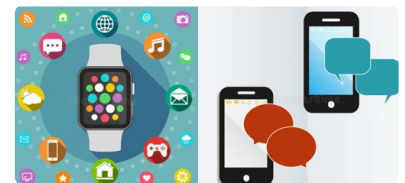




Cell Phones and Smart Watches

North Dakota state law mandates "bell-to-bell" cell phone restrictions in K-12 public schools. This law requires phones to be inaccessible during instruction times. Bismarck Public Schools is committed to enforcing this requirement while providing safe and effective learning environments for all students. Exceptions may be allowed as part of a formally approved 504 plan for medical purposes.



[BPS Cell Phone Information](#)

Please see [District Policy FFI](#) for detailed information about the district's approach to electronic communication devices.

Smartwatches with connectivity (i.e., capable of texting, calling, or internet use) are not allowed during the school day under the new law.

Solheim Office/Attendance

Office hours: 7:15-3:30, M-F

**(closed on non school days)*

701-323-4260

Miss Rita - Secretary to the Principal

Miss Adele- Secretary

Attendance:

- If your child will be absent or late for school, please contact the school office before 8:00 a.m.
- A student is tardy if they are not in their classroom at the 8:00 tardy bell.

- If your child will be leaving for an appointment during the day, please call the school office to notify us prior to you coming. Anyone other than a parent picking up, will require the parent to contact the school first. ID may be requested by the secretary for the safety of the students.

Breakfast & Lunch

Breakfast will be served daily to those students who wish to eat breakfast at school. Breakfast will start at 7:15 and the kitchen will stop serving at 7:45.

We highly encourage families to fill out the Free/Reduced Meal Application in LINQ Connect: <https://linqconnect.com/> even if you feel you may not qualify. This meal application needs to be filled out every year to maintain qualification. At this same link, you will create an account to add funds to your child's meal account.



School Nurse

Solheim's school nurse is, Lindsay Turnbow. She is in our building 12 hours a week. When she is not present our secretaries will manage medical needs.

Contact Info:

Lindsay_Turnbow@bismarckschools.org

701-323-4260

Office hours:

- Mon, Wed & Fri: 8:45-12:45

To Return to School After Illness Your Child Must:

- Be without vomiting for 24 hours
- Be fever free for 24 hours without fever reducing medications
- Feel well enough to participate in the usual school day

Immunization requirements:

- As a reminder all immunization paperwork needs to be in before October 1st. Immunization records can be emailed to the nurse or dropped off in the main office.
- [School Immunization Requirement](#)

