



BISMARCK
PUBLIC SCHOOLS

FRIDAY

Flier

JANUARY 24, 2025

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



IT'S MORE
THAN A MEAL
APPLICATION



Kid's 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 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/

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.

SPORTS



Bismarck Youth Fastpitch Summer League Registration - Coming Soon!

2025 Summer Fastpitch Softball Season Registration is right around the corner!

BYFSA Summer League registration will open in early January 2025 and is open to all girls ages 5-18. The summer league offers 4 divisions: 6U, 8U, 10U and 11Up. We encourage participants of all ages and skill levels to come out and join us!

Early bird registration closes March 15 at which time fees will increase. Registration closes on April 15. Practices start at the end of May and games will start the first week of June.

For more information visit us online at www.bismarckfastpitch.com. For questions email bismarckyouthfastpitch@gmail.com.

SCHEELS Bat Demo

Who's ready to hit some dingers?! Join the Bismarck Larks and Scheels experts for an exciting day at the Sanford Sports Performance on Saturday, February 8, 2025, from 11 AM to 4 PM. Each participant will receive a coupon for 20% off ALL BATS! FREE Bat Demo T-Shirt while supplies last!



The following time slots are available on Saturday February 8th:

Session 1: 11:00 AM - 12:30 PM

Session 2: 12:30 PM - 2:00 PM

Session 3: 2:00 PM - 3:30 PM

(Event ends at 4PM)

For more information about this event check out <https://bit.ly/bismarck-larksscheels-batdemo>

Click to register and sign waiver: <https://bit.ly/BatDemo2025>



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA/Family Wellness Programming Upcoming Activities

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

Bismarck Youth Baseball -2025 Season Registration is Open!

The following divisions are available:

- Cal Ripken – Ages 5 -12 Years Old
- Babe Ruth – Ages 13-15 Years Old
- Legion – Ages 16-19 Years Old

Please visit www.bismarckyouthbaseball.org for season information, season calendars and registrations!



BISMARCK YOUTH BASEBALL 2025 REGISTRATION NOW OPEN!
CAL RIPKEN | BABE RUTH | LEGION

CAL RIPKEN AGES 5 - 12
BABE RUTH AGES 13 - 15
AMERICAN LEGION AGES 16 - 19
(Travel Baseball Offered for Ages 9 - 19)

REGISTER TODAY!

5 YO T-BALL <small>NEW IN 2025!</small>	CAL RIPKEN <small>AGES 5 - 12</small>	BABE RUTH <small>AGES 13 - 15</small>	LEGION <small>AGES 16 - 19</small>
			

FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE
BISMARCKYOUTHBASEBALL.ORG



BISMARCK PARKS AND RECREATION DISTRICT
Est. 1927

More at www.bisparks.org!

Feb. 1-28 - events all month long!

**Play outside, inside, on the ice,
on a court or in the water.**



Some outdoor highlights of this year's [February Flurry Fest](#) – Bismarck Parks and Recreation's annual winter festival – include the S'mores Walk, Skate with the Bobcats and Treasure Hunt. Get ready for a month packed with free and budget-friendly activities for all ages. Check out the [calendar of events!](#)

Registration Opens for Most Winter Programs

Winter Events & Programs

- Fencing – register by month
- Karate – register by month
- Tennis Winter Session 2 (10 & Under, Juniors) - registration opens Feb. 5 at 10am
- Winter Jam Junior Tennis Tournament – register now for Feb. 21-23 event.

Learn more at www.bisparks.org.

Dreaming About Summer?

Mark your calendars for registration for Bismarck Parks and Recreation spring/summer programs: Thursday, April 3, at 8am. The Activity Guide will be available in early March.

DROP-IN PROGRAMS

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

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

Lacrosse Day at the Dome

The Bismarck Mandan Lacrosse Association is hosting a Lacrosse Day clinic. The clinic will take place on Sunday, February 2 from 1:30-3:00pm at the Fore Seasons Dome and the cost is \$10. This clinic is a 90-minute lacrosse experience for boys and girls, grades K-12, who have never played lacrosse before, as well as any returning players. It is designed to provide a fun, positive, and successful 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. This event is also an opportunity for any returning players interested in some off-season practice. Register for the event here: <http://www.bismanlacrosse.org/events/4419174-24-25-winter-lax-at-the-dome> Please see our website below for additional information. We will also be hosting an additional "Lacrosse Day" this winter on 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.

