



BISMARCK
PUBLIC SCHOOLS

FRIDAY FLIER

December 6th, 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

BPS Info



Kid's Kicks

To help our struggling BPS families and students, the BPS Foundation along with their



Free & Reduced Benefits: Dual Credit Courses

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 stay 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/

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.

WORDS AND WIGGLES:

Early Literacy Fun

@ BECEP
720 N 14th St.

Who: Any child birth to 3 years old with a parent or caregiver.
When: Saturday, November 23rd 10:00-11:00 a.m.

READ:



Storytime

PLAY:



Gym

GROW:



Parent-Child
Literacy Activity &
Lending Library



I ♥ READING

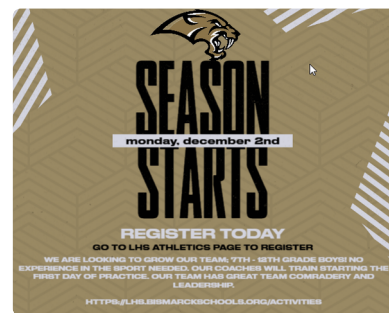


Funded by CLSD Grant

These Words and Wiggles literacy events are for birth to three-year-olds and a caregiver. It's a special time for them to be able to play on the indoor universal playground without bigger kids, have literacy activities geared towards them, a short story time, and check out a Raising a Reader book bag to take home and then return for a new one the next time they come. Any birth to three-year-old and caregiver can attend, they do not need to be participating in any of our BECEP programs. It's a great time for our littlest learners to come read, play, and grow!

Legacy High School Swim Starts December 2nd! Register Today!

The LHS Boys Swim & Dive season will begin December 2nd! We are looking to grow our team; 7th - 12th grade boys! No experience in the sport needed. Our coaches will train starting the first day of practice. Our team has great team comradery and leadership. Go to <https://lhs.bismarckschools.org/activities> to register today!



Legacy Cheer- Parents Night Out

Legacy Cheer Parents Night Out! Bring your kids to hang out with the Legacy Cheerleaders and enjoy a kid free evening! Pizza, refreshments and activities will be provided. December 14th from 5:30p-8:30p. Register by scanning the QR code on the flyer or click [HERE!](#)

The event proceeds will go toward cheerleader costs for expenses to attend the National Cheerleading Competition in Dallas, TX!

Community Impact Pizza Ranch Fundraiser- Legacy Cheer

Enjoy a night out and dine at Pizza Ranch, Bismarck to support your Legacy HS Cheerleaders and their trip to Nationals in Dallas, TX. Come eat any time and meet your Legacy Cheerleaders- December 16th from 4-8pm. Please present flyer or tell the cashier you are there to support Legacy Cheer!

Bismarck High School AVID Adult Volleyball Tournament

January 25/26, 2024

Saturday: Women's 4's (A/B) Women's 6's (C) Men's 4's (A/B)

Sunday: Co-Ed Competitive 4's (A/B) Co-Ed Non-Competitive (C/D) 6's

Entry: \$100 per 4-person Team; \$150 per 6-person Team

Click here to register: <https://forms.gle/UcfyDt2nSgbhYrVM9>

Registration closes: January 17, 2025

Questions? Contact megan_sletten@bismarckschools.org



Big Cat Wrestling Season @ Legacy HS

Big Cat Wrestling Club will resume practice in January! Coached by the Legacy High School coaching staff, the club will hold an organizational meeting on Sunday, December 15th, at 6:30 PM in the Legacy High School marketplace.

Wrestlers in grades 3 and up will have the option to practice Monday, Tuesday, and Thursday evenings (exact times TBD). All wrestlers will practice on Tuesday and Thursday evenings. Practices will begin on January 6th at the Simle Middle School wrestling room. At the conclusion of the high school season, practices will move to Legacy High School.

To participate, all wrestlers must have a current USA Wrestling card, which can be obtained easily at usawmembership.com.

