



APRIL NEWSLETTER

2026





March 26th 2026

Spring has Sprung and I am not sure if winter has even come to visit yet! Happy April! Please check out the school web site to get current school events daily. The school web site can be found at www.frombergpublicschools.com.

We are excited to share some important information regarding the upcoming Kindergarten Roundup and the wonderful opportunity it presents for your child, as well as an exciting upcoming performance of Sleeping Beauty with the Missoula Children's Theatre actors.

Kindergarten Roundup is just around the corner! This event will be held June 3rd by appointment in the Fromberg Commons area, from 9:00-12:00 p.m. This is a crucial first step in transitioning your child into their educational journey. This great day offers an opportunity for parents to gather important information about enrollment, school readiness, and the engaging curriculum that awaits their children. Our dedicated teachers and staff will be available to answer any questions you may have regarding your child's transition to kindergarten. Early exposure to the school environment can help alleviate any anxieties and excite both children and parents alike about the new adventure ahead, please come!

Missoula Children's Theatre will be held the week of May 4th -7th with the main performance to be held on May 8th at 6:00 p.m. We would like to highlight an amazing opportunity for children provided by the Missoula Children's Theatre. This renowned program is dedicated to promoting creativity, teamwork, and self-confidence through the art of theatre. They offer children a chance to get involved in the performing arts, regardless of their prior experience. We hope that you attend.

The Easter Egg Hunt was a great success for everyone involved. Kelly Bohnet-Erickson, Jennifer Birrer, and Gayle Guffey helped showcase Fromberg Schools. Many great pictures were taken to memorialize a great activity. My guess is that there were about 75 people who turned out for the event! Nice job to all the Organizational Skills and supports!

After the Easter Egg Hunt, activities led lots of Fromberg folks to Red Lodge for the Carbon County Arts Guild Art Show for K-8th grade. Talk about outstanding! To have Lindi O'Brien take all her students within our school, and lots of kids were awarded a lot of awards! It truly was so nice to listen to all our students' names win so many awards. I was so impressed with such a great Saturday to see so many great things coming from our school and having so many people showcase their time and talent to make it happen. Congratulations to so many great folks, you all are working so hard to make Fromberg School the Best! We have lots of pictures to post!

Please feel free to call me anytime and I will do my best in helping clarify and answer any questions you may have about the school and the fine students and staff inside. My cell number is 406-855-7271.

Thank you for your continued support, you all are the key to our success at Fromberg Schools!

Jennifer Hickok
Superintendent Fromberg Schools



**THANK YOU FOR YOUR
DONATION TO THE
FROMBERG SCHOOL GOLF
PROGRAM**



Bank of Bridger Bank of Joliet

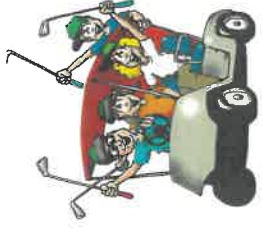
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**THANK YOU FROMBERG
PTO/BOOSTER CLUB - DONATION TO
THE FROMBERG SCHOOLS GOLF
PROGRAM FOR \$1,500**





Fromberg Public School April 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Easter 	6 No School	7 Golf (V) 10:00 @ Columbus HS Track 3:30 @ Laurel	8 April Fool's Day 	9 2 State FFA Convention @ Great Falls	3 State FFA Convention @ Great Falls Good Friday 10 HS Track 10:00 @ Laurel Golf (JV) 1:00 @ Big Timber	4 11 Prom @ Swift River Ranch 8:00-11:00 Grand March 7:00 Golf (V) 9:00 @ Big Timber  18
12	13 School Board Mtg. 6:00 in the Gym Lobby	14 HS Track 9:00 @ Red Lodge Golf (JV) 10:00 @ Billings	15 22 Golf (JV) 10:00 @ Roundup Earth Day Admin. Professionals Day 	16 Golf (V) 10:00 @ Huntley	17 HS Track 10:00 @ Belgrade	25 HS Track 10:00 @ Laurel Junior/Senior Banquet 6:00
19	20 Adult Co-Ed VB Open Gym 5:30 	21 HS Track 2:00 @ Red Lodge PTO/Booster Club Mtg. 5:00 in the Gym Lobby	23 4th Quarter Midterm 30 JMG Conference @ Helena 	29 28 Golf (V) 9:00 @ Billings	20 Adult Co-Ed VB Open Gym 5:30	2017-2018 & Newer Yearbooks must be ordered online @ treering.com/validate
26	27 	28 Golf (V) 9:00 @ Billings		2016-2017 & Older Yearbooks are \$10 Each. Limited Quantities Available.	2017-2018 & Newer Yearbooks must be ordered online @ treering.com/validate	2017-2018 & Newer Yearbooks must be ordered online @ treering.com/validate



