

Friday Flier | October 27th, 2023

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**CENTURY
HIGH SCHOOL
CENTANNAS**

Century Centannas Dance Showcase

The 20th annual Centahna Dance Showcase will be held Saturday, November 18th at Century High School in Bismarck. The showcase is open to all high school varsity, high school junior varsity, and middle school dance teams and special performances by local dance studios/programs. Come join us for a day full of dance! Gym doors open to the public at 10:00 AM. The Showcase will begin at 10:45 AM. ADMISSION PRICE: \$10.00 Adults, \$8.00 Students, 5 & under are free



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
OR CALL 701-323-4530 X 3951

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



Saturday, November 4th 12:30pm-2:00pm
St. Mary's Grade School Gym



Coats for Kids

Child must be present.

For more information, contact Art Archuleta at 701-425-1297.

**Bismarck
Rotary
Club**



Essay Contest

The Bismarck Rotary Club is sponsoring the Four-Way Test Essay contest. The winner will receive a \$250 and will be eligible to receive a \$150 award for the Regional contest and \$1,100 for the District award. All Juniors and Seniors in Bismarck are eligible to apply. The essays are due on **Wednesday, November 15, 2023**. Instructions are included on the Bismarck Rotary site: [HERE](#).



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Scholarship Application Opening

Scholarships available! The application for a \$1000 scholarship through Bismarck Dollars for Scholars will open on December 1. More information and to apply:

bismarck.dollarsforscholars.org. Bismarck Dollars for Scholars is part of a national organization called Scholarship America which is the nation's largest scholarship organization. The group has awarded over \$160,000 in scholarships to Bismarck graduates.



FALL ACADEMY

The Fall Academy program is led by our experienced, paid coaching staff who teach the fundamentals of soccer through fun and engaging practices. Players will develop through game-like activities and often work in a 1:1 ball to player ratio allowing them to get a high volume of touches during each practice.



PREK - 3RD GRADE ACADEMY

Location: Fore Seasons Center, 2525 N 19th St, Bismarck 58503

Dates: Saturday's, November 11th - December 9th (5 weeks) Cost: \$55

Times:

PreK: 09:15AM - 10:00AM

Kindergarten: 10:15AM - 11:00AM

1st Grade: 11:15AM - 12:00PM

2nd Grade: 12:15PM - 1:00PM

3rd Grade: 1:15PM - 2:00PM

4TH - 5TH GRADE ACADEMY

Location: Sanford Power, 3451 N 14th St Suite C, Bismarck, ND 58503

Dates: Tuesdays or Thursdays, November 7th - December 14th (5 weeks)

Cost: \$55

Times:

TUESDAYS

4th & 5th Grade Boys: 6:00PM - 6:50PM

THURSDAYS

4th & 5th Grade Girls: 6:00PM - 6:50PM

For more details about Academy and registration please visit our website [HERE](#).

FALL FREE PLAY

We all know that as the weather starts to get colder, opportunities to play the game we love get smaller! This fall Dakota United SC will be offering free play at the Sanford Power facility to middle school and high school students as part of our efforts to support the growth of soccer in our community. Free play prioritizes enjoyment and allows players to nurture their skill and creativity through internal problem solving.

This pilot program will cost \$0 for participants; however, players must register through our website for insurance purposes even if they only attend one week.

Location: Sanford Power, 3451 N 14th St Suite C, Bismarck, ND 58503

Dates: Mon/ Tue/ Thu, November 14th - December 14th (4 weeks)

Cost: \$0

Times:

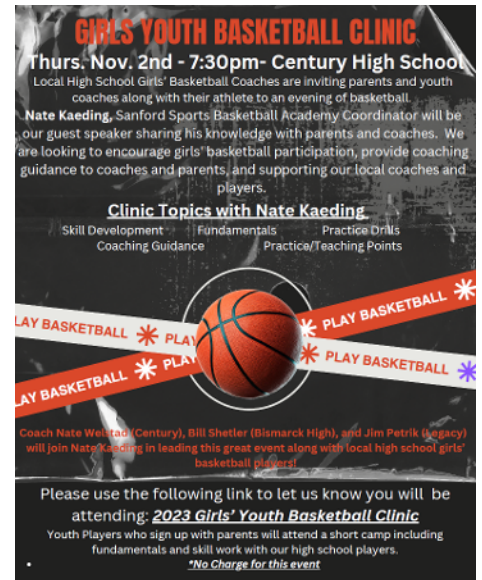
MONDAYS High School Girls: 6:00PM - 6:50PM High

School Boys: 7:00PM - 7:50PM

TUESDAYS Middle School Boys: 7:00 - 7:50PM

THURSDAYS Middle School Girls: 7:00PM - 7:50PM

For more details about Free Play and registration please visit our website [HERE](#).



