

Friday Flier

October 11th, 2024

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.



Kids' Kicks

To help our struggling BPS families and students, the BPS Foundation along with their community partners will be hosting Kids' Kicks, a fundraising effort for cold weather snow boots, snow pants and water-repellent gloves.

Donations ranging from \$10 to \$70 can help the BPS Foundation ensure that a student in need stays warm this winter. Donations can be made online or mailed to the BPS Foundation. Thank you to our partners SCHEELS, Hot 97.5 and 103.3 Country that make this program possible!

bpsfoundation.com/donations/kidskicks/



Free & Reduced Benefits: Dual Credit Courses

The Free and Reduced Meal Application can provide benefits that extend well beyond food. For instance, the Bank of North Dakota will cover the cost of up to two college courses per school year for high school sophomores, juniors and seniors who participate in Free or Reduced Price Lunch. If you haven't already, be sure to apply.

The application process has changed. Please visit [HERE](#) for more information and to apply.

Bismarck Demonettes Mini Camp

November 9, 2024 - 8:30am-12pm \$35 - Includes T-shirt & snack (pre-register to ensure your t-shirt)
Please pre-register [HERE](#) or find us on Facebook under Bismarck High School Demonettes to register.
8:30am-9am. Registration 9am-11:30am. Mini-camp practice. 11:30am. Parents welcome back to watch the kids performance.



Solheim's 5th grade show-choir, the Cougar Chorale, will be singing the National Anthem for the Bismarck Bobcats game against the Austin Bruins on Oct 12th at 7:15pm @ VFW Sports Center.

CENTURY CHEER CAMP

CAMPERS WILL GET SAFE CHEER INSTRUCTION ON JUMPS, CHANTS, CHEERS, DANCE AND STUNTS!

THEY ALSO RECEIVE A CAMP GIFT AND SNACK!

SATURDAY OCTOBER 12TH
CHECK IN 8:45-9AM
CAMP 9-11:30
PARENT PERFORMANCE 11:30

COST: \$30
SCAN HERE TO REGISTER BY OCTOBER 9!

Legacy

Mini Cheer Camp

Thursday, October 17th

Legacy High School Johnson Gym

Grades K-5th

Check in will begin at 8:15am and will conclude with a showcase at 11:30am

Limited spots available

Legacy Sabers Cheerleading mini cheer camp for grades k-5! Thursday, October 17th, 2024, in the Legacy High School Johnson Gym. Check-in location: LHS Marketplace Time 8:15 am Please be back for our camp performance at 11:30am! Click [HERE](#) or use our QR Code for further details and registration!



Join us for Centahna Kids Camp!

\$40 First dancers and \$20 each additional dancers
Saturday, October 26, 2024
8:30AM - 1:00 PM
[2024 Centahna Kids Camp Registration](#)
email centahnaboosters@gmail.com

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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 to children ages 2 through 7 with a qualifying application. For more information, please call 701-258-9132 or e-mail at speechtherapy@bismarckscottishrite.org



Winter Wear Distribution

The Salvation Army, 601 South Washington Street

October 10, 9:00 am - 3:30 pm

To receive Winter Wear we require the following information for all participating:

Proof of Burleigh County or Mandan Address.

ID for Adults and Children receiving Coats. (ID, Driver's License, etc. for Adults. Birth Certificates, Medical Cards, School Records, etc. for Children.)

If you have any questions please contact us at 701-223-1889.

It's
Vaccination
Time!



Seasonal vaccinations safely boost your body's ability to keep you healthy, which protects you – and those around you – from getting sick. Sanford Health offers convenient ways to get your flu and COVID-19 vaccines.

Attend a fall vaccine event Thursday Oct. 10, 17 or 24 between 12-4 p.m. at one of the following clinic locations:

Sanford South Clinic, 1040 Tacoma Ave., Bismarck (701) 323-6990

Sanford State Street Clinic, 3318 N. 14th St., Bismarck (701) 323-8870

Sanford East Interstate Ave Clinic, 1800 E. Interstate Ave., Bismarck (701) 323-6400

Sanford East Mandan Clinic, 102 Mandan Ave., Mandan (701) 667-5000

Sanford North Mandan Clinic, 910 18th St. NW, Mandan (701) 667-5100

Call your local clinic or use My Sanford Chart to schedule your vaccine visit.