Fees are as follows:

- \$40 for wrestlers practicing two nights a week
- \$50 for wrestlers practicing three nights a week

Registration is open at bigcatwrestlingnd.com.

For any questions, contact Steven Monk at 715-573-5027, Brooks Martin at 701-471-1958, or Brett Mitchell at 701-333-9202.

Local Events

North Dakota Heritage Center & State Museum Programs

The ND Heritage Center & State Museum offers free weekly programming for preschool and school age children. Children and their accompanying adult(s) will dive into a world of discovery during these interactive 30-minute programs.



Dec. 7 Little Kids, Big World, 10 a.m. Bears, bats and hedgehogs
Dec. 7 Junior Historians, 11 a.m. Hibernation

Click [HERE](#) for more information.

North Dakota Historic Sites Programming

Dec. 1 Holiday Open House, Former Governors' Mansion, Bismarck 1-4 p.m., Free
Click [HERE](#) for more information.

Dec. 17 Snowshoe Making Workshop Registration Deadline, Washburn
Click [HERE](#) for more information.

Learn more about upcoming State Historical Society of North Dakota programs at history.nd.gov/events.



YMCA/Family Wellness Programming Upcoming Activities

🎄 Sweets with Santa! 🎄

· Sunday, December 8

· 2-5 pm

· \$5 Per Person

Please join us at the Y for a fun & festive holiday fundraiser! Bring your cameras & take pictures of your children with Santa. Kids will enjoy the Family Play Center, an inflatable & riding toys, a coloring contest & some tasty treats! Proceeds support Y for All community programs & services.

Youth Sports - When children participate in youth sports, they do far more than develop athletic abilities. They learn the value of teamwork, sportsmanship and responsibility, on and off the court or field. Support your child in gaining self confidence by registering them for one of our great youth sports programs today!

Click [HERE](#) for more!

Boys & Girls Basketball - 2nd to 6th Grade

Itty Bitty Activities - Fun & informal athletic activities to give kids 3-5 basic skills & knowledge of various sports.

\$35 Members / \$55 Non-Members

Click [HERE](#) for more!

Soccer - Baseball - Volleyball - Football - Basketball

Youth Swim - Individuals who take swimming lessons learn much more than how to do the butterfly or backstroke. They gain valuable, life saving knowledge and skills, that will protect them while they enjoy exciting water activities and recreation. Find the fun and confidence in the water you've been looking for and sign up for swimming lessons now!

Click [HERE](#) for more!

Group Lessons - Private/Dual Lessons - Adaptive Swim

Youth & Family - Your kids don't need more toys or friends, they need more time with you! Enjoy fun and exciting family activities, including swimming in the Splash Center, climbing the bouldering wall, bouncing on the inflatable, playing volleyball or shooting hoops. Many of our family activities are free with your membership!

Jr. & Master Chefs - Parents Night Out - Youth Pokemon Club - Family Splash Center - Strong Beginnings - Family Play Center - Family Fun Gym Time - Family Track Time - Youth Fitness - Jr. Wellness Center Orientation

