Fromberg School Newsletter

2026

10/27/26

Happy November

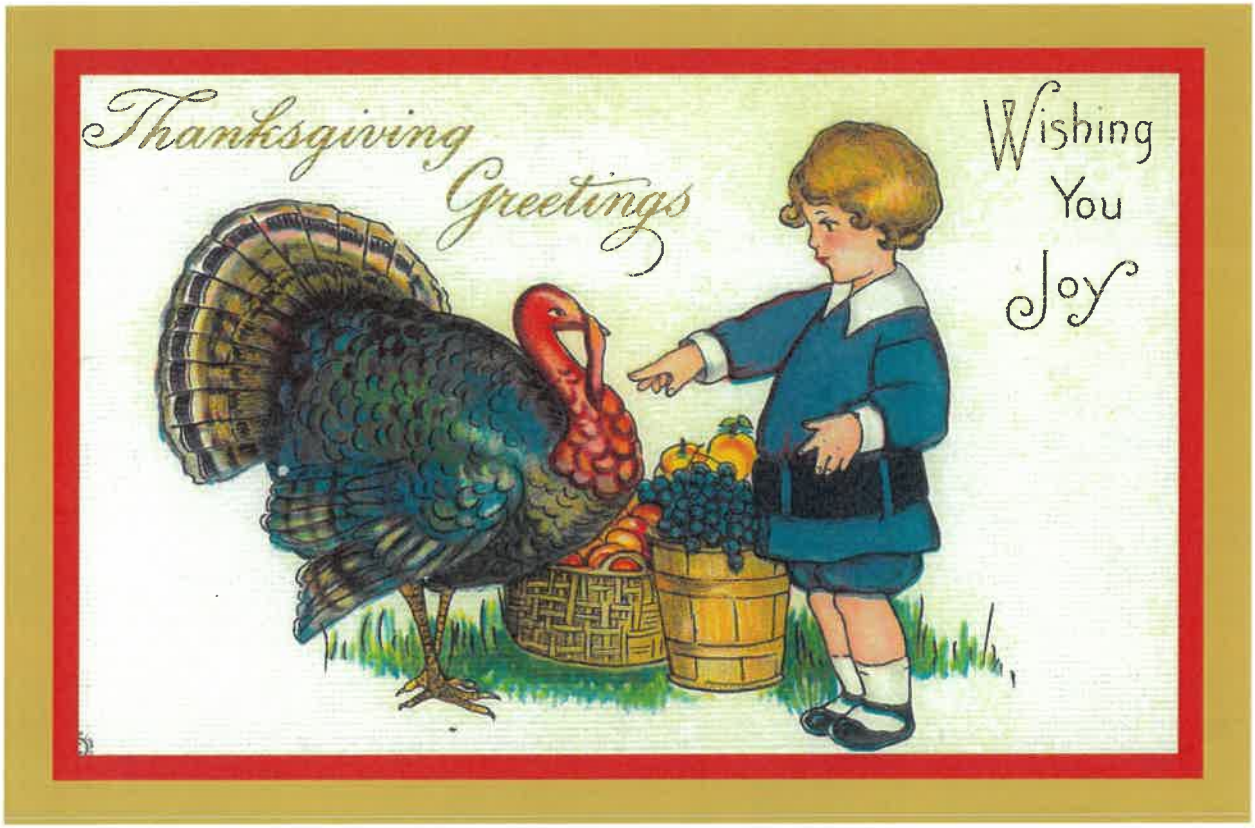
The 1st 45 days of school have come to a close at Fromberg Schools. Time is flying by. Fromberg Schools will be hosting all parents and guardians for Parent Teacher Conferences on the 29th of October from 4:00 p.m. to 7:00 p.m. All students are doing great things and the classroom teachers would like to showcase your children, with student-led conferences so bring your child to the conference. Please come visit with your child's teachers, all teachers will be in their classrooms for the evening due to Missoula Children's Theatre practice in the gym.

Fromberg Schools will be the voting site for the upcoming election on the 3rd of November.

