



Hello North Star Community,

This month has been a whirlwind of activity. North Star Schools has been as busy as always. A few things that you should know about:

- Work at the MS/HS on installing our new boiler has begun. Upon inspection in September, it was shown that our old boiler had a leak. Following that up, it was determined in October that it would be more cost effective to replace it than to repair, considering it was over 30 years old. Our new boiler has arrived this week, and installation has begun. In the next week or so we should be back to full heat in the pit area of the MS/HS. Thank you to all our communities for supporting our building reserve levies that allow us to fix and replace these higher cost items when they occur!
- Thanks to the Hill County Sheriff's Department for coming out and supporting our schools in the month of November. They were great to work with and offered great support to our students and staff. We will continue to work with and develop our relationship with their staff to support the needs of our schools and students.
- Here's a quick reminder on ICU: This program is to help make all our students at the MS/HS complete all their assignments in a meaningful way. We typically offer it 2 times a week, and students with missing assignments are required to attend after school. They have the option to ride the activity bus home following ICU. Students who need assistance, access to internet or other school resources, or who want a good place to study and work are also welcome to attend. Please help us keep your kids on track with assignments and grades by affirming the importance of getting your work done in a timely manner and attending ICU when necessary.

Warm holiday wishes to all our North Star families and supporters. Merry Christmas and Happy New Year!

Sincerely,

Bart K. Hawkins, Superintendent
North Star School District 99M
bhawkins@nsschools.org

ALSO: Please make sure to pay attention to the bus warning lights when driving around the school and throughout the area. We have had multiple recent reports of people picking up students and driving right past the bus stop arms when they are extended and the lights are on. This is illegal. Our drivers are only extending the arms during the immediate loading and unloading of the bus. Our bus drivers are instructed to record the license plates and information of any vehicle that does this, so that we can report it directly to the Sheriff's Department. With the recent deadly incidents around the state and nation due to people going past bus warning lights, please pay more attention.



North Star Events and Activities



December

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

						1*JHBB District Tourney in Gildford *S&D in Shelby
2*Christmas Stroll @ Rudyard Sr. Center 11-4	3	4*ASVAB testing 8a-11:30a	5	6* Mid-Quarter	7	8 *S&D in Chinoook *Vendors in Hingham Gym 10-4
9*North Star Talent Show @2p-HS/JH Pit *Cantata-2p @Our Savior's Lutheran Church in Chester @7p-Calvary Evangelical Church Rudyard	10	11*Booster Club mtg 4:30pm Rud	12	13*Elementary Winter Concert in Gild-6:30-7:30p *CTSO Silent Auction after Concert	14* Varsity BB @Turner-4p	15 *S&D@ Choteau-9a *HS BB@Box Elder-12p
16	17	18*HS/MS Winter Concert in Rud-7p-8p *CTSO Silent Auction after Concert	19	20*Early Out for Holiday Break 1:30p *HSBB@Hays-3p	21*HSBB v Ft. Benton in Rud-3p	22
					HOLIDAY BREAK	
23	24 	25 	26	27	28	29
30	31 					

