

- 🍏 Region 5 One Act  
Nov. 8, Jamestown.
- 🍏 Veterans Day,  
No School, Nov. 10
- 🍏 Thanksgiving,  
No School, Nov. 23-24
- 🍏 Elementary Christmas Con-  
cert, Nov. 30,  
2 and 7 P.M.
- 🍏 HS Christmas Concert,  
Dec. 5, 7 P.M.
- 🍏 Christmas Break,  
Dec. 21- Jan. 2

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# CPS Welcomes New Staff Members

by *Kristen Hewitt*

Each school year brings new students to our building, new ideas to incorporate in classrooms, and new energy for the coming school year. Along with these things, Carrington Public Schools welcomes new staff members eager to share their love of learning. This year we welcome eight new staff members to our administration and teaching ranks.

**Nikki Braaten** joins Carrington Elementary as a fourth grade teacher. The Carrington native received her degree in elementary education with a minor in math from the University of North Dakota. After her college graduation in December of 2016, Ms. Braaten served as a K-12 substitute in both Carrington and New Rockford. The former Carrington Cardinal basketball player will be putting her skills to use as a coach for both the 5<sup>th</sup>/6<sup>th</sup> grade and junior high girls basketball teams this year. In her free time, which is limited in a first year of teaching, Ms. Braaten enjoys reading, watching TV, spending time with friends and family, and attending or being part of the musicals at the Dakota Prairie Regional Center for the Arts in New Rockford. Although she can't remember exactly when she knew she wanted to teach, she does remember wanting to be an actress, a signer, a chef, a professional basketball player, a fashion designer, a grocery store worker, and an architect. On a serious note, she gives credit to her two parents, who themselves are passionate educators, and her phenomenal teachers as being the impetus behind her desire to be a teacher. As a teacher, she wants to pass her love of learning onto her students. When asked what she has enjoyed most about this year, she replied, "The kids! I have twenty-three fourth graders full of fun, outgoing, friendly, smart personalities, which makes a busy and exciting classroom." Welcome home, Ms. Braaten!

**April Foth** is the new face in the elementary counselor's office. Mrs. Foth, a graduate of Montpelier High School, attended both Northern State University for a bachelor's degree in psychology with a business minor and Min-



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# The Principal's Perspective

by David Nowatzki

## “Make-A-Wish”

During the past two years, the Carrington High School Student Council has led two Kids For Wish Kids fundraisers that have generated \$8480.00 for Make-A-Wish North Dakota. Our Student Council officers designed this service project, but its success relied on the kindness and generosity of our entire student body and staff.

Each year, the CHS Student Council coordinates a Snoball Week at the end of January. The week includes dress-up days, fun activities, and a semi-formal dance. Our student council was interested in adding a service component to the week's activities, but had not decided what they wanted to do. In the fall of 2016, we had the opportunity to have Billi Jo Zielinski, the President and CEO of Make-A-Wish North Dakota, speak to our student body. She gave an enlightening presentation on the impact that Make-A-Wish has had on the lives of many young people in North Dakota. Shortly after her presentation, our student council president visited with Billi Jo about how CHS could contribute to this wonderful organization. She was very receptive to the suggestion, gave him a few ideas, and he brought those ideas back to fire up our student council. They had decided on the service project they would conduct during the upcoming Snoball Week.

On the Monday morning of Snoball Week, a school-wide student assembly was held in the gym. Our Student Council President introduced Laura Kulsrud, who gave a moving presentation about how Make-A-Wish had impacted the

lives of her three sons. This past year, Pastor Bruce Vold told the inspirational story about his son and his experience with Make-A-Wish. Presentations of personal experiences have been a great way to kick-off our fundraising activities.

During the second period of every day that week, a Student Council member would use the intercom to invite our students to donate any sum of money towards Make-A-Wish. Student Council members would then collect the donation totals from each classroom, which would be deposited and tallied in the office. Total money amounts collected in each class were announced daily, and the class who donated the most money by the end of the week would receive donuts on the following Monday. While members of the student body agreed that the purpose of the project was more important than winning a sweet treat, they certainly enjoyed the competitive spirit of trying to best their classmates' contributions!

