Kindergarten classroom, decorated with flowers designed by the students.*



## ***BISMARCK FIRE FIGHTERS VISIT ST. MARY'S***

On Tuesday, October 12<sup>th</sup>, the 3<sup>rd</sup> grade students were treated to an hour-long presentation by the Bismarck Fire Department to commemorate Fire Prevention Month. Early in the day, the fire department brought a fire engine and the Fire Prevention Trailer to the school for the occasion.



*A Bismarck Fire Department fire engine parked outside of St. Mary's Grade School*

Once inside the trailer, the 3<sup>rd</sup> grade students heard from the local fire-fighters about the common causes of household fires, and were presented with a fire simulation complete with fake smoke! The students were taught to always sleep at night with their bedroom doors closed. If they hear a fire alarm in the middle of the night, they are to crawl on the ground to their bedroom door and check for heat with the back of their hand.

Students were also instructed that should a house fire prevent them from leaving their rooms, they can alert the fire department to their location by throwing objects out their window.

After the Fire Prevention Trailer presentation, the students exited the trailer and took some time to examine the fire engine in front of the school. Students in 1<sup>st</sup> and 2<sup>nd</sup> grades were also treated to in-class presentation by the firemen. St. Mary's Grade School expresses its appreciation to the Bismarck Fire Department for their time and talent in educating our students about fire prevention.



### ***STUDENT REPORTER DESCRIBES VISIT***

*By 2nd Grade Student Halle*

It started out as Mrs. Goebel said we were going to have visitors. Some people thought it would be the firemen, some people thought it would be the police, some people thought other things too! We would not know until after lunch, but we were excited!

I thought it would be the police, but I was wrong - it was the firemen. When they came in they started a movie, it was called *Fire Is Black*. It taught us that in a fire, smoke fills the room and when you put your hand by your face, you cannot even see your hand!

When the movie was over they said when you go home, if you do not know your phone number or your address, learn it! The End.



*A member of the Bismarck Fire Department talks to the 3rd Grade students inside the Safety House.*



*Samantha, Tessa and Alex display their medals.*

## ***SEPTEMBER 'STUDENT OF THE MONTH' AWARDS PRESENTED***

At the end of each month, the faculty designate students from the 6th, 7th, and 8th grades who most exhibit the ideals and actions of servant leadership. Through their behaviors and interactions towards their peers and teachers, Samantha, Tessa and Alex are good examples to those around them. St. Mary's Grade School congratulates these three individuals for their exemplary behavior during the past month.



**BABY SPIDERS FOUND IN OFFICE ROSES**

On Wednesday, October 20<sup>th</sup>, before the long weekend, the office staff at St. Mary's was engaged in a discussion about testing schedules when Principal Fladeland discovered what were initially thought to be aphids crawling on the roses on the office counter.

Upon closer inspection, the little white bugs were identified as baby spiders, whose egg sac had just opened up inside one of the flowers. Seizing the opportunity to step out of the office for a moment, Mr. Fladeland grabbed the vase of roses and headed to the classrooms for "Show and Tell".

During the sessions, the students used a magnifying glass to look at the hundreds of spiders as they crawled around the flower. After several classroom stops, Mr. Fladeland began to feel itchy, as though the spiders had migrated from the roses to his body.

Despite widespread views to the contrary, the vast majority of spiders are harmless to humans. Spider venoms are actually considered to be alternatives to pesticides, as they are toxic to insects but not to vertebrates.

Needless to say, in the coming weeks, St. Mary's classrooms will have a new form of pest control.



*1st grade students Madeline and Catalina examine the spiders through the magnifying glass.*

**SECOND GRADERS RETURN TO THE POOL FOR LESSONS**



*2nd grade student Caleb swims at the YMCA.*

For the 4<sup>th</sup> consecutive year, 2<sup>nd</sup> grade students from St. Mary's Grade School have participated in the YMCA's *Splash* program designed to teach all 2<sup>nd</sup> grade students in Bismarck how to swim. Throughout the year, the students will complete four swimming lessons, comprised of 30 minutes of lessons, and 30 minutes of free swimming.

**FALL SPORTS ROUND-UP**

In Fall Sports this year, St. Mary's Grade School student athletes performed very well in their respective sports. Below is a summary of the sports season:

7<sup>th</sup> Grade Boys Football ended the season with a perfect 8-0 record, defeating Wachter in the season finale 42-0!

8<sup>th</sup> Grade Boys Football also had a successful season, defeating Mandan 8-0 to end the season with a 4-3 record.

As a member of the Century Varsity Swim Team, 8<sup>th</sup> grade student Kyra has qualified for the State Tournament in the 200 and 500 freestyle. The tournament is scheduled for late November. Good luck Kyra!