Appointments are encouraged. Walk-ins welcome.

Miss North Dakota & Miss North Dakota's Teen Scholarship Competition

Miss BisMan Scholarship Competition Are you interested in becoming the next Miss North Dakota's Teen or Miss North Dakota? The Miss BisMan Scholarship Competition will be held on Sunday, November 17th at Century High School as a preliminary to Miss North Dakota and Miss North Dakota's Teen competitions. Local BisMan Miss division scholarship awards (ages 18-27) start at \$500 and Teen division scholarship awards (ages 14-17) start at \$250 for the top three delegates in each. Areas of competition include private interview, talent, evening gown, fitness, and on-stage question! To learn more, visit <https://www.missnorthdakota.org/>. You can register for the local competition [HERE](#).

Learn More!
missnorthdakota.org

Join the Mystics Stampede Rodeo: Free Entry for Students & Kids!

Saddle up for the Mystic Stampede Rodeo at Dale Pahlke Arena in Mandan on October 18-19! Enjoy tailgating from 4-6 p.m. both days. Friday's rodeo kicks off at 6 p.m., while Saturday features events from 8 a.m.-2 p.m. and 6 p.m. finals. College students (with ID) and those 18 and under get in free; adults pay \$10 daily. Don't miss this family-friendly event! Learn more here. [Purchase your tickets today.](#)



Woodcarving Show

Join the Flickertail Woodcarvers for their 54th annual Woodcarving Show. This free event is open to the public Saturday October 12th from 12:30-5pm, and Sunday October 13th from 12:30-4:30pm. View different types of wood carvings from club members, from caricatures and cartoons to realistic wildlife and chip carving. Interested in learning how to carve? Sign up for beginner woodcarving classes (must be at least 12 years old) running on Tuesdays after the show, from 7-9pm. More information available online, or at the show.

<https://flickertailwoodcarvers.org/>



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Heartview Monster Mile 5K And Family Fun Day

The Heartview Foundation Monster Mile 5K will be held Oct. 12 at 10:30 a.m. and a free mini kids race and trick or treating will be held at 11:30 a.m. Pre-registration (\$35) for the 5K is required and can be found at www.heartview.org.



Heartview's 60th Anniversary

Heartview is celebrating 60 years in the community this year. Community members can attend a celebration Nov. 1 and taste-test mocktails (\$50), followed by a reunion for alumni and all members of the recovery community on Nov. 2 (\$10). For more information and to register, visit [HERE](#).



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!

DATES/TIME
Sunday, October 13, 2024
2-4 pm (doors open at 1:45 pm)

LOCATION
CHI St. Alexius Health Boniface Auditorium

FEATURING MAIN PRESENTER
Dr. Heather Sandness Nelson, OB/GYN

COST
FREE

REGISTRATION



Scan QR code to register online or visit <https://www.essentiahealth.org/classes-events/girl-talk-bismarck-nd-october-13-2024>

TRUNKS NEEDED!



TRUCK OR TREAT
at BISMARCK ELKS
OCTOBER 31, 2024
APP DEADLINE: OCT. 21

TRUNKS NEEDED for Elks Trunk or Treat Event

WE NEED YOUR HELP! The Bismarck Elks Lodge 1199 wants to make this year's Trunk or Treat the biggest and best yet! So we are looking for individuals, businesses, and organizations to decorate their trunks for our event on Thursday, October 31st (5-7 pm).

We will try and not double up on themes, so if you have a specific idea for your trunk, it's best to get your application in first! Application deadline is October 21.

Get your application by stopping in the Elks office (Tues-Fri, 9:30am-5pm) or visiting our Trunk or Treat Facebook Event page for a link to the online application: fb.com/elkslodge/events

If you can't decorate a trunk but still want to help, you can donate candy to the Elks for participants to hand out.

