



HI-LINER



HI-LITES

“Together we are building a legacy of excellence, one student at a time.”

VOLUME XXXVII, NUMBER 6

February 2016

Superintendent’s Corner

Mr. Dean Koppelman, Superintendent

**“Together we are building a legacy of excellence,
one student at a time.”**

I hope this finds all of you doing well as we start a New Year. I have heard the comment from staff and students that our school year is going so fast, and I have to agree with that. When time goes fast, school officials will indicate the reason for that is due to so many good things happening in our schools, and I would agree with that also.

We are slightly past the halfway point of our school year now and it’s nice to report we have had a great start. I can’t thank our students and staff enough for the great work they are doing. Each month, our teachers meet by grade level and by departments to discuss various topics of educational importance. I receive a summary each month from all of these grade level and department meetings. I look forward to reading those every month. When reading these summaries, it becomes pretty obvious our teachers are doing great things to help our students!

Believe it or not, we are starting to plan for next school year. Requisitions for custodial and teaching supplies, technology, textbooks, etc., have been coming into our office. In April, our administrators will have recommendations for our School Board in regards to staffing for next year. Planning and organizing a school year is indeed a continual process.

One of the most important decisions for a community to make is the selection of a Superintendent of Schools. We have a committee that will be meeting on January 28 at 5:00 PM to review the applications for Superintendent of Valley City Public Schools and decide which applicants they would like to interview. There’s no question to me this committee will do great work to ensure the next Superintendent of Schools is a good fit for our school system and community. The make-up of the committee is our five School Board members, along with Mr. Dan Larson (our grades 7-9 Principal) and Ms. Karen Askerooth (President of the Valley City Education Association).

Before we know it, our winter activities will be looking at tournament time and various regional and state competitions.



I am so proud of our students as they do so well in all of the fine arts and sporting activities that we offer. I encourage you to continue to attend our various activities as this means a great deal to our students and coaches/advisers.

In closing, I consider it an honor and a real privilege to serve as your Superintendent of Schools. I can’t thank you enough for the continued support you provide to our school system, our students, and our staff. Take care.

“Go Hi-Liners!”



SENIOR HIGH SCHOOL

Mrs. Kristi Brandt, Principal

“Together we are building a legacy of excellence, one student at a time”

New Semester: January 19th started the new semester (3rd quarter). Students have settled in already to their new schedules. We have completed academic eligibility checks for junior and senior study hall privileges. That has proved to be an effective support system to help our students pass their classes. Our support personnel and instructors are continuing to work hard with students. With the new semester, students will get a fresh start in not only their courses; but also in their attendance count (which includes tardies and absences).

Academic All-State: Many times during the year, I'm able to report some positives for our student body and this month I'd like to highlight two seniors who have earned a nomination from me. Mikaylah Ross, daughter of Rick and Cindy Ross, and Ethan Zeltinger, son of Jeremy and Katrina Zeltinger, have both been nominated to represent Valley City High School for the Academic All-State awards. Seniors can qualify by entering their cumulative GPA scores and either an SAT score or an ACT score into a factoring equation that gives them a qualifying number. Mikaylah and Ethan both have had great academic success at Valley City High School and they will be competitive for this award. All nominees are entered into a pool and are judged heavily by their qualifying score. There are 3 categories of achievement: Gold, Silver and Bronze. The top 10 qualifying numbers achieve the gold level, the next 10 qualifying numbers achieve the silver award and the next 10 qualifying numbers achieve the bronze award. All remaining nominees will receive a certificate of honorable mention. The Gold, Silver and Bronze winners will participate in the parade of academic champions at the Class A state basketball tournament. Congratulations to these two students for their academic achievements and their nomination for this very deserving award! VCHS wishes them the very best!!

2016-17 Registration:

The counselors are organizing meetings with students and discussing course options for next school year. As a reminder Valley City High School students must have a minimum of 22 credits in order to graduate. Of the 22 credits, 6.5 can be elective class credits and 15.5 are required class credits. The meetings with counselors are very important for the students to attend because it helps ensure they get the courses that will help them with their post-high school plans.

These conversations sometimes bring about a lot of questions so don't be surprised if your son or daughter comes home with some questions about what classes to take. Remember that our counselors and the instructors themselves will be a big help in that process. If you or your student has any questions at all, please don't hesitate to contact me, one of our counselors, or the instructor of the class you are questioning.

Putting together a four-year graduation plan can be a bit confusing with all of the various requirements that our students have. Valley City High School also offers many electives. There is truly something for everyone. Our diverse offerings allow students to explore different areas which is what we want to encourage. I truly want to emphasize that **we are here to help**, so please don't hesitate to stop in and ask or call the office if you have some questions. We are dedicated to making sure that the students of Valley City High School are given the best opportunities to be successful in high school.

Parent/Teacher Conferences: February 29th and March 3rd

The junior/senior high school has decided to continue with the two night, open arena format for parent teacher conferences. We hope to see a great turn out for the winter conferences. The time of our conferences will run from **5:00-8:00pm both evenings**.

Winter Snowball February 1-6

This year the winter SNO-ball week has been set for February 1-6th. The dance will be held for 9th-12th graders on Saturday night February 6th. I'm hearing the theme is winter wonderland and the students are working hard to make this a successful and memorable week. More information about the various events that are going to be taking place that week will be put out through the parent listserve. There is a guest form that must be completed if your student is planning on bringing an out of town guest. Forms are available in the office. Monday night is the public coronation event crowning our snowball king and queen which is always fun! Student Council will be hosting a powderBUFF Volleyball game. The senior boys vs. the junior boys followed by a friendly competition with a staff team. This is a fundraiser for VCHS Student Council-so spectators will have an admission charge for students and adults of \$4.