We are inviting all Veterans to come have lunch with our students on the 11th of November at 11:45. Please give Gayle a call if you would like to make your reservation. Carbon County Health will be hosting the Lions Club Vision and Hearing Screening at Fromberg Schools at 8:30 a.m. We hope to see you on the 11th. Also on that day we will host the Rural Behavioral Health Institute that will be hosting a mental health survey. Opt/Out forms will be sent home for any of your children, so please be watching the mail. Testing results will be arriving shortly with the report cards.

High School students participated with the Department of Labor Manufacturing Career Day which was arranged by Courtney George. Courtney has been a great resource for Fromberg schools, from the Department of Labor. Fromberg Schools toured Woods Power Grip and MRL Manufacturing. Both businesses started very small and are growing into huge companies that are a part of Montana. We were so proud to be able to take these tours and know that Montana and Careers have so much to offer our students. Thank you so much to both companies! These tours provided students with opportunities to explore the many career pathways in advanced manufacturing, interact with employers through tours and hands-on demonstrations, and the students gained valuable insight into the wide range of careers available in the industry. We are excited to share that your High School students have an option to be able to participate in a Pre-Apprenticeship Program at Fromberg schools through their Career and Technical Education classes, thanks to Jennifer Birrer, our very own Ag Education teacher and Courtney George through the Montana Department of Labor. This program is designed to help young adults build the skills, confidence, and experience they need to succeed in the workforce—no matter which career path they choose, which is part of the Governor's 406 JOBS initiative. A pre-apprenticeship is an educational and career-development program that prepares students for future work opportunities, including Registered

Apprenticeships, college programs, and entry-level employment. It gives students hands-on learning, exposure to real-world expectations, and the chance to practice the professional skills employers value most. Throughout the program, students develop transferable skills that apply to any career field, such as communication, teamwork, problem-solving, adaptability, and responsibility. These are the same skills employers consistently identify as essential for workplace success. Upon completion of the program, students will earn a Montana Department of Labor and Industry (DLI) Pre-Apprenticeship Certificate. This industry recognized credential is a valuable tool they can use when applying for Registered Apprenticeship programs, College or technical school, part-time or full-time employment. This credential signals to employers and training partners that your student has demonstrated career readiness, commitment, and foundational workplace skills. We are proud to offer this opportunity and look forward to supporting your students as they explore their interests, build their strengths, and acquire new skills for their future. If you have any questions about the program or how it supports your student's career pathway, please feel free to contact us at Fromberg Schools.



Happy November

Jennifer Hickok
Fromberg Superintendent

Fromberg Public School
November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 *Daylight Saving Time Ends* *Fromberg Imp. Comm. Soup Luncheon & Bingo 12:00 in the Gym Lobby*	2 *MSGBB 4:00 VS Shepherd @ Joliet*	3 *MSGBB 4:00 VS Columbus @ Joliet* *Election Day*	4	5 *HSVB Divisional Tournaments @ Butte TBD 11/5-11/7*	6	7 *HSFB 2nd Round Playoffs TBD*
8	9 *School Board Mtg. 6:00 in the Gym Lobby*	10 *MSGBB 4:00 @ Red Lodge*	11 *Veteran's Day Celebration 10:45* *Veteran's Day*	12 *Picture Retakes* *FFA AG Expo @ Bozeman* *HSVB State Tournaments @ Bozeman TBD 11/12-11/14*	13 *FFA Ag Expo @ Bozeman*	14 *HSFB Semi-Finals TBD* *FFA Ag Expo @ Bozeman*
15	16	17	18	19 *Lions Club Hearing & Vision Screenings 8:30* *HSBB Practice Begins* *2nd Quarter Midterm*	20 *Set up for Bazaar 3:00-7:00*	21 *Strut Your Stuff Bazaar in the Gym 9:00-2:30* *HSFB State Championship TBD*
22	23	24	25 *No School*	26 *No School* *Happy Thanksgiving!*	27	28
29	30					
					2016-2017 & Older Yearbooks are $10 Each. Limited Quantities Available.	**2017-2018 & Newer Yearbooks must be ordered online @ treering.com/validate**