LUNCH

April is National Garden Month. Consider planting some seeds at home. You can start your seeds indoors in a small container (an empty cereal bowl from school would work well) and move them outside to a patio or garden plot when the weather allows.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO SCHOOL 06	 WAFFLES, BACON, FRUIT JUICE, MILK HAMBURGERS, VEGGIE FRUIT, MILK 07	April Fools' Day FALCON BISCUITS, FRUIT JUICE, MILK KARMEN'S LUNCH CHICKEN ALFREDO 01	BACON, EGG, CHZ MCMUFFIN, FRUIT, JUICE MILK SLOPPY JOES, VEGGIE FRUIT, MILK 02	HAPPY EASTER WEEKEND!! SEE YOU ON TUESDAY 03
APPLE TURNOVERS YOGURT, FRUIT, MILK HAM N CHZ HOAGIES VEGGIE, FRUIT, MILK 13	PANCAKE WRAPS, FRUIT JUICE, MILK LASAGNA, VEGGIE, FRUIT MILK 14	CHEESE OMELETTE TOAST, FRUIT, JUICE, MILK FISH STICKS, VEGGIE FRUIT, MILK 08	BISCUITS AND GRAVY FRUIT, JUICE, MILK ZOEY'S LUNCH SPAGHETTI 09	09
BAGELS N CRM CHZ FRUIT, JUICE, MILK PIZZA, VEGGIE, FRUIT, MILK 20	PANCAKES, SAUSAGE FRUIT, MILK TATER TOT CASSEROLE VEGGIE, FRUIT, MILK 21	Earth Day SAUSAGE SCRAMBLE TOAST, FRUIT, JUICE, MILK GABE'S LUNCH BUFFALO CHICKEN 22	HAM N CHZ CROISSANTS FRUIT, JUICE, MILK HUNTER'S LUNCH CHEESE RAVIOLI 16	17
SAUSAGE, EGG, CHZ MCMUFFIN, FRUIT, JUICE MILK GRILLED CHEESE, VEGGIE FRUIT, MILK 27	FRENCH TOAST STICKS FRUIT, JUICE, MILK CHICKEN FAJITAS VEGGIE, FRUIT, MILK 28	RASPBERRY DONUTS FRUIT, JUICE, MILK SUPER NACHOS, VEGGIE FRUIT, MILK 29	SUNRISE HASHBROWNS TOAST, FRUIT, JUICE, MILK TOMMY'S LUNCH CHICKEN AND RICE 23	24
			FALCON BISCUITS, FRUIT JUICE, MILK ORANGE CHICKEN VEGGIE, FRUIT, MILK 30	



Fromberg Falcons

APRIL 2026



Fromberg Schools' Fresh Fruit and Vegetables are served daily in the Elementary, through the Fruit and Vegetable program at OPI.

Pre-K and Kindergarten

Amazing things have been happening in our classroom. We have really begun to read words and spell words. Our handwriting skills are improving daily. We are in Unit 17 and are learning about /m/. We have learned the short vowel sounds and practice them continuously. We work in small groups to work on specific skills and love our rotation times. (We actually learn things while we play.)

We look forward to learning more about reading. We each got an investigator's notebook to write down some evidence that we see in the room to copy down.

It is hard to believe how few days we have left of the school year. We will work on the standards in reading and in math in order to get ourselves ready for the next level.

Happy Easter. Spring Break is April 3-April 6.
NO SCHOOL on April 6.
April 27-May 8 Scholastic Book Fair



In Math, we are working to strengthen and review all pieces of math that they have learned. Our current focus is understanding teen numbers as Tens and Ones. Helping your student make a group of ten when counting anything at home, would help strengthen the skills that they are working on in class.





April

1st/2nd Grade



Hello 1st and 2nd Grade!

As we get closer and closer to the end of the year, the 1st and 2nd grade students are continuing their hard work in and out of the classroom! They are busy "BEES" here at school!