Powerschool Parent Portal/Teacher websites:

Remember that as a parent you can set our Power-school system up to email your child's progress weekly. Our teachers work hard to keep their electronic grade-books updated for you and the students. This weekly notification is automatic and simply gets sent to any email you choose. For help with how to set this up, contact one of the offices and we'll walk you through the process. Keeping tabs on student progress is very easy with this feature and I don't think many parents know about this. Also-many of our instructors maintain websites that include lesson plans, assignment information, printable worksheets & notes and resources for the content. These are located through our school website: <http://www.valley-city.k12.nd.us/index.html> and under the jr/sr high tab under staff.

Email Communication:

Often times emails are sent out for specific grade levels. Please be sure that you are on any specific grade level listserves as that is the primary means of communication from the school. It is important for us to have current emails in the system. With listserves there isn't a "kick-back" email indicating that a message isn't delivered-so we count on you letting us know if there are any problems. If you feel you are not getting proper messages-simply call the office and we'll check the system.

JUNIOR HIGH SCHOOL

Mr. Daniel Larson, Jr. High Principal

**“Together we are building a legacy of excellence,
one student at a time.”**

Feb. 1-6 Snow Week Activities

Feb. 1 Snow Week Coronation and Community Pep Rally

Feb. 1 Powder Buff Volleyball in the Hi-Liner Activity Center 8 PM

Feb. 5 Snow Week Pep Rally in the Hi-Liner Activity Center 2:30 PM

Feb. 29 Parent Teacher Conferences at the Jr./Sr. High **5 PM to 8 PM**

March 3 Parent Teacher Conferences at the Jr./Sr. High **5 PM to 8 PM**

As incredible as it may seem we will soon be looking towards the beginning of “Spring” sports and activities. Please encourage your son or daughter to explore new interests. We have many opportunities for them to participate in athletics in the areas of Baseball, Softball, Track, Boys Golf, and Girls Tennis. Also students in grades 7-12 will be able to partake in Science Olympiad under the guidance of Sheila Anderson. If your student is interested please have them stop by the office for further information.

I am excited to announce that our female students in grades 7-10 will have the opportunity to participate in **“Expanding Your Horizons”** on **Saturday, April 9**. This event takes place from 8:30 AM to 3:40 PM at the Bentson Bunker Fieldhouse, on the NDSU Campus. **“Expanding Your Horizons”** is a national organization that holds regional conferences for young women in grades 7-9 to encourage and develop their career interests in science, technology, engineering, and math (STEM) in an effort to overcome a history of limited participation by women in these career fields. This one-day conference provides more than 40 hands-on workshop sessions. Local professionals lead the workshops and provide students the opportunity to meet and form personal contacts with women working in traditionally male occupations. 10th grade students are allowed to participate this year due to the cancellation of the workshop last year. Transportation for the conference will be provided by the school through the support of two local businesses: **Dacotah Bank and Dakota Plains Cooperative**. We greatly appreciate the support these two businesses have given to provide transportation for this educational opportunity. Parents are responsible for the \$15.00 registration fee that covers breakfast and lunch for the day, as well as, conference materials. Checks should be made out to North Dakota State University. If your daughter is interested please have them stop by Mrs. Manlove’s room and sign up.

Also starting the second semester we have some exciting news pertaining to Mrs. Shanenko’s classroom. Mrs. Shanenko (8th Grade English) was involved in writing a “Build Grant” through the North Dakota Educational

Technology Council that provided matching funds for the purchase of technology. The purpose of the “Build Grant” is to increase student access to internet connected devices and to allow for “Just in Time Teaching” utilizing technology. This grant allowed us to dedicate 26 MacBook Airs to the 8th grade English class, as well as, add an additional iPad cart for all students in the Jr./Sr. High School. With the placement of the MacBook Airs in the 8th Grade English classroom we are looking forward to measuring the impact of having readily available technology in the hands of the teacher and students in a core subject area.

Valley City Junior High School held its annual school spelling bee on Tuesday, January 12. All Junior High students competed in the preliminary round in their English classrooms, and from this round eight finalists were selected: 7th graders Hailey Thoreson, Ethan Lindstrom, Justin Roswick, and Jonathan Redfearn and 8th Graders Noah Leick, VeVe Lee, Heather Fischer, and Benton Murray. The school bee had both a written and oral round. Noah Leick was named the runner-up and VeVe Lee and Hailey Thoreson were named school Spelling Bee Champions. VeVe and Hailey will advance to next level of competition at the Barnes County Spelling Bee to be held at VCSU on February 10.



Bee Group: Back (L-R): Benton Murray, Justin Roswick; Front (L-R): Noah Leick, Jonathan Redfearn, Ethan Lindstrom, VeVe Lee, Hailey Thoreson, Heather Fischer



Bee Winner: (L-R): Runner-up Noah Leick, Co-Champions VeVe Lee and Hailey Thoreson

From the Activity Director's Desk

Mr. Martin Bratrud

**“Together we are building a legacy of excellence,
one student at a time.”**

PLEASE MARK THESE DATES ON YOUR CALENDAR:

Feb. 13 EDC Wrestling Tourney at Fargo South High School
Feb. 18-20 State Wrestling Tournament in Fargo
Feb. 18-20 Boy's West Region Hockey Tournament
Feb. 25-27 Boy's and Girl's State Hockey Tournament in Fargo
Feb. 19 EDC Gymnastics at Fargo South
Feb. 26, 27 State Gymnastics in Jamestown

Hello Hi-Liner Fans,

January is quickly fading into February and that means we are at the start of tournament season! My favorite time of the year! As the winter activities crank into high gear, wrestling, boy's and girl's hockey, and gymnastics all have their regional and state competitions this month. We will also see our fine arts wrapping up their concert series and moving into their competitive season. March will be a big month for Band, Choir, Speech, and JH Drama. The boy's and girls' basketball teams will also be moving into their tournament season in early March. We wish them all the best of luck as they prepare for the finale of their respective seasons.