During the first year of this activity, the student body and staff raised around \$3400 in just one week! The Student Council conducted another small fundraiser (selling 'Cardinal' tumblers) to bring that total to \$5000. During this past year, the project raised \$3480 during the week! The students of our school understand the important services provided by Make-A-Wish North Dakota and are committed to continuing this level of support in the future. At Carrington High School, we have kids who make wishes for other kids possible!

## Counselor Connection



Hello from Mrs. Foth! 😊

I would like to take the opportunity to introduce myself! My name is Mrs. April Foth, and I am very excited to be the new Elementary School Counselor here at Carrington Public Schools! I am greatly looking forward to getting to know the staff, students and parents of the Carrington District!

A little about me... I grew up on a farm near Ypsilanti and am the oldest of 5 kids. I attended and graduated from Montpelier Public School, got my undergraduate degree in Psychology from Northern State University and my Masters of School Counseling from Minnesota State University Mankato. I worked as a K-12 & Career Development Counselor through the Sheyenne Valley Area Career & Tech Center from the fall of 2010-the end of the 2016-17 school year serving the Litchville-Marion, Gackle-Streeter & BCN school districts. I moved to Carrington in July with my husband, Cory, who works for 4<sup>th</sup> Corp in New Rockford.

I am very excited to begin this new adventure at Carrington Public Schools! If you find yourself at the school during school hours, please drop by and introduce yourself! I look forward to meeting everyone and am looking forward to a great year!!

## Counseling Program Services Available to All Students

by April Foth

As a school counselor, I am here to help ALL students be successful...please contact me if you have any concerns about your student. Students can often struggle academically when there are changes and/or stressors occurring at home or school, or when students are dealing with medical/mental health concerns. I can assist by working with students to develop coping skills and to advocate for them and their needs with teachers. Please don't hesitate to contact me if you notice your student struggling academically, socially or personally. Together we can ensure your student is getting what he/she needs to reach their full personal & academic potential, ultimately leading to their success in whatever they choose to pursue in their future!



## 2018 Yearbook Sale

Order your 2018 yearbook today.

**Cost is \$50.00 if ordered before November 1. The price will increase to \$55 after that date. Checks can be given to Miss Whipple, or you can order online at [www.jostens.com](http://www.jostens.com) to use a credit card**

## ■ New Staff Members

nesota State University-Mankato for her masters degree in school counseling. Being in one school building during the day is something that is a welcome change to her, as she spent the last seven years traveling between the Litchville-Marion, Gackle-Streeter, and Barnes County North schools as a counselor employed through the Sheyenne Valley Area Career and Technical Center in Valley City. In addition to her counseling duties, Mrs. Foth is serving as a prom advisor and helping with the T.E.A.M. after school program. In her free time, she enjoys doing crafty things, watching Netflix, reading, and spending time with family and friends. Her decision to become a school counselor was based on her desire to help students reach their full potential and to help people in general. Aside from being in one location during the day, she has enjoyed meeting and getting to know the amazing students and staff in Carrington. Welcome, Mrs. Foth!

**Jenna Helseth** takes over at the helm of Carrington Elementary School as the principal for grades K-6. A New Rockford native, she attended the University of Mary for both her bachelor's degree in K-12 vocal and instrumental music education and for her master's degree in elementary and secondary school administration. For the past ten years, she has taught various combinations of music education with three of those years spent as a part-time elementary principal. Most recently, she has worked in the Devils Lake and Maddock districts. Spending time with her four children and family, riding horses, enjoying music, and reading top the list of her favorite free time activities. She cites two main reasons for entering the education profession: She loves music and wants to show kids the joy and life-long fulfillment music can bring to their lives, and she enjoys leadership roles and is passionate about education issues and best practices. Being busy and meeting staff, students, parents, and community members have been what she has enjoyed so far this year. Welcome, Mrs. Helseth!