November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST BURRITO MILK FRUIT YOGURT BEEF & CHIX ENCHILADAS VEGGIE MILK FRUIT **02**	**National Sandwich Day** PANCAKE TUESDAY! MILK FRUIT YOGURT SLOPPY JOES VEGGIE MILK FRUIT **03**	SAUSAGE SCRAMBLE MILK FRUIT YOGURT SWEEDISH MEETBALLS VEGGIE MILK FRUIT **04**	ENGLISH MUFFIN W/ EGG MILK YOGURT FRUIT CHEEEEESE RAVIOLI VEGGIE MILK FRUIT **05**	**06**
YOGURT PARFAIT W/GRANOLA HB EGG MILK FRUIT CHEESEBURGERS VEGGIE MILK FRUIT **09**	PANCAKE TUESDAY!! MILK FRUIT YOGURT EGG ROLLS VEGGIE MILK FRUIT **10**	***Veterans Day*** EGGS & BACON W/TOAST MILK FRUIT YOGURT SPAGHETTI VEGGIE MILK FRUIT **11**	BREAKFAST CROSSAINT MILK FRUIT YOGURT CHICKEN NOODLE SOUP VEGGIE MILK FRUIT **12**	**13**
SUNRISE HASHBROWNS MILK FRUIT YOGURT CHICKEN STRIPS VEGGIE MILK FRUIT **16**	PANCAKE TUESDAY! MILK FRUIT YOGURT LASAGNA W/BREAD STICK VEGGIE MILK FRUIT **17**	CINNAMON ROLLS MILK FRUIT YOGURT PIZZA TORNADOS VEGGIE MILK FRUIT **18**	FRENCH TOAST W/ BACON MILK FRUIT YOGURT BEEF STROGANOFF VEGGIE MILK FRUIT **19**	**20**
BUSCUITS & GRAVY MILK FRUIT YOGURT BAKED POTATO BAR VEGGIE MILK FRUIT **23**	PANCAKE TUESDAY! MILK FRUIT YOGURT CHICKEN PATTY VEGGIE MILK FRUIT **24**	**National Parfait Day** NO SCHOOL!! **25**	**HAPPY THANKSGIVING!** **26**	**27**
YOGURT PARFAITS W/GRANOLA MILK FRUIT HAM & TURKEY SUBS VEGGIE MILK FRUIT **30**				

DID YOU KNOW THAT TURKEYS CAN NOT SMELL?

NOVEMBER 2026

1st Grade Class newsletter

NOVEMBER 2026

what we've learned

ELA: Over the past few months, we have been working on blended letters and spelling with the CH, TCH, and SH sounds. We're adding TH in now. Reading partners and independent work, along with lots of letter recognition, have helped our students grow already in the year.

Math: We have moved from addition only to focusing on subtraction alongside counting by 2s, 5s, and 10s with ten frames and other objects.

reminders

- Bring back their red folders, signed, every school day.
- Change of clothes in their backpack.
- Warm clothes for winter months. (hat, gloves, snow pants, coat and snow boots.

Upcoming events

- **11/3/26 7:00 a.m. to 8:00 p.m. Commons Election polls**
- **Nov. 12th Picture Retakes**
- **Nov. 25th – 29th Thanksgiving Break**

Mrs. Parker 406-598-0151
bparker@fromberg.k12.mt.us

Mrs. Hance's Class
2nd,3rd,4th Grades

HELLO NOVEMBER!

AS WE WELCOME NOVEMBER, WE LOOK FORWARD TO A MONTH FILLED WITH LEARNING, GRATITUDE, AND CONTINUED GROWTH. OUR STUDENTS WILL CONTINUE EXPLORING NEW CONCEPTS, ENGAGING IN MEANINGFUL ACTIVITIES, AND STRENGTHENING THEIR SKILLS ACROSS ALL SUBJECT AREAS. WE ARE EXCITED TO MAKE THE MOST OF THIS SEASON THROUGH LEARNING, SHARING, AND CELEBRATING THE SPIRIT OF THANKFULNESS TOGETHER!