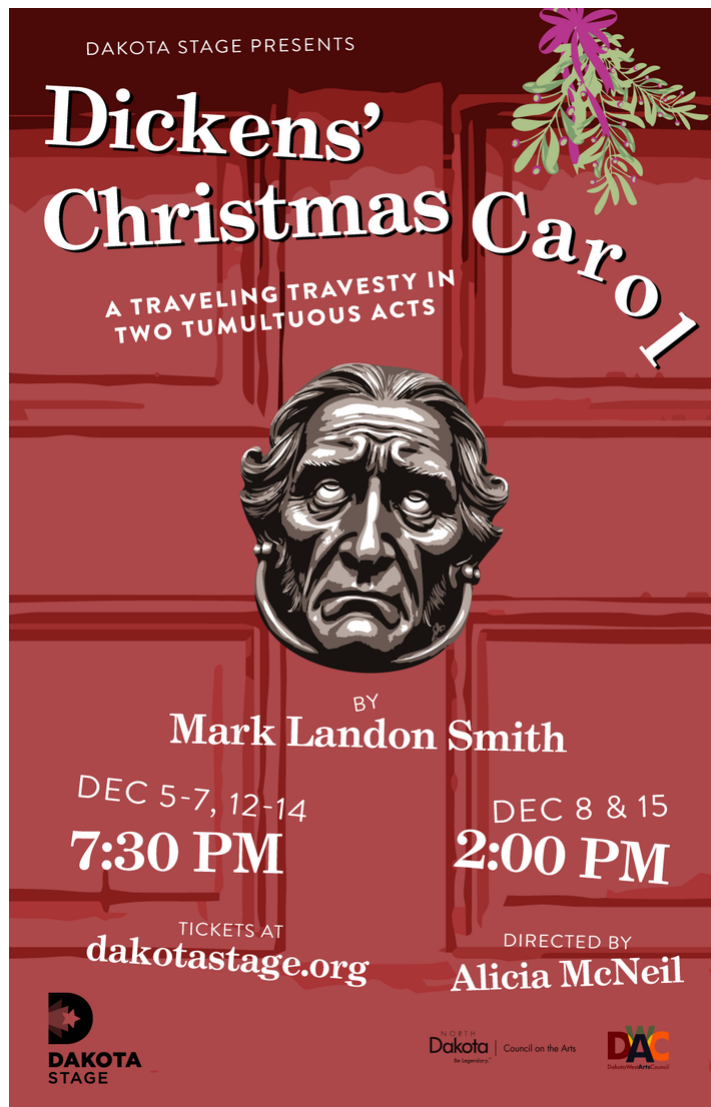
Child Care & Camps - When your child receives early education from the "Best of the Best" preschool and childcare programs in the area, they will learn, grown and thrive in a safe, welcoming environment. Different childcare, camp and location options are offered throughout the year, from infant to school age, so your child can experience a variety of enriching educational activities, while having fun with their friends!

Click [HERE](#) for Child Care!

You Belong Here Missouri Valley Family YMCA www.bismarckymca.org

For Our Community Family Wellness www.familywellnessbisman.org





This fun take on A Christmas Carol will fill you with holiday cheer!



BISMARCK PARKS AND RECREATION DISTRICT

Est. 1927

More at www.bisparks.org!

Registration Opens for Most Winter Programs in December

Registration Open for Winter Programs

- Fencing
- Lifeguarding Classes – FREE if you join the BPRD team
- Karate
- Racquetball
- Volleyball – 3rd Coed and 4-5th Coed



**2024-25
WINTER
ACTIVITY GUIDE**

REGISTRATION DATES:
ADULT VOLLEYBALL: DEC. 3
MOST PROGRAMS: DEC. 5 AT 8AM
YOUTH TENNIS: DEC. 18 AT 10AM
SWIM LESSONS: JAN. 7 AT 10AM

Registration Dates

- Winter Session 1 of youth tennis lessons (10 & Under and Juniors) – register from Dec. 18 at 10am until Jan. 2 at 10pm
 - Winter Session 1 of indoor swimming lessons – opens Tuesday, Jan. 7, at 10am
- Learn more at www.bisparks.org.

BLAST Day Camp during Christmas Break

BLAST Day Camp during Christmas Break

These camps offer children grades K-5 opportunities to participate in organized gym games, crafts, projects, free play.

- Dec. 27, 30 and 31
- 7:30am-6pm each day
- [Register online](#) by 5pm on Dec. 13

Cookies & Crafts on Dec. 14

A [holiday party](#) for families with children pre-school through 5th grade. Everyone will decorate cookies and make two crafts. We'll supply the elf helpers and materials. This is not a drop-off program.