**Ashley Mogard** picks up the conductor's baton in the middle and high school band and choir programs. Ms. Mogard graduated from Surrey High School and Minot State University with a degree in K-12 composite music education from the latter. Her extra-curricular duties include pep band and conducting small groups that sing the national anthem at sporting events. In her free time, she enjoys playing the piano, teaching others to play the piano, hanging out with friends, watching movies, baking, cooking, and reading. When asked why she decided to teach, Ms. Mogard had a very specific answer: "I decided



to teach because I didn't want to stop participating in music after high school. I was so heavily involved with music that I couldn't see myself not doing it any more. I decided to teach because I hope to inspire students that there is more to music than notes and rhythms. Music is something that helps deal with emotions as well and demonstrates the saying 'Where words fail, music speaks.' I also enjoy seeing the process of a student learning a new piece of music because they get to keep learning the same concepts instead of learning something completely new every week. They get to take what they have learned in the past and apply it to future music pieces. Also, the feeling of joy I feel when something finally comes together for the concert and the hope that your students feel the same. I feel like teaching has always been a part of me, even when there were times that it may not have seemed possible." So far this year, Ms. Mogard has enjoyed getting to know new people, her hard-working students, and watching the sports games and seeing what all the student do outside of the classroom. Welcome, Ms. Mogard!

**Josey Page** returns to her alma mater as the high school business teacher, technology integrator, and FBLA advisor. Ms. Page received her degree in business administration with double majors in marketing and management from the University of North Dakota. Walks with her dog, watching movies, and hanging out with family and friends top the list of her favorite free time activities. Ms. Page's route to CHS was slightly untraditional, as she was introduced to teaching elementary students through the Junior Achievement program while in college. This great experience that was a catalyst for her thoughts of making teaching a career. When the opportunity to teach in Carrington presented itself, she was excited to be back in her hometown and to use the skills she had gained from Junior Achievement to help her in her own classroom. Getting to know her students and working with a great faculty, which includes many of her former high school teachers, are the things she has enjoyed this year. Welcome home, Ms. Page!

**Kristee Page** returns to Carrington Elementary as a first grade teacher, a position she also held from 2013-2015. The Carrington graduate is also a familiar face due to her subbing experience in the district since 2005. Mrs. Page earned her degree in elementary education from Valley City State University and is glad to be back at CES putting it to use. In addition to her teaching duties, she helps with the T.E.A.M. after school program on Wednesdays. Her favorite free time activities include attending her



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# Changes at CES

by Jenna Helseth

The Carrington Elementary School is a busy place and off to a great start. This year students start off their day reciting the Pledge of Allegiance as a whole school led over the announcements, and on Fridays the announcements are led by a 6th grade student.

Another change this year is called W.I.N. time. W.I.N. stands for Whatever I Need. W.I.N. time is 30 minutes a day (Monday through Thursday) for each grade. During this time, the grade is split into six small groups. Students are grouped according to their level and/or instructional need, and the instruction for this 30 minutes is planned around each group of students. Last year this time was referred to as R.T.I. (Response to Intervention), was 20 minutes long, and consisted of 4 groups. Mrs. VanRay, our school strategist, helps lead this initiative, and classroom teachers, a Title 1 teacher, Ms. Williams, and Mrs. Collins are also involved. Instruction and groupings are based on standardized assessments (Dibels, STAR, and NWEA MAP), classroom observations, and teacher input. Dibels measures reading fluency, accuracy, and comprehension. STAR and NWEA MAP measure progress in reading, language, and math. These changes are the result of a process Carrington Schools are involved in called Multi-Tier System of Supports (MTSS), previously known as Response to Intervention. The elementary MTSS team is made up of Mrs. Helseth, Mrs. Nowatzki, Mrs. VanRay, Ms. Miller, Mrs. Lura, and Mrs. Hafner. They have attended training and will continue to do so. The team has also initiated new school behavior guidelines: Be Respectful, Be Responsible, and Be Safe. At monthly assemblies, students will be instructed on what these expectations look like in different situations and places in the school setting.

## ■ New Staff Members

family's events and activities, watching movies and baking. When asked why she chose teaching, she replied, "I love working with children and making learning fun. Teaching is such a rewarding job!" Welcome back, Mrs. Page!

