

# Friday Flier

April 4<sup>th</sup>, 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*

### **Stars and Spikes Volleyball Camp**

Stars and Spikes Volleyball Camp 

Stars and Spikes Volleyball Camp

Century High School Girls Volleyball Coach, Jamie Zastoupil and staff will be offering youth volleyball camps. The Stars and Spikes Volleyball Camp will be a rewarding and satisfying experience for your child, both in what they can learn on the court and from the association and competition with others their own age group who likewise love volleyball. Full camp brochure can be found on Century Volleyball Website.

<https://sites.google.com/bismarckschools.org/chs-chsathletics-volleyball/camps?authuser=0>

Entering Grades 2-4 :

Basic Skills camp works on passing, setting, serving, and team play.

When: June 9-11 Where: Century High School Time: 1:00-3:00pm Cost: \$75

Entering Grades 5-6:

Basic Skills camp works on passing, setting, hitting, serving, and team play.

When: June 9-11 Where: Century High School Time: 3:30-5:30pm Cost: \$75

Entering Grade 7-8:

This will be a skills camp working on passing, setting, serving, hitting, blocking, defense and offense, as well as Teamwork.

When: June 18-20 Where: Century High School Time: 1:00-3:00pm Cost: \$75

Entering Grade 9:

This will be a skills camp working on passing, setting, serving, hitting, blocking, defense and offense, as well as Teamwork.

When: June 18-20 Where: Century High School Time: 3:00-6:00pm Cost: \$90

(OE)

**WORDS AND WIGGLES:**  
*Early Literacy Fun*

@ BECEP  
720 N 14th St.

Who: Any child under 3 years old with a parent or caregiver.  
When: Saturday, March 1st and 15th, April 5th and 26th, May 3rd and 17th  
10:00-11:00 a.m.

\*Dry socks or shoes are needed for the indoor playground.  
\*No food or drink in the gym please.

**READ:**  
Storytime

**PLAY:**  
Gym

**GROW:**  
Parent-Child  
Literacy Activity &  
Lending Library

**I ♥ READING**

**Raising A Reader**  
Funded by CLSD Grant



**BECEP : Words and Wiggles**

Two Saturdays per month left for this school year!



**BISMARCK  
PUBLIC SCHOOLS**

*Foundation*

Consider Donating today!

<https://bpsfoundation.com/>

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***LAST DAY TO REGISTER!!***

**Jody Olheiser Memorial Slush Run**

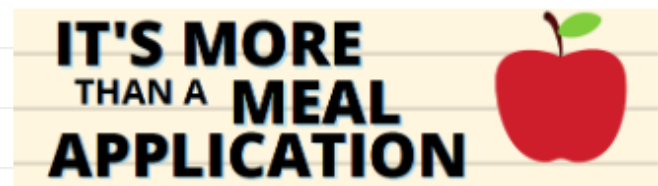
5K Run or Walk

April 5, 10:00am

\$25/racer

This fun race funds a \$5,000 scholarship for a BHS student!!

Register here: <https://bpsfoundation.com/project/jody-olheiser-memorial-run-2025/>



## 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/](https://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



## Saturday, April 26th at Sertoma Park

**Registration & Bib Pick-up 8:00am**

**Competitive 5K & 10K Run 9:00am**

**Kids Fun Dash 9:15am**

All registered children will get a gift card

**5K Walk 9:30am**

**Family Fun 1 Mile Walk 9:40am**

**Advanced Registration: \$30**

**Walk-In Registration: \$35**

**Kids Fun Dash: \$15**

Register online at [www.raceentry.com](http://www.raceentry.com) or scan the QR code. For day-of, register at Sertoma Park Community Shelter near the amusement park.