About Our Class:

Super Kids/ELA:

- 1st Grade - Unit 8: using and decoding /oa/, /ai/, /ee/, and /ea/.
- 2nd Grade - Unit 8: using and decoding /ild/, /ind/, /old/, and /ost/, as well as decoding long "i" and long "o" words.

Math:

- 1st grade-Unit 7 (continued): Understand and compare addition and subtraction.
- 2nd Grade- Unit 7 (continued): Coins and introduction to counting money.

Handwriting:

- Working hard to consistently form neat and fluent letters!

Reminders

- No School: April 6th, 2026
- 4th Quarter Mid Term: April 23rd, 2026
- Star Student of the Month: April 29th, 2026



Contact Miss Siera

Class DOJO (406)-694-8534
sguffey@fromberg.k12.mt.us

Mrs. Hance's Class

APRIL 2026

CLASS NEWSLETTER

Dear 3rd and 4th Families,

We are excited to begin a new month of learning this April!

We will continue focusing on our classroom goals, especially making good choices, showing responsibility, and working together. Thank you for your continued support at home, it truly makes a difference in your child's success.

Sincerely,
Mrs. Hance

Shining Stars for the Month of March

We are proud to recognize **Karlie M** as our Student of the Month for showing great ownership in her learning and behavior. Our Gold Ticket Stars are **Zenelle B** and **Araya K** for consistently making good choices and being positive role models in our classroom. Keep shining!

What we are Focusing

3rd Grade

Students focus on: **ELA**

- Reading longer stories and finding the main idea
- Comparing characters and events
- Vocabulary and word parts (prefixes/suffixes)
- Writing paragraphs with details (opinion & informational)

4th Grade

Students focus on:

- Analyzing texts (theme, point of view, compare texts)
- Using text evidence to explain answers
- Academic vocabulary and morphology
- Writing essays (opinion, informational, short responses)

MATH

- Fractions (continued)
Compare fractions
Understand fractions on a number line
Solve word problems with fractions
- Measurement & Data
Tell time (to the minute)
Measure length, mass, and liquid volume
Work with graphs (bar graphs, picture graphs)
- Geometry
Identify shapes (quadrilaterals)
Understand area and perimeter

Kudos to Logan B for winning the treasure chest with \$15 in cash for participating in the Book Blast Challenge by sending invitations to families!

Evelyn M also participated in the Book Blast Challenge. Both Logan and Evelyn received an Agent Shoulder Pal and a Mega Bouncy Ball. We are very thankful to our school librarian, Ms. Carla Rupprecht, for leading the Book Blast Challenge.



If you have any concerns, please feel free to reach me on Class Dojo or call the Elementary School office at (406) 668-7755.

Gentle Reminder

As we enjoy the spring season, please be reminded to follow the dress code outlined in the student handbook when preparing your child for school.

Bloom where you are planted.

What's Coming Up

4/5/26 - Easter
4/3-6/26 - Easter Break
4/7/2026 - District Music Festival
4/29/26 - April Student of the Month



Our class actively participated in several school activities, including a talent show presentation for the 100th Day of School, Dr. Seuss dress-up spirit day, ice cream making with FFA, and classroom Show and Tell.

Our next Student of the Month focus is Balance- helping students learn to manage their time, choices, and responsibilities.



5TH AND 6TH GRADE CLASSROOM NEWSLETTER



April 2026 |

What We Learned

We are wrapping up so many things this month and the school year is flying by!!

For Math both grades have been grilling on dividing decimals. 6th grade is continuing to work through rates and ratios as 5th grade continues work on dividing fractions. Our brains are definitely getting a workout!!

We are finishing up the Industrial revolution in Social Studies and moving on to Immigration.

6th grade students just finished up biographies and speeches on important people that helped shape history. They did an "egg"cellent job 😊

We have started the Harry Potter book study and the kids are really enjoying it! What a great read, to end the year on!!



Reminders

No school on April 6th for an extended weekend for Easter! Enjoy that!

The weather keeps us guessing so please have your student be prepared for it all:)

Upcoming Events

- Spring/Easter Break: April 3-6
- Student of the Month April 29th- Assembly

Also just a quick Thanks for supporting the Easter Egg Hunt!

