

May-Port CG Middle/High School
900 West Main Street
Mayville, ND 58257
Ph. 788-2281 Fax 788-2959
mayportcg.com



Our Mission is CLEAR
Challenge ~ Learn ~ Empower ~ Assist ~ Respect

February 2018 Events

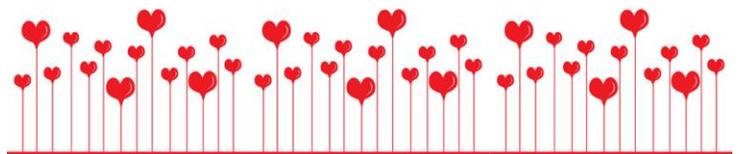
- 2/1 Thurs. Jostens here during lunch
GBB GCC here 6:00/7:30 (8th/V)
- 2/2 Fri. MS Math Counts @ Hillsboro
Go Red Day! Am. Heart Association
GBB/BBB Kindred here 4:30/6/7:30
- 2/3 Sat. Speech @ Northwood
7th BBB @ Larimore Jamboree 9:00
7th GBB @ Thompson Jamboree 9:00
JV GBB @ MPCG Jamboree 9:00
WR Dual Reg. II Tourn. @ Hillsboro 10:00
Snowball Dance 9:00-11:30 PM
- 2/4 Sun.
- 2/5 Mon. Jr. Bank Board mtg. 7:30 AM
BBB MidMin here: PBJ 4/5, JV V 6/7:30
- 2/6 Tues. BBB North Border here 6:00/7:30
BH Fosston Bagley here 7:00
- 2/7 Wed. FCCLA STAR Events in Kindred
- 2/8 Thurs. GBB @ Cavalier 4/5/6/7:30
- 2/9 Fri. BBB @ Thompson 4/5/6/7:30
- 2/10 Sat. Speech @ Northern Cass
WR Ind. Reg. II Tourn. @ Harvey 10:00
8th BBB @ Northwood 9:00
8th GBB @ HCV Jam 9:00
- 2/11 Sun.
- 2/12 Mon. JH BBB @ Page 4:00/5:00
JV & V GBB/BBB HCV here 4:30/6/7:30
MPCGEA Soup & Sandwich Supper during games
- 2/13 Tues. JH BBB @ Hatton 4:00/5:00
- 2/14 Wed. Teacher In-Service; 1:45 Dismissal
- 2/15 Thurs. State WR in Fargo
BBB @ GCC 4:30/6:00/7:00 (8th/JV/V)
- 2/16 Fri. Winter Break; No School
State WR in Fargo
GBB Reg. II Play-in Game
- 2/17 Sat. State WR in Fargo
Speech @ Grafton
BBB @ Dak Prairie 10/11/12/1:30
BH Moorhead here. 6:00
- 2/18 Sun.
- 2/19 Mon. Jr. Bank Board mtg 7:30 AM
GBB Reg. II Tourn. @ Betty
- 2/20 Tues. GBB Reg. II Tourn. @ Betty
- 2/21 Wed. FCCLA CT mtg.
- 2/22 Thurs. GBB Reg. II Tourn. @ Betty
- 2/23 Fri. BBB Cavalier here 4/5/6/7:30
- 2/24 Sat. Speech at Hatton/Northwood
State Robotics @ MPCG
BH @ Moorhead 6:30
- 2/25 Sun.
- 2/26 Mon. Track Begins
- 2/27 Tues. BBB Reg. II Play-in Game
- 2/28 Wed.