If you have questions, call 701-255-1199.



FUN EVENTS



Oct. 15 - registration deadline for [Creepy Classic Tennis Tournament](#)



Oct. 25 - [Halloween Carnival](#) for preschool through grade 5



Oct. 25 - [Blacklight Tennis](#) for ages 5 through adult

REGISTER NOW

- Oct. 11 - early bird deadline for [boys' 3rd grade basketball](#)
- Oct. 15 - [session 2 swim lesson registration](#) opens
- Oct. 18 - early bird deadline for [boys' 4-5th grade basketball](#)
- Oct. 23 - tennis registration closes - [10 & Under and Juniors](#)

More at www.bisparks.org!

GREAT JOBS

Work a fun part-time job with us at Bismarck Parks and Recreation!

www.bisparks.org/jobs

- BLAST afterschool program leaders
- Basketball coaches
- Facility attendants
- Front desk staff
- Lifeguards
- Officials - basketball & volleyball
- Swim instructors
- Tennis instructors
- Zamboni drivers

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FUNCTIONAL MOVEMENT CLUB

Youth Athletes

BY STEVE KUBISIAK

FOR MORE INFORMATION:

<https://functional-movement.webador.com/>



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!



Youth Grief Support Group

If you or your child has lost a loved one, whether recently or years ago, we are here to provide you with a community of peers who have experienced similar losses and are navigating their way through grief.

www.soul57.org



Magic Soccer FC

Magic Soccer offers a wide variety of soccer options for all ages and abilities. Check out some of the programs below. For more details visit Magic's website. Many programs have enrollment caps so register EARLY! Click [HERE](#)

Mini Magic - Perfect for children aged 4 to 6 who are eager to explore and learn soccer skills!

Open Skills Training - Designed to improve players' footwork, self-confidence on the field, and provide life-long skills foundation in the game. All players can participate regardless of skill level. Player's 2nd - 7th grade.

Competitive Program - Available for players ages 8 - 19. Act fast, as teams fill up quickly. Train two days a week for fall/winter, plus required and optional tournaments if you secure a spot on the team.

Youth Indoor league - Two sessions offered in 2025 - see website for dates. Make your own team or join as a free agent. Recreational soccer program for youth players between the ages of 8 and 14. Games on Sunday afternoon and evenings starting in January.

High School Indoor league - Non-travel soccer program for players ages 15 - 19. Focus of the league is to provide high school players with additional playing opportunities outside of their school season where they can have fun and improve their skills and confidence on the field.

REGISTER:

<https://www.magicsoccerskills.com/signup>



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.familywellnessbisman.org



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Century High School's
**RED, WHITE,
and BOO!**
FREE Indoor
Trick or Treating Event
October 26
3-5PM
THE OLSON GYM
1000 E Century Ave
Bismarck, ND

UPCOMING **EVENTS**



North Dakota's
**Gateway to
Science**

Preschool Discovery Hour October 9 & 12 9:00 AM - 9:45 AM Get ready for some (not so) spooky science at October's Preschool Discovery Hour! Join us with your little ghosts and goblins for a morning of Halloween-themed STEM. Activities include pumpkin exploration, a pumpkin patch cruise, zombie foam slime, and more! Don't miss out! Click to learn more!

STEM Spooktacular October 27 at 1:00 pm - 4:00 pm Join us in your costumes on for a fun-filled day where spooky meets science! Enjoy Halloween-themed STEM activities and surprises throughout the event. Mark your calendars for our spine-tingling STEM Spooktacular—you won't want to miss it! *Admission is required for access to all Spooktacular activities.*

STEM Adventure Club Session 2 STEM Adventure Club meets on Mondays from 4:00 p.m. to 5:15 p.m. for a 6-week session at North Dakota's Gateway to Science. Session 2 begins October 28. Members: \$90 Non-Members: \$120 Register [HERE!](#)

STEM Adventure Mini Camps When school is out, science is in! North Dakota's Gateway to Science STEM Adventure Mini-Camps are held during the school year on select days when there is no school. Mini-Camps run from 8:00 AM to 5:00 PM. Upcoming Dates: October 17, 18 November 8, 11 Members: \$90 Non-Members: \$120 Register [HERE!](#)

Join us for our Halloween event!