- \$2 per person
- 3 time slots: 1-2pm, 2:30-3:30pm or 4-5pm
- **Register by 5pm on Dec. 6 [online](#) or at BPRD office**



Santa's Hotline on Dec. 17

Santa's Hotline is a special evening set aside where Santa or Mrs. Claus will call your child to visit about his or her wish list.

- For children ages 3-8
- Call will be made between 5:30-7:30pm on Dec. 17
- [Register online](#) by 5pm on Dec. 12



DROP-IN PROGRAMS

- [CRFC KidZone](#)
- [Hockey](#)
- [Meet It or Beat It Bowling](#)
- [Open Gym](#)
- [Preschool Skate Date](#)
- [Public Ice Skating](#)
- [Toddler Splash Days](#)
- [Weekday Morning Play Dates](#)
- [Wibit Water Toys](#)

More Bismarck Parks and Recreation District programs and events at www.bisparks.org!

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BISMARCK ELKS #1199 HOOP SHOOT

SATURDAY, DECEMBER 7
9:00 AM

AT WACHTER MIDDLE SCHOOL
1107 S. 7TH ST. BISMARCK

REGISTRATION BEGINS AT 8:00 AM
CHILDREN AGES 8-13

Elks Hoop Shoot

The Elks Hoop Shoot is a free throw program for youth ages 8-13. Open to the public (Do not need to be Elks member)

HOW IT WORKS:

- Competitors are invited to participate in ONE lodge contest per season. (There are 7 lodge contests in North Dakota, Bismarck-Mandan Lodge #1199 being one of them).
- Winners from each of the 7 lodges advance to compete with at the State Contest in Jamestown, ND on January 18, 2025.
- Winners from the ND State Contest then hit the road as a Regional Semi-Finalist, staying the weekend in a new city, and competing against winners from multiple states.
- Regional winners become the 72 National Finalists who will compete on the national stage in April 2025. SIX Finalists become National Champions and have their names inscribed in the Naismith Basketball Hall of Fame!
- More info regarding rules can be found at www.elks.org/hoopshoot

Bismarck-Mandan Lodge #1199

Contest is Saturday, December 7, 2024 at Wachter Middle School

1107 S. 7th St., Bismarck, ND

Registration is at 8:00 AM, Contest starts at 9:00 AM

Click "Interested" on our Facebook event page to help spread the word:

<https://www.facebook.com/share/1B3NvLWa5d/>

2025 Gorilla Wrestling Season

The 2025 Gorilla Wrestling season is fast approaching! Wrestling is one of the fastest-growing sports for boys and the fastest for girls. If you're looking for a challenging opportunity for your



child, give wrestling a shot—literally, you take shots in wrestling but not the kind in any other sport! Mark your calendars and don't forget to sign up starting December 1st. Practices begin the first week of January, and the Gorilla Wrestling Club is growing in numbers and space. Join us - grow with us! Follow us on Facebook at Bismarck Gorilla Wrestling. Register at www.gorillawrestlingclub.com

A registration poster for MATPAC Wrestling. The top half features a group photo of young wrestlers and coaches standing behind several trophies. To the right of the photo, the text reads "Registration OPENS & New Parent Meeting" in bold black letters, followed by "Tuesday December 17th" in yellow. Below the photo is the MATPAC Wrestling logo, which includes a silhouette of a wrestler in a blue oval, with "MATPAC" above and "WRESTLING" below, and "EST. 1978" in the center. At the bottom, it says "K - 12th Grade" in large black letters. In the bottom left corner, it says "TO BE THE BEST Train with the best!" in white. In the bottom right corner, it says "Contact Richie for more info 226-8423" and "Access to Fitness Center, Parents Lounge with viewing area & work stations".

MATPAC Wrestling Club wants you!

We are 1 of only 8 clubs in the US to be awarded by USAW as a Gold Club Wrestling Organization & nationally ranked by TrackWrestling.com. Coaches & mentors focus on teaching the fundamentals of wrestling, sportsmanship, hard work, self discipline, teamwork, and being great kids. ALL members and parents will be able utilize our fitness center, parents lounge, and work areas while their wrestlers are training. Assistance is available to qualified families, and all are welcome to join no matter where you live.