\*To be guaranteed a t-shirt, you must be registered by April 9th\*

### Thank you Sponsors!

Sanford Health | Cottingham Insurance | Edgewood Healthcare | Send-It 24/7 | CHI St. Alexius Health | Silver Ranch | Robin Hultberg & Family | MoBile Rehab | Benedictine Living Community | Front Street Millwork & Lumber | Dakota Community Bank & Trust | Lignite Energy Council | Eastgate Funeral & Cremation Services | A Prairie Breeze RV Park | Dr. Brillman | Railway Credit Union | Aurora Borealis Munitions | Billy & Doris Hoff | Harlow's Bus Sales, Inc | Bill Willis, Sr. Family | Coffee With Clyde | Morgan Stanley | 13th Hat Events | Raymond James | Sanstead Law | The Marv Bossart Parkinson's Foundation | Brady Martz | Dr. Ralph Dunnigan, MD | Scheels - Bismarck | Wagner Financial Services, Inc | Chuppe Chiropractic Clinic | ProKartz







## Skyhawks State Games

Please join us for a community wide Skyhawks State Games, where young athletes can showcase their talents and enjoy a day filled with fun, competition, and sportsmanship. This event is designed to encourage physical activity and healthy competition among youth ages 7-12. We would love to see every school represented! Participants can compete in various races, relays, and field events. Whether you are a seasoned athlete or trying track and field for the first time, we look forward to seeing you on the track! Let's make this event memorable for everyone involved! Entry fee of \$25 includes entry for up to 3 events, performance T-shirt and participation ribbon. There will be championship heats for 1st, 2nd and 3rd place in each age group. More information including registration for participants and volunteers can be found at:

<https://raceroster.com/events/2025/100977/skyhawks-state-games>

## Farmers Union Summer Camp

Kids enjoy team-building activities and leadership development in a FUN camp setting that includes water games, theme nights, sports, campfire, talent show, games, banquet, co-op education and more! Camps are held near Elgin and Jamestown in June, July and August for kids in grades 3-6 and 7-12. Free transportation is provided. Register by May 15 thru the NDFU



mobile app or online at [ndfu.org](http://ndfu.org) to get the early bird discount. Financial scholarships are available. Go to [ndfu.org](http://ndfu.org) for details or call 800-366-6338.

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## Start Smart Boys' Basketball Camps

Century High School boys' basketball coach, Darin Mattern will be running four high quality youth basketball camps. Mattern and other camp coaches will pass their basketball knowledge on to campers to give them an opportunity to excel as basketball players. The camp will emphasize fundamental play including footwork, ball handling, shooting, defense, passing and cutting, etc. in an enthusiastic and positive learning environment.



### Shooting Camp Session #1

May 27 & 28 – Grades K-12

10:00am – 12:00pm – Century High School

### Shooting Camp Session #2

June 2 & 3 – Grades K-12

10:00am – 12:00pm – Century High School

### Basketball Camp – K - 5

May 27-30 – Grades K-5

1:30pm - 4:30pm – Century High school

### Basketball Camp –6-12

June 2-5 – Grades 6-12

1:00pm – 5:00pm – Century High School

Full Camp Brochure can be found [HERE](http://centurypatriotsboysbasketball.weebly.com/camps.html) on the Century Boys' Basketball Website:

[https://centurypatriotsboysbasketball.weebly.com/camps.html](http://centurypatriotsboysbasketball.weebly.com/camps.html)

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## HOOP STARS GIRLS' BASKETBALL CAMPS

Hoop Stars basketball camps will be led by Nate Welstad, Century High School girls' basketball coach. Coach Welstad along with additional coaches from the current staff will pass their basketball knowledge on to campers to give them an opportunity to excel as basketball players. Individual and team instruction will focus on the fundamentals of basketball provided in competitions and game-like situations.



### Session 1 – Grades K-3

May 27- 30 – 8:30am - 11:30am

Horizon Middle School

## **Session 2 – Grades 4-6**

May 27-30 – 1:00pm - 5:00pm

*Awards at 3:30pm on Friday*

Horizon Middle School

## **Session 3 – Grades 7-12**

June 9-12 – 1:30pm – 5:00pm

Horizon Middle School

Full Camp Brochure can be found [HERE](#) on the Century Girls” Basketball Website:

<https://sites.google.com/bismarckschools.org/chsgirlsbasketball/youth>

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## **2025 Capital City Football Camps**

### **Capital City Youth Football Camp**

For boys/girls entering grades 2-5 this fall. Camp runs July 15th – 17th from 1:00 - 3:00 PM.

Campers will learn all positions and basic fundamentals. Brochures/registration forms are available at the Century Football website or Century/Horizon Athletic websites.