It was a building year for 7<sup>th</sup>/8<sup>th</sup> Grade Boys Soccer team. Following their championship season last year, the boys' team was composed mostly of 7<sup>th</sup> grade students this year, yet they played tough in the 8<sup>th</sup> grade division the entire season, finishing with a 3-4 regular season record and taking 4<sup>th</sup> place in the city tournament.

After a long season, 7<sup>th</sup> and 8<sup>th</sup> Grade Girls Volleyball wrapped up last week. The girls had a busy season, and competed well. The 7<sup>th</sup> Grade A2 team took 1<sup>st</sup> in their division, the 7<sup>th</sup> Grade B2 team placed 2<sup>nd</sup> in their division. The 8<sup>th</sup> Grade B2 team placed 4<sup>th</sup> and the 8<sup>th</sup> Grade A2 team took 2<sup>nd</sup> place.

Congratulations to all of our student athletes on another wonderful season of student athletics.



*Police Youth Bureau Officer Teresa Carrigan speaks with 7th and 8th grade students during the afternoon seminar in the Music Room.*

## UPCOMING EVENTS

### INTERNET AND CYBER-BULLYING SEMINAR AND PEACEFUL PLAYGROUNDS

Later this year, members of the Devils Lake Police Department will visit with the students regarding cyber-bullying and Internet safety. Also, the teachers and instructional aides will all complete the Peaceful Playgrounds Online Training to learn more effective, research-based methods for student supervision. More information will be announced as dates and times for these events are confirmed.

All of these events are part of ongoing efforts at St. Mary's Grade School to provide a safe, prayerful and respectful place for students to learn.

## BULLYING PREVENTION AND AWARENESS CONTINUES

On Tuesday, October 19<sup>th</sup>, Teresa Carrigan from the Bismarck Police Youth Bureau spoke with the 7<sup>th</sup> and 8<sup>th</sup> grade students about the problem of bullying in schools.

Bullying is defined by unwanted physical or verbal abuse that is done "with the intent to harm the victim", explained Mrs. Carrigan.

Regardless of school size, public or private, all schools experience problems of bullying to varying degrees. Contrary to popular perceptions, bullying is done equally among boys and girls, and can lead to serious, often life-threatening consequences.

During the presentation, Mrs. Carrigan showed to the 7<sup>th</sup> and 8<sup>th</sup> grade students a video in which two bullies were exposed to how it felt to be bullied. She also discussed with the students what how to deal with bullying and the possible legal consequences of bullying behavior.

Principal Tony Fladeland decided to organize the seminar as part of a

continuous effort to address the issue of bullying. "No one can assume bullying doesn't happen at their school, because it happens everywhere to some degree," Mr. Fladeland said. "Here at St. Mary's Grade School is no different, which is why we are taking pro-active and preventative measures to address the issue."

Earlier in the year, during faculty in-service, Fladeland addressed the faculty about bullying, and presented a training video on identifying the motives behind bullying behaviors. Fladeland stressed to teachers that one of the keys to providing a safe environment for students is to ensure that students are adequately supervised at all times during the school day.

"It's the times when students are loosely supervised, such as lunch time, recess, or in the hallways, when bullying occurs. We have a responsibility to our students to step up supervision during those times to de-

crease the occurrence of that poor behavior."

Already this year, the teachers at St. Mary's Grade School have made positive changes to more adequately supervise students. A weekly lunch supervision schedule has been put in place to provide one more supervisor during lunch duty and teachers in 6<sup>th</sup> - 8<sup>th</sup> grades are at their classroom doors regularly during class breaks to better monitor students in and out of their rooms.

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*Elijah, Noah and other working in the Hesford's yard.*

## STUDENTS HELP HESFORDS WITH YARD WORK

During the 4-day weekend in late October, Tom and Carolyn Hesford were planning on a more-difficult-than-usual Fall yard clean-up. But what originally looked like an insurmountable task turned into a fun afternoon of raking and cleaning up of leaves as several students from St. Mary's Grade School visited the Hesford's residence south of Bismarck to help with the lawn cleaning.

Students participating in the day's activities were Jenny, Sarah, Mathew, Jonah, Elijah, Madeline, Noah, and Sydney, and Ben. Wayne Aberle, Brian Schwindt, Stan and Marcus Churchill, and Claudia Nagel also aided in the efforts. Thanks to all who helped out!

# A T T E N T I O N

## AFTER-SCHOOL PICK-UP LOCATION CHANGES BEGIN NOVEMBER 1ST

We will be altering the after school pick-up schedule to more evenly distribute the students to the three exit points (Thayer Avenue, Broadway Avenue, and 8<sup>th</sup> Street doors). Effective November 1<sup>st</sup>, the new after-school schedule will be as follows:

<b>Preschool Door:</b>	All Pre-K students <i>and older siblings</i>
<b>8th Street Door:</b>	All Kindergarten students <i>and older siblings</i>
<b>Thayer Door:</b>	1 <sup>st</sup> – 8 <sup>th</sup> grades students with last names A - M
<b>Broadway Door:</b>	1 <sup>st</sup> – 8 <sup>th</sup> grades students with last names N – Z

If possible, please refrain from parking for an extended period of time in front of the entrances before and after school. Also, in the interest of student safety, please remember to pull-over to the side of the street when picking up or dropping off students. Thank you for your consideration and flexibility.