**Megan Trautman** joins the elementary and high school staffs as the new K-12 art teacher. After graduating from Enderlin Area High School, she attended Valley City State University to earn her degrees in art education and psychology. Ms. Trautman has also taken on numerous extracurricular duties as the seventh grade volleyball coach, eighth grade girls basketball coach, and seventh grade boys basketball coach. Her free time favorites include spending time with family, making art, and exercising. She decided on a career in teaching because it allows her the opportunity to share her love and knowledge of art. She hopes to help others see the importance of creativity and how art can relate to all other subjects. Her highlights for this year have been getting to know so many new staff, faculty, and students. She notes that the Carrington School District has been very welcoming and supportive. Welcome, Ms. Trautman!



**Sierra Tweed** rounds out a trio of recent CHS graduates who have returned to teach in their hometown this year. Mrs. Tweed joins the CES staff as a second grade teacher after having served as a substitute last year. Her degrees in elementary education and middle school math and English come from Valley City State University, while her degree in human development and family science is from North Dakota State University. She joins the track coaching staff this year to share her well-known skills and expertise. Following the Carrington Cardinal and NDSU Bison sports teams along with spending time with family and friends and playing sports are things that fill her free time. She says that teaching has always been her dream job so that she can make a difference, be a role model, and watch her students succeed. This year she has enjoyed getting to know her students and collaborating with her co-workers. Welcome home, Mrs. Tweed!



Right: The fifth grade W.I.N. group practices their parts for a readers theater.



# September Students of the Month

Every month, teachers nominate students from each grade to be Students of the Month based on positive attitude, school spirit, citizenship, involvement, and academic effort. A faculty vote is taken to determine the SOM.