Contact Info

Email: KErickson@fromberg.k12.mt.us
Phone: 406.668.7611

The Library Connection

April 2026

Read for the Record numbers were turned in to add to the world record. Thank you to the middle school students for helping and getting the library back in order. Several pink reading-log sheets were turned in for February. Dr. Seuss day was successful thanks to all classroom teachers, Mrs. Hickok, and our awesome students K1-12th grades. Our Book Blast was also successful. Miss Siera and Mrs. Erickson both received \$200 shopping sprees. Mrs. Rupprecht also received a \$100 shopping spree. Thank you to all participants! Our students will all get books or at least one book. Congratulations, Nevaeh and Logan for winning the treasure boxes.



Several lessons on spring are planned for April. One is inspired by two vintage bulletin board pictures. One of a chick and the other of a duckling.



FALCONS SOAR afterschool

April Snapshot

Upcoming Dates

Mon 3/6: No School
PARENT SURVEYS: help us to continue this program. Surveys will be sent via email, when possible.

Reminders:

Weather is changing (AGAIN) so please have your student be prepared for cold or warm.:



Weekly in Class



Mondays, Academics: We are working with the younger set on letters and sounds. Practice to see if they remember.:

Tuesdays: We try to have a day with technology and the students can explore games and more on the computers. And with our new grant funds, we hope to help the upper grades perfect resumes and explore careers.

Wednesdays: We will be looking forward to using new career and knowledge exploration to expand our program, while still making afterschool a place to enjoy and learn!!

Thursdays: We concentrate on physical activity and creative play to wind down our week and enjoy learning!

Craft Corner:

March brought great

Leprechans

And in April we will enjoy

Easter Bunnies and

Egg hunts!

We helped with the Egg hunt at the end of March and fun was had by all!! Thanks!



Class Happenings

The upper students really step up to be buddies with the younger set and its a joy to watch our school grow together!!



Parent Corner

Thank you for entrusting your students to enjoy our after school program! Hours are 4pm-5:45pm and this is a wonderful service to hopefully help with a little extra time!!



Snapshot of the Month:



ENGLISH

7th/8th Grade: The Junior High School students are currently reading “The Lion, The Witch, and The Wardrobe. They have also played a few fun vocabulary games in class, and continue to work on their reading and writing fluency skills.

9th /10th Grade: The Freshmen/Sophomores just completed “To Kill a Mockingbird” and all did really well on their finals!

11th Grade: The Juniors are still reading “A Painted house” as we took a short break from our reading to focus on our writing skills. During our reading, we have discussions about the vocabulary included in the text, and how to apply these words in our day-to-day writing activities.

12th Grade: The Seniors have been consistently working on “Articles of the Week, which will introduce a current topic (such as “Benefits and Drawbacks of Social Media”. The students then write an essay on what they agree with, disagree with, and their thoughts in general on the text included in the article.

Just a reminder: As part of my curriculum, daily participation points are given to each student. Frequent absences can cause student’s grades to drop. While I give a student who has been absent an opportunity to make up their points upon their return, few rarely do. It helps so much for a student to have as few absences as possible, by having doctor’s appointments, etc., scheduled on Fridays when we are out of school. Thank you so much for your help with this! As always, please contact me with any questions.

SENIOR CORNER: It is hard to believe our Seniors will be graduating next month on the 17th! The Seniors continue to fundraise and to contact businesses to ask for donations for the Senior Trip. An important date to remember is the Junior/Senior Banquet on April 24th. This dinner is for the Junior and Senior class and their parents, and dinner will be served by our sophomore class.

Cassie Peterson

Fromberg FFA

By Keira Birrer

This last month our chapter has been getting ready for State FFA March 30 - April 4, 2026, We have Poultry, Vet Science, Floriculture, and Food Science going to State FFA this year. We have also submitted our National Chapter application. We had one team competition at the districts in Billings which was the Vet Science team where we placed 6th place out of our district and got a spot to go on to State FFA. We had two kids compete in Employment Skills, our Jr, Keira Birrer competed and placed 2nd, and Sr, Sylvia Hoffman placed 8th. FFA week was a lot of fun and we got to tell everyone about agriculture and FFA in our school. We had a lot of kids dress up for the FFA week. It was a lot of fun, the Junior Class won the pizza party for having the most kids dressed up each day. We had coloring contests with the Elementary kids and each class got a prize for 1st-3rd place. We made homemade ice cream with the elementary class at the end of the week. The kids had a lot of fun learning how to make the ice cream and even more fun eating it. We're helping with the Easter egg hunt at the Fromberg School with the PTO and the afterschool program on March 28th. The Fromberg FFA chapter is making an Easter basket to raffle off to help raise funds for future Easter egg hunts. We wish everyone luck at State FFA and will report back to everyone how the group did. HAPPY SPRING!