Student Spotlight

Dylan Skryja—Second Grade



FUTURE PLANS - To become a YouTuber

BEST MEMORY - First time seeing Buddy, my dog

FAVORITES

CLASS - Typing

FOOD/DRINK - Cereal/7-Up

SPORT/ACTIVITY/HOBBY - Watching YouTube

COLOR - Purple

SPORTS TEAM - Minnesota Vikings

Michael Berg—Seventh Grade



FUTURE PLANS - To go to MSU-Bozeman

BEST MEMORY - Going to our cabin in Lincoln

FAVORITES

CLASS - Science

FOOD/DRINK - Hamburger & Fries/Mountain Dew

SPORT/ACTIVITY/HOBBY - Playing sports with my friends and working in our shop

COLOR - Yellow

SPORTS TEAM - The Yankees

Collin Welch—Freshman



FUTURE PLANS - Become a Dentist

BEST MEMORY - Going to my cousin's house in Iowa

FAVORITES

CLASS - Science

FOOD/DRINK - Hamburgers/ Orange Juice

SPORT/ACTIVITY/HOBBY - Track

COLOR - Dark Blue

SPORTS TEAM - Bobcats



THE ZONES OF REGULATION®

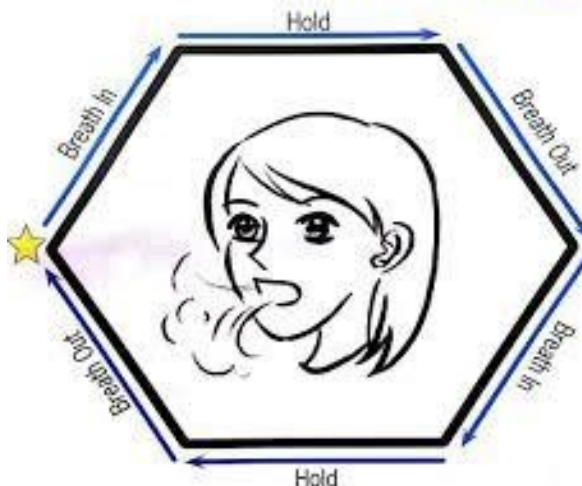
The elementary students have begun learning about the Zones of Regulation. What is Zones of Regulation? Well to begin to understand what we are teaching, you need to know what self-regulation means.

Self-regulation is the ability to manage your emotions and behavior in accordance with the demands of the situation. It includes being able to resist highly emotional reactions to upsetting stimuli, to calm yourself down when you get upset, to adjust to a change in expectations and to handle frustration without an outburst. It is a set of skills that enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world and our own feelings. (Child Mind Institute)

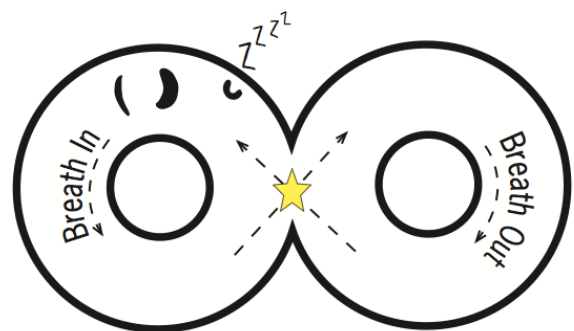
The Zones of Regulation is a curriculum that teaches students how to regulate their emotions themselves. It is okay to have different emotions. It is how we deal with those emotions that will determine the outcome of the situation or even life.

Right before Thanksgiving break, the elementary students went to different stations to learn about the different zones and some useful tools to use when they are in “the zone”. Every toolbox is different. One tool may not work for another person. We also emphasized that it isn’t just kids who are in different zones. Adults have emotions and we find ourselves in different zones as well. Please have a conversation with your child about the zones. As the year continues, we will be learning more about the Zones of Regulation. Here are two tools, of many, that were discussed. Please practice them with your student.

The Six Sides of Breathing



Lazy 8 Breathing



Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.

By Terica Schaumloeffel



Santa's Workshop

Where Students can be an Elf for a day!

The Christmas Gift Exchange has been a great tradition at North Star Elementary for many years, but as a Staff at the Elementary, we decided it was time to reimagine our tradition. **Last year, we started a new tradition with Santa's Workshop! It was a great success and something the kids really enjoyed, so we're doing it again this year.**

Santa's Workshop will be set up at school. Students in Kindergarten through 5th Grade will have a chance to be an Elf for a day, and select gift items, choose a book, and make a craft for the person they drew in the gift exchange. So, rather than going out and purchasing gifts, students will take care of everything at school. **Every child will receive a gift that includes a book, small gift item (s), and a craft– selected and made specifically for them!**

Our hope is that everything needed for the Santa's Workshop can be donated by our parents and community members, free will. You could also volunteer your time and help "work" at Santa's Workshop as a "Helper Elf." There is **no obligation** to donate anything, or to volunteer time, but we hope that you will consider doing so, as this is meant to take the place of our traditional gift exchange.

What can you donate?

