

STORM REPORT



October 2nd, 2026

Issue 20

Oakes, ND

THE LIGHTNING ROUND HIGHLIGHTS

Homecoming Hallways
By: Jase Peters

1 Homecoming Hallways

2 Homecoming Activities

3 Traveling Trophy

4 Day in the Life as a Teacher

5 Returing Staff

6-7 Senior Spotlight

8 How to Stay Injury Free

9-10 How to Make Good Choices

11 Students of the Month

12 Gas Prices

2000's Theme 12th Grade



Candyland Theme 10th Grade



Cage the Bulldogs 9th Grade



A homecoming tradition at OHS is decorating the high school hallways, where each grade competes in decorating a hallway. Every year, the classes come together to create a hallway themed around the homecoming events and games. For example, the 7th graders chose under the sea for their theme. For their first time decorating a hallway, it turned out very nice. The 8th graders chose a theme I had never seen used before; they picked a party theme for their hallway. I asked some upperclassmen what they thought about the hall, and the overwhelming thought was that it lacked effort. Moving on to the 9th graders' theme, they selected Cage the Bulldogs. This got them second place in the rankings, just barely, because the sophomores' hallway was fantastic. 10th grade chose to do Candy Land, and with how large their hallway was, it turned out incredible. Even though their hallway was good, it still placed third.

What the 11th graders did should have won, but I may just be biased as an 11th grader myself. The theme our class chose was Stranger Things, which did not turn out good at all; maybe next year. The seniors were the winners of the hallway decorations competition. Their theme was the 2000s; they made a cool throwback hall with baby photos of the senior class. Other teachers and staff were included as music stars from the 2000s. Now that homecoming is over, it's time for classes to start asking, What will you do next year? I know I cannot wait, and I am excited to see what the classes choose next homecoming.

Homecoming activities



By: Aliyah Friedt

Homecoming week was filled with school spirit, fun activities, and many opportunities for students to get involved. Throughout the week, students participated in the dress-up days and activities, leading up to the football game.

One of the biggest moments of the week was the different activities students could participate in. On Monday, students competed in mattress racing, a hot dog eating contest, and a dunk contest. Tuesday brought on seniors getting the chance to be splashed and dunked. There was also a volleyball game that brought students and staff together for some friendly competition. Thursday came with bottle flipping, tic-tac-toe, as well as finish the lyrics. And of course, Friday was the pep rally that brought K-12 together for some fun with the football players.

The students and staff had many activities to choose from, but what was their favorite one? Easton said the mini games, as he likes how fun they are to watch and that anyone can join in. Mr. Schneider, on the other hand, chose the pep rally; he loves how it gets people excited for the football game.

From dressing up to showing spirit, which student and which staff member had the best? Danna thought Mrs. Neer because of how she dressed up each day and was always creative. Mrs. Neer chose Stella because of her creativity and her good attitude.

Homecoming traditions are something staff and students look forward to every year. What's your favorite? Jozie's favorite is Friday, our school colors day. She said, "It's fun seeing everyone show their school spirit, and it makes the whole day more exciting." Mrs. Kukowski's favorite is the Friday before homecoming when we decorate our hallways. She says it for sure drives the teachers crazy, but she says it's fun to see the kids so involved.

With competitions, dress-up days, and games, homecoming week gave not only students but the community a chance to come together and create memories that will last past the week.

Traveling Trophy

By: Danna Quezada



Imagine getting a trophy for giving the best high fives or for drinking the most water. Well, here at OHS you can; kids are being recognized and rewarded with a travelling trophy for doing these things. Mr. Lynch is the one who is in charge of the traveling trophy.

I have asked Mr. Lynch what the traveling trophy is. Mr. Lynch responded, “Every Friday, a new and completely random award is announced, and nominations are requested. So far, we've crowned a Walking Champion, recognized the Most Hydrated, celebrated the Best High Fiver, and crowned the Spirit Goat. It is nothing serious but just a way to bring some laughs, recognize people for various things, and add a little excitement to the end of the week. You never know what the Traveling Trophy will be awarded for next.”

The trophy is a wonderful way to make kids feel good about themselves. I asked Mr. Lynch how he got the idea to do the traveling trophy. He responded, “I came across something similar that another school was doing and thought it looked neat! I started thinking about how we could do our own spin on it to have some extra fun, school spirit, and in our building.” Mr. Lynch said he plans to do this for the rest of the school year.