FUNCTIONAL MOVEMENT CLUB

Youth Athletes BY STEVE KUBISIAK

FOR MORE INFORMATION:

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



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>

Scheels Bat Demo

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FREE Bat Demo T-Shirt while supplies last!

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Session 2: 12:30 PM - 2:00 PM

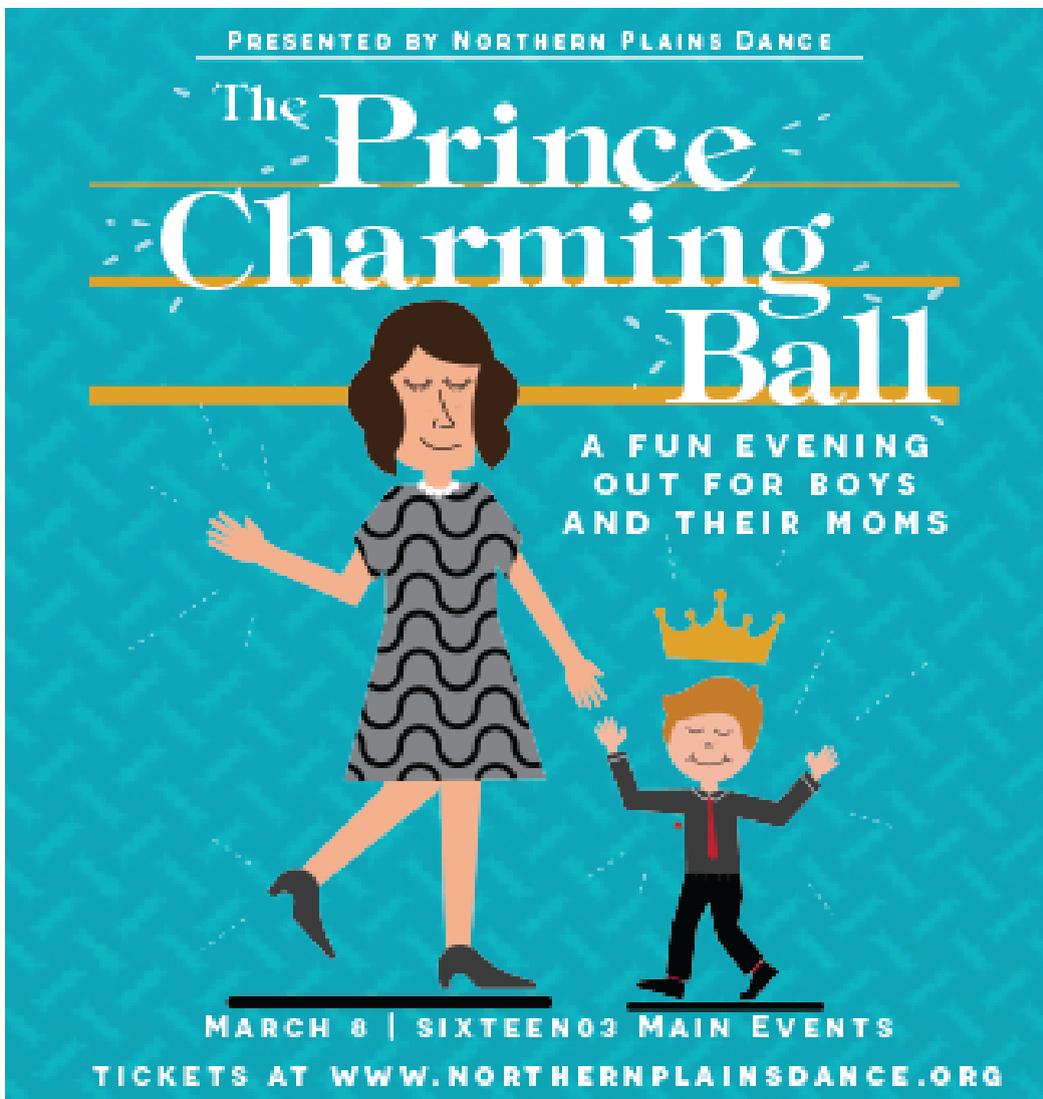
Session 3: 2:00 PM - 3:30 PM

(Event ends at 4PM)

For more information about this event check out <https://bit.ly/bismarck-larksscheels-batdemo>

Click to register and sign waiver: <https://bit.ly/BatDemo2025>

ART | MUSIC | HISTORY | STEM



You are cordially invited to a magical evening of joy, laughter, and cherished memories at our Mother-Son Dance. A special night for mothers, grandmothers, and female role models to enjoy a night with their boys. Dress it up or dress it down, we just ask that you bring your dancing shoes.