Agriculture Education

Ag Horticulture - Greenhouse has a new cover and we are up and running with all the plugs in and ready to grow.

Ag II - Has been creating their plasma cut out signs and will be cutting them out along with starting to learn how to weld.

AG 6- Wrapped up financial learning and has started Easter wood projects.

Animal Science- Has been working on the new pens built in the barn for our chickens.

Personal Career Readiness- Has been working on FFA leadership, preparing our hall of chapters for State FFA.

Work Study- We have kids working at Edgar Bar, Foo's Farm, and Fromberg School. All are learning new skills and trades each day.

FFA is gearing up for State. We have four teams that placed in the top half of our district and are going this year and they are Floriculture, Poultry, Vet Science, and Food Science. Congratulations to all the members who worked hard and made it to State. FFA week was a success and we had lots of fun with everyone who participated. We are looking forward to helping host the Annual Easter Egg hunt on March 28, 2026.



FFA Greenhouse Plant Sale!



Opening May 4th till all stock is gone.

8:00-5:00 Monday – Friday

Open three Saturdays May 9, 16, 23

8:00-4:00

**Thanks for supporting the
Fromberg FFA**

FREE
and Open to
the Public

View art from Kindergarten
through 8th grade students
from Carbon County, Fishtail
and Nye schools



**A
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H
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W**

**MARCH
7-29
2026**

**OPENING
RECEPTION
& AWARDS**
SAT., MARCH 14
2-4 PM

JUDGES

Lynne Turner Fitzgerald
Boomers Radio Host, 98.1 KBear

Kathleen Kreatz
Granite Peak Plumbing & Heating, Inc.

BR Walker
Artist & Director, Yellowstone Wildlife Sanctuary

AWARD SPONSOR



**Carbon County Arts Guild
& Depot Gallery**

11 West 8th Street, Red Lodge
406-446-1370

Hours: Sun & Mon, 12-4 pm; Thur-Sat, 10 am - 4 pm

www.carboncountydepotgallery.org





**FROMBERG STUDENTS
PARTICIPATING IN THE RED
LODGE CARBON COUNTY ART
GUILD - ART SHOW FOR K-
8TH GRADE STUDENTS -
GREAT JOB MS. LINDI
O'BRIEN & FROMBERG ART
STUDENTS!**