THIS MONTH

12th-Picture Retake
25th-No school/
Thanks giving break
26th- Thanksgiving Day
10/19-12/11-MAST Testing Window 1

LEARNING

In ELA for Grades 2-4, students will continue exploring Unit lessons, strengthening their reading comprehension, vocabulary, spelling, grammar, and writing skills. They will also develop speaking and listening skills by expressing their ideas clearly and participating in meaningful discussions.
In Math for Grades 2-4, students will develop their mathematical understanding through problem-solving, practicing essential skills in number sense, operations, fractions, measurement, geometry, patterns, data, and applying what they learn to different situations.
We are excited to see our students grow in confidence, develop strengths in their academic skills, and celebrate their progress each day.

STAY IN TOUCH

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

THANKSGIVING ACTIVITIES

As we celebrate Thanksgiving, students will take part in meaningful activities that encourage gratitude and kindness. They will reflect on what they are thankful for, share their stories, and explore the history of Thanksgiving. These activities help us appreciate the season and celebrate the joy of learning and giving thanks together!

IN SOCIAL STUDIES FOR GRADES 2-4, STUDENTS WILL LEARN MORE ABOUT MONTANA NATIVE AMERICAN TRIBES, INCLUDING THEIR HISTORY, CULTURES, TRADITIONS, RESERVATIONS, AND TRIBAL GOVERNMENTS. THEY WILL EXPLORE NATIVE AMERICAN HERITAGE AND THE IMPORTANCE OF PRESERVING NATIVE AMERICAN CULTURE AND TRADITIONS.

The Library Connection

November 2026

October had several themes to touch on or cover. Our apples turned into harvest, scarecrows, leaves, fire safety, Cinderella, pumpkins, Halloween, and everything in between.

Don't forget to set your clocks back one hour on November 1 or the night before, so that you are on time for school on November 2.

In our IEFA classes we read and learned about different versions of the classic, Cinderella. We read about an Algonquin Story and an Ojibwa telling of the Cinderella tale. We compared them and looked at the contrasts between each telling. We have a Persian and a Spanish version also. We may have to see how they might be alike. We have been learning about the Crow tribe and Chief Plenty Coups. We will be reading a book, *A Boy Called Slow,* by Joseph Bruchac. This will teach us a little bit about Sitting Bull and lead us to learning more from other sources.

This month we will listen to some Thanksgiving or turkey stories.

Author, Ryan T. Higgins, will be one of our author studies. He wrote the Penelope Rex books as well as the Bruce stories. We have some books of his new to our library.

Happy Thanksgiving

Fromberg FFA

By Gavin Holmes

This month has been really busy for the Fromberg FFA. We had the Fergus Face Off in Lewistown. We had two teams compete. Our first team was our livestock team, our second team was vet science. We placed 8/16 for our vet team and our livestock team is young so they learned many new things. We are starting to sell fruit baskets for our annual fundraiser. We are also getting ready to do our Halloween carnival on October 31st. We are also getting prepared for the ag expo in Bozeman in November on the 12th thru the 14th. We have lots of teams practicing to be ready to compete at this event. We are helping with the Coles pantry western wishes at their annual fundraiser in Billings.

Agriculture Education

AG 5/6- Has been working in the barn feeding animals and cleaning pens. Lots of hands-on experiences every day.
AG I/ Independent AG- Ag I is learning about animal reproduction and genetics. Independent AG is working on their individual projects.
Ag Woods/ Metal- Small projects and larger ones that are students' choice.
AG 7th/8th- Is learning about sheep, hogs, goat, and llama breeds.
Personal Career Readiness- Is off and working in work-based learning. We have partnered with Foo's Farms, Fromberg School this year.

FFA has been practicing like crazy to get ready for AG Expo in November and we also had our first event at the Fergus Face Off where we had a young livestock team that learned lots with individual Keira Birrer placing 27/100 students. We also had a Vet Science team that placed 8/15 teams with Keira Birrer placing 18/69 and Alanah Moreland 28/69. Congratulations to both teams on all their hard work. We are set up to do the Halloween Carnival on October 31 and that should bring some fun for the families. Kids are selling baskets, meat and pies again if you're interested in a basket please reach out. Our chapter helped out with the Cole's Pantry yearly fundraiser in Billings. This program helps to feed many kids across Montana that are hungry on the weekends.