March 8, 2025 | Dinner at 6:00pm | Dance at 7:00pm
Sixteen03 Main Events

Grab your favorite boy(s) and join us for an unforgettable evening full of fun, dancing, games and more. Tickets are limited and we can't wait to celebrate your special bond.



**Bismarck
Veterans Memorial
Public Library**

Come visit the Children's Library for winter activities, including story times, creativity sessions, reading challenges, Movie Days, Lego Club, and more. There's something for everyone!

Family Story Time – Mondays at 6:30 p.m.

Library Kid Club - Tuesdays at 3:45 p.m.

Lego Club – Last Thursday of the month – 3:30 p.m.

Children's Movie Days

2/17 at 2:00 p.m. – Trolls Band Together,

3/17 at 2:00 p.m. – Despicable Me 4

BARK

Strengthen your readings skills by reading aloud to a therapy dog. – Registration begins Feb. 24.

Teen HQ, the library's space for 6th-12th graders, is open for walk-in use from 3:30-5:00 p.m. Monday-Thursday during the school year, unless otherwise noted in the library calendar. During walk-in hours, library staff are available to help teens use the equipment available in Teen HQ. The library also offers activities for teens on no-school days, weekends, and after school.

Zine Scene: DIY Publishing for Teens—Thursday, January 23rd at 3:45 p.m.

Vinterfest - Reading Challenge and Activities – January 19 through February 16

This winter, children, teens, and adults are invited to participate in the Vinterfest Reading Challenge. Participants will read books and complete activities to earn prizes and be entered into the Vinterfest Reading Challenge grand prize drawing!

Visit the library's calendar of events at bit.ly/BVMPL-Upcoming for a full list of upcoming library events, event registration information, and more information about the Vinterfest Reading Challenge.



EMPOWER YOUR FUTURE

**Free STEM Camps for
Junior & Senior Girls**

EXPLORE EXCITING CAREERS

UAS/DRONE CAMP 

Build your own drone, learn to fly and program it, and take to the skies in this exciting UAS/Drone Camp!

Friday, April 4 | 8:30 AM - 4:00 PM

GIS CAMP 

Explore the power of GIS through map creation, geocaching adventures, and real-world applications in this empowering learning experience.

Saturday, April 5 | 8:30 AM - 4:00 PM

**BOTH CAMPS ARE FREE AND DESIGNED TO
INSPIRE YOUNG WOMEN IN STEM.**



BISMARCK
STATE COLLEGE

North Dakota's
Polytechnic Institution

Register now!



registeratbsc.com

This camp is paid for by the
ND CTE Students Preparing for Non-traditional Fields Grant

Calling junior and senior high school girls to join us for 2 FREE days of exciting camps!!

Explore the power of GIS technology, create interactive maps, embark on a geocaching adventure or build and fly your own drone, all while developing valuable skills and discovering how location shapes our world.



8:45-11:00 am
or
12:45-3:00 pm

**Fort Lincoln
Elementary School**
**2007 8th Ave SE
Mandan, ND**

PRESENTS

**MARVELOUS
Music
CAMP**
**FOR 1ST-5TH
GRADE STUDENTS**

February 22, 2025
**Fee: \$25 for a
half day of musical fun**
Prairiewindsorff.com

Drumming
Movement
**Mallet
Instruments**
Singing

Register Here

The ND Prairie Winds Orff Chapter is excited to host a half-day music camp for children who love music on February 22nd. During the camp, students will enjoy four engaging music sessions that include movement, instrument playing, singing, and music creation.

Registration is open through February 7th for students in Grades 1-5. Campers can choose to attend either a morning (8:45-11:00 AM) or afternoon (12:45-3:00 PM) session for \$25. Both sessions will cover the same activities, so please register for only one session. Space is limited to the first 100 students in each session, so don't wait to register! For more information and to sign up, visit: <https://www.prairiewindsorff.com/music-camp.html> or scan the QR code on the graphic.