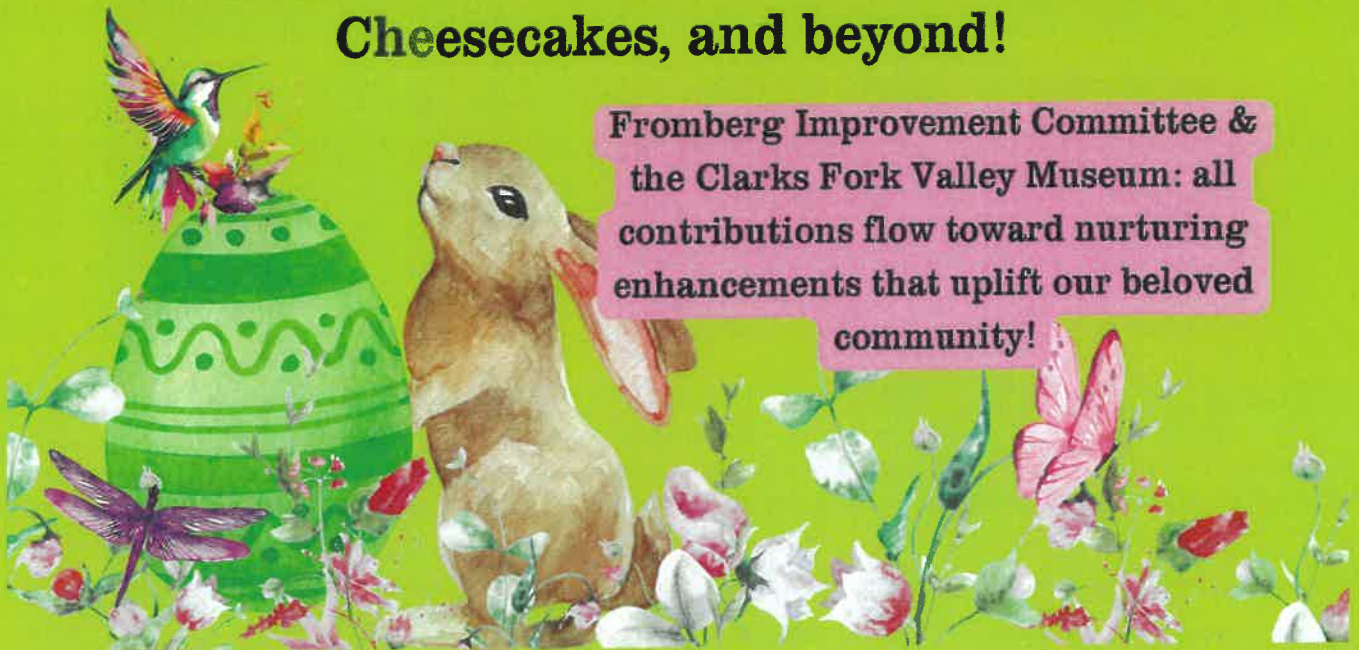
Sugar Rush Easter Bake Sale

*April 4, 2025, from 11 am.
until all the delightful treats are
gone! 119 West River Street
Fromberg, MT*

To secure the treasures you seek,
we recommend placing a pre-order. For assistance on
how to obtain these delights, connect with us on
Facebook at the Fromberg Improvement Committee.
You can also email fromberg.fic@yahoo.com for a list
of available items or to place your order.

**Indulgent Caramel Rolls, delightful Scones,
exquisite Pies, luscious Cakes, decadent
Cheesecakes, and beyond!**

Fromberg Improvement Committee &
the Clarks Fork Valley Museum: all
contributions flow toward nurturing
enhancements that uplift our beloved
community!





Hi there! We are having a middle school dance! The dance will be hosted in the Joliet high school gym and it will be held from 6:00 pm to 8:30 pm on April 10th of 2026. The following schools are invited: Joliet, Fromberg, Bridger, Roberts, and Columbus.

Anyone in 6th through 8th grade is invited. The theme is beach/hawaiian. We will also be serving food for you there as well. You will need to have your permission slip and five dollars at the door before entering. We will not be taking phone calls this year. Thank you so much. Have a great day!

- Joliet Middle School Student Council





6C Prom

*Sandy Toes
& Fancy Clothes*

April 11th

Swift River Ranch

4313 Duck Creek Road

Billings, MT

Doors Open at 6:30

Grand March is 7:00

PROM 8 to 11

Scholastic Book Fair!



Fromberg School

April 27 - May 7th, 2026

Fromberg
School



Fromberg Golf Schedule 2025-2026 School Year

Date	Golf Meet	Place
March 20th, 2026	Practice Starting	
March 31st, 2026	Absarokee/PC (JV)	Stillwater Golf Course in Columbus
April 7th, 2026	Park City (V)	Stillwater Golf Course in Columbus
April 10th, 2026	Big Timber (JV)	Overstand Golf Course in Big Timber
April 14th, 2026	Shepherd (JV)	Lake Hills Golf Course in Billings
April 14th, 2026	Big Timber (V)	Overstand Golf Course in Big Timber
April 16th, 2026	Huntley (V)	Pryor Creek Golf Course in Huntley
April 22nd, 2026	Roundup (JV)	Pine Ridge Golf Course in Roundup
April 24th, 2026	Columbus (V)	Stillwater Golf Course in Columbus
April 28th, 2026	Shepherd (V)	Lake Hills Golf Course in Billings
May 6th, 2026	Roundup (V)	Pine Ridge Golf Course in Roundup
	Divisionals	Lake Hills Golf Course in Billings
	State	Lake Hills Golf Course in Billings

Joliet HS Track 2026

First Day Practice 3/16 Possible meet schedule

DATE	DAY	TIME	LOCATION	MEET
3/28	Saturday	11 am	Laurel	Laurel Season Open Accepted Unlimited entries Last Yr
4/7	Tuesday	3:30 pm	Laurel	Railyard Trails Accepted Unlimited entries last yr
4/10	Friday	10 am	Laurel	Joliet/Park City Accepted Unlimited entries last Yr
4/14	Tuesday	9 am	Red Lodge	Beartooth Invite Tentative Allowed JV last yr
4/17	Friday	10 am	Belgrade	Gallatin Invite Accepted Allowed JV last yr
4/21	Tuesday	2pm	Red Lodge	RLHS Invite Tentative Unlimited entries except HJ, PV, throws
4/25	Saturday	10 am	Laurel	Gold Spike Accepted Varsity only
5/2	Saturday	10 am	Laurel	Harlo/Park City Tentative Varsity Only last yr
5/5	Tuesday	4 pm	Laurel	Top 10 Tentative
5/9	Saturday	10 am	Laurel	Al Walker Meet Tentative Varsity only
5/12	Tuesday	TBD	Laurel	District 4B
5/21	Thursday	TBD	Laurel	Divisional Southern B
5/28-30	Thur Fri Sat	TBD	Missoula	State Meet Class B

NOTE: This is the tentative schedule put together so far on 2/21/26.