February 2018 Menu

- 2/1 Hamburger Gravy over Mashed Potatoes,
Glazed Carrots, Raspberry Turnovers, Juice
- 2/2 Pizza, Pasta Salad, Corn, Fruit Cocktail
- 2/5 Chicken Nuggets, Rice, Carrots, Pears
- 2/6 Taco Salad, Corn, Mandarin Oranges
- 2/7 Chicken Rotel Hotdish, Green Beans,
Banana Split Dessert
- 2/8 Salad Bar, Chicken Noodle Soup, PBJs,
Fruit
- 2/9 Turkey & Ham Subs, Lettuce, Tomatoes,
Chips, Grapes
- 2/12 Chicken & Biscuits, Glazed Carrots,
Chocolate Mousse, Juice
- 2/13 Taco Grinders, Cheese & Lettuce, Corn,
Pears
- 2/14 Fish Nuggets, Escalloped Potatoes, Peas &
Carrots, Jello, Strawberries
- 2/15 Hot Ham & Cheese Sandwiches, Green
Beans, Calico Beans, Oreo Dessert *25¢
- 2/16 Grilled Cheese Sandwiches, Tomato Soup,
Crackers, Pasta Salad, Apples
- 2/19 Meatballs & Gravy over Mashed Potatoes,
Green Beans, Applesauce
- 2/20 Chicken Fajitas, Cheese & Lettuce, Pears,
Spanish Rice,
- 2/21 Barbecues, Cheese Slices, Hash Browns,
Baked Beans, Peaches *50¢
- 2/22 Pork Roast & Gravy over Mashed Potatoes,
Glazed Carrots, Cookie Dessert, Juice
- 2/23 Garlic French Bread, Spaghetti Sauce,
Corn, Mandarin Oranges.
- 2/26 Spaghetti with Meat Sauce, Garlic Toast,
Green Beans, Chocolate Pudding
- 2/27 Chili Crisпитos, Lettuce & Cheese, Chips &
Salsa, Pears *25¢
- 2/28 Pizza, Cottage Cheese, Corn, Peaches
*Lettuce, carrots, celery and assorted dressings
are available every day.*

* indicates 25 or 50 cents is charged for a second sandwich

"SCHOOL FOOD IS COOL FOOD"
**Our kitchen staff: Terry Elliott, Sharon
Ramstad, Joe Morowski, and Kim Kvernen.**



NORTH DAKOTA GOVERNOR'S SCHOOL 2018

If you are a sophomore or junior with above average scholastic abilities and interested in learning more in English studies, information technology, laboratory science, mathematics, architecture, agriculture, or visual arts, become a member of the 2018 ND Governor's School. This six-week residential program held on the campus of North Dakota State University runs from June 3 - July 13, 2018. Governor's School offers high-quality, concentrated instruction from NDSU faculty through classroom experiences, discussion groups, labs, field trips, and other activities. Evenings and weekends are reserved for recreational and fine arts activities. The state of North Dakota funds the cost of participation for in-state students accepted into the program. Interested students can learn more about ND Governor's School at <https://www.ndsu.edu/govschool>. The application deadline is March 1, 2018.

EXPAND YOUR HORIZONS

On Saturday, April 7, North Dakota State University will host the Math and Science conference "Expand Your Horizons" for girls in grades 7 thru 9. The day consists of hands-on participation in activities led by area professionals with the goal of sparking the spirit and triggering the imagination of young women so they might be encouraged to select courses in high school that lead to opportunities for exciting careers in areas such as engineering, medicine, computer science, math, and business. Participants will attend workshops without their parents or chaperones at North Dakota State University, Minnesota State University Moorhead, Concordia College, Sanford Health, Essentia Health, Veterans Administration Hospital, and other locations in Fargo-Moorhead. A registration fee of \$10 covers the cost of lunch, conference expenses, and materials. The registration deadline is February 16. For more information, see Mr. Varriano or Joan.

SPRING PARENT-TEACHER CONFERENCES APRIL 5 & 10

Early school calendars show spring conferences on March 29 and April 5. Please note there has been a change, and conferences will be **Thursday, April 5 and Tuesday, April 10, from 4:00 until 7:00 both days.**

SCHOOL SNACKS

The face of school snacks is changing. With the new USDA regulations, healthful foods are replacing cookies and candy as the snacks available to kids. But how will this impact your school event? Let's take a look...

The Guidelines: School snacks must conform to the USDA guidelines, which include calorie limits, sugar caps, and nutrient requirements.

- Calorie Limits: All snacks, including accompaniments like butter and cream cheese, must have no more than 200 calories per serving.
- Fat Ceilings: Fat must make up no more than 35% of the total calorie count, with saturated fat content at less than 10% and trans fat content at 0. Shoot for less than 35 calories of fat per 100 calories of food.
- Sugar Caps: Only 35% (or less) of the weight in any snack food may come from sugar.
- Nutrient Requirements: In order to meet the USDA's guidelines, snacks must either be rich in whole grains, contain at least a quarter cup of fruit and/or vegetables, have a fruit, vegetable, protein food, or dairy product as the first ingredient, or contain 10% or more of the percent daily value of potassium, dietary fiber, vitamin D, or calcium. The Guidelines and YOU: Technically these guidelines are only required for food items sold at the school. They do not apply to off-site fundraisers or events that take place during non-school hours. However, we encourage everyone to follow the guidelines above. Make It Yourself Snack Inspiration: Looking for great ideas that conform to the new requirements? Try some of these snacks...