Pre Registration is available on our website at <http://www.matpacwrestling.org> (click on "How to Join") or register at the parent meeting Tuesday December 17th. Monthly dues are only \$50 per month! MATPAC facility is located at 2600 E Rosser Ave.

- K - 3 rd grade wrestlers practice Tuesdays & Thursdays 5:30- 6:30 pm starting Tuesday Jan. 7

• 4 th – 12 th grade practice Mondays 5:30-7:00 pm, and Tuesdays / Thursdays 6:30-8:00 pm starting Monday Jan 6th 2025

Registration for Feb, March, April, and May is during the first practice of the month from 5 to 6:30pm. Visit our website or us on Facebook and Instagram for more information.

Bismarck Dollars for Scholars

Scholarships available! The application for a \$1000 scholarship through Bismarck Dollars for Scholars is open December 1st and is due February 28, 2025. 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 \$170,000 in scholarships to Bismarck graduates.



Trinity Lutheran Church Christmas Concert

The Bismarck Mandan Civic Chorus heralds the season with its 47th annual Christmas concert, "Peace on Earth," on **Saturday, Dec. 14, at 7:30 p.m.** and **Sunday, Dec. 15 at 4 p.m.** at **Trinity Lutheran Church** in Bismarck.

The concerts are free and open to the public as a gift to the community. A freewill offering will be taken to support the mission and operations of the chorus.

The concert showcases the range of choral singing from traditional carols like "Silent Night" and "Angels We Have Heard on High" to contemporary pieces, and features selections from Vivaldi's "Gloria." Special guest performers include the Saint Mary's Academy 8th Grade Choir and the Cantate Homeschool Choir.

For more information, call 701-400-7774 or visit the Bismarck Mandan Civic Chorus Facebook page.

Central Dakota Children's Choir Presents "Angels Sing"

Central Dakota Children's Choir presents their 27th annual Christmas concerts, "Angels Sing" on Friday, December 20 and Saturday, December 21 at 7:00 p.m. at the Belle Mehus Auditorium, 201 N 6th St, Bismarck.



The concerts are sponsored by Knife River Corporation. All seats are reserved. Discounted advance tickets start at \$15 for adults, \$10 for senior citizens and students, and \$5 for ages 2-5. Babies in arms are free. Tickets are available on the CDCC website at www.aboutcdcc.org until

3pm on December 19. You may also purchase tickets in person at the CDCC choir office M-Thurs 10am-3pm at 921 South 9th St., Suite 115 to avoid ticket fees. Tickets at the door, if available, are \$20 for adults and \$15 for seniors/students.

The concert will feature each of CDCC's five choirs. Audience members will hear a mix of traditional Christmas music as well as some lesser-known Christmas tunes that will be sure to entertain. For the finale, the choirs will combine to perform A Holiday Sing-Along.

Formed in 1998, CDCC has grown from one choir of 65 students to five choirs, a second-grade pre-choir, and a class for first graders with over 300 children in grades 1 - 12 from 44 public, private, and homeschools from central and western North Dakota. The choirs have been invited to perform at many local, state, and regional events and are directed by Teri Fay, Dawn Hagerott, James McMahon, and Dr. Dean Jilek and accompanied by Carol Huck, Beth Weiss, and David Larson.



