

# Friday Flier | October 13th, 2023

The Friday Flier is an informational tool used to provide the BPS community with information regarding local events, youth activities and opportunities. Unless implicitly stated, these events are not endorsed by the Bismarck Public Schools.

**Legacy Youth Basketball Tournament**



**January 14, 2024**  
\*\*Sunday only\*\*

**Boys** Grades 3-6  
**Girls** Grades 3-8

\$200 Entry Fee 3 Game Guarantee  
Certified Officials

Legacy Sabers Girls basketball will be hosting their annual youth basketball tournament.

Held January 14, 2024. Girls grades 3-8 Boys 3-6.

For more information and to register  
<https://legacygb.wixsite.com/legacygb>



**CENTURY HIGH SCHOOL CENTAHNAS**

Join us for  
**Centahna Kids Camp!**



Come join the Century High School Centahnas Dance Team for a fun-filled camp of pom, hip hop, jazz, and kick.

Where: Century High School  
When: Thursday, November 9, 2023  
Ages: Grades K-8  
Time: 12:30 - 5:00 (Parent show 5:00)  
Cost: \$50 (includes camp t-shirt and snack)

For more information, please email  
[centahnaboosters@gmail.com](mailto:centahnaboosters@gmail.com) To register, click [HERE](#).

## 2023 Century High School C-Club Booster Bust

When: Monday, November 20, 2023  
Where: Bismarck Eagles Club  
Cost: \$30.00 per person

5:00pm Social/Silent Auction Begins  
6:30pm Dinner  
8:00pm Live Auction

Tickets can be purchased by contacting a C-Club representative or emailing  
[chscclub@gmail.com](mailto:chscclub@gmail.com)

Century Student Council  
presents...

# Trunk or Treat

Oct. 29  
1-3 pm  
Century High  
Parking Lot  
1000 E Century Ave



## VOLUNTEERS NEEDED!!

THE BISMARCK ADULT LEARNING CENTER  
NEEDS VOLUNTEERS IN OUR  
ENGLISH LANGUAGE CLASSROOMS!!  
MON-THUR 9-11:30AM  
MON-THUR 5:30 - 7:30PM

WE'RE FLEXIBLE! VOLUNTEER AS MUCH OR AS LITTLE AS  
YOUR SCHEDULE ALLOWS-TRAINING PROVIDED!

EMAIL: [ASHLEY\\_COLES@BISMARCKSCHOOLS.ORG](mailto:ASHLEY_COLES@BISMARCKSCHOOLS.ORG)  
OR CALL 701-323-4530 X 3951

Adult Learning Center - part of  
Bismarck Public Schools  
PSC Campus - 1200 College Dr.  
Bismarck, ND



*Legacy Mini Cheer Camp*

**Saturday, November 18th**  
**Legacy High School Johnson Gym**  
Grades K-8th



Check in will begin at 8:30am and will  
conclude with a showcase at 11:30am

**Legacy Mini Cheer Camp** will be held  
Saturday, November 18th from 8:30 am-12  
pm in the Legacy High School Haussler Gym.

Camp is open to anyone K-8th Grade.

Check-in begins at 8:30 am and will end with  
a camp showcase- Starts at 11:30 am

Registration fee of \$35 is due along with the  
following form by the registration date of  
October 24th.

Campers registered by October 24th will be  
guaranteed a camp shirt and bow.

**(After the October 24th registration date  
shirt and bow will only be available while  
supplies last and are not guaranteed)**

Campers will learn the following skills:  
Chant, Dance, Jumps and Stunts

Campers should arrive in comfortable  
athletic clothing and tennis shoes.

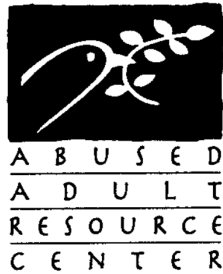
**Please have your child bring a snack and  
water bottle.**

If you have questions regarding the camp,  
please contact:  
Coach Ziemann

[staceyann.ziemann@bismarckschools.org](mailto:staceyann.ziemann@bismarckschools.org)

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## Volunteer Opportunity!