Grab your costumes for trick-or-treating and immunizations at CHI St. Alexius on Thursday, October 24 from 5 to 7 PM. No registration required. Everyone is welcome!

LEGACY HIGH SCHOOL STUDENT ORGANIZATIONS
INVITE YOU TO

SABER SWEETS & TREATS

SUNDAY, OCTOBER 27 FROM 3:00-4:30 PM
INDOOR TRICK OR TREATING AND CARNIVAL
FREE AND OPEN TO THE PUBLIC
LEGACY HIGH SCHOOL
3400 E. CALGARY AVENUE



FREE EVENT
GATEWAY COMMUNITY FELLOWSHIP PRESENTS
JOIN US FOR
TRUNK or TREAT
FUMC
SUNDAY, OCTOBER 27
AT 2:00PM TILL 4:00PM
3333 EAST BROADWAY AVENUE
BISMARCK, ND 58501
FOR MORE INFO CHECKOUT GATEWAYCF.ORG



**Say Boo
to the
Flu**
October 24 | 5-7pm
CHI St. Alexius Hospital, Boniface Auditorium
Use the East Patient Entrance
Grab Your Costume and Join us for
Trick-or-Treating - Immunizations
Immunizations Available: Influenza, Covid-19, RSV (adults)
CHI St. Alexius Health FOUNDATION for a healthy North Dakota

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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 3** from 1:30-3:00pm 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](#), then search for "Bismarck" as the host. Please see our website below for additional information. We will also be hosting additional "Lacrosse Days" this winter on the following dates: December 8, January 12, February 2 and March 2. 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.



MISSOURI SLOPE
TAILORED CARE. INSPIRED LIVING.

WE'RE HIRING!

Rewarding Job Opportunities

Missouri Slope is hiring! Enrich lives with us in a healthcare setting - multiple positions with multiple openings.

Mealtime Assistant (CNA): Starting at \$22.50 per hour! Part time & PRN hours - Breakfast: 7am-9am, Lunch: 11am-1pm, or Supper: 5pm-7pm Qualifications: Current CNA certification (CNA training classes available periodically). Click [HERE](#)

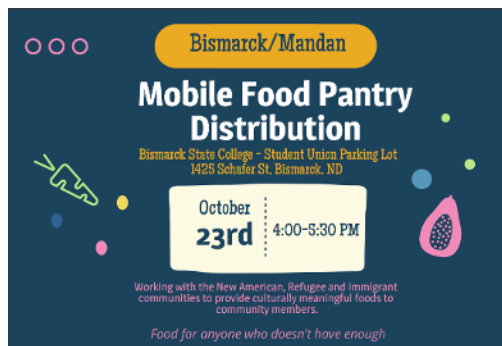
Grill Line Cook: \$18.40-\$21.15 per hour Part time - 4pm-7pm Monday-Friday, 10:30am-7pm weekends. Click [HERE](#)

Dietary Aide - Bistro: \$17.25-\$18.95 per hour 8am-12:15pm, 3-4 days a week. Click [HERE](#)

Assisted Living (Dining and Housekeeping): \$17.30-\$19.00 per hour Flexible day hours.

Click [HERE](#) for dining and [HERE](#) for housekeeping

*All positions must be 16 years of age or older



The Great Plains Food Bank will be hosting its first Culturally Meaningful Food Distribution in Bismarck on **October 23rd from 4:00-5:30 PM at the Student Union Parking Lot at Bismarck State College.**



Come support **Central Dakota Children's Choir** at the Bismarck Pizza Ranch location on October 21, 2024. 20% of each customer's bill will be donated to CDCC from 4:00-8:00. Come help us support music in our community!