<http://www.chs.bismarckschools.org/chs/chsathletics/football/>. Cost is \$50 (non-padded). \$40.00 for second member of a family. Call CHS head football coach, Ron Wingenbach, @ 426.1779 for further details.

### **Capital City Middle School Football Camp**

For boys/girls entering grades 6-8 this fall. Camp runs July 15th - 17th from 9:00 – 11:30 AM.

Campers will develop individual skills and use them in a team atmosphere, as well as footwork, technique, and overall mastery of the fundamentals. Cost is \$60 (non-padded). Second member from the same family will be \$50.00. Registration forms/brochures are available at the Century Football website or Century/Horizon Athletic websites.

<http://www.chs.bismarckschools.org/chs/chsathletics/football/>. Call CHS head football coach, Ron Wingenbach, @ 426.1779 for further details



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



## YMCA/Family Wellness Programming Upcoming Activities

### SPECIAL EVENTS

#### Breakfast with the Bunny

- Sat Apr 5
- 8-9:30am or 10-11:30am
- \$5 Per Person

Guests enjoy tasty treats, activities, an inflatable & bouldering wall, the Family Play Center & a photo opp with the Easter Bunny at this festive fundraiser!

#### Hoppin Hoops

- Fri Apr 18
- 9am
- \$50 Per Team

Enjoy fun friendly competition & prizes in this exciting 3 on 3 youth basketball tournament that benefits kids in our community!

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**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 - PreK to 1st 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!

Click [HERE](#) for Camps!

Childcare Openings - Summer Care & Camps - Adventure Camp  
Before & After School - Y Explorers - Kinder Camp

**BIOGirls** - Registration May 6, Tuesday 6:30-8pm at the Y

- Jul 8 - 1st Session

- Sept 20 - Bismarck Marathon 5k (Final Event)

- Sept 23 - Final Session

Click [HERE](#) for more information!

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

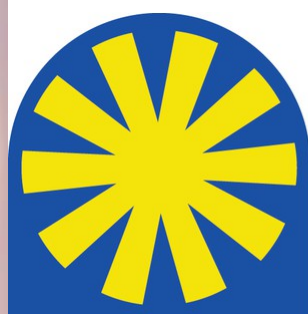
For Our Community Family Wellness [www.familywellnessbisman.org](http://www.familywellnessbisman.org)



School Newsletter Late March 2025.docx

Download

196.5 KB



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

More at [www.bisparks.org](http://www.bisparks.org)!

**2025  
Spring/Summer  
Activity Guide**

**REGISTRATION NOW OPEN  
FOR ALL PROGRAMS**



## Summer Program Registration is OPEN at Bismarck Parks and Recreation

- [Activity Centers](#)
- [Archery](#)
- Baseball – [Coed Mites, Squirts, Cal Ripken](#)
- Basketball – [Coed 3rd-8th](#)
- [Fencing](#)
- [Golf](#)
- [Karate](#)
- [Safety Village](#)
- [Soccer Coed K-9th](#)
- Tennis – [10 & Under](#) and [Juniors](#)
- Volleyball – Summer [Coed 5-8th](#) and [High School Sand](#)

Learn more about all our programs at [bisparks.org](http://bisparks.org).

### Outdoor Pools

- [Season Passes](#) – for sale online or at the park district office



### [Lifeguard and Swim Instructors Classes](#)

- Age 15+ for all classes – **FREE if you join the BPRD Team!**
- Lifeguard Course – options April through June
- Lifeguard Recertification Course – April through June

- Lifeguard Instructor Course – April
- Water Safety Instructor Course – March, May and June

More Bismarck Parks and Recreation District programs and events at [www.bisparks.org](http://www.bisparks.org)!

## Hilzendeger Tennis & Training



## ART| MUSIC| HISTORY| STEM



NORTHERN PLAINS DANCE PRESENTS



April 5, 2025 | Dinner at 6:00pm | Dance at 7:00pm  
Sixteen03 Main Events

*The Butterfly Ball* is a dance for girls 18 and under and that special guy in their lives, whether it be dad, uncle, or grandpa. Come to *The Butterfly Ball* to enjoy music, treats, photo opportunities, and a great night of dancing to remember for a lifetime.