Girls' Youth Basketball Clinic

Local High School Girls' Basketball Coaches are inviting parents and youth coaches along with their athlete to an evening of basketball.

Thurs. Nov. 2nd - 7:30pm- Century High School

Coach Nate Welstad (Century), Bill Shetler (Bismarck High), and Jim Petrik (Legacy) will join Nate Kaeding in leading this great event along with local high school girls' basketball players!

Nate Kaeding, Sanford Sports Basketball Academy Coordinator will be our guest speaker sharing his knowledge with parents and coaches. We are looking to encourage girls' basketball participation, provide coaching guidance to coaches and parents, and supporting our local coaches and players.

Please use the following link to let us know if you be attending: <https://forms.gle/QRwSGUGBpmtbtkpP99>

Youth Players who sign up with parents will attend a short camp including fundamentals and skill work with our high school players.

No Charge for this event

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Pre-school through 5th grade World War Memorial Building 6-8pm – \$1 per child, adults free

PROGRAMS

Oct. 30 – **Session 2 Youth Tennis –10 & Under Juniors**

Nov. 6 – **4th & 5th Grade Boys' Basketball** – [register now](#)

Monthly – **Fencing and Karate**

Visit www.bisparcs.org to learn more about parks and recreation activities.

FUN FOR ALL

Nov. 4 – **Open Gym**

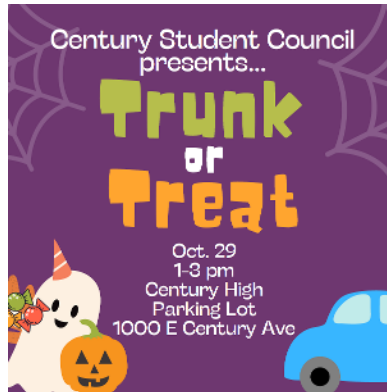
Now – **Indoor Ice Skating**

Now – **Wibit Water Toys**

GREAT P-T JOBS

Join the Bismarck Parks and Recreation team! Jobs for ages 14+ at www.bisparcs.org/jobs!

- BLAST afterschool program leaders
- Basketball coaches
- Basketball scorekeepers
- Facility attendants
- Fitness staff
- Front desk staff
- Lifeguards
- Officials – basketball & volleyball
- Open Gym supervisors
- Swim instructors
- Tennis instructors
- Warming house attendants
- Zamboni drivers



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



Annual Trunk or Treat

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

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



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

Questions email:

info@specialolympicsnd.org

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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



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 to register.



Join us for
Centahna
Kids Camp!

Century Centahnas 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 To register, click [HERE](#).



Legacy Youth Basketball Tournament

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>



94th Annual Campaign

Helping Burleigh County Families

(Sponsored by the American Legion, Loyd Spetz Post #1, Bismarck)

Help us give local families a hand-up this Christmas season by donating one or two **canned or packaged non-perishable food items** at your school. Below is a list of the most-needed items:

Canned items- green beans, peas, corn, mixed vegetables, pork & beans, soups, canned fruit, pie filling

Boxed items- cereal, stuffing mix, pancake mix, cake mix

Pasta- boxed pasta meals, bagged pasta, macaroni and cheese, spaghetti, etc.

Meals -boxed, canned, or bagged

Condiments- ketchup, mustard, barbecue sauce, relish

Miscellaneous-Peanut butter, jelly, cookies, flour, rice, sugar, syrup

(no out-of-date items, no glass containers and no damaged items please)

Thank you for making Christmas a little brighter for our neighbors!

Volunteer Opportunities for students and families

December 19th(between 6:30 p.m. - 9:00 p.m. - food tote packing)

December 20th(between 3:00 p.m. - 9:00 p.m. - delivery of totes)

for more information:

<https://americanlegionbismarck.org/>

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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

For Our Community
Family Wellness
www.familywellnessbisan.org



Free Speech Therapy for Children

The Scottish Rite Speech Therapy Center for Children in Bismarck is presently accepting applications, online, at 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.



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 or call 701-255-3601.



Legacy Mini Cheer Camp

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

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@sevitahealth.com



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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- 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.



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 [HERE](#) or e-mail kidzcurl@capitalcurlingclub.org



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 or find us on Facebook or Instagram.

District Calendar

- **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

