

The Prairie Rose Post

Principal's Corner

Mrs. Michele Svihovec

Things to remember:

1. We start school next year August 27th.
2. Our **Open House BBQ** will be on August 25th.
3. **Camp Ed.** is June 8-26, and July 6-24.
4. Prairie Rose will have an **Activity Center this summer**. You can sign up at Bismarck Parks and Recreation Department. The Activity Center runs from June 1 to July 31, from 8:00 am to 5:00 pm. The cost is \$275 for the summer.
5. **Supply List** will be posted on the website.
6. **Field trips**—notices will be coming home soon from classroom teachers. You may have to provide a sack lunch.
7. **Library books** are due May 8th. Please check for books at home that may belong to the library or teacher.
8. **Lunch money** is carried over to next year. Sixth grade lunch accounts will be transferred to school they are attending next year.
9. If your child takes **medicine** please stop by the office to pick up medicine.
10. **Report cards** will be sent with students on last day of school.
11. If you plan to move during the summer please notify the office ASAP if you will not be attending Prairie Rose.

Upcoming Events

PTC Meeting (6:00)	April 29
Music Program	April 30
-Grade 2 6:00	
-Grade 6 7:00	
Band Night Parade	May 8
-5:30 line up	
- 6:30 parade starts	
6th Gr. Band Program	May 12
- Solheim (6:00)	
6th Grade Track Meet	May 13
5th Grade Track Meet	May 14
6th Grade Presidential Award Of Excellence Luncheon	May 19
Last Day of School	May 22

Class Lists

Letters will be sent out at the end of June informing you which classroom your child has been assigned to for the 2009-10 school year. We will not be posting the lists because of safety reasons.



Health Efforts Continue in Bismarck Schools!

The Bismarck School Health Council met this spring to complete a self-assessment on the health of our school environment. For the third time since 2004, the School Health Index was completed. This tool uses the Center for Disease Control's 8 modules of Coordinated School Health to assess our nutrition services, physical education, staff wellness promotion, health services, psychological/social services, family and community involvement, and health curriculum and policies.

Small groups of school employees, community members and parents came together to answer questions posed by the School Health Index. The questions address behaviors that contribute to the leading causes of death, disability and illness among young people and adults in the United States, which are lack of physical activity, poor eating habits, tobacco use, safety-related behaviors, and asthma.



For example, 67% of deaths among U.S. children and adolescents result from injury-related causes; adolescents participating in daily physical activity is less than 50%; obesity has doubled in children and tripled in adolescents in the past two decades; 20% of youth report using tobacco; an estimated 10-11 million youth are exposed to second hand smoke in their homes; and the connection between diet and disease has been established. This generation of youth is showing early indicators of heart disease, Type 2 adult diabetes brought on by obesity, and fragile bones due to inadequate calcium intake (milk replaced by soda).

Here's how the group scored Bismarck Schools on the Health Index:

Environment & Policy	75%
Nutrition Services	74%
Physical Education	91%
Health Education	75%
Health Services	27%
Health Promotion for Staff	67%
Parent/Community Involvement	50%
Counseling/Psychological/Social Services	57%

Many areas of strength were identified during the assessment process, but our district has challenges ahead as well. The group decided **8 top priorities** to be addressed. They are:

1. Publish more nutritional information and analysis of school breakfast and lunch menus.
2. Provide teacher training for early recognition of students at risk for social, emotional, or physical health problems that affect academic performance.
3. Enforce the current Nutrition & Physical Activity policy to eliminate the use of food as a reward and to promote fundraising efforts that support healthy eating and wellness.
4. Increase employee access to health screenings.
5. Educate families on safety and health topics.
6. Build a stronger health component into current high school courses.
7. Increase Phy. Ed. instruction time to 150 minutes per week for grades K-6 and 225 minutes for grades 7-12.
8. Develop strategies to share health information among those who need to know.

We plan to work on these issues immediately and make changes for the 2009-2010 school year. If you have questions, please contact either of our Assistant Superintendents at 323-4000 or email

john_salwei@bismarckschools.org or
fran_rodenburg@bismarckpublicschools.org.