Join us for the 2nd Annual Easter Egg Hunt hosted by Burleigh County Bow Masters 4-H Club. Inside activities & Easter Bunny available for pictures! This event has Food Allergy Friendly Prizes.

## Spring Concert "Coming Together"

The Bismarck-Mandan Civic Chorus is thrilled to join forces with the Central Dakota Children's Choir for a captivating performance of timeless choral masterpieces to close out its 47th season on April 26 at 7:30 p.m. at the Belle Mehus Auditorium. This concert will highlight the remarkable blend of voices from both adults and youth, showcasing the beauty and depth of choral music.

"It is always a pleasure to sing with Jubilate!, the youngest ensemble of the Central Dakota Children's Choir. Their voices bring such beauty and honesty to their singing, and when combined with the adult choir, the result is a transcendent sound that captivates audiences," Director Dr. Tom Porter said.



In this collaboration entitle "Coming Together," the two choirs will join forces on "Can You Feel the Love Tonight" from Disney's The Lion King, as well as Leonard Bernstein's Chichester Psalms, a

20th-century choral work by Leonard Bernstein. The Chorus also will perform “Schicksalslied” (“Song of Destiny”) by Johannes Brahms, one of the finest examples of romantic choral music.

“Schicksalslied” and “Chichester Psalms” will be featured in the Chorus’ upcoming performance at Carnegie Hall in New York at the end of May.

Tickets for this event are \$15 for general admission, \$10 seniors and students, and can be purchased at [www.bismancivicchorus.com](http://www.bismancivicchorus.com) or at the door the day of the show.



## BSC Career Quest

BSC Career Quest (Grades 9-12)

June 10-12 & 17-19 | 8 a.m. - 4 p.m.

Unlock your future and explore exciting career pathways available at Bismarck State College. Each day focuses on a different industry sector, offering hands-on activities and engaging presentations. Students can register for individual days or attend all three days of a chosen week. On-campus dorms are available only for students who register for all three days of either week.

### Week 1: 6/10 - 6/12

Day One: Transportation & Construction

Day Two: Automation, Manufacturing & Energy

Day Three: Agriculture, Engineering Technology, UAS & GIS

### Week 2: 6/17 - 6/19

Day One: Cybersecurity & AI

Day Two: Communication, Mass Communication & Graphic Design

Day Three: Business, Marketing, Finance, Entrepreneurship & Education

Register at [bismarckstate.edu/camps](http://bismarckstate.edu/camps)

## Farmers Union Camp

Kids enjoy team-building activities and leadership development in a FUN camp setting that includes water games, theme nights, sports, campfire, talent show, games, banquet, co-op education and more! Camps are held near Elgin and Jamestown in June, July and August for kids in grades 3-6 and 7-12. Free transportation is provided. Register by May 15 thru the NDFU mobile app or online at [ndfu.org](http://ndfu.org) to get the early bird discount. Financial scholarships are available. Go to [ndfu.org](http://ndfu.org) for details or call 800-366-6338.





# Bismarck Veterans Memorial Public Library

## **Bismarck Veterans Memorial Public Library**

**Come visit the Children's Library for spring 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 –**

4/21 at 2:00 p.m. – Moana 2

Visit the library's calendar of events at [bit.ly/BVMPL-Upcoming](https://bit.ly/BVMPL-Upcoming) for a full list of upcoming library events, event registration information.



**April Events at the Zoo!**



April 9 - **Zoo Crew Open House**, ages 13-17, 6:00-7:00 PM

April 12 - **Easter Egg Hunt** 1:00-3:00 PM, ages 0-12, \$5.00 Fee for both members and non-members

April 20 - **Easter Sunday** Zoo Closed

April 26 - **Opening Day** of 64th Season, Open Daily 10:00 AM-6:00 PM, *weather permitting*

April 26 - **Family Zookeeper Camp** Parent(s)/Guardian(s) and any children ages 5-18

**We're open year-round!!**

**Dakota Zoo is operating on Winter Hours**

**Open 1:00-5:00 PM, FRI-SUN, weather permitting**

**Join us for our 64th Summer Season!!**

**Open daily beginning April 26th, 2025, 10:00 AM-6:00 PM**



## 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.

## Local Services

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

H.E.A.R.T. (Helping Everyone Achieve Recovery Today) is a confidential education and support group designed for the families of individuals with a substance use disorder. H.E.A.R.T. is free of charge and families do not have to have any affiliation with Heartview in order to attend. The group meets every other Tuesday from 6-8 p.m. Volunteers and families working through recovery will meet for approximately one hour of educational topics and one hour of support group. H.E.A.R.T. will consist of videos, activities and discussion on addiction-related topics. More information can be found at [www.heartview.org](http://www.heartview.org).