Changing gears back to the fine arts, I would like to take a moment and thank Mr. Kjelland, Mrs. Zinke, Mrs. Foth, Mrs. Peterson, the Band Boosters, all of our music students, parents, and volunteers who tirelessly worked to make the Café concert a raving success. Every year I am blown away by the talent of our students and staff. What a tremendous showcase for our school and community.

This is a very exciting time of the year and I look forward to seeing our students compete in their various activities in the coming months. I encourage all of our patrons to continue to come out and support our Hi-Liner's in their extra-curricular endeavors.

It's a great day to be a Hi-Liner!

Martin Bratrud

Activities Director

Washington School News

Mr. Chad Lueck, Principal

**“Together we are building a legacy of excellence,
one student at a time.”**

Washington School

Dates to Remember

2/10 – Barnes County Spelling Bee

2/15 – No School

2/24 – Battle of the Books (1:00)

2/29 & 3/3 – Parent-Teacher Conferences

Parent – Teacher Conferences

Parent – teacher conferences are scheduled for the evenings of February 29 and March 3. They are scheduled from **4:00 – 7:00 on each evening**. Be on the lookout for your scheduled time coming home soon.

Kindness Week

At Valley City Public Schools we teach our children that character counts, and their success and happiness will depend on who they are inside, not one what material things they have or how they look. People of character know the difference between right and wrong because they guide their thoughts and actions by character choices. During the week of February 22-26th, our focus is kindness. Our student council will come up with daily activities supporting kindness for that week.

We believe people should practice kindness every day, but during Kindness Week, we hope our students will go above and beyond to make others feel special. Some examples of kindness that will be shared with the students to help facilitate the kindness process are: Be friendly to everyone, offer to help, say “good morning”, smile often, share, hold doors for others, never bully anyone, help anyone who is bullied, report bullying to an adult, be a good listener, be generous, bring someone flowers, use good manners, clean up after yourself, be encouraging, give compliments, forgive others, always try to cooperate, and volunteer in your community. Remember that character building is most effective when you regularly see and seize the opportunities to strengthen awareness of moral obligations and enhance the desire to do the right thing. Please help us in celebrating Kindness Week by encouraging your son/daughter to take part whole-heartedly in Kindness Week.

Jefferson School News

“Together we are building a legacy of excellence, one student at a time.”

Mr. Troy Miller, Principal

Jefferson School Dates to Remember

- Feb. 3 – 100th Day of School Celebration
- Feb. 5 – Hat Day
- Feb. 8 – PTO Reading Frenzy 6:00-7:30 PM at Jefferson School
- Feb. 11 – PTO Meeting @ 12:00 PM in Jefferson Library
- Feb. 15 – Presidents’ Day (**NO SCHOOL**)
- Feb. 19 – PTO Family Movie Night in the Jefferson Gym 6:00-8:99 PM **The Good Dinosaur**
- Feb. 22 – Parent Teacher Conference Times Will Be Sent Home
- Feb. 26 – Reading Month Final Culmination
- Feb. 29 – Parent Teacher Conferences **4:00-7:00 PM**
- March 3 – Parent Teacher Conferences **4:00-7:00 PM**

2016-2017 KINDERGARTEN REGISTRATION & SCREENING

All families that plan on enrolling their child in kindergarten for the 2016-2017 school year should make an appointment for Kindergarten Registration and Screening by calling the Jefferson Office at **701-845-0622** any school day in **February** between the hours of **8:00 AM to 4:00 PM**. You may also stop at the Jefferson School office during the month of February to schedule an appointment. This Registration and Screening will take place on **March 8th and March 10th**. Appointments will be scheduled for 4:00, 5:00, and 6:00 PM on each of these days and will take approximately one hour.

Please be aware that North Dakota Century Code requires children to turn five years old prior to August 1st to be eligible for kindergarten. You will need to bring a copy of your child’s birth certificate with you to registration. We will also need a copy of your child’s completed immunization record before they start kindergarten in the fall.

PARENT/TEACHER CONFERENCES

Parent/Teacher Conferences will take place Monday, February 29th and Thursday, March 3rd from **4:00-7:00 PM** each day. Scheduled conference times will be sent home with your child on February 17th. These conferences are an important opportunity for parents and teachers to discuss the progression of their child’s education so we ask that you make every effort to attend your scheduled conference. If you are unable to attend your scheduled conference time, please call the school to make other arrangements to meet with your child’s teacher.

READING MONTH KICK-OFF

February will be designated as Reading Month at Jefferson School. This year’s theme is “Reading is Monsterous!” We will be kicking off Reading Month on January 29th at 1:45 PM in the Jefferson Gym with a skit performed by the teaching staff. Each classroom will be setting a goal to reach during the month of February. There will be a “Monster Bash” to culminate reading month on February 26th.

PTO NEWS

Jefferson PTO Events in February:

Monthly Meeting, February 11th, 12:00 PM in the Jefferson Art Room

Family Movie Night Friday, February 19th at 6:00 PM in the Jefferson School Gym. The movie **The Good Dinosaur** will be shown. Students will need to be accompanied by an adult. The PTO will also be selling concessions during the movie.

Reading Frenzy, February 8th at 6:00 PM at Jefferson School. Students (in their pajamas) and their parents should come to the gymnasium at Jefferson School first to find out what sessions they will be attending. Milk and cookies will be served during the Reading Frenzy and books, as door prizes will be given. This event has been a lot of fun in past years and we hope to see as many of you there as possible.

PTO agenda and minutes can be found on the school website at <http://www.valley-city.k12.nd.us/jeffelem/pto.html>

THANK YOU TO:

- Mrs. Shaneko’s 8th grade students for coming in December to read to the first graders and presenting them with a book for Christmas.
- The PTO for providing the students with a book for a Christmas present. A special thank you to those parents that wrapped these for the kids.