April is Autism Awareness Month!!

Autism is considered to be a national epidemic. In our country today, one out of 150 children are diagnosed with autism, making it more common than pediatric cancer, diabetes, and AIDS combined. Autism is a complex neurological disorder that impairs a person's ability to communicate, and relate to others. It may also affect academics and functional skills. The symptoms can range from very mild to quite severe. Autism is four times more likely to occur in boys than girls. This disorder affects families in a wide variety of ways. It is important for families to have a support system and ways to network with other families. When a child is diagnosed with autism, early intervention is critical in addressing the child's individual needs. Effective programs focus on developing communication, social, and cognitive skills. Parents should be aware that Bismarck Public Schools has an autism team that specializes in assisting education teams and parents in the area of autism. This is a brief overview highlighting key information about Autism.

For additional information:

www.autismspeaks.com,
www.fightingautism.org, www.und.edu/org/grain, www.talkautism.org

Apple Dash

Mark your calendars! The 3rd annual Apple Dash run/walk for education will be held Sunday, September 13, at 4 pm. **Make this a part of your back-to-school tradition with fun, family and fitness** and raise money for



teacher classroom mini-grants! For more details over the summer, go to www.bismarckschools.org under the Alumni Foundation link.

Band Night Parade

Join us on Friday, May 8, at 6:30 pm for the Band Night Parade. Nearly 30 bands are registered and will assemble at the Capitol Grounds at 5:30. The route goes down 6th Street, turns west on Ave. C., then south on 5th Street to the Civic Center. If you want to be a sponsor or enter a unit, contact Tamara Kautzman by May 1 at 701-333-0285.



Alive at 25

If you have a child who is ages 14-24, you may want to sign them up for the Alive at 25 course sponsored by the ND Safety Council on May 5, May 17, and June 11. It's designed to reduce your child's likelihood of being in a car crash, since 38% of all teen deaths are caused by traffic collisions. To register, go to www.ndsafedriver.org and click on "Find a Course" then "By High School" or contact Terry Weaver, 223-6372 or terryw@ndsc.org.



A special Thank You to John Martin, Kjersti Hintz, and Lisa Macdonald for serving on the PTC board this school year. Also, thanks to the many other parents who volunteered to help with the PTC sponsored events this year. We couldn't do all we do, without the help of all of you. THANK YOU!!!!!!

PTC Corner

HELP! We are still looking for a few parents to step forward and serve on the PTC board. We are looking for a Vice-President and President. You also have the option of sharing the duties with another person and serving as Co-Presidents. We usually meet once a month. At the beginning of the year we also have a volunteer sign up sheet which makes it easier to find parents to help with the various events. This is a great opportunity if you would like to get more involved in your child's education. If you would like to know more about this position please give John Martin, PTC President, a call or myself.

You may contact me at 323-4280 or michele_svihovec@bismarckschools.org.

Thank you. I am looking forward to hearing from you.
Michele Svihovec



New Principals Hired

Bismarck Public Schools has hired two new elementary principals who will start in July.

Shawn Oban will serve as the Roosevelt principal and the Fine Arts Coordinator for the school district. Oban recently completed his Master's degree at the University of North Dakota and this year completed an internship with Roosevelt's principal Cindy Wilcox. He is currently a 5th grade teacher and assistant principal at Highland Acres. Superintendent of Schools Paul Johnson says, "Shawn also has a music background and a passion for fine arts, so he's a good fit for the Fine Arts Coordinator position."

The new principal at Centennial Elementary will be Tyler Hanson, who is currently the elementary school principal in Edgeley, North Dakota. Hanson currently chairs the Advisory Committee to the Special Education Department of the State Department of Public Instruction, and recently received the Golden Apple Service Award through the North Dakota Association of Elementary School Principals.

Johnson says, "We spent a lot of time interviewing candidates and evaluating the best fit for those schools and the district. We are pleased to have been able to select a top-notch individual from within the Bismarck Public Schools and one from outside the district to bring in a new perspective." Thirty seven people applied for the two positions and 10 were interviewed.

For more information, contact Johnson at 323-4054.

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