### H.E.A.R.T. FAMILY PROGRAM

**April 1**  
*Keys to Healing the Entire Family*

**April 15**  
*Stress Reduction Techniques*

**April 29**  
*What Does Family Recovery Look Like?*

**May 13**  
*Recovery Outside the Box- Al Anon*





**Be a Safe Sitter – Babysitting Basics**

**Date:** Friday, June 13, 2025  
**Time:** 9:30 A.M. – 4:00 P.M.  
**Location:** Bismarck Veteran's Memorial Library  
**Cost:** \$30 (includes materials and snacks)  
 Please bring a sack lunch.

**For students entering grades 5-8\* - fall 2025**  
 \*Must be age 11 at time of registration.

**Guest Speakers:** Bismarck Police Dept., Bismarck Fire Dept., Metro Ambulance Service (tentative)

This class will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. \*Students do not earn a CPR certification.  
 Questions: Contact Burling County Extension Office at 701-221-6865.

**Register by May 9th**  
 Call the Bismarck County Extension Office 701-221-6865  
 Use the QR code or link on the link below:  
<https://www.burlingcounty.org/2025/summerbabysittingbasics>

**QR Code**

**NDSU** | **Extension**

## Be a Safe Sitter - Babysitting Basics

Be a Safe Sitter will enable youth to gain knowledge and skills necessary to safely and responsibly give care for children and infants. Understanding ages/stages, positive communication and guidance, basic cares (bottling, burping, feeding, diapering),

personal safety and fire safety, and CPR/first aid will all be discussed. Class fee -\$30. Register by May 9th using QR code or tinyurl as seen in the picture.

## \$25 Year-Round Sports Physicals

Gear up for the season with a sports physical! Whether you're hitting the field, court, or track, make sure you're game ready. Payment is due at the time of your appointment. If your service is covered by insurance, we will bill your insurance and no payment will be collected at the time of your visit. If you are enrolled in North Dakota Medicaid, please present your Medicaid card at the time of your appointment or when you schedule. Vaccines are also available. Please note that if additional tests are required, extra charges may apply.



**SPORTS PHYSICALS**

**\$25 YEAR-ROUND**  
 Gear up for the season with a Sports Physical! Whether you're hitting the field, court, or track, make sure you're game-ready!

**To schedule an appointment**  
 call: 701-255-4242 or  
 visit: [northlandchc.org](http://northlandchc.org)

Payment is due at the time of your appointment. If your service is covered by insurance, we will bill your insurance and no payment will be collected at the time of your visit. If you are enrolled in North Dakota Medicaid, please present your Medicaid card at the time of your appointment, or when you schedule. Vaccines are also available. Please note that if additional tests are required, extra charges may apply.

**LOCATION:**  
 914 S 12th St, Suite 101  
 Bismarck, ND 58504

**Northland HealthCenters**


**QR Code**

*Host an International High School Exchange Student Today!*

# HOST A STUDENT

INTERNATIONAL CULTURAL EXCHANGE SERVICES

To Learn More Please Contact: Laura Ringsak, [lringsak@icesusa.org](mailto:lringsak@icesusa.org)



- Add culture and diversity to your local families and communities.
- Learn and teach each other about culture, new foods, and traditions.
- Add a son or daughter to your family for a lifetime of memories.

## MAKE AN IMPACT ON YOUR FAMILY, ONE STUDENT, COMMUNITY, AND THE WORLD

"I WAS QUIET BUT WHEN I STARTED INTRODUCING MY SPANISH HOST BROTHER TO OTHERS AND SHOWING HIM AROUND SCHOOL, I GAINED A LOT OF CONFIDENCE."