Fromberg Public Schools

319 School Street
Fromberg, MT 59029

High School: (406) 668-7315
High School Fax: (406) 668-7669
Elementary School: (406) 668-7755

Welcome to Fromberg School age students

To: *Fromberg School Students K-12th Grade*

Re: *Missoula Children's Theatre SLEEPING BEAUTY Audition*

Contact: *Fromberg Schools 406-668-7315 – Jennifer Hickok or Gayle Guffey*

SLEEPING BEAUTY Audition

An audition will be held for the Missoula Children's Theatre production of SLEEPING BEAUTY (May 4th at 3:30 p.m. at the Fromberg School Gym) from 3:30 p.m. to 5:30 p.m. All those auditioning should arrive at 3:30 p.m. and plan to stay for the full two hours. Some of the cast members will be asked to stay for a rehearsal immediately following the audition.

Approximately 50-60 roles are available for local students. All students, grades K-12 are encouraged to audition. No advance preparation is necessary. Most students will rehearse 4 hours and 15 minutes each day, Monday through Friday. Performance is scheduled for May 8th, 2026 at 6:00 p.m. at the Fromberg School gym.

For more information, call *Jennifer Hickok – Fromberg School Superintendent at 406-668-7315.*

This production is part of the Missoula Children's Theatre's unique international touring project and is presented locally by Fromberg Schools.

SLEEPING BEAUTY--a Rock 'n Roll Fable for the ages. This is definitely no sleeper!



Adapted by Don Kukla

**MISSOULA
CHILDREN'S
THEATRE**

Music and Lyrics by
Michael McGill and Don Kukla

Fromberg Schools- Sleeping Beauty

When: May 8th, 2026

Where: Fromberg School Gym

Time: 6:00 p.m.

Admission will be charged at the door

\$5.00 for adults and \$3.00 for School age children

Registration



FROMBERG SCHOOL PRE-SCHOOL / KINDERGARTEN ROUNDUP



JUNE 3RD 2026



9:00 TO 12:00



ACADEMIC ASSESSMENTS/VISION
SCREENING AND LEARN ABOUT
FROMBERG SCHOOL PROGRAMMING!
PLEASE COME!

☎ Call and make
an appointment
406-668-7315

📍 Fromberg Schools - 319
School Street in Fromberg.
The Roundup will take place in
the gym, enter at door 17.

IS MY CHILD DRINKING? WHAT DO I DO

First, How Can I Tell?

If your child has been drinking, there will be physical, behavioral, and psychological signs.

Physical Signs:

- Bloodshot eyes
- Change in eating or sleeping patterns
- Change in or not caring about physical appearance
- Shakes or tremors, particularly in the morning
- Unusual body odor
- Injuries or bruises

Behavioral Signs:

- Change in behavior at school – missing school, skipping class, slipping grades
- Change in behavior at home – arguing, isolating, withdrawing
- Using mouthwash or incense to cover up smells
- Sudden change in peers or where they hang out and what they do
- Money or valuables missing
- Hiding from you, locking doors, or being secretive

Psychological Signs:

- Moody, irritable, or easily angered
- Change in personality
- Change in level of motivation – seems spacey, unmotivated, or lethargic
- Prone to paranoia
- Appears withdrawn or depressed

What Do I Do First?

Start by having a conversation with your child/teen.

- Prepare for this conversation so that you are not panicked, angry, or anxious,
- Remember the goal is to listen to your child and gather information,
- *"I have noticed that you have been quiet and sad lately. I worry when you don't seem your usual self. What's been going on? How things have been going."*
- Or start with a direct approach regarding alcohol. Perhaps, *"Tell me what you think about alcohol"* or *"What are some of the stories you hear about drinking at school?"*



What Next?

Now, likely two outcomes have resulted from your conversation:

I Have Talked With My Child/Teen, and I Am Reassured That My Child/Teen Is Not Drinking Alcohol.