Location: Seeds of Hope

The Abused Adult Resource Center is always looking for volunteers to help out at our store, Seeds of Hope. If you're interested in volunteering, we can help you with your hours for the Honor Society or other programs that require volunteer hours. To apply, please visit our website and fill out the online application. You can click on this link [HERE](#) to access the application. Alternatively, you can contact Blaine Finneseth, our Volunteer Coordinator for AARC, by emailing him at [blainef@aacnd.com](mailto:blainef@aacnd.com).



## Peppa Pig's Adventure: Sing-Along Party!

Location: Bismarck Event Center

Date: November 1, 2023

Peppa, George, Mummy Pig, and Daddy Pig are throwing a Sing-Along Party and you are invited! In this new show, you can join in the fun as Peppa and friends teach some of their favorite songs. Dance, clap, and sing with Peppa and her family, along with Pedro Pony, Suzy Sheep, and Gerald Giraffe. Blow up those balloons and get the disco ball ready as you and your family party along with Peppa in this 60-minute interactive musical adventure!

Learn more at [www.bismarckeventcenter.com/events](http://www.bismarckeventcenter.com/events)



## Polar Plunge for Special Olympics North Dakota

Bismarck will be hosting the rescheduled 2023 Polar Plunge on **Saturday, November 18th**. Plunging starts at 12:00 pm.

The Polar Plunge is a nationwide event, organized by the Law Enforcement Torch Run for Special Olympics as a fundraising and public awareness-building event benefiting Special Olympics. Its purpose is to raise funds and to further Special Olympics' mission; to provide year-round training and athletic competition in a variety of Olympic-type sports for children and adults, with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympic athletes and the community.

Participants need to raise a minimum of \$100 through pledges from friends and family. Money raised at this event supports Special Olympics North Dakota athletes and programs.

The Polar Plunge includes a number of fun contests (which are free for participants to compete in) including the following: Best Costume, Best Belly Flop, Youngest Plunger, Oldest Plunger, Most money raised by an individual, Most money raised by a team.

To register go to: [www.specialolympicsnd.org](http://www.specialolympicsnd.org)

Questions email: [info@specialolympicsnd.org](mailto:info@specialolympicsnd.org)



## Annual Trunk or Treat

Location: Gateway Community Fellowship  
3333 E. Broadway Avenue, Bismarck

Sunday, October 29th, from 3:00pm to 5:00pm



## KidzCurl is Back!

Starting Saturday, November 4th

The Capital Curling Club is sponsoring Saturday afternoon curling for all students that would like to learn to curl or continue to improve their curling skills. Cost is \$30 for the season, Saturday's, November 4th, through the end of February, with hot chocolate and snacks after each session. Scheduling will be announced prior to November 4th for each age group/session. Students in grades 1-12 are invited to participate. No previous experience is required. Sessions are located at the VFW Sports Center in Bismarck, south of the YMCA. For more information, or to register, visit [www.capitalcurlingclub.org](http://www.capitalcurlingclub.org) or e-mail [kidzcurl@capitalcurlingclub.org](mailto:kidzcurl@capitalcurlingclub.org)



## Boo to the Flu Trick-or-Treating

Join us for our Halloween event! Grab your costumes for immunizations and trick-or-treating at CHI St. Alexius on Tuesday, October 24 from 5 to 7 PM. No registration required.



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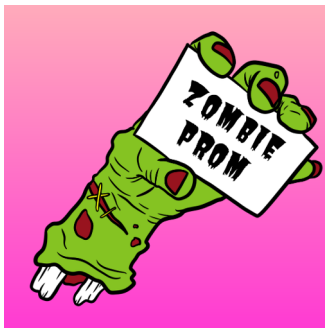


## Zombified Make-up Workshop

Location: Frances Leach High Prairie Arts & Science Complex

Ready to get spooky? Learn make-up techniques from a professional! You'll practice learning how to make realistic scabs, cuts, and oozing blood, scary eyes, and other special effects! Then take your new look to the Zombie Prom and impress the crowd! Class will be held in the "green room" in the basement of High Prairie Arts Complex. Don't forget your costume! Limited to 20 students.