Additionally, if you'd like to order a camp T-shirt, please note that the deadline for orders is February 3rd.

We hope your child can join us for this fun and educational experience!

UPCOMING

EVENTS



North Dakota's Gateway to Science

STEM Adventure Mini Camps

STEM Adventure Mini Camps (Grades 1-5)

Held on days when there is no school from 8:00 AM to 5:00 PM

February 17

March 14 & 17

April 4 & 21

Members: \$90

Non-Members: \$120

Register here: <https://gatewaytoscience.org/learn/camps-and-clubs/stem-mini-camps/>

STEM Adventure Club (Grades 1-5)

Mondays from 4:00 PM - 5:15 PM for a 6-week winter session starting January 27 or spring session starting March 24

Members: \$90

Non-Members: \$120

Register here: <https://gatewaytoscience.org/learn/camps-and-clubs/stem-adventure-clubs/>

Coding Club Grades 3-5 (FREE)

Meets Thursdays from 4:00 to 5:15 pm at North Dakota's Gateway to Science for a 6-week session starting January 30. This is a FREE program, but pre-registration is required.

Register here: <https://gatewaytoscience.org/learn/camps-and-clubs/coding-clubs/>

Coding Club Grades 6-8 (FREE)

Meets Mondays from 4:00 to 5:15 pm at Wachter Middle School for a 6-week session starting January 27. This is a FREE program, but pre-registration is required.

Register here: <https://gatewaytoscience.org/learn/camps-and-clubs/coding-clubs/>

Preschool Discovery Hour (FREE)

FREE program held on the second Wednesday and Saturday of each month from 9:00 AM to 9:45 AM.

Upcoming Dates:

February 12 & 15

March 12 & 15

April 16 & 19

May 14 & 17

Learn more here: <https://gatewaytoscience.org/learn/preschool-discovery-hour/>

Hess Sponsored Discount Day

February 17 from 10:00 AM to 5:00 PM

Enjoy \$3 admission to Gateway to Science all day sponsored by Hess Corporation.



North Dakota Heritage Center & State Museum Programs

The ND Heritage Center & State Museum offers free weekly programming for preschool and school age children. Learn more about Little Kids, Big World [here](#). Learn more about Junior Historians [here](#).

Jan. 25 Little Kids, Big World, 10 a.m. Winter Sports

Jan. 25 Junior Historians, 11 a.m. Winter Sports

Jan. 29 Little Kids, Big World, 10 a.m. Winter Sports

Jan. 29 Junior Historians, 4 p.m. Winter Sports

North Dakota Historic Sites Programming

Jan. 25 Crafters Bee & Social, 1-4 p.m. Former Governors' Mansion, **Bismarck**

Jan. 25 Outdoor Games & Activities, 1-4 p.m. Lewis & Clark Interpretive Center, **Washburn**

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

For more information, contact Education and Engagement Manager Laura Forde, shsprogram@nd.gov or 701.328.2792. The ND Heritage Center & State Museum is open Monday-Friday, 8 a.m. to 5 p.m., and Saturday-Sunday, 10 a.m. to 5 p.m.

Vinterfest Activities at the ND Heritage Center & State Museum

- Jan. 30 Preserving Your Family History Collection, 6-7:30 p.m. Learn more [HERE!](#)
- Feb. 1 Straw Ornament Making, 10 a.m. or 1 p.m. Learn more [HERE!](#)
- Feb. 8 Preserving Your Family Stories, 1-2:30 p.m. Learn more [HERE!](#)



Love & Art Class - Free Art Classes for Kids & Adults

"Building community through Love & Art"

Free art class for kids and adults at the Dream Center every first Monday of the month 5pm-6:30pm in Trinity Hall. Kids age 9 and under must be checked in by an adult. Call 701-955-2150 for more information.

THEO ART SCHOOL

What's in your Summer? REGISTRATION OPENS FEBRUARY 1ST. Same rates as last year! 16th Annual Summer Art Attack Camps

ART ROCKS 2025 SCHOOL AGE 13 WEEKLY CAMPS (Full/Half Days)



Clay Sculpture Painting Drawing and More!