- *"I'm so glad we can have these conversations, and I appreciate you being truthful with me. I am also glad that you have made the choice not to drink alcohol."*
- *"You should be proud of the choices you've made. I know that the pressure to drink alcohol at your age can be intense."*

I Have Talked With My Child/Teen, and I Am Still Concerned That My Child/Teen Is Drinking... ...And My Child/Teen Is Concerned as Well.

- Try to withhold judgment and anger about your child's/teen's choices, keep your questions open-ended, and be comfortable with silence as you and your child/teen process this conversation,
- *"I am concerned about your alcohol use, and it sounds like you might be concerned as well. You also are aware that since you are under age 21, drinking is illegal. It is also a rule in our household that you cannot drink before the age of 21. How can we work together to make some changes around this behavior?"*

OR ...My Child/Teen Is Not Concerned.

- The earlier you intervene, the easier it will be for your child/teen to get back on track. Sometimes, intervening is as simple as telling your child/teen that you are concerned and having an intentional conversation about what you notice. Other times, intervening might involve getting professional help.
- *"I am really concerned about your drinking. Remember, I was your age once, and I know what it's like to deal with pressure from friends and the stress of school and sports. I am here to support you. Because you are still living in our home, I am also responsible for keeping you safe and preventing you from behaviors that could ruin your future. Talk to me about what we can do to turn this behavior around."*

Listen to your child/teen without judgment and communicate that this is not a legal choice for them at this age. Keep in mind that while the choice to drink may have been a result of peer pressure or the desire to "look cool," drinking may also be a way for your child to manage deeper issues like depression, anxiety, or stress. Work with your child/teen to uncover the core issues and identify appropriate treatment to handle these issues in a healthy and appropriate manner.



DEPARTMENT OF
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CANNABIS WHAT DOES THE LAW SAY?

Do you know what the laws about the use of cannabis are in Montana? Here's a quick look:

Here is a look at Montana laws about the use of cannabis in terms a parent or someone in a parenting role might encounter.

- Medical cannabis is permitted for adults 18 years old and above who have a medical cannabis card
- Minors (under age 18) are allowed to have a medical cannabis card with the consent and assistance of a parent or legal guardian
- Adult-use cannabis is allowed for adults age 21 and older

What is illegal for those under the age of 21?

- Possess or consume cannabis unless they are a medical marijuana cardholder
- Registered cardholders may not exceed the limit of 1 ounce of usable cannabis
- Registered cardholders may not exceed the purchase limit of 1 ounce of cannabis flower per day and 5 ounces of flower per month (or the equivalent amounts of THC if purchased as edibles, topicals, etc.)
- Someone under age 18 may not possess or obtain cannabis, even for medical reasons, unless they have parental consent
- Operate a motor vehicle while impaired by cannabis



What is illegal for adults?

- Provide cannabis for anyone under the age of 21 (unless you are the parent or legal guardian and listed as the cannabis provider for a minor who is a medical cannabis cardholder)
- Operate a motor vehicle while impaired by marijuana
- Possess more than 1 ounce of cannabis

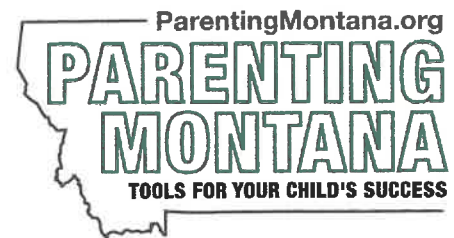
Most Montana high school students (79%) do not use cannabis.

There are legal consequences!

Breaking laws regarding cannabis possession and use may result in criminal or civil charges, and penalties range from deferred sentences to fines to imprisonment

Driving under the influence of any drug or substance, whether the substance is alcohol or marijuana/cannabis, has similar legal consequences. Penalties can include jail and/or fines and increase if children (under the age of 16) are in the vehicle at the time of the offense

Among Montana high school students who have used cannabis, most tried it for the first time at 15 or 16 years old. Cannabis use in adolescence can have a range of negative impacts, from increased likelihood of dropping out of high school to increased risk of mental health issues and greater potential for addiction in adulthood.



Learn about
this and more at
ParentingMontana.org.



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ParentingMontana.org

for Montana's underage alcohol
and marijuana laws.



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**PARENTING
MONTANA**

TOOLS FOR YOUR CHILD'S SUCCESS



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