95th Annual Campaign - Helping Burleigh County Families

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 – beans, peas, corn, mixed vegetables, soups, canned fruit, pie filling, canned tuna & meats

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

Pasta – boxed pasta meals, bagged pasta, macaroni and cheese, spaghetti

Condiments – ketchup, mustard, barbecue sauce, spaghetti sauce

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

(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 20th (between 6:30 p.m. - 9:00 p.m. - food box packing)

December 21st (between 8:00 a.m. – 11:30 a.m. - delivery of food boxes)

for more information: <https://americanlegionbismarck.org/>

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



January

POKÉMON

SPONSORED BY:

BISMARCK HEATING & AIR REFRIGERATION

BISMAN CARDS

the Y MLC

Jexquire

BIS-MAN YOUTH POKÉMON CLUB

6PM TUES. 1/7 to 4/1 @ THE Y

LEARN TO PLAY THE POKÉMON TCG!
FREE & OPEN TO KIDS IN GRADES 1-8 & 9-12
ENHANCE READING, MATH, SOCIAL & STRATEGY SKILLS!



Bis-Man Youth Pokémon Club 2025

Please click the link to complete this form.

form.jotform.com

The Bis-Man Youth Pokémon Club (BMYP) will be holding its third season this Jan. 7 through Apr. 1 each Tuesday night from 6-8pm at the Bismarck Y. The program is FREE and open to all Bismarck and Mandan youth in grades 1-8 and is designed to improve their reading, math, and strategic thinking skills through the popular Pokémon trading card game while developing a fun social group around the game. There is also a companion group for advanced players in grades 9-12. Parents are encouraged to attend, learn to play this family-friendly game, help younger players, and assist with activities.

This Year Registration Is Required by 12/31: <https://form.jotform.com/232685736045058>

Each week's session will have a quick discussion about features of the game ahead of free play with a season-ending free standard tournament on Mar. 30. Participants are encouraged to assemble and bring their own 60-card decks from their own collections to play but can check out decks on a first-come, first-served basis, being responsible for any damage to or loss of cards. To

make it easier for new players, ready-to-play Pokémon decks can also be purchased at BisMan Cards on Main Street in Mandan or at other area retailers where trading card games are sold.

For more information on BMYP, or for questions about the club or game, email bismanpokemon@gmail.com, search out the "Bis-Man Youth Pokémon" Group Page on Facebook, or call Nick at 507-829-9553.

Indoor Soccer Academy

INDOOR ACADEMY - Block 2

The indoor 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 session.



PRE K - 3RD GRADE

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

Dates: Saturdays January 11th - February 8th (5 weeks)

Cost: \$65

Times: PreK 9:15AM - 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

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

Dates: Tuesdays (Boys) & Thursdays (Girls) January 14th - February 13th

Cost: \$65

Times: 4th & 5th Grade Boys Tuesday 5:00PM - 5:50PM, 4th & 5th Grade Girls Thursday 5:00PM - 5:50PM

For more details about Academy and registration please visit our website

<https://leagues.bluesombrero.com/Default.aspx?tabid=1709683>

INDOOR FREE PLAY - Block 2

We all know that as the weather starts to get colder, opportunities to play the game we love get smaller! Dakota United SC will also 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 program will cost \$0 for participants; however, players must register through our website for insurance purposes.

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

Dates: January 10th - February 13th

Cost: \$0

Times: Middle School Boys Tuesdays 6:00PM - 7:00PM, Middle School Girls Thursdays 6:00PM - 7:00PM, High School Boys Fridays 4:00PM - 5:00PM, High School Girls Fridays 5:00PM - 6:00PM

For more details about Free Play and registration please visit our website
<https://leagues.bluesombrero.com/Default.aspx?tabid=1714664>



Central Dakota Children's Choir Presents "Treble Makers" Music Class For 1st Graders

Central Dakota Children's Choir is excited to announce a music class exclusively for 1st Graders! Each "Treble Makers" class will include singing intertwined with movement activities, dancing, games and musical theory, all in a fun-based atmosphere. Class taught by CDCC Artistic Director, Teri Fay, on Tuesdays from 4:00 - 4:45pm, January 7 – May 13. Performance at the end of the session. Get them started singing early—you'll be glad you did! Registration and more information available at aboutcdcc.org and through the CDCC office at 701-258-6516.