The traveling trophy is not just a reward; it gives students something to be proud of.

What do you think the next traveling trophy will be awarded for?



A Day in the Life as a Teacher

By: Dani Lee



The bell rings. Students fill their desks. Conversations start as the teacher starts yet another lesson. But while students see only the minutes spent in class, there is an entire day of planning, grading, problem-solving, and unexpected moments happening behind the scenes. I interviewed Mr. Schneider to get insight into a teacher's usual day in the life. Schneider said his day starts between 7:45 and 8:00 a.m., when he arrives at school, finishes breakfast, and prepares for his morning classes.

Once the school day begins, his responsibilities go far beyond teaching. "Teachers have more work on their plate than many people do or see or realize." Along with grading, answering emails, and planning lessons, teachers also give up some of their time in the summer to attend professional development to improve their teaching. His planning periods can include answering parent emails, printing lesson checks or notes, grading, and preparing lessons.

Schneider became a teacher because of his own experience as a student. He felt he had a strong understanding of math and often helped others. He wanted to continue this help and help make math an unscary subject for students. One of his favorite parts of teaching is growing to care about his students. He wants his classroom to be a place where students feel welcome, safe, and cared about.

Teaching also comes with challenges. He said that when students do not understand that he has their best interest in mind, they can become defiant. He also learned the importance of patience. For instance, when a class needs more time to work or a lesson needs reteaching, he adjusts his plans and goes "with the flow," as he said. He also made note of an unexpected moment during teaching. One year, Mr. Schneider asked a class a high-level question and said if anybody got it right, he would fall over. When a student got it right, he "fell over like a sack of potatoes."

Although students see each class as a separate part of their day, Schneider sees connections between all of them. Students might only take one of his classes each year, but he gets to see how those classes connect within a day. A teacher's day is much more than what happens when the bell rings; it's preparation, patience, and a combatant effort to help students succeed.

Returning Staff

Author: Bode Andersen

After taking a break from teaching, Leigh Delahoyde has returned to Oakes Public School because she missed being in a classroom and working with other students. Mrs Delahoyde has a strong passion for teaching. Coming back has given Mrs. Delahoyde another chance to make a positive change in her students' lives.

Mrs. Delahoyde decided to become a teacher because she enjoys helping other people and students learn and grow. Mrs. Delahoyde said she loves challenging her students, seeing them succeed, and showing them they can do it. Helping students is one of the most rewarding things about being a teacher.

You may be wondering why Mrs. Delahoyde took a break from teaching. "Sometimes people take different paths in their careers, and I wanted to try something new and learn different skills." But she decided to come back because she didn't know how much she would miss working with her students. And this helped her decide to return to her classroom. The experience helped her understand how important teaching is.

Mrs Delahoyde teaches 4–6 grade English language arts. In her class, her students work on reading, writing, and vocabulary, and discuss and think deeply about texts. All of these skills will help students become better readers and writers. And she says her students are not troublemakers; they are good students, but every class comes with its own challenges, and all students and other people can make mistakes. Leigh says her students work very hard and show kindness, and she is teaching them to be responsible in the classroom. "I'm proud of them."



Senior. Spotlight

By: Mrs. Haafke



If you know this senior, you probably know him from one of the many places he spends his time: on a football field, basketball court, baseball field, farm, or somewhere outside hunting, fishing, or roping. Staying busy seems to be his specialty.

Sports have been a major part of his high school experience, but for him, it's about more than just winning. He likes the fact that you can always get better if you're willing to put in the work. In his words, success comes down to who is willing to work for it. That mindset has certainly paid off, including earning All-State honors in basketball after putting in plenty of time and effort.

Some of his favorite high school memories involve the people he has shared those experiences with. Beating Hankinson in the district championship is definitely near the top of the list, along with FNL during his freshman and junior years in Hillsboro. He'll also miss seeing the guys every day and getting to hang out with people he might not otherwise see much outside of school.

Senior. Spotlight. Continued...

When he's not at school or playing sports, he stays busy working out, hunting, fishing, farming, and roping. So, basically, sitting around doing nothing does not appear to be high on the list.