Register [HERE](#).



## Zombie Prom

Location: Frances Leach High Prairie Arts & Science Complex

Join us for a Halloween weekend bash! 8-18 years old. 8-10 year-olds must have a paid parent attend with them. Dress up as your best zombie or any other creepy costume. Concessions (additional cost), contests, games, and music will be available. Buy Tickets [HERE](#).



## Twisted Tales Workshop

Join us at Dakota Stage for a one-day workshop. Limited to 25 students! Have you ever thought that fairy tales could have had a more interesting ending? Why does everyone always live happily ever after? If you have the imagination and would like to try your hand at writing your own twist on popular fairy tales or stories, this class is for you. No writing experience is necessary! Your instructor will guide you and fellow students will inspire each other in creating fun, fascinating tales with totally new story lines and endings! Stories will be shared and acted out on stage! This class is designed for students ages 7-13 and will meet at Dakota Stage, 412 East Main Avenue in Bismarck. Register at <https://dakotastageltd.com/event/twisted-tales/>



## Demonette Mini Camp

Come spend the morning with the Bismarck High Demonettes. Kids will learn about different styles of dance and learn a fun routine. The morning concludes with a parent show at 11:30.

Saturday, November, 4  
9am-12pm  
Check In starts at 8:45

Grades Pre-K through 5th \$40 includes an event T shirt and snack. The morning concludes with a parent show at 11:30. Contact [demonettestreasurer@gmail.com](mailto:demonettestreasurer@gmail.com) to register.



## National Celebrate Lacrosse Week Pick Up & Play Clinic

The Bismarck Mandan Lacrosse Association is hosting a FREE Pick Up & Play Lacrosse clinic as part of National Celebrate Lacrosse Week. The clinic will take place on Sunday, November 5 from 6:00-7:30pm at the Fore Seasons Dome. This clinic is a 90-minute introductory lacrosse experience for boys and girls, grades K-12, who have never played lacrosse before. It is designed to provide a fun, positive, and successful beginner experience with the sport of lacrosse. The goal is for participants to have the best experience possible while learning lacrosse skills and developing the ability, confidence, and desire to play more. This clinic will be conducted by BMLA's current USA Lacrosse certified coaches and players, and all equipment will be provided. Advanced registration is required [Here](#). Please see our website below for additional information. We will also be hosting additional "Lacrosse Days" this winter on the following dates: December 10, January 21 and February 25.

League registration will be opening this winter. Practices begin in March and the regular season runs from mid-April to mid-June. Protective equipment for boys and girls is available to rent for a refundable deposit for new players. Participants play small-sided games, while those interested in a more competitive experience can travel across North and South Dakota for 4-5 weekend competitions. For more information visit our website at [www.bismanlacrosse.org](http://www.bismanlacrosse.org) or find us on Facebook or Instagram.

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## YMCA/Family Wellness Programming Upcoming Activities

- Youth Sports
- Itty Bitty Activities
- Youth Swim
- Youth & Family
- Child Care & Camps

Click [HERE](#) to see all activities and camps currently offered.

**You Belong Here**  
Missouri Valley Family YMCA  
[www.bismarckymca.org](http://www.bismarckymca.org)

**For Our Community**  
Family Wellness  
[www.familywellnessbismarck.org](http://www.familywellnessbismarck.org)



## Your Support Can Change a Life

**Did you know** the United Way offers the Dolly Parton Imagination Library program to encourage early childhood learning? MSA United Way mails books to the homes of 4,000 children between the ages of 0-5 every month! It costs \$25 per child to cover shipping expenses. YOU can help make an impact by sending your child to school with coins, dollars, or they can use the QR code from Oct. 2-13 to help raise vital funds for United Way's Imagination Library! All participating Bismarck-Mandan schools compete for the most money raised per student, and the school with the highest dollar amount raised will win a prize and bragging rights! Thank you for caring for our community! For more information, visit [msaunitedway.org](http://msaunitedway.org) or call 701-255-3601.