- Small gift items. Could be anything from crafts, Legos, sports balls, games, etc. Either gender, or unisex gifts are OK. New or gently used– either are OK!
- Wrapping supplies, especially gift bags or small boxes. *We have a lot of wrapping paper left over from last year, but we could use gift bags or boxes.*
- Time. We will need volunteers on December 17 to be "Helper Elves" and help at the craft station, gift table, book table, and wrapping station.
- We have a LOT of books already; we **do not** need book donations for this year.*

Donations can be returned to Katie in the Office or contact Katie to volunteer!

Thank you for being a wonderful and supportive North Star Parent/Community Member!

Deadline for submitting donations is
Thursday, December 13.





SCIENCE

Creating the Cell

Hello from the Science Corner! In the days before Thanksgiving, the 7th grade has been studying the cell and its organelles. We have looked at cells, both plant and animal, in the microscope. Unfortunately, while the cell membrane, cytoplasm and the nucleus are easy to see, the organelles are way too small. We would need an actual electron microscope to see them!! The dilemma was solved by creating our own cells out of fun food and candy items. We used a rice cake and frosting to simulate the cell and cytoplasm. A Rolo candy became our nucleus, while chocolate licorice formed the cell membrane. Other cell parts used Fruit Roll-ups as Endoplasmic Reticulum and Golgi bodies and cinnamon candies as lysosomes. Mike and Ikes became mitochondria, while licorice strings formed the cytoplasm. Candy sprinkles formed the ribosomes. After the students completed the construction of their cells, they ATE THEM!!! How fun is that? It made the cell part very easy to see, and the students really enjoyed eating their product!



FCCLA District Meeting



Eleven members of the North Star FCCLA chapter attended the FCCLA District 3 meeting in Havre on November 6. The meeting was attended by about 50 members and adults from the five schools in our district and was held at the Triangle Communications Meeting room. The day started off with a great presentation by members from Malta FCCLA who talked

about their Farm to School project which earned them a trip to National FCCLA in Atlanta last summer. These students along with others from their Malta Chapter reclaimed a piece of land close to the school, planted a garden and shared the vegetables they grew with the food service at the school. We also heard from Elle Buhl, State VP of Programs about her exchange trip to Japan this summer. She attended school and lived with a family for 3 months this summer. Her trip is an award trip from FCCLA sponsored by Kikkoman Corporation.

Again this year, Montana FCCLA has partnered with the Montana Department of Transportation to bring awareness to their Vision Zero project. This year there will be a special emphasis on Drowsy Driving which is becoming an increasing problem in Montana among all age groups. We were challenged with activities to understand the impact of drowsy driving and learned facts about drowsy driving statistics in Montana. North Star FCCLA was awarded another grant to continue the work they started last year with Vision Zero from the Montana Department of Transportation. Hunter Moore, State VP of Parliamentary Law also spoke about the national program, Power of One. Through this program, members learn more about themselves and how to build on their strengths as individuals as well as team members.

New District 3 officers were elected. Aubrey Welch was elected as the new District 3 Vice President and Shayla Borlaug was elected as the new Secretary/Treasurer for the group. These young ladies will join Ben Costin from Malta who was elected the District 3 President. Outgoing District 3 Vice President Bailey Spicher and Oliva King, Secretary/Treasurer, helped install the new officers. Members had a great time ending their day with Catalina Carlon who taught them some new Hip Hop and Line Dances.





Congratulations to Paj Peterson and Olivia King who were named to the District 6C-East volleyball team.



Congrats also to Saige O'Neil on being named to the second team.

Science + Math

Science and Math Exploration for Middle School Girls

The 26th Annual Expanding Your Horizons in Science and Mathematics (EYH) Conference will be held on **Saturday, March 30, 2019, 8:30 AM to 3:30 PM** at Montana State University in Bozeman.

The focus of the workshop is to encourage young women in grades 6-8 to explore a variety of math and science related professions through fun and creative hands-on workshops. **Conference registration will open March 4, 2019** and cost is just \$30.00, which includes lunch and supplies. Space is limited to 240 participants and is determined on a first-come basis. Register early!