Central Dakota Children's Choir Presents "Singing For 2nd Graders" Music Class

Central Dakota Children's Choir is now accepting registrations for "Singing for 2nd Graders." This music class for 2nd graders will focus on the fundamentals of music using the child's singing voice. Each class will include not only singing, but also games, dancing, speaking and creating. Classes will be taught by CDCC Artistic Director, Teri Fay, on Tuesdays, January 7 – May 13 from 5:00 to 5:45 pm with a performance at the end of the session. Registration is available on the CDCC website - www.aboutcdcc.org. For more information, call the CDCC Office at 701-258-6516.



Magic Soccer FC Programs

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!

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 lifelong skills foundation in the game. All players can participate regardless of skill level. Player's 2nd – 7th grade.

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 at the Fore Season Golf Dome.

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>

Local Services



TummyTime!™ Method Baby PLAY Class

Join us for a fun-filled TummyTime!™ Method Baby PLAY Class, where we'll guide you through engaging activities for your child!

Tummy time should be FUN!

We're learning how to calm, engage and play with baby.

Join Anne Bry SLP, COM and Bailey Boraas OTR/L to learn how to PLAY with your baby. This class is for all parents - 1st time or experienced - and their pre-crawling infants, 4 weeks and older.

These classes will help you and your child by decreasing the stress of tummy time, build community and friendships, and social engagement.

Tummy time is the time a baby spends lying on his or her tummy. Parents and baby are interacting together during this floor time activity. Other tummy time positions: lying on parent's chest, over arm or lap, propped on an infant approved pillow and babywearing.

The TummyTime!™ Method is an evidence informed therapeutic program designed to support health, posture, movement, and connection for all babies; it can also treat oral motor dysfunction, postural asymmetries, digestive difficulties, and autonomic dysregulation.

11 AM - Noon on Wednesdays

Noon - 1 PM on Saturdays (advance registration required)

1138 North 3rd Street, Bismarck, 58501

<https://www.theenrichmentgardennd.com/events>

Be a Safe Sitter - Babysitting Basics Class

Be a Safe Sitter – Babysitting Basics Class

Saturday, February 8, 2025

Time: 8:15AM-4:00Pm

Location: Bismarck Public Schools Career Academy
1221 College Dr. Bismarck, ND

Cost: \$30 - Make check payable to NDSU Burleigh County Extension

(Includes materials and snack) – Please bring a sack lunch.



NDSU | EXTENSION
BURLEIGH COUNTY

This class will provide youth ages 11-14 who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants.

- Learn basic of child care, development and play
- Learn how to communicate with children for positive behaviors
- Keep self and children safe
- Learn basic First Aid/CPR
- Learn how to develop a babysitting business

Guest Speakers: Bismarck Police Dept., Bismarck Fire Dept., Bismarck Metro Ambulance, Burleigh and Morton County Extension

Pre-registration is required before January 18th. Space is limited to 30.

Register online HERE>> <https://tinyurl.com/2025SafeSitter>

If you have questions, contact Shelly Kuntz at 701-221-6865.



H.E.A.R.T. Family Program

H.E.A.R.T. is a program designed for the adult family members or friends of individuals with a substance use disorder. The program is free, confidential and registration is not required. Topics include boundaries, local resources, grief, and how to approach an

individual about getting help. Upcoming dates are Dec. 17, Jan. 7, Jan. 21, and Feb. 4. More information can be found at www.heartview.org.



Consider Fostering!

While some children in North Dakota are waiting for a foster home, others await their forever family. Consider opening your heart and home today! Learn more by calling 833.378.4663!

NORTH DAKOTA

FOSTER OR ADOPT



'Tis the season...

Share your heart!

833.378.4663

NORTH Dakota | Health & Human Services
Be Legendary.





BRING NASP TO YOUR SCHOOL

NATIONAL ARCHERY IN THE SCHOOLS PROGRAM

TOP 5 NASP BENEFITS

- Improved Academic Performance
- Enhanced Self-esteem and Confidence
- Life Skills Development
- Inclusive and Accessible
- Physical Fitness

NOW IS THE TIME, UNPRECEDENTED GRANT FUNDING AVAILABLE!