Jefferson School Web Page

Please visit our web site at www.valley-city.k12.nd.us. We hope that you find our web page a resource for information.

Nutrition Bits & Bites

Katie Hoban, LRD
Nutrition Services Director at VCPS
845-0483, ext. 108



Free and Reduced Meal Applications – It's not too late!

At any time during the year, free and reduced meal applications can be turned in. Once approved, the application is good all year. You are also able to re-apply if you have had any changes in your income or family size since you initially applied. The application can be picked up at the school, the administration office, or downloaded from the school website. The application is strictly confidential.

Pay Online -

We need your help! For those who may have a hard time keeping track of your student(s) lunch account balance, there is an on-line payment option. Simply go to our school website and click on food service to set up an account. Or simply go to www.myschoolbucks.com. This option allows you to set up an automatic withdrawal from your bank account, make a one-time payment, and you can also set up to receive balance notifications when the balance gets low. Please give me a call or email if you would like to discuss making arrangements to bring your account up to date. I will gladly try to help you as our Food Service needs these funds to operate in the most efficient manner possible.

Fresh Fruit and Veggie Frenzy

Each month we try to plan a variety of fresh fruits and veggies that may be unique to some students. In February some unique items we will try are kohlrabi sticks, blood oranges and rutabaga sticks. This is also balanced with more traditional choices such as grapes, apples, snap peas and broccoli...plus more! The kids seem to enjoy trying the 'new' fruits and veggies and hopefully they are sharing with you what they have tried and like. The Fresh Fruit and Veggie Frenzy menu is also included in each month's newsletter if you would ever like to know what they are having!



Technology Tidbits

Bryan Kriewald, Technology Coordinator



PowerSchool App for Mobile Devices

I have been getting several emails inquiring about the PowerSchool App from Pearson PowerSchool. This app is definitely worth a look and is an excellent way of keeping track. Once loaded you can view current grades and even the HS bulletin, including the lunch menu.

To install the app, go to your devices "app store" and search for Pearson's free app called PowerSchool. In your search, there will be a few to choose from such as PowerSchool for Students or PowerSchool for Parents. Once downloaded and installed, run the app. Select the link that says, **Where is my district code?** On the next screen you will select **Search for Your District**. On the next screen, enter your PowerSchool server address: **valley-city.ps.state.nd.us** Click **Submit**. This will auto populate the code in the app which might show up as SPHX or four asterisks.

Enter your single-sign on username and password, and then click the Sign In button.

If you do not have a single sign-on username and password, please read the section directly below this.

PowerSchool Parent Portal – Single Sign On

To access the PowerSchool parent portal:

<https://valley-city.ps.state.nd.us/public/>

There was a major change to the PowerSchool Parent Portal this past year. We went to a single-sign on method for parent access. This means that one login will grant you access to as many kids as you have access to seeing. In order to set up the new system, you will need to create a login from the website above. After you create the login, you will need to add your kid/s with a code that you can get from your school's office.

School Website

Amy Jorissen and many coaches and teachers at VCPS are busy building their pages to start this school year. You can find lots of school and classroom information on the web site. If you have any questions or comments about the website, feel free to email Amy at: Amy.Jorissen@k12.nd.us.

You'll find the school lunch menus, teacher contact info and just about everything else you want to know about the Valley City Public Schools. To access the website, go to: <http://www.valley-city.k12.nd.us>.

If you have any questions please feel free to contact me.
Email: bryan.kriewald@k12.nd.us phone: 845-0483 ext 1

December Students of the Month Selected



From left to right: Ezra Hanse - 7th, Emma Mielke - 7th, Allysen Mathias - 8th, and Gavin Middlestead - 8th

The December Students of the Month for Valley City Jr High School are Ezra Hanse, Emma Mielke, Allysen Mathias, and Gavin Middlestead. The criteria for selection is being a hardworking student, respect for staff and peers, and involvement in school activities.

Ezra Hanse, 7th grade, is the son of James Hanse and Jolene Knudson Hanse. His favorite subject in school is math. Involvement in extra curricular activities is soccer. Ezra's hobbies are chess and board games.

Emma Mielke, 7th grade, is the daughter of Sandi and Chuck Mielke. Her favorite subject in school is math. Involvement in extracurricular activities are golf, softball, and basketball. Emma's hobbies are video games, reading, and pinnacle.

Allysen Mathias, 8th grade, is the daughter of Dawn and Ryan Mathias. Her favorite subjects in school are English and history. Involvement in extracurricular activities are basketball, volleyball, and softball. Allysen's hobbies are cooking and playing sports.

Gavin Middlestead, 8th grade, is the son of Lee Middlestead and Katherine Middlestead. His favorite subjects in school are math and science. Gavin's hobbies are reading, games, and computers.

7th grade honorable mention Students of the Month for December are Julianne McPartland, Mikayla Wadeson, Jadyne Dieterle, Ashlynn Eurich, and Isabella Plagens for the girls. 7th grade honorable mention Students of the Month are Noah Haglund, Jace Olson, Buddy Scherr, Carson McGough, and Ty Fountain for the boys.

8th grade honorable mention Students of the Month for December are Samantha Nelson, Alexis Triebold, Presley Curtis, Jessica Udem, and Heather Fischer for the girls. 8th grade honorable mention Students of the Month are Trevor Winter, Easton Hesch, Noah Kauffman, Austyn Thornton, and Chase Jenison for the boys.



Public Health
Prevent. Promote. Protect.