Registration forms will be sent to Mrs. Spinler at the beginning of March. Students may also learn more about the conference at : <http://ato.monanta.edu/eyh/index.html>. Registration forms will also be available online after March 4.

For further information or questions, contact EYH Program Manager, Nicole Soll, at (406) 994-6633 or Nicole.soll1@montana.edu

Angel Tree



If your family has an interest in participating by **giving**, please go to McNair Furniture in Rudyard on or after November 29th to remove an angel off the tree. The angel will give you information about the needs of someone very special and what to buy him/her for Christmas. After buying a gift and wrapping it, you can then take the gift back to McNair Furniture and leave it in the angel tree designated room by December 17th.

If you have any questions concerning this project, feel free to call or text Miss Susan at 390-2763.

We wish you a happy and blessed Christmas.



Christmas Cantata

Come and enjoy the Hi-Line Community Christmas Cantata taking place on December 9th. There will be two chances to hear the wonderful blending of voices and also join along as they sing the Christmas hymns and songs that you have grown up hearing.

The performances will take place at 2:00 P.M. in Chester at Our Savior Lutheran Church and at 7:00 P.M. at the Calvary Evangelical Church in Rudyard.

CTSO Silent Auctions

Don't forget to check out our assortment of handmade items and baskets following the Christmas Concerts at the Elementary, Dec. 13th, and the High School, Dec. 18th.



Hi-Line Christmas Festival

Sunday, Dec 2, 2018

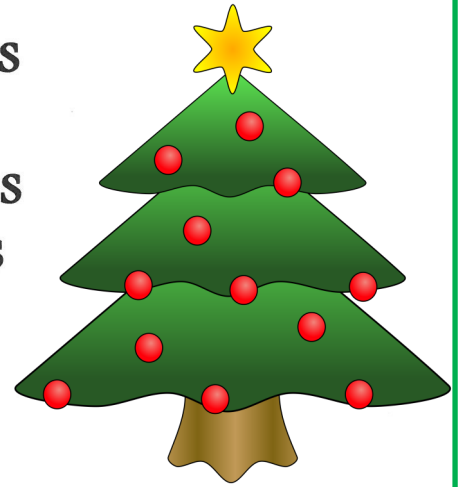
11 to 4

At Ruyard Senior Center

Come celebrate with friends and family!!



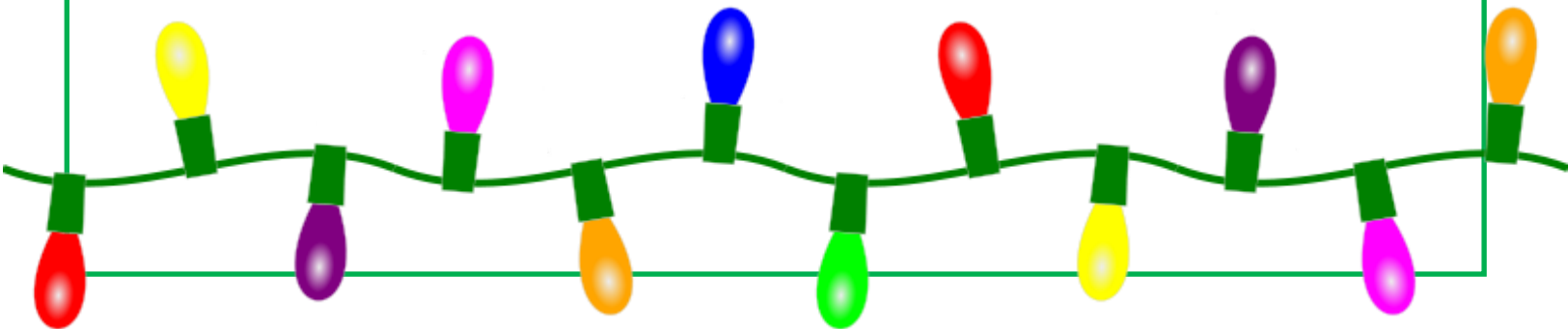
Crafters, Vendors, Gifts
Music by local talent
Handmade Pronto Pups
Soup, Cinnamon Rolls
Coffee and Cocoa
Free Will Offering



Santa will be here so bring your camera or cell phone for photos!