IT'S EASY TO GET STARTED
 Contact Jeff Long, state NASP coordinator, who will walk you through the entire process.

JEFF LONG
 jrlong@nd.gov
 701-328-6322



Bring NASP to your School!

The National Archery in the Schools Program is a proven program that offers numerous benefits for students of all ages and abilities. We believe that every student - not just the biggest and fastest - should have the opportunity to know what it feels like to wear a school uniform. NASP benefits include improved academic performance, enhanced self-esteem and confidence and the opportunity for kids of all abilities to be part of the school community. Bringing NASP to your school has never been easier with unprecedented grant funding now available. Contact our state NASP coordinator to get started!

Jeff Long
701-328-6322
jrlong@nd.gov

Engines 4 Education at 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

Grief and Loss Support Groups and Monthly Workshops
 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.

Currently Serving Ages/Grades:

- K-5
- 6th-12th
- 18-24 years old
- PreK Groups

Caregiver support also available

701.751.0842 www.soul57.org info@soul57.org

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.

Foster a Child

Did you know foster parents can be single or married, parents or grandparents, young or old? They can have children of their own or no children at all. They can have dreams of adopting or just a desire to help kids who need it.

In other words, foster parents look just like you.



Foster Hope.
 Be a Foster Parent.



All you need to become a foster parent is an extra bedroom, a commitment to a child's safety, and the willingness to invest in their future.

You'll have lots of support from our team of professionals, including specialized training that will help you successfully care for each child, valuable online resources, and a dedicated social worker to answer your questions along the way.

Job Opportunities



**BISMARCK
PUBLIC SCHOOLS**

Bismarck Public Schools is Hiring!

Are you looking for a rewarding career? Full-time and part-time opportunities available! Some positions will qualify for benefits and retirement.

- Secretaries/Administrative Assistants
- Instructional Aides
- Bus Drivers/Monitors
- Substitute Teachers/Staff
- Child Nutrition Assistants
- & Much More!

Visit <https://bismarck.tedk12.com/hire/index.aspx> to see all career opportunities!

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**BISMARCK PARKS AND
RECREATION DISTRICT**
Est. 1927

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

Students interested in part-time work opportunities should consider applying for the position of BLAST Leader at Bismarck Parks and Recreation.

Bismarck's Life After School Time (BLAST) program is an after-school recreation-based program that takes place at several BPS elementary school sites. Participants enjoy games and activities with their peers in a safe and supervised environment.

There is some flexibility with scheduling but workers are needed at 3pm. Pay ranges from \$13.25 - \$15.50/hr. Interested parties will find more information about the position here:

<https://www.bisparks.org/jobs/>. There are multiple openings for this role.

Click [HERE](#) for more information.

- Basketball scorekeepers
- Facility attendants
- Front desk staff
- Lifeguards – Dec. 12-15 or Dec. 27-29: Lifeguard Class (FREE if you join our team!)
- Officials – basketball & volleyball
 - Swim instructors
 - Tennis instructors
 - Volleyball coaches
- Warming house attendants
- Zamboni driver

Join the Team at Bismarck Parks and Recreation District!

Apply at www.bisparks.org/jobs



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).

- **Grill Line Cook:** \$18.40-\$21.15 per hour Part time - 4pm-7pm Monday-Friday, 10:30am-7pm weekends.
- **Dietary Aide - Bistro:** \$17.25-\$18.95 per hour 8am-12:15pm, 3-4 days a week.
- **Assisted Living (Dining and Housekeeping):** \$17.30-\$19.00 per hour Flexible day hours.

***All positions must be 16 years of age or older**

Visit <https://missourislope.com/careers/> for more info!

BPS District Calendar

- **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

[Click here to submit your entry for the Friday Flier!](#)



Bismarck Public Schools