THEO ART SCHOOL
17TH ANNUAL SCHOOL-AGE SUMMER CAMPS

ART ROCKS 2025

AGE 5 & UP

Become a member and save

8:00AM-5:30PM-MAY-AUGUST

* * * * *

7-11 months a permit for use of the Theo Art School

LOCATION
610 S. Baker Street
Bismarck, ND 58505

CONTACT
701.222.8422
www.theoartschool.org
contact@theoartschool.org

Theo Art School Art Attack Summer Art Camps provide quality art instruction that mixes techniques and skill building with opportunities for creative freedom and self-expression in a fun and relaxing atmosphere. © Theo Art School

WHEN SCHOOL IS OUT... THEO IS IN!

ART

It is an important aspect of child development that allows them to learn problem-solving skills, build self-confidence and develop their creativity.

Experiment with different colors, textures, and materials to create unique designs.

REGISTER & PAY ONLINE:
WWW.THEOARTSCHOOL.ORG

WEEKLONG CAMPS
(All-Day OR Half-Day)

Ages: 5 and up
Cost: Pay by the week
- Full Days: 8:00 am - 5:30 pm
members \$200/week, nonmembers \$250/week
- Half Days: 1:00 pm - 5:30 pm
members \$100/week, nonmembers \$125/week

MAY 19-23
MAY 26-30
JUNE 2-6
JUNE 9-13
JUNE 16-20
JUNE 23-27
JUNE 30-JULY 3
JULY 7-11
JULY 14-18
JULY 21-25
JULY 28-AUGUST 1
AUGUST 4-8
AUGUST 11-15

ART ADVENTURES 2025 -PRESCHOOL AGE 14 WEEKLY CAMPS(Half Day - Mornings)



THEO ART SCHOOL ART ATTACK SUMMER ART CAMPS provide quality art instruction that mixes techniques and skill building with opportunities for creative freedom and self-expression in a fun and relaxing atmosphere. © Theo Art School

BECOME A MEMBER & SAVE

1810 Schuler Street
701.222.8422
contact@theoartschool.org

**ART ADVENTURES 2025
PRESCHOOL
MINI ART CAMPS
FUN! CREATIVE!**

WHERE ARE WE GOING?
Campers will join Ms. Joy & Ms. Belle on their Art Adventures! © Theo Art School

the zoo museum the jungle the art school adventures

PRESCHOOL ART CAMPS

A DAY AT THEO

8:00 AM - 11:30 AM
9:00 AM - 11:30 AM
10:00 AM - 12:00 PM
11:30 AM - 1:00 PM
1:00 PM - 3:00 PM
3:00 PM - 5:00 PM
5:00 PM - 7:00 PM
7:00 PM - 9:00 PM

WEEKLONG CAMPS
Ages: 3-5 yrs. old
Cost: Pay by the week:
members \$75/week
nonmembers \$80/week
Time: 9:00-11:30 am

Dates:
• MAY 19-23
• MAY 26-30
• JUNE 2-6
• JUNE 9-13
• JUNE 16-20
• JUNE 23-27
• JUNE 30-JULY 3RD
• JULY 7-11
• JULY 14-18
• JULY 21-25
• JULY 28-AUGUST 1
• AUGUST 4-8
• AUGUST 11-15
• AUGUST 18-22

All preschoolers need to be potty trained

When School is Out, Theo is In!

Our 17th Annual Odyssey Art Camps are all about exploring, creating, and having fun with Art! Theo's "Odyssey" ("Camp O") Theo's Odyssey Art Camps are on weekdays when there is no school due to holidays, teacher convention, or staff development. Dates are based on the Bismarck Public Schools calendar; Private Schools calendar and the Mandan Public School Calendar. Times: 8:00 am - 5:30 pm Ages: 5 and up Cost per Day: \$40 members, \$50 nonmembers

View the calendar [HERE!](#)

AFTER SCHOOL ART CLUB

The mission of Theo Art Club is to cultivate interest in art for boys and girls and to teach them that ART is ENDLESS. Our goal is to engage children in a Fun ART experience that will last a lifetime! Days: Mondays Times: 3:45-5:00 pm Grades: 1st grade and up Cost: \$40/month *

<https://tockify.com/art.for.all/detail/606/1725914700000>

2024-2025

ODYSSEY VII+

WHEN SCHOOL IS OUT! THEO IS IN!