12 to 2:00

Hi-line Angel tree





North Star Booster Club Dues

\$25.00 per family
\$50.00 business membership Funds
support school activities K-12

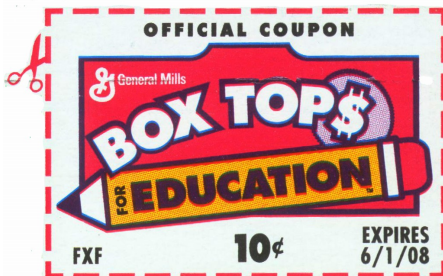
Send checks to either school in care of North Star Booster Club. Thank you for your support.



Shoes, Shoes, Shoes...

North Star Elementary is still collecting new or gently used shoes (no holes, laces if applicable, clean and still have life in them) as a fundraiser for new playground equipment. Collection sites include both school campuses, Hi-Way Bar and K-lanes. Please contact Jessica Myers if you have any questions at jmyers@nsschools.org or 397-3281. Our goal is to collect 10,000 pairs and we are only at 3,500! Keep them coming!!

Box Tops



North Star Elementary is once again collecting Box Tops for Education this year. You can find them on various grocery and sundry items, clip them out, gather them up, and turn them in to the Elementary. Then, three times a year they are submitted to Box Tops headquarters and we get a check in return. The money earned has been used toward purchase of playground equipment and recreation supplies for

our students. Collecting Box Tops is a great activity for kids as they are not only helping out our school, they can practice their cutting skills. Please double check that you are not submitting any expired Box Tops and do your best to cut them out accurately. If you have any questions, contact Katie in the Elementary Office. Thank you for helping contribute to our school!

Thank You

A Huge thank you to all the people who helped out with the North Star/CJI Speech and Drama Meet! We couldn't have held such a successful meet without all of those willing to judge and make delicious goodies for the hospitality room.

We appreciate the support from the community and thank you for all you do.

-The North Star Speech & Drama Team



HEDA's Attic

Thrifty for you!
(N. door) Kingham School

Open 9-12pm
1st & 2nd Saturday of December



We want to wish all of you
A very Merry Christmas



North Star School Season Pass-

Activity Season Passes for the 2018-2019 school year are now on sale.

ES ARE NOW ON SALE

**Prices: Family \$250.00, Adult \$125.00, Student \$25.00 K-12,
Senior Citizen 65 and older admitted free
Preschool age children free**

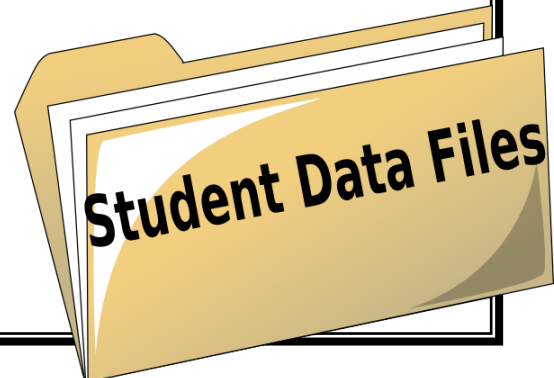
All students in grades 5-12 will be required to purchase an activity pass if they are participating in football, volleyball, basketball, track. Participants will not be able to play in any games until this fee is paid. Students whose families purchase a family pass will not be required to purchase a student pass.

This covers all North Star Athletic REGULAR season competitions, EXCLUDES but not limited to the following: Volleyball Showcases Tournament, All Tournament Games- High School and Jr. High, High School Football Playoff Games. Family Season Passes DO NOT INCLUDE COLLEGE AGE CHILDREN.

Anyone caught abusing this policy will lose Season Pass admittance and money will be non-refundable.