## Join the Debate Team!

Build lifelong skills. Learn to research, think critically, listen, and communicate effectively. Join debate!

Debate practice for the competition team begins for BPS students in October. High schoolers can contact Coach Jake Thomas at [jake.thomas@bismarckschools.org](mailto:jake.thomas@bismarckschools.org) for schedule. Middle Schoolers can practice Mondays and Wednesdays at 3:30pm at Horizon Middle School in Room T-2. See Horizon's debate club activities page for more information.



## GET ACTIVE

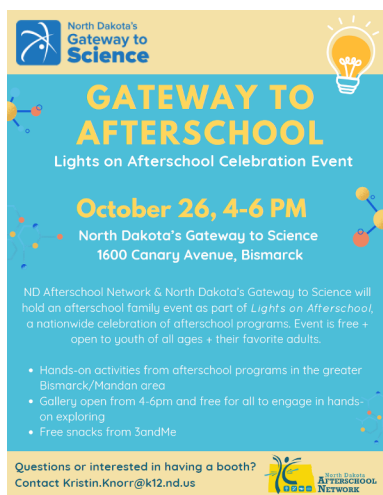
- Oct. 27 - **Halloween Carnival** at World War Memorial Building
- Oct. 27 - **Blacklight Tennis** at Capital Racquet & Fitness Center
- Oct. 30 - **3rd Grade Boys' Basketball** - [register now](#)
- Nov. 6 - **4th & 5th Grade Boys' Basketball** - [register now](#)
- Monthly - **Fencing** and **Karate**

Visit [www.bisparks.org](http://www.bisparks.org) to learn more about parks and recreation activities.

## JOIN OUR TEAM

Check out the fun and flexible jobs at Bismarck Parks and Recreation for **ages 14+** at [www.bisparks.org/jobs!](http://www.bisparks.org/jobs!)

- BLAST afterschool program leaders
- Basketball coaches
- Facility attendants
- Fitness staff
- Front desk staff
- Lifeguards - [class Oct. 26-29](#) - FREE when you join the BPRD team
- Officials - basketball & volleyball
- Open Gym supervisors
- Swim instructors
- Tennis instructors
- Zamboni drivers





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## Magic Soccer FC

**YOUTH INDOOR LEAGUE** This league is an "in-house" recreational soccer program for youth players between the ages of 8 and 14. Boys and Girls divisions are offered, and players of all skill levels are encouraged to participate. Players and parents can organize their own teams, or individuals wanting to play and who do not have a team are welcome to sign up as "free agent" players. Games are played on Sunday afternoon/evenings between January through March. See website under programs, league play, youth indoor for additional details, cost, and registration [HERE](#).

Deadline to register is Wednesday, December 20th.

### SKILLS TRAINING BLOCK 1

November 6th - December 4th

The Magic skills program consists of carefully planned programs and methods. Players will be able to refine their skills by quality repetitions they will not get in games. Location: Fore Season Center. Skills Training occur once a week on MONDAYS. **FOOTSKILLS SESSIONS:**  
-Basic Foot Skills -Intermediate Foot Skills  
-Advance Foot Skills

### FINISHING CLINIC, DEFENDING CLINIC and GOALKEEPER CLINIC

Space is limited. Please see website for cost and additional information. Early Bird Discount ends October 18th.

**2023/2024 COMPETITIVE TRAVEL** The Competitive Program is the most exclusive Magic Soccer F.C. program. The program is aimed at boys and girls aged from 7 to 19 years. All the players of this program will train 2-3 days per week and play competitive games on weekends. All travel tournaments are optional.

See website under programs, competitive travel, fall/winter for additional details, cost, and registration [HERE](#).