FFA Baskets

For Sale Reach out to Mrs. Birrer

MONTANA BASKET $80.00 (Retail for over $140)

Mixed fruit 10 (3 Oranges, 3 pears, 4 apples- variety) in a crate with, honey, Sausage, granola, caramel cookies, Pancake mix, Alpine touch, roasted ranch oatmeal, 2 Kamut, Jam, and flour, mustard, safflower oil, Briess malted milk balls, and a homemade ornament.

Mini MONTANA BASKET $50.00 (Retail for over $90)

Mixed fruit 10 (3 Oranges, 3 pears, 4 apples- variety) in a crate with honey, Sausage, Pancake mix, 2- 4 oz Granola,3oz Jam and a Homemade Ornament.

Fruit Basket $35.00

Mixed fruit in a crate with 6 apples, 6 oranges, 2 pears, 2 grapefruit, 4 oz Granola and a Homemade Ornament.

Fromberg FFA Halloween Carnival

When: October 31st

Where: Fromberg Gym

Time: 3-6 pm

Cost: .25 cents a ticket

Costume contest for all ages at 5pm. Prizes for all ages!!!!!

JMG Sponsored Concession stand during the event

Drawing for turkeys every ½ hour and carnival games for everyone!!!!! Join us for Trunker-Treat behind the Gym during the event.

FROMBERG PUBLIC SCHOOLS

Growing with gratitude

Growing | Learning | Belonging | Becoming

EVERY STUDENT CAN GROW

Notice the people behind the progress

November gives us a chance to notice what students are learning and the people who help them. A patient classmate, a caring adult, or someone who says, "Try again. I believe in you," can make a difference.

At home, try naming one specific effort you noticed: "You kept working when that problem was hard." Then ask, "Who helped you learn something this week?" Small moments of appreciation can open a good conversation.

MTSS MINUTE

A support is a starting point

Students may need different kinds of help at different times. MTSS helps us notice those needs and respond.

A teacher might model a skill again, provide extra practice, break a task into steps, or check in more often. Then we look at student work and other information to see how the support is working.

Families can help us understand:
What feels easier now?
What still feels difficult?
What helps your child get started?

Sharing those observations helps us plan the next step.

8 KEYS SPOTLIGHT

Ownership

Ownership means taking responsibility for our choices and our next steps.

For students, that might mean:
- Asking for help when needed
- Bringing materials to class
- Acknowledging a mistake
- Making a plan to try again
- Following through on a task

Try it at home
Ask: "What is one thing you can take responsibility for this week?"

Choose a small, realistic step together. Notice the effort as your child practices.

A LITTLE ENCOURAGEMENT CAN HELP THE NEXT STEP FEEL POSSIBLE

HOME + SCHOOL

Small moments matter

Simple conversations. Specific encouragement. A shared connection.

FAMILY CONNECTION

Make room for a real answer

Choose a relaxed moment and try one question:

- Who made your day better?
- What did you keep trying?
- What are you thankful you learned?
- When did you ask for help?
- What would make tomorrow easier?

Listen before offering a solution. A simple "Tell me more" can help your child share what is on their mind.

CELEBRATE THE SMALL WINS

Be specific about the effort

Look for everyday progress:

- Starting without a reminder
- Returning to a difficult task
- Using a new strategy
- Including a classmate
- Taking care of materials
- Repairing a mistake

Try: "I noticed you checked your work and fixed that part." Specific encouragement helps children see what they did and what they can try again.

FROMBERG FAMILY CHALLENGE

Try a three day gratitude exchange

On three days this month, each person shares one thing they learned and one person they appreciate. Say thank you, write a short note, or tell someone how they helped.

WE'RE ON THE SAME TEAM

Keep the conversation going

If you notice a new success, a challenge, or a change at home, reach out to your child's teacher. We welcome the good news, too. Thank you for encouraging your children each day.