Transcripts

Beginning with the Class of 2018 and subsequent classes, transcript requests can be made electronically through Parchment. Transcripts are free for two years following graduation. After that, there is a \$3.15 fee that will be collected by Parchment. Destinations such as colleges, NCAA, Common Application or yourself can be requested. In three easy steps, you can order your transcript: 1. Register for your free account at parchment.com. 2. Request your transcript. 3. Track your transcript. A student can not only request a transcript but explore and compare colleges and analyze admissions data. Visit parchment.com. If you need further assistance, contact Rose Spinler or Carol Tempel.



Upcoming Events:

December:

- 1st– MS BB District 9C Tourney continues-Gildford
- 6th-Mid-Quarter
- 9th– North Star Talent Show, 2p in Rudyard
- 13th-Elementary Winter Concert-Gildford, 6:30p
- 18th– MS/HS Winter Music Concert-Rudyard, 7:00p
- 20th-Early Out 1:30p for Holiday Break

January:

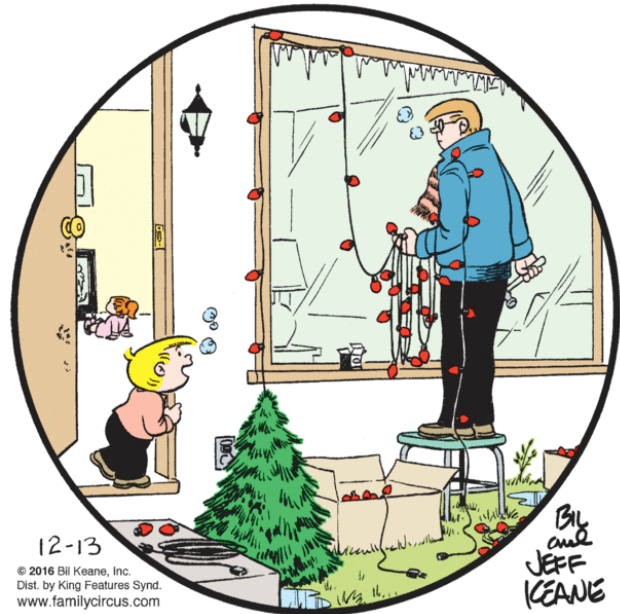
- 2nd– School in Session again
- 7th-MCT Try-outs at the Elementary 4:15p
- 12th-MCT Performance-3:30p
- 17th-End of 2nd QTR/First Semester
- 18th-Speech & Drama Divisionals-Malta
- 21st-Regional BPA-No School
- 25-26th-State S&D Meet-Three Forks

February:

- 13th-16th—District Basketball Tournaments-Havre
- 13th-NAEP Testing 4th and 8th Grade
- 14th– Mid-Quarter
- 20th-23rd-Divisional Basketball Tournament in GF
- 28th-Mar. 2nd-State Girls Basketball Tournament-GF

March:

- 1st-2nd-Girls State Basketball Tournament-Great Falls
- 7th-9th– Boys State Basketball Tournament-Billings
- 9th-12th-State BPA-Billings
- 10th-Daylight Savings Time Begins
- 11th-State BPA No School
- 21st-23rd-State FCCLA-Billings
- 22nd-End of 3rd Quarter
- 26th-JH/HS Parent/Teacher Conferences 4:30-7:30p
- 28th-Elementary Parent/Teacher Conferences 4:30-7:30p



“I can help, Daddy. Let me know when they’re ready to be turned on and I’ll flip the switch!”

A VERY MERRY
CHRISTMAS
and Happy New Year!





Dutton-Brady preseason tournament schedule:

Friday, December 7

3:00 PM Augusta girls vs. North Star girls

4:30 PM Augusta boys vs. North Star boys

6:00 PM Dutton/Brady girls vs. Big Sandy girls

7:00 PM Dutton/Brady boys vs. Big Sandy boys

Saturday, December 8

3:00 PM Big Sandy girls vs. Augusta girls

4:30 PM Big Sandy boys vs. Augusta boys

6:00 PM North Star girls vs. Dutton/Brady girls

7:00 PM North Star boys vs. Dutton/Brady boys

**North Star
Booster Club**

K
knights

Happy
Holidays

Please join us for our December Meeting!
Everyone Welcome!!

December 11, 2018 @ 4:30 p.m.
North Star High School Cafeteria