## 1ST ANNUAL DEMONETTE CORNHOLE TOURNAMENT



Concessions Available  
plus our famous popcorn balls

\$100 per team  
1st place Prize  
2nd place Prize  
Consolation Prize

DATE- OCTOBER 7TH 2023  
WHERE- SEND IT! 24/7  
CORNHOLE AT 1700 E MAIN  
ST. MANDAN ND  
CHECK IN AT 11:30  
STARTS AT 12:00

Register at  
[demonetteboosters@gmail.com](mailto:demonetteboosters@gmail.com)  
walk ins welcome

**HELP THE DEMONETTES GO TO NATIONALS!**

CHRISTIAN ADOPTION SERVICES  
EST. 1985

## FAMILY FUN DAY!

INFLATABLES - GAMES  
FOOD- SILENT AUCTION  
WIN A NEW BIKE

**SATURDAY**  
OCTOBER 14, 2023

**OPEN**  
10:00 AM - 4:00 PM

**MILLENNIUM PARK**  
140 SANTEE RD, LINCOLN, ND

**PLAY ALL DAY**  
CHILDREN 2 AND UP \$10  
FAMILY PASS \$40

SCAN



## Girl Talk

Essentia Health Mid Dakota Women's Center invites girls ages 9-13 and their mothers to attend this special "Girl Talk" session.

"Girl Talk" is a workshop where you will learn and discuss:

- The Menstrual Cycle
- Acne & Hygiene
- How to Shave
- Nutrition During Your Period
- Breast Development
- Fitness During Your Period
- Menstrual Products
- ...plus more!

Location: Bismarck Public Schools Career Academy - 1221 College Drive, Bismarck, ND, 58501

Registration Required: Go to [www.Essentiahealth.org/classes](http://www.Essentiahealth.org/classes)- events - click on Community Education - click on Girl Talk - Bismarck, ND [QR code on flyer]

Contact: Marie Jensen, RN at 701-712-4591

Click [HERE](#) for more information.

### REGISTRATION



Scan QR code to register online or visit  
[Essentiahealth.org/classes-events](http://Essentiahealth.org/classes-events) - Community Education - Girl Talk - Bismarck, ND

## Back-to-School PEDIATRIC PARTNERS

**AS SCHOOL STARTS, YOU MAY NOTICE YOUR CHILD HAVING DIFFICULTY WITH:**

- Expressing thoughts or getting frustrated easily
- Following directions or staying organized
- Shifting from one activity to another
- Socializing or making friends

### CONTACT THE PEDIATRIC EXPERTS

At Pediatric Partners we're here to support your child for continued success this school year!

### IMMEDIATE OPENINGS

We can see patients in-clinic, in-home, or through telehealth services for **mental health counseling, physical, and occupational therapy.**

CALL TODAY (701) 751-6336  
VISIT: [PediatricPartnersClinic.com](http://PediatricPartnersClinic.com)

Pediatric Partners

## Now Offering Free Screenings!

Do you have concerns with your child's communication, social skills, or their ability to follow routines?

Contact us today for a free screening.

Contact:  
Jackie Miller, Marketing Clinical Liaison, at  
701-356-4384 or [jackie.miller@sevitahhealth.com](mailto:jackie.miller@sevitahhealth.com)



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## Engines 4 Education Small Engine Repair

Small engine repair. We offer tuneups repairs and maintenance on all small engines (snowblowers, lawnmowers, tractors, tillers and more). 10% of profits go directly to the Bismarck Public Schools Backpack Program. Pickup and delivery service available! Call or text 400-3839 today!

**9th Annual Spook Out Cancer Event**  
Trunk-or-Treat  
Saturday, October 28th from 11am-2pm  
Story Time w/ Miss Sparkles from 12 - 12:30 pm

Virtual Auction 10/17-10/31  
Help us reach our donation goal of  
**\$50,000**  
towards supporting local cancer patients!