RURAL BEHAVIORAL HEALTH INSTITUTE

MENTAL HEALTH IS HEALTH.

Early Identification. • Timely Support. • Lasting Impact.

Supporting Montana's youth—where they live, learn, and grow.

A child shouldn't have to reach a crisis before someone notices they are struggling.

The **Rural Behavioral Health Institute (RBHI)** partners with schools and communities to identify mental health concerns early and help connect young people and their families to the support they need. Our approach is called **Screening Linked to Care (SLTC)**—a coordinated approach that connects mental health screening with timely support and appropriate care. Because identifying a concern is only the beginning. **Connecting a student to care is what comes next.**

We don't have to wait for a crisis to offer support.

- **SCREEN** because many children won't otherwise be identified.
- **EARLY** because concerns are easier to address before they escalate.
- **LINK** because identifying a need without helping a family access support isn't enough.

WHY SCREEN?

Children don't always tell us when they're struggling.

Mental health concerns can sound like:

- "I'm tired."
- "I don't want to go to school."
- "Nobody likes me."
- "I can't concentrate."
- "My stomach hurts."
- "I don't care anymore."

They can also look like changes in attendance, grades, friendships, behavior, sleep, motivation, or participation.

Mental wellness screening gives students another way to tell trusted adults how they're really doing.

> RBHI screening is designed to identify symptoms and concerns early. It does **not** diagnose a mental health condition.

WHAT DOES RBHI SCREEN FOR?

Grades 3–5

Depression · **Anxiety** · **Peer Connectedness**

At this age, relationships and belonging matter. Knowing whether a child feels connected to friends offers insight into their emotional well-being and helps adults recognize when extra support may help.

Grades 6–12

Depression · **Anxiety** · **Suicidality**

When a student's responses show they may need immediate support, RBHI and the school can respond quickly—rather than waiting for concerns to become more serious.

2×

Rural youth face more than twice the suicide risk of their urban peers.

THE BIG WHY

Early identification can change a young person's path.

Youth suicide is one of the leading causes of death among young people. Rural families can also face extra barriers when trying to find help:

- Distance
- Limited local providers
- Long waitlists
- Transportation
- Cost
- Not knowing where to begin

A student can be identified as struggling—but if the family can't find care afterward, the gap remains. That's why screening alone isn't enough. **RBHI works to close that gap.**

Source: Rural Behavioral Health Institute, rbhi.org

TURN OVER: HOW SCREENING LINKED TO CARE WORKS →

HOW IT WORKS

Screening Linked to Care

A pathway from identifying a need to accessing support—with families involved along the way.

1 — 2 — 3 — 4

1 SCREEN
Students complete a brief mental wellness screening.

2 IDENTIFY
Trained school and RBHI staff recognize students who may need support.

3 CONNECT
Students are connected to check-ins or Care Navigation, with families involved.

4 SUPPORT
Families receive follow-up, resources, and help navigating care.

SAME-DAY CHECK-INS · GRADES 6–12

WHEN SUPPORT CAN'T WAIT

When results show a student may need timely support, eligible students can meet with a **licensed RBHI therapist** by secure virtual check-in during the school day, following the appropriate consent process. The therapist can:

- Listen and assess safety
- Identify strengths & risks
- Develop a safety plan
- Help determine next steps

This isn't about labeling a child. It's about making sure a young person who tells us they're struggling doesn't have to struggle alone.

CARE NAVIGATION

FINDING HELP SHOULDN'T BE A BARRIER

Knowing your child needs support and knowing where to find it are two very different things. **Care Navigators** help families identify local and virtual resources for mental and behavioral health—and for other needs that affect well-being:

- Housing & food
- Family stress & grief
- Medical needs
- Transportation
- Finances
- Access to healthcare

Mental wellness doesn't exist in a vacuum. We help families find a path forward—not just hand them a list.

MORE THAN A SCREENING DAY

RBHI can be a **year-round resource**. Schools can use screening to support students experiencing:

Major life change · **Loss or grief** · **New school** · **Behavior changes** · **Anxiety or sadness** · **Social disconnection** · **Grade changes** · **Family or staff concerns**

It also helps schools and families monitor changes over time.