## Luke Page - Grade: 7

**Parent(s)/Guardian:** Kristee and Michael Page

**Family Members:** Easton, Drew, Gracie, and Josey

**Hobbies and Interests:**

Basketball, hanging out with friends

**Favorites:** Pizza, blue

**Favorite Class:** Math

**Person you most admire:**

Michael Page

**Future Career:** Undecided



## Addison Hoornaert - Grade: 10

**Parent(s)/Guardian:** Jennifer and Chad Hoornaert

**Family Members:** Emerson, Edyn, Aniston

**Hobbies and Interests:**

Sports, hanging with friends and family, watching Netflix, listening to music

**Favorites:** Pasta, Netflix, red, going to movies

**Favorite Class:** Biology

**Person you most admire:**

Emerson

**Future Career:** Undecided



## Noah Paulson - Grade: 8

**Parent(s)/Guardian:** Tiffany and Matt Paulson

**Family Members:** Jack, Brett, and Trevor

**Hobbies and Interests:**

Playing Xbox, football, basketball, baseball

**Favorites:** Pizza, blue

**Favorite Class:** Math

**Person you most admire:**

Mom

**Future Career:** Graduate from college



## Payton Smith - Grade: 11

**Parent(s)/Guardian:** Layne and Kyle Smith

**Family Members:** Brady and Brynn

**Hobbies and Interests:**

Running, hanging with friends, hunting and playing sports

**Favorites:** Steak, blue, sports, hunting

**Favorite Class:** U.S. History

**Person you most admire:**

Dad

**Future Career:** Physical Therapist or Physician Assistant



## Marissa House - Grade: 9

**Parent(s)/Guardian:** Lisa and Scott House

**Family Member:** Mariah

**Hobbies and Interests:**

Riding horse, watching Netflix, hanging with friends

**Favorites:** Steak, country music, blue

**Favorite Class:** FCS

**Person you most admire:**

Grandma

**Future Career:** Undecided



## Emerson Hoornaert - Grade: 12

**Parent(s)/Guardian:** Jennifer and Chad Hoornaert

**Family Members:** Addison, Edyn, Aniston

**Hobbies and Interests:**

Sports, spending time with friends and family, watching movies

**Favorites:** Popcorn, peach tea, G-easzy, *Grey's Anatomy*

**Favorite Class:** Elementary Tutoring

**Person you most admire:** Addison

**Future Career:** Undecided



# October Students of the Month

## Kaydence Oatis - Grade: 7

**Parent(s)/Guardian:** Christina and Jonathan Oatis

**Family Members:** Isiah, James, Adrian

**Hobbies and Interests:**

Sports, hanging out with friends, running with my dad and Duke

**Favorites:** Basketball, blue, *Transformers*

**Favorite Class:** English

**Person you most admire:**

Mom

**Future Career:** Photographer



## Kiera Eli - Grade: 10

**Parent(s)/Guardian:** Barb and Curt Eli

**Family Member:** Brianna

**Hobbies and Interests:**

Playing basketball, hanging out with friends, baking

**Favorites:** Pizza, red

**Favorite Class:** French II

**Person you most admire:**

My sister

**Future Career:** Undecided



## Amanda Jarrett - Grade: 11

**Parent(s)/Guardian:** Bobbi and Jason Jarrett

**Family Members:** Alex, Abigail, Allison

**Hobbies and Interests:**

Cooking, baking, running, being with friends and family, traveling, student council, CCD, church

**Favorites:** Pasta, purple, Hallmark movies, Christmas

**Favorite Class:** Foods classes

**People you most admire:**

Mom and Dad

**Future Career:** FCS teacher



## Emma Stans - Grade: 8

**Parent(s)/Guardian:** Lori and Ben Stans

**Family Members:** Gage M., Etta B., Alexis S., Taylor S.

**Hobbies and Interests:**

Drawing, fishing, roller blading, coloring

**Favorites:** Spaghetti, Twenty-one Pilots, Peyton List, *Mattilda*, aqua

**Favorite Class:** Art

**Person you most admire:**

Alexis

**Future Career:** Multimedia artist and animator



## Kambree Kvamme - Grade: 9

**Parent(s)/Guardian:** Jona and Jeff Kvamme

**Family Members:** Kylie, Keenan, Kaulder, Kirra

**Hobbies and Interests:**

Reading, rodeo, napping, hanging with Bre

**Favorites:** Bre

**Favorite Class:** Geography

**Person you most admire:**

Mom

**Future Career:** Undecided



## Megan Wening - Grade: 12

**Parent(s)/Guardian:** Dawn and Larry Wening

**Family Members:** Cody, Wyatt

**Hobbies and Interests:** Hanging out with friends, makeup, hair, traveling

**Favorites:** Pasta, country and hip-hop, purple

**Favorite Class:** Co-op

**Person you most admire:**

Dad

**Future Career:** Cosmetology



# Elementary School Project

*by Dr. Brian Duchscherer*

The construction of the new elementary school and gymnasium is progressing with several phases of the project being completed this past summer and fall. The following phases of the project have been completed as to date: moving buildings, soil corrections, excavation and backfill, footings and foundations, masonry of gymnasium and locker rooms, steel erection, metal framing of elementary school, and partial completion of high school and elementary school parking lots.

The construction contractors will continue to work this fall with the goal of having the entire building enclosed by Thanksgiving. The construction will continue throughout the winter with pouring of the concrete floors within the building, interior wall assembly, building finishes, and the exterior brick veneer work being completed within protective shelters.

The elementary school project is currently on the projected construction schedule, with the estimated finish date of July 13, 2018. If you have any questions, feel free to contact me.



## School Calendar

Nov. 4	FB State Semifinals	8	1:30 Dismissal, Prof. Dev. Day
6,7,9	Regional VB, Hazelton	10-12	State Student Council Convention, Bismarck
8	Region 5 One Act Play, Jamestown	12	School Board Meeting, 5:00 P.M.
10	No School, Veterans Day	22-Jan.2	Christmas Break
10	FB State Finals, Fargo	Jan. 3	School Resumes
14	School Board Meeting, 5 P.M.	6-7	FFA Winter Leadership Conf., Bismarck
16-18	State Volleyball, Fargo	9	School Board Meeting, 5 P.M.
20-21	State One Act, Jamestown	12	End of 2nd quarter
23-24	No School, Thanksgiving	12	1:30 Dismissal, Prof. Dev. Day
30	Elementary Christmas Concert, 2 P.M.& 7 P.M.	15	No School, Prof. Dev. Day
Dec. 5	HS Christmas Concert, 7 P.M.	26-27	State Dance, Grand Forks