8:00-5:30

5 AND UP

COST:
\$40 MEMBERS
\$50.00 NON MEMBERS



Preschool Minis Morning Art

Preschool Ages 3-5 - MUST BE POTTY-TRAINED
"Art à La Mode 3.0" is format is unique to Theo,
not like any other art setting in the country!
Our preschool art program is designed to
explore the exciting world of art and creativity
through a wide range of multi-media activities
focus on the creative process and develop their
imagination and creativity!

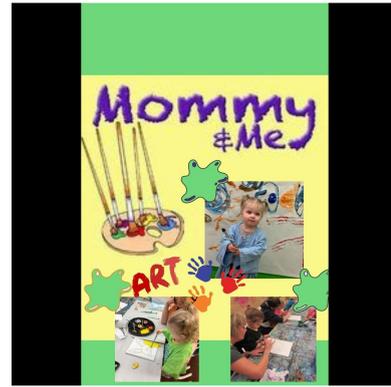
Season 2025 will be about **LEARNING THE
ABC'S OF ART & BOOKS**

DATES: TUESDAYS AND THURSDAYS COST:
\$15.00 FOR ONE DAY \$30.00 FOR TWO DAYS

TIMES: 9:00-11:30

REGISTER HERE:

<https://theoartschool.wufoo.com/forms/r88jfy21num2uf/>



Mommy & Me Art Hour!

We love our M & M Class!

Time: 10:00-11:00 am

Ages: 10 mos to 3 yrs

Cost: \$10/session

In the Mommy & Me art hour, you and your child
explore a variety of art materials, experience
new textures, improve fine motor skills, and
enjoy being creative in a group setting. If you
are looking for a morning of fun and creativity,
come join us! Taking a child to an art class
helps them develop their creative skills!

REGISTER HERE:

<https://theoartschool.wufoo.com/forms/ru2xx>

Looking to host a Private Event?

Click on the event below for more information!

[Birthdays](#)

[Field Trips](#)

[Private Art Lessons](#)

Local Services

Teen Grief Workshop

Please join us for a hands-on workshop for 6th-12th grade students. This workshop is designed to help teens make sense of grief and loss and will be facilitated by Hospice of the Red River Valley Grief Specialist, Sara Schwarz.

This event is open to the public. Please register as space is limited.

Registration Link: <https://www.hrrv.org/grief-support/2024-grief-class-registration/>



Saturday, January 25, 2025

10:00 – 11:30am (muffins and juice provided)

or

Tuesday, January 28, 2025

6:00 -7:30pm (pizza and soda provided)

Location:

Bismarck Veterans Memorial Library, Meeting Room B, 515 N. 5th St., Bismarck, ND 58501



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 Jan. 21, and Feb. 4. More information can be found at www.heartview.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 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.



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>

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!

A graphic for the North Dakota Foster or Adopt campaign. At the top, it says "NORTH DAKOTA" in white on a dark red background, with "FOSTER OR ADOPT" in white on a blue and red background below it. In the center, there is a photo of a young child in a pink winter hat and coat, smiling. To the right of the photo, the text reads "'Tis the season... Share your heart!" in white, with the phone number "833.378.4663" below it. At the bottom, it says "NORTH Dakota | Health & Human Services" with the slogan "Be Legendary." to the right.

A flyer for the National Archery in the Schools Program (NASP). The title is "BRING NASP TO YOUR SCHOOL" in large, bold, red letters, with the NASP logo to the right. Below the title, it says "NATIONAL ARCHERY IN THE SCHOOLS PROGRAM". Underneath, there is a section titled "TOP 5 NASP BENEFITS" with a bulleted list: "Improved Academic Performance", "Enhanced Self-esteem and Confidence", "Life Skills Development", "Inclusive and Accessible", and "Physical Fitness". To the right of the list is a circular inset image of a student in a wheelchair shooting an arrow. Below the list, there is a red box with white text that says "NOW IS THE TIME, UNPRECEDENTED GRANT FUNDING AVAILABLE!". At the bottom, there is a section titled "IT'S EASY TO GET STARTED" with the text "Contact Jeff Long, state NASP coordinator, who will walk you through the entire process." and the contact information for Jeff Long: "JEFF LONG", "jrlong@nd.gov", and "701-328-6322". To the right of the text is a circular inset image of a student shooting an arrow.