City-County Health District

City-County
Health District's
Hot Topic

by Julia Anderson, RN

Many parents may feel at a loss when talking about feelings. Feelings can be difficult subjects to discuss under the best of circumstances, so how in the world do you ask about feelings related to suicide? If this is a hard subject for you to talk about, admit it! ("You know, I never thought this was something I'd be talking with you about, but I think it's really important"). By acknowledging your discomfort, you give your child permission to acknowledge his/her discomfort too. (www.sptsusa.org/parents/)



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2016 – VALLEY CITY PUBLIC SCHOOLS – 2017

AUGUST 16							6 Contact
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SEPTEMBER 16							21 Contact
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NOVEMBER 16							18 Contact
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DECEMBER 16							15 Contact
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2016-2017 Calendar

Registration

Elementary:-----August 15 & 16
9 AM – 1 PM & 4 PM – 6PM

Jr/Sr High School:----- August 15 & 16
9 AM – 1 PM & 4 PM – 6PM

New Students
Jr/Sr High:-----August 12 8:30 – 3:30 PM

2016
Aug 22 & 23 ----- Professional Development Days
Aug 24 ----- First Full Day of School
Sept 5 ----- Labor Day-**No School**
Oct 20 & 21 ----- Educators Conference-**No School**
Nov 4 ----- P/T Conferences Comp Day-**No School**
Nov 7 & 10 ----- Parent-Teacher Conf.
Elem. 4-7p Jr/Sr High 5-8p
Nov 11 ----- Veteran's Day-**No School**
Nov 24 & 25 ----- Thanksgiving Break-**No School**
Dec 21 --- Last day of School before Christmas Break

2017
Jan 3 ----- School resumes after Holidays
Jan 16 ----- Professional Development Day
Jan 16 ----- Martin Luther King Jr. Day/**No School**
Feb 20-- President's Day/PLC Comp Day-**No School**
Mar 2 & Mar 6 ----- Parent-Teacher Conf.
Jr/Sr High 4-7p Elem. 5-8p
Mar 10 ----- Vacation Day -**No School**
Mar 24 ----- Spring Break-**No School**
April 14 ----- Easter Break-**No School**
April 17 ----- P/T Conferences Comp Day-**No School**
May 24 ----- Last Day of School
May 28 ----- Graduation, 2:00PM
May 29 ----- Memorial Day

Make-Up Days: Mar 10, Mar 24, May 25, May 26

Parent-Teacher Conferences
(Counted as Contract Day)

First and Last day of School

No School-Teacher Prof. Development Days
Counted as Contract Days

No School – Holidays - Counted as Contract Days

Parent Teacher Conferences Comp. Day/PLC Comp Day
(Counted as Contract Day)

No School Vacation Day

End of Quarter

End of 1st 9 weeks ----- Oct 28 (45 days)
End of 2nd 9 weeks ----- Jan 13 (43 days)
End of 3rd 9 weeks ----- Mar 21 (44 days)
End of 4th 9 weeks ----- May 24 (43 days)
Days of Classroom Instruction ----- (175 days)

Days of Classroom Instruction ----- 175 days
Holidays ----- 4 days
Parent/Teacher Conf Comp. ----- 2 days
Professional Development Days ----- 3 days
Total Contract Days ----- 184 (days)

JANUARY 17							20 Contact
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APRIL 17							18 Contact
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28	29	30	31				

MENUS FOR FEBRUARY 2016

Valley City Elementary Schools

This institution is an equal opportunity provider. Menus are subject to change.

WEATHERMAN

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!

ANIMAL APPETITES

POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Available Daily Salad Bar featuring a variety of colorful and fresh fruits and Vegetables.

Variety of milk flavors.

Monday, February 1

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Popcorn Chicken or Eggroll or PB Sandwich with Yogurt

Stir Fried Rice
Fortune Cookie

Tuesday, February 2

Breakfast
French Toast Sticks, Lil' Smokies, Fruit, Juice and Milk

Lunch
French Dip or Hot Ham & Cheese or PB Sandwich with String Cheese

Scalloped Potatoes

Wednesday, February 3

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Rib Sandwich or Fiesta Pizza or PB Sandwich with Yogurt

Baked Beans

Thursday, February 4

Breakfast
Cinnamon Roll, Go Gurt, Fruit, Juice and Milk

Lunch
Country Fried Chicken & Roll or Hamburger Gravy & Roll or PB Sandwich with String Cheese

Mashed Potatoes

Friday, February 5

Breakfast
Yogurt Parfait, Bagel, Fruit, Juice and Milk

Lunch
Quiche & Homemade Muffin or Pancakes & Sausage or PB Sandwich with Yogurt

Warm Cinnamon Apples

YEAR OF THE MONKEY 2016

猴

The Chinese New Year begins with the new moon on February 8. 2016 is the year of the Monkey.

Monday, February 8

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Pasta Bake with Garlic Stick or Cheesy Breadstick or PB Sandwich with Yogurt

Tuesday, February 9

Breakfast
Omelet, English Muffin, Fruit, Juice and Milk

Lunch
Shrimp Poppers or Homemade Mac'N'Cheese or PB Sandwich with String Cheese

Seasoned Fries

Wednesday, February 10

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Chicken Strip with Garlic Stick or Italian Dippers or PB Sandwich with Yogurt

Green Beans

Thursday, February 11

Breakfast
Breakfast Sandwich, Fruit, Juice and Milk

Lunch
Walking Taco or Turkey Wrap or PB Sandwich with String Cheese

Refried Beans

Friday, February 12

Breakfast
Biscuits & Gravy, Fruit, Juice and Milk

Lunch
Fishwich or Grilled Cheese or PB Sandwich with Yogurt

Tomato Soup

Convenience Control
CONNECT!

Use your credit card to pay for meals on-line!