Along the way, several people have made an impact on his high school experience. Mr. Dobitz taught him an important lesson about life: bad things are going to happen, and sometimes all you can do is decide how you respond. Mrs. Bopp also made a lasting impact simply by being someone who made his high school experience better.

One of the biggest changes he has noticed in himself since freshman year is that he has grown closer to God. While high school has brought plenty of changes, that is one he hopes to carry with him long after graduation.

And, of course, no senior spotlight would be complete without mentioning one of the most important OHS traditions: the Tornado siren. Whether it's a sound that brings excitement, nerves, or the realization that something big is about to happen, it's certainly a memorable part of the OHS experience.

As he looks back on high school, his story is one of hard work, competition, friendship, and making the most of the opportunities in front of him. From earning All-State honors to competing alongside his friends and spending time doing what he loves outside of school, he has certainly kept busy.

And if there's one lesson he'll take with him into whatever comes next, it's probably a simple one: you can't always control what happens, but you can control how you respond.



How to Stay Injury Free



By: Matvei

Sports are a great way to stay active, have fun, and improve your body's health. However, injuries can happen anytime, during practice or even during games. Recently, athletes have been getting injured left and right at OHS, so much so that it's becoming somewhat of a problem. So, I took it upon myself to ask Bobby, our athletic trainer, what injuries are most common, how to prevent them, what causes them, how to return from an injury, and why rest and recovery are important.

In response to my first question, Bobby said, "The most common injuries in sports are ligament sprains, typically knee and ankle." When I asked how athletes can prevent injuries, Bobby explained, "The best stretches and exercises to prevent injuries depend on the person. In general, a good dynamic warm-up before activity helps get everything ready for the activity." He also said that the biggest factors that lead to injuries are muscle weakness and imbalances. Athletes should strengthen the muscles needed for their sport and make sure their bodies are balanced from their dominant to non-dominant side, as well as front to back.

Bobby explained that the main causes of injuries are muscle weaknesses and imbalances, insufficient recovery time, and insufficient progressive conditioning. This means athletes should not push themselves too hard without giving their bodies enough time to recover.

I also asked Bobby how athletes should return to sports after an injury. He said, "The best strategy to safely return to sport after an injury is to give the injured tissue sufficient time to heal," while also eating healthy, getting enough sleep, and gradually rebuilding range of motion, strength, balance, and conditioning. Returning too quickly can increase the risk of getting injured again.

Finally, I asked why rest and recovery are important. Bobby explained that when we work out, small micro-traumas happen throughout the body that need time to heal. Without proper nutrition, sleep, and recovery time, performance can suffer, and injuries become more likely. Overall, preventing injuries is more than just being careful during a game. Proper warm-ups, strength training, nutrition, sleep, and recovery can all help athletes stay healthy and continue playing the sports they enjoy.



How to Make Good Choices as a High School Student

By: Easton McHarry

As a high school student, you have to make a lot of choices every day. Some choices are really important, and some are not that important. For example, some important ones are: deciding what classes to take, what activities to be in, and what you want to do after high school. Some non-important ones are maybe where you should eat lunch, Tornado Stop, home, or stay at the school. Or maybe they could be as simple as which stairs should I take to go to class? But how do we know how to make a good choice?

One thing that can help with making good choices is thinking before you do something. Sometimes you can make a decision really fast without thinking about what could happen. It helps to stop and think about what might happen after you make the choice, either the benefits or the consequences. This can keep you from making a decision that you will regret later. For example, if you know about an assignment for two weeks and keep putting it off, then you will feel more stressed when it is due. Leading to lower-quality work.

Another thing is not always doing something just because everyone else is. In high school, it can be easy to go along with your friends because you do not want to be the only odd person out. But if you know something is probably not a good idea, it is often better to not follow the crowd. You could even end up in trouble just because you did something because everyone else was doing it.

Getting advice from someone can also help when making a decision. You could ask a parent, teacher, coach, or someone else you trust. They might think of something you did not. Sometimes they might tell you something that you do not want to hear, but it could be what you need to hear.

Continued on Next Page...



Nobody makes the right choice every time. Sometimes you might put off studying because you think you have plenty of time, and then before you know it, the test is the next morning, and you are wondering why you did not study sooner. Making mistakes is a part of learning. It is just important to learn from what happened and try to make better choices next time.