Art From The Heart-After School at Solheim

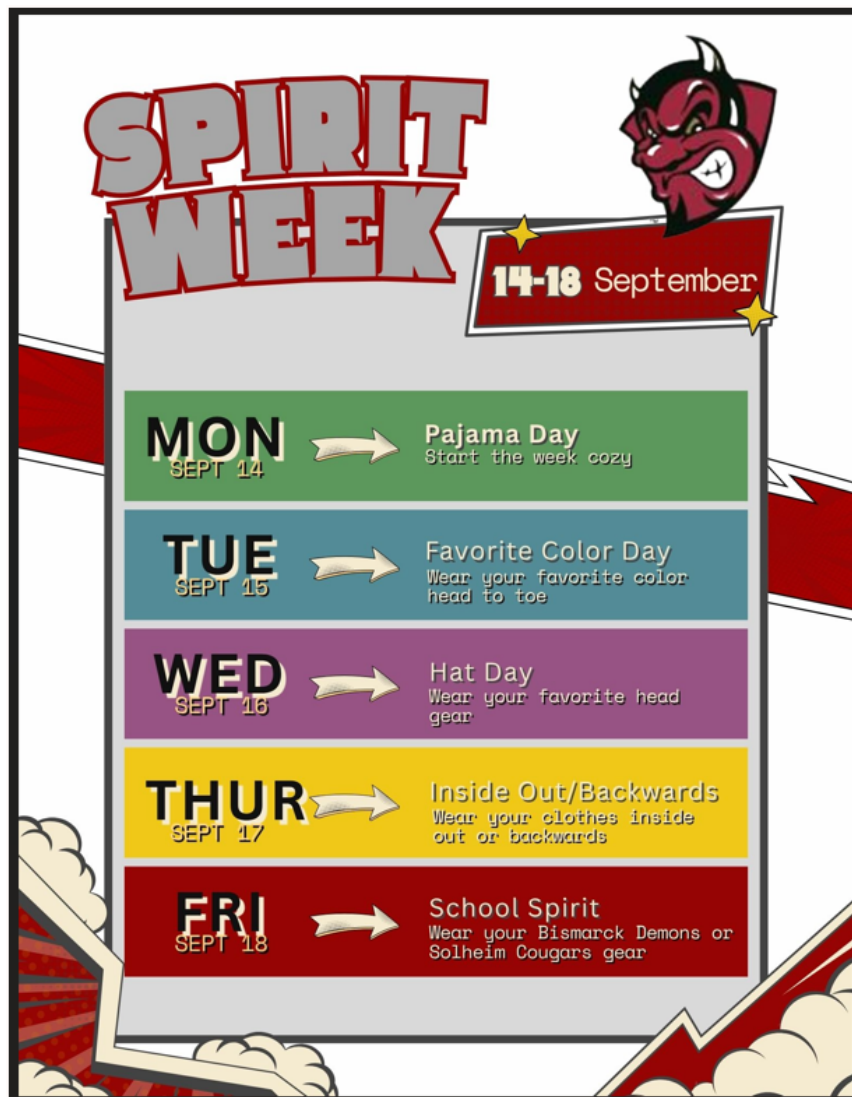
This month will be Fridays (Sept. 1, 8, 15, 22, 29th) right after school (2:30) until 5:00 pm.

Register at <https://www.facebook.com/share/1P8u29yYEk/>



Bismarck High School HOMECOMING WEEK, Sept 14-Sept 18! GO DEMONS!

We invite all students and teachers to participate in our Spirit Week while we cheer on the Bismarck High School Demons during Homecoming week! The homecoming football game is Friday, Sept 18, BHS Demons vs. Fargo Davies, 7:00 pm (Bismarck Community Bowl)



Birthday Celebrations

We ask parents to review the below brochure to partner with the school on birthday celebrations. Our teachers will review it as well with students. We thank you for your cooperation.



BIRTHDAY CELEBRATIONS

We would like to continue your support involving birthday celebrations. We realize that kids want to feel special on their birthday which is why they will get to choose a special activity from this birthday menu and celebrate as a class with their peers.

**NO FOOD, NO TREATS OF ANY KIND,
NO GIFT BAGS**

Thank you for your cooperation.

Bismarck Public Schools is striving to help our students make healthier lifestyle choices. There is an increasing number of children in our schools who have food allergies. Some food allergies can be life-threatening. We want to team with parents to limit the possibility for children being made ill from food brought into classrooms.

Bismarck Public Schools over the years has instituted a healthier birthday initiative. Instead of sweet treats on students' birthdays, we are offering students an opportunity to choose an activity from this menu for their birthday celebration.

WE WANT TO CELEBRATE EACH STUDENT IN A SPECIAL WAY!



Dance Party

The birthday student may choose a song to play while the class dances



Game Time

The class will take 15 minutes to play a favorite game of the birthday students' choice



Extra Recess/Indoor Free Time

The class will enjoy 15 minutes of an extra outside recess (weather permitting) or 15 minutes of indoor free time.



Show-And-Tell

The birthday student can bring a special item from home for show-and-tell time (the item must fit in their backpack)

Computer Time

The student will enjoy 15 minutes of extra computer time

Teacher Helper

The birthday student may choose to be the "Teacher Helper" for the day.

Read Aloud

The birthday student may choose a special book to be read to the class.



Smore Templates

Smore is using Smore to create beautiful newsletters