IT MATTERS FOR LEARNING, TOO

A student who is struggling to cope may also be struggling to learn. Mental wellness affects concentration, memory, motivation, emotional regulation, relationships, participation, and attendance.

Supporting mental health **is** supporting education. When students feel safe, connected, and ready to learn, the whole school community is stronger.

WHAT WE WANT EVERY FAMILY TO KNOW

- ✔ Your child's screening result is **not a diagnosis**.
- ✔ You don't need to know exactly what help your family needs before reaching out.
- ✔ Asking for help doesn't mean something is "wrong" with your child.
- ✔ Mental health deserves the same attention as physical health.

AND MOST IMPORTANTLY **We don't have to wait for a crisis to offer support.**

IT TAKES A COMMUNITY

Parents · Teachers · Coaches · Counselors · Providers · Neighbors · Friends

We all have chances to notice when a young person isn't acting like themselves. Sometimes the most important thing an adult can do is simply ask.

"How are you really doing?"

Then be ready to listen.

Learn More • Find Support • Get Connected

rbhi.org | contact@rbhi.org | (406) 317-5588

Our vision: "A future where every young person has access to timely mental health support through the systems around them."

RURAL BEHAVIORAL HEALTH INSTITUTE

If a young person is in crisis or at immediate risk, call or text **988** (Suicide & Crisis Lifeline) or call **911**.

Not Sure
Who to Call?

Start Here.

Yellowstone County
Resources Guide

988 LIFELINE

211 Montana

9-1-1

Call or Text 988 when :

- You feel overwhelmed, hopeless, or in emotional pain.
- You're thinking about harming yourself.
- You're worried about someone else.
- You need to talk to someone right now.

Use 211 when you need:

- Food assistance
- Housing or rent help
- Utility assistance
- Counseling services
- Healthcare resources
- Childcare or senior services

Call 911 if:

- Someone's life is in immediate danger.
- There is a medical emergency.
- A crime is happening now.
- There is a fire or serious accident.

Artists, Crafters and Home Based Businesses

Warm up your creativity, and get out your business cards!!

The "Strut your Stuff Bazaar" is here!

November 21st from 9:00-2:30 In the spacious Fromberg Gym.

Setup Friday, November 20th from 3:00 to 5:00 pm

Booth sizes as follows. You can build up, not out into the walkway.

4x4 Card Table in lobby $20.00 –4 spaces available first come first serve. 1 per customer. Individual provides own 4x4 card table & 1 folding chair

Single $30.00 - Vendor provides your own 6-foot table, and display to **fit in a 6 foot designated area. Folding chairs available upon request.** $5.00 for electricity

Full Set up $40.00 -Bazaar provides one six-foot table, 2 chairs per booth

Student Artists from Carbon County **can display up to 3 pieces of art for free on the Art wall.** (tacks are used to secure work) You must fill out this entry form to participate and have your work at the gym during **set up time: Friday November 20th, from 3-5** . Work must be mounted, with students name and a phone number on the back, tags available.

100% of the table fees go to the Fromberg Art Club for supplies and Art education!

ENTRY DEADLINE Thursday, November 12th – No refunds after this date.

For questions call text Lindi (406) 696-5546 after 4 PM

****************Return this portion with your check payable to:********************

Fromberg Art Club - 319 school street, Fromberg, MT. 59029 Attn: Lindi O'Brien

Name _____ Phone _____

Address _____

_____ Email _____

Be specific, what do you sell

_____

_____ Will you be donating a door prize **Yes** No

We will promote your product with any additional information you offer here

_____

_____

Table choice and number of tables needed. _____

Single _____ Full Set Up _____ One Outlet 5$ _____ Card Table _____

Artist Entry _____ Amount enclosed $ _____

Checks payable to Art Club - No Refunds after 11/12/26

Applications received after 11-12-26 will be charged an additional $15.00 per table If space is still available. Must be confirmed with Lindi prior to sending payment.