Go to www.valley-city.k12.nd.us, click food service link and then the School Bucks link.
Call w/ 7s 845-0483 Ext 9

Monday, February 15

PRESIDENTS DAY

NO SCHOOL TODAY

Tuesday, February 16

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Hamburger or Chicken Patty Sandwich or PB Sandwich with String Cheese

Coleslaw

Wednesday, February 17

Breakfast
Egg Wrap, Muffin, Fruit, Juice and Milk

Lunch
Glazed Chicken Breast with Pasta or Beef Stroganoff with Pasta or PB Sandwich with Yogurt

Thursday, February 18

Breakfast
Waffles, Sausage, Fruit, Juice and Milk

Lunch
Sloppy Joe or Corn Dog or PB Sandwich with String Cheese

Baked Beans

Friday, February 19

Breakfast
Smoothie, Teddy Grahams, Fruit, Juice and Milk

Lunch
Sesame Chicken or Fish Sticks or PB Sandwich with Yogurt

Rice

What's on YOUR plate?

Monday, February 22

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Chicken Nuggets or Ham Sandwich or PB Sandwich with Yogurt

Baked Potato

Tuesday, February 23

Breakfast
Scrambled Eggs with Diced Ham, Toast, Hashbrown Stick Fruit, Juice and Milk

Lunch
Pizza or Chicken Fajita or PB Sandwich with String Cheese

Mexican Veggies

Wednesday, February 24

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Turkey Gravy & Roll or Baked Ham & Roll or PB Sandwich with Yogurt

Mashed Potatoes

Thursday, February 25

Breakfast
Breakfast Pizza, Fruit, Juice and Milk

Lunch
Super Beef Nachos or PB Sandwich with String Cheese

Black Bean Salsa

Friday, February 26

Breakfast
Sausage Egg Biscuit, Fruit, Juice and Milk

Lunch
Tuna Sub or Cold Cut Sub or PB Sandwich with Yogurt

Chicken Noodle Soup

Powerhouse!

100% WHOLE WHEAT: 3 GRAMS PER SLICE **WHITE BREAD: .8 GRAMS PER SLICE**

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 29

Breakfast
Choice of Cereal, Toast, Fruit, Juice and Milk

Lunch
Popcorn Chicken or Eggroll or PB Sandwich with Yogurt

Stir Fried Rice
Fortune Cookie

LEAP YEAR

IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.

THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.

BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.

SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.

THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.

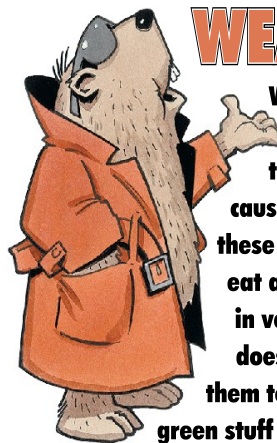
GOT ALL THAT?

Hi-Liner



Jr/Sr High February '16

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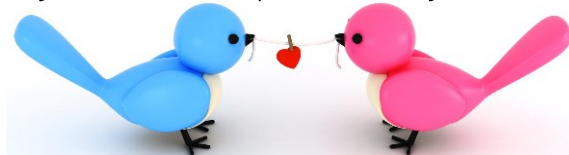
WEATHERMAN

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ANIMAL APPETITES

POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Available Daily

At Breakfast:
Cereal, Toast, Juice and Grab 'N' Go

At Lunch:
Fresh Salad Bar, A la Carte and a Variety of Milk Flavors.

Monday, February 1

Breakfast
Breakfast Pizza, Fruit, Juice and Milk

Lunch
Popcorn Chicken or Eggroll or Deluxe Salad

Stir Fried Rice
Fortune Cookie

Tuesday, February 2

Breakfast
Breakfast Sandwich, Fruit, Juice and Milk

Lunch
French Dip or Hot Ham & Cheese or Turkey & Swiss Sandwich

Scalloped Potatoes
Cookie

Wednesday, February 3

Breakfast
Cinnamon Roll, Fruit, Juice and Milk

Lunch
Pulled Pork Sandwich or Pizza Cruncher or Deluxe Salad

Coleslaw

Thursday, February 4

Breakfast
Pancakes, Fruit, Juice and Milk

Lunch
Country Fried Chicken & Roll or Meatloaf & Roll or Ham & Cheese Sandwich

Mashed Potatoes

Friday, February 5

Breakfast
Giant Homemade Muffin, Fruit, Juice and Milk

Lunch
Sesame Chicken or Beef Stew with Biscuit or Deluxe Salad

Rice

NUTRITION TO GO

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

A TASTY MORSEL FOR PARENTS

Monday, February 8

Breakfast
Breakfast Pizza, Fruit, Juice and Milk

Lunch
Pasta Bake with Garlic Stick or Cheesy Breadstick or Ham & Cheese Sandwich

Tuesday, February 9

Breakfast
Breakfast Sandwich, Fruit, Juice and Milk

Lunch
Chili & Cheese or Deluxe Salad

Baked Potato
Cinnamon Roll
Tortilla Chips

Wednesday, February 10

Breakfast
Cinnamon Roll, Fruit, Juice and Milk

Lunch
Chicken Strip with Pasta or Quesadilla or Turkey & Swiss Sandwich

Green Beans

Thursday, February 11

Breakfast
Pancakes, Fruit, Juice and Milk

Lunch
Walking Taco or Turkey Fiesta Wrap or Deluxe Salad

Refried Beans
Cookie

Friday, February 12

Breakfast
Giant Homemade Muffin, Fruit, Juice and Milk

Lunch
Under the Sea Fishwich or Grilled Cheese or Deli Sandwich

Tomato Soup

Convenience Control
CONNECT!