"I AM SO GRATEFUL TO MY HOST FAMILY. THEY TREATED ME JUST LIKE THEIR OWN DAUGHTER. I LOVE HAVING A FOREVER AMERICAN FAMILY"

"OUR KIDS EAT SO MANY INTERNATIONAL FOODS NOW AFTER HOSTING! WHAT A GREAT EXPERIENCE."

ONLINE DISTRIBUTION OF FLYERS IS PROVIDED AS A PUBLIC SERVICE. THE ACTIVITIES OR PROGRAMS DESCRIBED ARE NOT SPONSORED, ENDORSED, REVIEWED OR SCREENED IN ANY WAY BY THE FLAGSTAFF UNIFIED SCHOOL DISTRICT. FUSD DOES NOT MONITOR OR SUPERVISE THE ACTIVITIES OR PROGRAMS. PARENTS AND GUARDIANS ARE URGED TO SPEAK WITH THE SPONSORING ORGANIZATION AND CAREFULLY EVALUATE THE SUITABILITY OF THE ACTIVITIES FOR THEIR CHILDREN PRIOR TO THEIR CHILDREN'S PARTICIPATION.

The rewards of hosting an International Exchange Student are many. Your family will learn and grow with the experience as you build a lifelong relationship! Below you'll find an overview of the ICES Host Family Program. Prepare to join thousands of other American families and host a High School Exchange Student today! Your adventure begins here!

For more information, contact Laura Ringsak at [lringsak@icesusa.org](mailto:lringsak@icesusa.org) today!

## 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---Menstrual Products---Body Changes---Lifestyle & Wellness

**DATE:** Sunday, April 13, 2025

**TIME:** 2:00 PM - 3:30 PM CST; Doors open at 1:45 PM CST for check-in and door prize registration



### 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, April 13, 2025  
2 - 3:30 PM CDT (doors open at 1:45 PM)

**LOCATION**  
BPS Career Academy 1221 College Dr., Bismarck, ND 58501

**COST**  
FREE

**REGISTRATION**



[https://www.essentialhealth.org/icesusa-events/girl-talk-bismarck-nd-april-13-2025?MeetingId=\(B247A3AC-3CC6-4457-B4DA-E276F854FB52\)](https://www.essentialhealth.org/icesusa-events/girl-talk-bismarck-nd-april-13-2025?MeetingId=(B247A3AC-3CC6-4457-B4DA-E276F854FB52))

Essentia Health



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

**COST: FREE**

**REGISTRATION REQUIRED** -- ONE registration form per child. If registering multiple children, please fill out a separate registration form for each. Moms/Adults do NOT need to register. Children must be accompanied by an adult for the duration of the event.

<https://www.essentiahealth.org/classes-events/girl-talk-bismarck-nd-april-13-2025?MeetingId={B247A3AC-3CC6-4457-84DA-EE7F6FB54FB2}>

## Free Speech Therapy for Children

The Scottish Rite Speech Therapy Center for Children in Bismarck is presently accepting applications, online, at [www.scottishritespeech.org](http://www.scottishritespeech.org). All services are free 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](mailto: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>

## 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 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.

## 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

## Join the Team at Bismarck Parks and Recreation District!

Enjoy great perks – a benefits pass that provides rounds of golf, driving range balls, pool passes, fitness passes and an outdoor picnic shelter reservation.

- · Activity Center summer leaders
- · Coaches – baseball, basketball, tennis, soccer, volleyball
- · Concessions – outdoor pools, sports complexes
- · Facility attendants – golf courses, ice arenas, fitness facilities
- · Lifeguards – [FREE training if you join our team](#)
- · Maintenance/mowers – golf courses, parks, sports complexes
- · Swim instructors
- · Table teachers for Safety Village
- · Tennis instructors
- · Volleyball officials
- · Zamboni drivers

Apply at [www.bisparks.org/jobs](http://www.bisparks.org/jobs)



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**Looking for a place to grow in your healthcare career?**

- Competitive wages
- Sign-on bonuses
- Benefits

**Apply for your positions now**

[Missourislope.com/careers](https://Missourislope.com/careers)



## *BPS District Calendar*

- **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**