In conclusion, we are all faced with many choices; some are important, others not so much. But in order to make good decisions, we need to think before we act (anticipate consequences). Choose not to follow the crowd if they are not making good choices, and finally, we can get advice from others. Even though we might make the wrong choices, we can learn from them and change our ways for the future. High school is the best time to learn how to make good choices because once you graduate, there will be a lot more important decisions that you will need to make.

How to Organize Your Backpack

By Lewis Nava

A Simple Guide for Students

Having an organized backpack can make school a lot easier. When your backpack is messy, it can be difficult to find your homework, pencils, or important papers. Taking a few minutes to organize it can save you time and help you feel more prepared for the school day.

Step 1: Empty Your Backpack

First, take everything out of your backpack and put it on a table or the floor. Look through your papers and throw away old or unnecessary papers. If you find an assignment that you still need, put it in the correct folder so you do not lose it.

Step 2: Sort Your Supplies

Next, separate your school supplies into different groups. Keep your notebooks and folders together, and put pencils, pens, and other small items in a pencil pouch. Try to keep similar things in the same place because it makes them easier to find later.

Step 3: Put Everything Back

Finally, put your items back into your backpack in an organized way. Put your heavier books closer to your back and smaller supplies in the front pockets. Before leaving for school, check that you have everything you need for your classes.

Why Organization Matters

Keeping your backpack organized may seem like a small thing, but it can have a positive effect on your school routine. You will spend less time searching for things and have a better idea of what you need to bring. An organized backpack can also help you stay responsible and prepared.

Remember: A clean backpack does not have to stay perfect all year. Just take a few minutes each week to clean.

September Students of the Month



For our August/September Student of the Month, we focused on Communication & Respect. This month's students were recognized for the way they treat others, communicate with those around them, and help create a positive and welcoming school environment.

Congratulations to our four Students of the Month!

Junior

This junior continues to demonstrate strong communication skills and is always respectful in the way he communicates with others. He is able to express his thoughts while also showing that he understands the situation and the perspectives of those around him. He builds positive connections by listening and respecting different points of view rather than quickly dismissing someone else's perspective. These qualities extend beyond his interactions with adults. As a JET in the elementary school, he does a great job connecting with younger learners by talking with them, listening to them, and taking the time to understand their situations.

Junior

This junior consistently looks out for others and makes an effort to make sure everyone feels included. He goes out of his way to be kind and welcoming to those around him and treats everyone with respect. He is the type of student who notices when someone might need a little extra encouragement or someone to sit with, and he makes an effort to include them. His kindness and awareness of others help make our school a more welcoming place.

Senior

This senior is always willing to help her classmates, and she does so with kindness and patience. She never makes someone feel bad for not understanding something. Instead, she takes the time to explain things in a different way or rephrase information when needed. She also asks thoughtful questions to deepen her own understanding. Her willingness to help others while continuing to challenge herself academically is a great example of respectful communication.

8th Grader

She has consistently demonstrated respect in the classroom and encourages those around her to do the same. She serves as a positive role model for her classmates and is not afraid to encourage others to be more respectful. She also demonstrates strong communication skills by working well with classmates, asking questions, and communicating with teachers when needed. Even after being absent, she makes an effort to communicate, find out what she missed, and make sure everything gets completed. Her responsibility and willingness to communicate make her a great example for others.



Gas prices

By: Tristin Hill

Many people have noticed that gas prices are higher than they were a year ago. Families, farmers, and businesses are all feeling the effects when they fill up their vehicles.

The biggest factor that determines the price of gasoline is the cost of crude oil. Crude oil is the raw material used to make gasoline, and it is bought and sold around the world. When the price of oil goes up, gas prices usually go up too. In recent years, crude oil has made up about half of the cost of a gallon of gasoline.

Another reason for high gas prices is conflicts in the Middle East have affected oil supplies and shipping routes. When oil becomes harder or more expensive to transport, the price of gas often increases.

In North Dakota, many people drive long distances for work, school, and farming so changes in gas prices can have a substantial impact. While North Dakota is a major oil-producing state, gasoline prices are still influenced by national and global markets.

Experts say gas prices may change as oil supplies, refinery production, and world events continue to shift. For now, many drivers are hoping for lower prices in the months ahead.