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Call w/ ?s 845-0483 Ext 9

Monday, February 15

PRESIDENTS DAY

NO SCHOOL TODAY

Tuesday, February 16

Breakfast
Breakfast Sandwich,
Fruit, Juice and Milk

Lunch
Build Your Own Burger or
Chicken Patty Sandwich or
Deluxe Salad

Baked Beans
Coleslaw

Wednesday, February 17

Breakfast
Cinnamon Roll,
Fruit, Juice and Milk

Lunch
Honey Lemon Chicken with
Pasta or
Beef Stroganoff with Pasta or
Ham & Cheese Sandwich

Thursday, February 18

Breakfast
Pancakes,
Fruit, Juice and Milk

Lunch
Super Beef Nachos or
Turkey & Swiss Sandwich
with Chips

Corn
Refried Beans
Black Bean Salsa

Friday, February 19

Breakfast
Giant Homemade Muffin,
Fruit, Juice and Milk

Lunch
Hard Boiled Eggs & Giant
Homemade Muffin or
Corn Dog or
Cereal, Seeds & Yogurt
Parfait

Warm Cinnamon Apples
Hashbrown Stick

What's on YOUR plate?

Powerhouse!

100% WHOLE WHEAT: 3 GRAMS PER SLICE

WHITE BREAD: .8 GRAMS PER SLICE

Fiber in the foods you eat helps make you strong and healthy! You should try to eat about 20-25 grams of fiber a day. So if you love PB&J, a sandwich on 100% whole wheat bread pumps you up with 6 grams of fiber (just from the bread), while one on white bread only gives you about a quarter as much.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 22

Breakfast
Breakfast Pizza,
Fruit, Juice and Milk

Lunch
Sloppy Joe or
Hot & Spicy Chicken Patty
Sandwich or
Deli Sandwich

Oven Fries

Tuesday, February 23

Breakfast
Breakfast Sandwich,
Fruit, Juice and Milk

Lunch
Pizza or
Chicken Fajita or
Deluxe Salad

Mexican Veggies

Wednesday, February 24

Breakfast
Cinnamon Roll,
Fruit, Juice and Milk

Lunch
Turkey Gravy & Roll or
Baked Ham & Roll or
Ham & Cheese Sandwich

Mashed Potatoes

Thursday, February 25

Breakfast
Pancakes,
Fruit, Juice and Milk

Lunch
Chicken Nuggets &
Breadstick or
Rib Sandwich or
Deluxe Salad

Cookie

Friday, February 26

Breakfast
Giant Homemade Muffin,
Fruit, Juice and Milk

Lunch
Italian Sub or
Deli Sub or
Tuna Sub

Chicken Tortilla Soup

Monday, February 29

Breakfast
Breakfast Pizza,
Fruit, Juice and Milk

Lunch
Popcorn Chicken or
Eggroll or
Deluxe Salad

Stir Fried Rice
Fortune Cookie



GREATEST ATHLETE OF THE CENTURY

Jackie Joyner-Kersey was named the greatest female athlete of the 20th century by *Sports Illustrated*. She competed in four Olympics from 1984-1996, winning 3 gold medals, 2 silver, and a bronze. Her world record in the heptathlon (a grueling combination of 7 track and field events) has stood since 1988 – in fact, she still holds the six best scores ever in the event. Joyner-Kersey has served as a role model and an inspiration for two generations of female athletes.

AFRICAN AMERICAN HISTORY MONTH
Want to learn more? Start by doing a search for Jackie Joyner-Kersey.

February Fruit & Veggie Frenzy 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Sugar Snap Peas	3 Blood Orange	4 Kohlrabi Sticks	5	6
7	8	9 Pineapple Pals	10 Orange Pepper Sticks	11 Cantaloupe Chunks	12	13
14	15	16 Rutabaga Sticks	17 Banana	18 Broccoli	19	20
21	22	23 Gala Apples	24 Green Beans	25 Red Grapes	26	27
28	29					

I My Teacher!

Education Foundation for the Valley City Public Schools is pleased to offer you an opportunity to **show some LOVE** to your favorite teacher—past or present!

Donations may be made to the Education Foundation to HONOR your favorite teacher.

Funds raised will be available for teachers to use for classroom/teaching enhancement grants. Teachers receiving a donation in their honor will receive a special **LOVE** card.

My Favorite Teacher:

Circle One: \$10.00 \$25.00 \$100.00 \$_____

Please enclose payment & return to your school office or mail to:

Education Foundation for the Valley City Public Schools
460 Central Ave N Valley City, ND 58072

Our Family Name: _____

Address: _____



Valley City Jr. Sr.

February, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Snow Week @ Multiple locations 6:00pm-7:30pm Youth BB Practice @ HS Gym North 7:00pm Snow Week Coronation and Community Pep Rally @ Hi-Liner Activity Center (HAC) 8:00pm PowderBuff Volleyball @ Hi-Liner Activity Center (HAC)</p>	<p>2</p> <p>Snow Week @ Multiple locations 4:00pm Basketball-G/JV (Time Changed) Fargo South 4:00pm Basketball-B/JV (Time Changed) Fargo South 5:00pm Basketball-B/7th & 8th Carrington 5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South 5:45pm Basketball-G/Varsity Fargo South 6:30pm Trap Shooting Team Meeting @ HS Cafeteria 7:30pm Basketball-B/Varsity Fargo South</p>	<p>3</p> <p>Snow Week @ Multiple locations 9:30am-1:45pm Mrs. Shanenko's Class @ HS Theatre</p>	<p>4</p> <p>Snow Week @ Multiple locations 4:30pm Basketball-B/7th & 8th Maple Valley 5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South 6:00pm Basketball-G/9A Fargo South 6:00pm Wrestling-JV Away vs. Fargo Davies 7:00pm Wrestling-Varsity Away vs. Fargo Davies</p>	<p>5</p> <p>Snow Week @ Multiple locations 2:30pm Snow Week Pep Rally @ Hi-Liner Activity Center (HAC) 4:15pm Basketball-G/JV Shanley 4:15pm Basketball-B/JV Shanley 5:00pm Gymnastics-Varsity Fargo North-South vs. Multiple Schools 5:00pm Gymnastics-Varsity Away vs. Fargo 5:45pm Basketball-B/Varsity Shanley 7:30pm Basketball-G/Varsity Shanley</p>	<p>6</p> <p>Snow Week @ Multiple locations 8:00am Speech @ Devils Lake 10:00am Basketball-B/7th & 8th Away vs. Lisbon 1:00pm Basketball-G/9A Grand Forks Central 4:00pm-6:00pm JO Volleyball @ Hi-Liner Activity Center (HAC) 9:00pm-11:45pm Snow Ball Dance @ HS Cafeteria</p>
<p>7</p> <p>3:00pm-4:00pm softball pitching clinic @ HS Gym South 4:00pm-6:00pm JO Volleyball @ Hi-Liner Activity Center (HAC)</p>	<p>8</p> <p>4:30pm Basketball-B/7th & 8th (Date changed from 01-14-16) Away vs. Kindred 7:00pm-9:00pm JO Volleyball @ HS North and South Gym</p>	<p>9</p> <p>4:15pm Basketball-G/JV Away vs. Red River 4:15pm Basketball-B/JV Away vs. Red River 4:30pm Basketball-B/7th & 8th Pingree-Buchanan 5:45pm Basketball-B/Varsity Away vs. Red River 5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South 5:45pm Basketball-G/9A Away vs. Fargo North 6:00pm-7:30pm Youth BB Practice @ HS Gym North 7:30pm Basketball-G/Varsity Away vs. Red River</p>	<p>10</p>	<p>11</p> <p>5:00pm Gymnastics-Varsity Valley City Jr. Sr. vs. Multiple Schools 5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South 6:00pm Basketball-G/9A Moorhead</p>	<p>12</p> <p>8:00am Speech @ Fargo North 4:00pm-5:30pm Youth BB Practice @ HS Gym North 4:00pm Wrestling-JV Away vs. Fargo South 4:15pm Basketball-G/9A Wahpeton 5:00pm Wrestling-JV Fargo South vs. Multiple Schools 5:00pm Basketball-B/7th & 8th Away vs. Oakes 5:45pm Basketball-G/JV Wahpeton 5:45pm Basketball-B/JV Away vs. Wahpeton 7:30pm Basketball-B/Varsity Away vs. Wahpeton 7:30pm Basketball-G/Varsity Wahpeton</p>	<p>13</p> <p>8:00am Speech @ Fargo Shanley 9:00am-12:00pm Youth Basketball Camp @ Hi-Liner Activity Center (HAC) 10:00am Wrestling-Varsity Fargo South vs. Multiple Schools 4:00pm-6:00pm JO Volleyball @ Hi-Liner Activity Center (HAC)</p>
<p>14</p> <p>1:00pm-4:00pm Knights of Columbus Hoop Shoot Contest @ Hi-Liner Activity Center (HAC) 3:00pm-4:00pm softball pitching clinic @ HS Gym South 4:00pm-6:00pm JO Volleyball @ Hi-Liner Activity Center (HAC)</p>	<p>15</p> <p>President's Day - NO SCHOOL</p>	<p>16</p> <p>4:15pm Basketball-G/9A Turtle Mountain Community 4:30pm Basketball-B/7th & 8th Away vs. Barnes County North 5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South 5:45pm Basketball-G/JV Turtle Mountain Community 6:00pm-7:30pm Youth BB Practice @ HS Gym North 7:30pm Basketball-G/Varsity Turtle Mountain Community</p>	<p>17</p>	<p>18</p> <p>9:00am Wrestling-Varsity Away vs. Fargo 5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South</p>	<p>19</p> <p>9:00am Wrestling-Varsity Away vs. Fargo 4:00pm-5:30pm Youth BB Practice @ HS Gym South 4:30pm Basketball-B/7th & 8th Jamestown 5:00pm Gymnastics-Varsity Fargo North-South vs. Multiple Schools 5:45pm Basketball-B/JV Away vs. Sheyenne High School 5:45pm Basketball-G/JV Sheyenne High School 7:30pm Basketball-B/Varsity Away vs. Sheyenne High School 7:30pm Basketball-G/Varsity Sheyenne High School</p>	<p>20</p> <p>8:00am Speech @ Bismarck St. Marys 9:00am Wrestling-Varsity Away vs. Fargo 4:00pm-6:00pm JO Volleyball @ Hi-Liner Activity Center (HAC)</p>
<p>21</p> <p>3:00pm-4:00pm softball pitching clinic @ HS Gym South 4:00pm-6:00pm JO Volleyball @ Hi-Liner Activity Center (HAC)</p>	<p>22</p> <p>7:00pm-9:00pm JO Volleyball @ HS North and South Gym</p>	<p>23</p> <p>5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South 5:45pm Basketball-G/JV Away vs. West Fargo High School 5:45pm Basketball-B/JV West Fargo High School 6:00pm-7:30pm Youth BB Practice @ HS Gym North 7:30pm Basketball-G/Varsity Away vs. West Fargo High School 7:30pm Basketball-B/Varsity West Fargo High School</p>	<p>24</p>	<p>25</p> <p>4:30pm Basketball-B/7th & 8th Devils Lake 5:45pm-7:00pm Softball Hitting Clinic @ HS Gym South 6:00pm-7:30pm Youth BB Practice @ HS Gym North</p>	<p>26</p> <p>TBD Gymnastics-Varsity Away vs. Jamestown 4:00pm Basketball-B/C Fargo South vs. Multiple Schools</p>	<p>27</p> <p>TBD Gymnastics-Varsity Away vs. Jamestown 7:00am-8:00pm VCPR Youth Basketball Tourney @ Multiple locations 8:00am Speech @ West Fargo 9:00am Basketball-B/C Fargo South vs. Multiple Schools</p>
<p>28</p> <p>3:00pm-4:00pm softball pitching clinic @ HS Gym South 4:00pm-6:00pm JO Volleyball @ Hi-Liner Activity Center (HAC)</p>	<p>29</p> <p>5:00pm-8:00pm Parent-Teacher Conferences @ Multiple locations</p>					