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!



The image shows a purple and green graphic for 'SOUL 57 YOUTH GRIEF SUPPORT'. The text reads: 'Grief and Loss Support Groups and Monthly Workshops'. Below this, it says: '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.' It then lists 'Currently Serving Ages/Grades:' with bullet points for 'K-5', '6th-12th', '18-24 years old', and 'PreK Groups'. At the bottom, it notes 'Caregiver support also available' and provides contact information: '701.751.0842', 'www.soul57.org', and '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.

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.



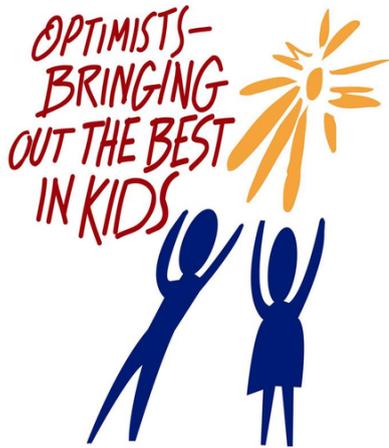
Foster Hope.
Be a Foster Parent.



SCHOLARSHIP OPPORTUNITIES

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.



Optimist International Essay Contest

The Optimist Club of Bismarck is encouraging area students to contemplate the phrase "**How Optimism Has Paved My Road to Success**" as part of the Optimist International Essay Contest for the 2024-2025 school year. The Optimist Club will judge the local students' essays based on the theme of "**How Optimism Has Paved My Road to Success**" and determine the winners.

The top winner will receive \$500 and the winning essay will be sent to the district level where college scholarships are available for top winners. Students wishing to participate in the essay

contest can find out more about the contest at

<https://www.optimist.org/member/scholarships3.cfm> or contacting the club at 701-226-6285 or ktorske@bravera.bank. Essay submission deadline is February 10, 2025.

America250 Opens Submissions for Nationwide Student Contest: 'America's Field Trip

America250 has launched an AMAZING contest called "*America's Field Trip*" to give kids the opportunity to participate in this once-in-a-lifetime historical event.

<https://america250.org/FieldTrip/>

<https://america250.org/news/america250-opens-submissions-for-nationwide-student-contest-americas-field-trip/>



"*America's Field Trip*" is a nationwide scholastic contest where students have the opportunity to earn a special behind-the-scenes experience at an iconic American historical and cultural site – of their choice. "*America's Field Trip*" invites students in grades 3-12 to submit artwork or writing that reflects on what America means to them.

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.

- Staff/Teachers (2025-2026 School Year)
- Secretaries/Administrative Assistants
- Instructional Aides
- Bus Drivers/Monitors
- Child Nutrition Assistants
- & Much More!

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



BISMARCK PARKS AND RECREATION DISTRICT Est. 1927

- BLAST afterschool program leaders
 - Basketball scorekeepers
- Facility attendants – ice arenas, fitness facilities, rec center
 - Front desk staff – fitness facilities
- Lifeguards – [FREE training if you join our team](#)
 - Officials – basketball & volleyball
 - Swim instructors
 - Tennis instructors
 - Volleyball coaches
- Warming house attendants – outdoor ice rinks, sledding hill
 - Zamboni drivers

Join the Team at Bismarck Parks and Recreation District!



The banner features the Missouri Slope logo at the top center, which consists of a stylized mountain peak inside a shield-like shape. To the right of the logo, the text reads "MISSOURI SLOPE" in a large, bold, black font, with the tagline "TAILORED CARE. INSPIRED LIVING." in a smaller, brown font below it. A large yellow speech bubble on the left contains the text "NOW HIRING!" in bold, brown letters. To the right of this, a green speech bubble contains the text "Scan to APPLY!" in green, with a QR code below it. Two cartoon illustrations of healthcare workers in blue scrubs are positioned on either side of the central text. The background is a light beige color with abstract, wavy lines in white and green.

MISSOURI SLOPE
TAILORED CARE. INSPIRED LIVING.

NOW HIRING!

Scan to **APPLY!**

Looking for a place to grow in your healthcare career?

- Competitive wages
- Sign-on bonuses
- Benefits

Apply for your positions now
Missourislope.com/careers

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