- Grapes, apples and pears are the perfect portable fruit treat.
- Popcorn trail mix: 5 cups lowfat popcorn, 1/4 cup peanuts, 1 cup raisins - put in 6 bags.
- Strawberry crunchies are always a hit. Have kids dip whole strawberries into yogurt, then roll the dipped berries in whole grain cereal.
- Yogurt - "lite" yogurt is low in sugar. Or top plain yogurt with fresh fruit.
- You can't go wrong with an assortment of sliced veggies and a flavorful plain yogurt dip mixed with a little chopped onion or herbs!

For More Information: For more details and inspiration, visit <http://foodandhealth.com/usda-snackfoods-schools/>.



2018-2019 ND School Immunization Requirements

The North Dakota Department of Health has recently changed North Dakota's minimum vaccination requirements for students in 7th – 12th grade.

For the 2018-2019 school year, one dose of meningococcal conjugate vaccine (MCV4) is now required for students entering 7th through 10 grade and a second dose is required for students in 11th and 12th grade. Meningococcal disease is a serious bacterial infection that can cause meningitis and possibly lead to death.

Also for next year, one dose of Tdap, a vaccine that protects against whooping cough, is required for students in grades 7th through 12th.

Finally, students attending school in the 2018-2019 school year are required to be compliant with school immunization requirements by October 1st to avoid exclusion.

Please contact me at 788-2281 or email me at kari.satrom@may-portcg.com with any questions or concerns.

Kari Satrom RN
MPCG School Nurse

WINTER WINDS MAY BLOW

With potentially dangerous winter weather possible it is especially important, for your child's safety that we communicate regarding his or her absences.

Please be sure to call the school office, 788-2281, ext. 0, if your child will be absent. You may also leave a message anytime of the day or night by pressing 100.

If you feel it best to keep your child home because of the weather, please just call and let us know. Also, don't hesitate to call if you would like to check to see that your child arrived at school safely.

To hear possible school closing announcements, listen to area television and radio stations. Also our message alert system will call your cell phones and/or landlines.

ORDER YOUR 2017-28 YEARBOOK NOW

The 2017-18 school yearbook can be preordered now. The cost is \$35 and the deadline to order is May 22nd, 2018. Yearbooks can be ordered and paid for at either the PBJ or high school office. The yearbooks can be expected to arrive at the end of August.

>>> **Our FBLA chapter** has been working on a project to serve the community. Several students have been making blankets that will go to foster children in Traill County. The blankets will go into backpacks that the child will receive upon entering foster care. They hope to make the transition into foster care a little less daunting by providing the child with an item to comfort them and of which they can take ownership.



Members of the **May-Port CG FBLA** chapter attended Business Activities Day at Mayville State University January 25. Members gained valuable knowledge, competed against schools in the area and prepared for State Conference.



SENIOR PICTURES

Seniors, if possible, please send your color, upright, head-and-shoulders picture electronically to stacy.hanson@may-portcg.com OR yearbook@may-portcg.com, ASAP for the 2017-18 yearbook, the Tribune graduation tab, and the composite picture that will hang in the commons.

SECTION 504 OF THE REHABILITATION ACT AND AMERICANS WITH DISABILITIES ACT

Notice of Non-Discrimination

Applicants for admission and employment, students, parents, persons with disabilities, employees, and all unions or professional organizations holding collective bargaining or professional agreements with the May-Port CG School Dist. #14 are hereby notified that this school does not discriminate on the basis of race, sex, color, national origin, age or disability in admission or access to, or treatment or employment in, its programs and activities. Any person having inquiries concerning the school's compliance with the regulations implementing Title VI, Title IX, the Americans with

Disabilities Act (ADA), or Section 504 is directed to contact:
Mr. Michael Bradner, Superintendent

May-Port CG School District #14
900 West Main St.
Mayville, ND 58257
(701) 788-2281

SAFE AND DRUG FREE SCHOOLS

Every year our school receives funds from the federal government to provide a safe and drug free environment for our students. We use the money to run our intramural program offering students healthy alternatives to occupy their time. We also use a portion of the funds to support counseling services for students who have been involved in unhealthy lifestyle choices. Staff members receive training at the annual Roughrider Conference in Medora to use their curriculum to teach students about choosing safe and healthy lifestyles. Curriculum items have been purchased for our classrooms to help meet our safe and drug free objectives. We have a committee that meets once or twice a year to generate new ideas to help our students make healthy lifestyle choices. Contact Scott Ulland at the high school if you would be interested in serving on this committee.