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. 14-25 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.

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Based on the hit DreamWorks animated film, **SHREK THE MUSICAL** is a hilarious fairy tale adventure with a cast of vibrant characters and a 'shrek-tacular' score that's perfect for the young and the young-at-heart! Our unlikely hero finds himself on a life-changing journey alongside a wisecracking Donkey and the feisty Princess Fiona who resists her rescue. Throw in a short-tempered bad guy, a cookie with an attitude, and over a dozen other fairy tale misfits, and you've got the kind of mess that calls for a real hero. Luckily, there's one on hand...and his name is Shrek. It's not easy being green, but this irreverently fun musical proves that beauty is truly in the eye of the ogre!



Knights of the Blind

An original imitative of Lions has always been sight. Ever since Helen Keller inspired us to champion the cause in 1925, to become the Knights of the Blind, we've served and advocated for the blind and visually impaired. Nearly a century later, this long-standing mission continues unhindered. Locally, our Lion clubs have collected 10's of thousands of glasses. These glasses have been cleaned, read and marked for vision strength, packed and shipped around the world to be used by people who cannot see and cannot afford glasses.

Help us help people in need by donating your used glasses. Something so simple as a used pair of glasses can be a miracle to someone who is vision impaired.

Call Scott at 701-955-8693 about this wonderful program.

North Star
Lions
Bike Kindness
Initiative



Donated Bikes
Refurbished For Qualified Kids
Ages 17 and Under

Eligibility is based on being approved for the
Free and Reduced Lunch Program
For More Info:
Call Scott @ 701-955-8693

North Star Lions Bike Kindness Initiative

The North Star Lions of Bismarck is starting a community program to give bikes to kids in need, through our "Bike Kindness Initiative". Any kid that qualifies for the school's "Free and Reduced Lunch Program" will be eligible to request a bike, for free.

Our program, the North Star Lions "Bike Kindness Initiative", aims to accomplish a few Lions initiatives. As Lions say, Kindness Matters, and that is what we wish to accomplish and hence the name of our program. We look to make a difference with the local "Youth" and the "Environment". Making a positive impact with our Youth is always important and we believe this program can do that. We are also looking at the Environment, a secondary goal for us is to keep unwanted bikes out of the landfill. Because not all bikes will be rebuildable, part of that bike might be used for parts to rebuild other bikes. Whatever is not used will be recycled.

Right now, we need bikes! We understand that people have bikes that are sitting around and not being used. This program is a great way to recycle those bikes and make someone very happy. If you have a bike that is not being used, or you know someone with a bike not being used, give us a call. We can arrange to have it picked up and refurbished. Any bike in any condition is welcome.

Call Scott at 701-955-8693 to have your bike picked up.

District Calendar

- **Thursday, October 17** - Admin. Convention Day, No School
- **Friday, October 18** - Admin. Convention Day, No School
- **Friday, November 8** - Parent-Teacher Conference Day, No School
- **Monday, November 11** - Veterans Day, No School
- **Thursday, November 28** - Thanksgiving Day, No School
- **Friday, November 29** - Thanksgiving Break, No School
- **Monday, December 23 - Wednesday, January 1** - Christmas/New Year's Break, No School
- **Monday, January 20** - MLK Day, No School
- **Tuesday, January 21** - Staff Development Day, No School
- **Monday, February 17** - Presidents' Day, No School
- **Friday, March 14** - Storm Make-Up Day, No School
- **Monday, March 17** - Parent-Teacher Conference Day, No School
- **Friday, April 4** - Staff Development, No School
- **Friday, April 18** - Good Friday, No School
- **Monday, April 21** - Storm Make-Up Day, No School
- **Friday, May 23** - Last Day of School
- **Friday, May 23** - ALC, SCHS Graduation
- **Sunday, May 25** - BHS, CHS, LHS Graduation



Have something you would like to share in the Friday Flier?

Visit www.bismarckschools.org/departments/community-relations/friday-flier to view our policies and submission information.