## PARKING ISSUES ADDRESSED

**8th Street Entrance Now Available  
For Morning Drop; Playground  
Available for Jr. K Pick-up**

Due to the 8<sup>th</sup> Street construction underway, the roads around St. Mary's Grade School have been more congested than usual during the morning and afternoon drop-off and pick-up times. In order to provide the safest environment for our students and families, we will be offering a few new options:

- Please see the above notice regarding the after-school pickup schedule change effective November 1st.
- The playground will be open from 2:45 - 3:15 for Jr. K students and siblings to be picked up from school. As always, please use extreme caution when approaching the driveway near the playground.
- Each morning beginning at 7:30 a.m. students of all ages may be dropped off at either the Thayer Avenue or 8<sup>th</sup> Street entrances.



*Coach John Loomis with the 8th grade team on the first day of practice*

## GIRLS BASKETBALL SEASON BEGINS

With the girls volleyball season just finishing up, the basketball season has now taken its place. As with all sports in 7th and 8th grade, St. Mary's Grade School student athletes combine forces with those from Saint Anne and Cathedral to form the Tri-School Athletic Program. Both 7th and 8th grade girls' teams began practice in late October. The teams practice on non-game days in the St. Mary's Grade School Gymnasium.



*Aadya, Emelie and Tahya advance to the County Bee.*

## SPELLING BEE WINNERS ADVANCE

Each October, students in Mrs. Gilchrist's English classes compete in a spelling bee competition. Through a double-elimination process, students are chosen to represent St. Mary's Grade School in the County Spelling Bee, which will be held February 19th at Mandan High School.

Students advancing from the County Bee compete at the State Spelling Bee on Friday, March 25th in Bismarck at the Ramkota Inn.

Congratulations and best of luck to 6th grade student Aadya, 7th grade student Emelie, and 8th grade student Tahya, who won their class competitions and will now advance to the County Bee in Mandan.



Top Row: Addison, Isaac, Austin, Jackson, Mathew, Austin;  
Bottom Row: Jake, Zachary, McKenzie, Zachary, Mrs. Celia Schmaltz

**BOYS CHOIR WORK WITH DSU's DR. SOUTHARD**

On September 15th, the 7th and 8th grade members of the St. Mary's Grade School Junior High Choir traveled to Dickinson State University to rehearse with and observe Dr. Bruce Southard. The work was part of a day long festival of vocal music in Dickinson. Congratulations to the boys and Mrs. Schmaltz for their efforts and participation in the event.

**'CHEFS MOVE TO SCHOOLS' TO FOCUS ON NUTRITION, FUN**

**Local Chef Stuart Tracy of Pirogue Grille to Partner with St. Mary's Grade School**

In a late breaking development, St. Mary's Grade School will be partnering with the NDSU Extension Service and Stuart Tracy of the Pirogue Grille in Bismarck to teach students about food, nutrition and cooking.

At St. Mary's Grade School, we recognize the severity of the child obesity problem in this country. We recognize that schools and families together must work to educate students about proper nutrition.

More information on Mr. Tracy's collaboration with St. Mary's Grade School will be announced soon.

The St. Mary's Servant is a publication of:



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Banner photos on pages 1 and 4:  
St. Mary's Grade School First Communion  
April 23, 1911

Banner photos on pages 2 and 3:  
Kindergarten students from St. Mary's Grade School  
visiting Papa's Pumpkin Patch in October

**SNOW MAN WANTED**

Do you need some early morning exercise? If you have a couple hours (volunteer or paid) to help with light snow removal around our church and school on weekday mornings at 6:30 a.m. contact Steve Braus, 223.5562.

**REGISTER NOW FOR 2011-2012 SCHOOL YEAR**

Families currently enrolled at St. Mary's Grade School or the LaMere Learning Center are encouraged to register for the 2011-2012 school year by December 1st. Please refer to the most recent mailing or our website for more information, or contact the school office by email [st.marys@sendit.nodak.edu](mailto:st.marys@sendit.nodak.edu) or by phone at 701.223.0255.

**NOVEMBER CALENDAR**

**NOVEMBER 4**  
Parent/Teacher Conferences  
1:30 - 7:00 p.m.  
(school dismissal at 1:00 p.m.)

**NOVEMBER 5**  
NO SCHOOL

**NOVEMBER 10**  
Tri-School JH Band  
Fall Concert  
7:30 p.m. @ SMCHS

**NOVEMBER 24**  
Native American  
Dance Exhibition  
Time TBA

**NOVEMBER 25 and 26**  
Thanksgiving Break  
NO SCHOOL