**We're donating**  
Why Pink? \$100 for every vehicle sold in October!  
puklich BISMARCK CANCER CENTER FOUNDATION

**Observe the Moon**  
International Observe the Moon Night  
Saturday, October 21  
6:30 - 8:30 p.m.  
at  
**North Dakota's Gateway to Science**  
(1600 Canary Avenue, Bismarck, ND)

Join us for an evening to observe our moon! There will be a story reading on a giant moon map, activity stations, telescopes, planetarium shows, moon snacks and hot chocolate provided by 3andME, library card opportunity, and so much more to look forward to!

Free event and open to all ages!  
gatewaytoscience.org/events



## Badlands Conservation Alliance A VOICE FOR WILD NORTH DAKOTA PLACES

Badlands Conservation Alliance invites you to join us for an  
**Outing to Elkhorn Ranch with Clay Jenkinson**  
Saturday, October 15th, 2023, 9:00 am MDT

Clay Jenkinson, Theodore Roosevelt Scholar and Historian, will lead the hike from the Elkhorn Ranch parking lot to the site of Roosevelt's Historic Cabin location. The hiking trail is relatively flat, 1.4 miles out-and-back. Mr. Jenkinson will discuss TR and the Badlands, the building of the Elkhorn Ranch, and the Elkhorn as a shrine to American conservation.

Please RSVP if you plan to attend the Sunday, Oct. 15th hike.

You can RSVP on Facebook or by calling the BCA office at (701) 450-1631.

Rooms are available in Medora at Rough Riders Hotel or American if you plan to stay the night prior, Saturday, Oct. 14th.

Jenn Morelock, owner of Dakota Cyclery, will join the outing and has agreed to use one of her 15-person vans to shuttle folks to Elkhorn Ranch from Chimney Park.

Folks can gather in Chimney Park, just past TRNP entrance, between 8:30-9:00 am MDT to carpool together or join the shuttle. We'll depart shortly after 9:00 am MDT.

The drive from Chimney Park to the Elkhorn Ranch parking lot is slightly over an hour.

Bring water, lunch and snacks; sunscreen, hat, and other sun and bug protection; please check the weather and dress accordingly, including good hiking shoes.

We'll be back in Medora by mid-afternoon.

For driving directions, visit [badlandsconservationalliance.org/events/2023elkhornranch](http://badlandsconservationalliance.org/events/2023elkhornranch) or scan the QR code.



Clay Jenkinson will lead the hike at the Elkhorn Ranch.



## Free Speech Therapy for Children

The Scottish Rite Speech Therapy Center for Children in Bismarck is presently accepting applications, online, at [www.scottishritespeech.org](http://www.scottishritespeech.org). All services are free of charge to children ages 2 through 7 with a qualifying application, however, if room allows children birth to 18 may also be served. All applications will be considered. If speech therapy at no cost would be helpful, please call 701-258-9132 or e-mail at [speechtherapy@bismarckscottishrite.org](mailto:speechtherapy@bismarckscottishrite.org).

**NOVEMBER 9**

**Princess & PIRATES**  
DAY CAMPS  
AGES 4-6 | 9AM-12PM  
AGES 6-8 | 1PM-4PM

**NORTHERNPLAINDANCE.ORG/DAY-CAMPS**

# District Calendar

- **Oct. 19-20** - Admin Convention Day - No School
- **Nov. 9** - Parent Teacher Conferences - No School
- **Nov. 10** - Veteran's Day Break - No School
- **Nov. 23-24** - Thanksgiving Break - No School
- **Dec. 24- Jan 1** - Christmas/New Year's Break - No School
- **Jan. 15** - MLK Day - No School
- **Jan. 16** - Staff Development Day - No School
- **Feb. 19** - President's Day - No School
- **Feb. 20** - Staff Development Day - No School
- **Mar. 15** - Storm Make-Up Days - No School
- **Mar. 29** - Good Friday - No School
- **Apr. 1** - Parent Teacher Conferences - No School
- **Apr. 29** - Storm Make-Up Days - No School
- **May 23** - Last Day of School
- **May 23** - SCHS Graduation
- **May 26** - BHS, CHS, LHS Graduations

