🦚 🕺 SPARTAN 🚿 SCROLL

October 2023

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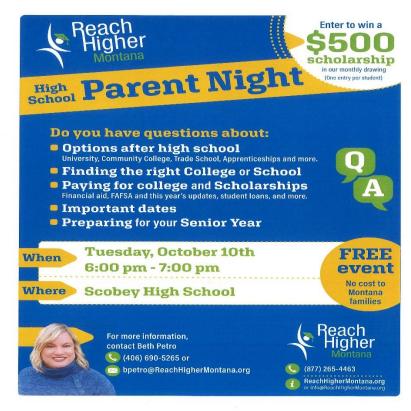
LIBRARY By K. Leibrand

Fall 2023 Book Fair

Hey Everyone! The Fall 2023 Book Fair is opening Monday, October 2 and continuing through Friday October 6th. It will be open up in the elementary library after school Monday - Thursday from 3:30-5:30. On Friday it will be open from 2:30-4:00. Come and look over the Scholastic selections. There are items available from preschool age to young adult. The proceeds go to purchase new library books. Come see what catches your eye! Thanks for supporting our library!

COUNSELING CENTER





7th ANNUAL SUICIDE AWARENESS/COLOR WALK/RUN By C. Wittak

Jobs for Montana's Graduates (JMG) has been partnering with local business and community groups to help organize this event. T-shirts have been sponsored by Nemont and Eastern Montana Health Coalition. Dorothy Holum has spearheaded volunteer efforts to secure the site at Pioneer Town for the run/walk, as well as organized the photo shoot area and getting the Powder ready for the run. LeeAnn Danelson has advertised and spread the word from the Daniels County Health Department and has helped to organize this event since its inception. Donations will go to Prairie Home Health and the Cornerstone Assembly Church. Pro Coop has donated water for this event. JMG students have also ordered Suicide Awareness Bracelets that give the message to "Be Here Tomorrow"! Mary Machart will be the guest speaker this year, sharing a message of hope and the project of "Kindness Rocks". All participants will be joining together to sign a large rock, which embodies the message that we are all in this together and to be kind to one another, it does make a difference. Thank you to all involved with this event. We anticipate about 150 participants and over 30 volunteers.

COMPREHENSIVE FCS

By C. Wittak

Students are beginning to make quilts. We will be partnering with the Quilting Group at the Lutheran Church on Thursdays to learn more skills and practice along with the experts in the community. Thanks to Marj Hersel for donating material for the projects, along with Tara Poitra and Alicia Sones for fabric and patterns.

CULINARY ARTS

By C. Wittak

Students have been learning food safety skills. They have been helping with food prep for lunch, cutting up veggies and prepping the salad bar and fruits. They have been canning a variety of vegetables, beets, dilly beans, salsa, grape/crabapple/chokecherry jellies, as well as more in depth canning with homemade spaghetti sauce. We have made homemade crusts for peach and apple pies, along with apple crisp. We are making more apple pies with apples donated from Joan Gardner. Many people have donated jars for the canning unit - Thanks for the support for this program.

OCTOBER 2023 Breakfast/Lunch Menu

October 2 - 5

- Mon: **Breakfast** French toast sticks, scrambled eggs, and mandarin oranges **Lunch** – Chick Strips, fries, green beans, and peaches
- Tues: Breakfast Parfaits and mixed fruit Lunch- Soft shell tacos, chips, salsa, refried beans, and applesauce
- Wed: Breakfast- Cinnamon rolls, yogurt, and applesauce Lunch- Chicken casserole, breadsticks, corn, and mandarin oranges
- Thurs: **Breakfast** Blueberry muffins, string cheese, and peaches **Lunch**- Chicken wraps, chips, carrots, and fresh fruit

October 9 - 13

- Mon: **Breakfast** Egg cups, toast, and pears **Lunch** – Hot dogs, fries, applesauce, and baked beans
- Tues: Breakfast Breakfast burritos and applesauce Lunch- Chicken fajitas, chips, salsa, peaches, and peas
- Wed: **Breakfast** Sausage breakfast pizza and peaches **Lunch**- Chili, fritos, cinnamon rolls, mixed fruit, and corn
- Thurs: **Breakfast** Blueberry bagels, hard boiled eggs, and mixed fruit **Lunch** BBQ pulled pork, chips, fresh fruit, and carrots

October 16 - 19

- Mon: **Breakfast** Omelets, little smokies, and pears **Lunch** – Breaded chicken sandwich, fries, pineapple, and green beans
- Tues:Breakfast Waffles and chicken, pineappleLunch- Baked pasta casserole, bread sticks, peaches, and corn
- Wed: Breakfast- Maple bars, yogurt, and peaches Lunch- Turkey or ham sandwich, chips, fresh fruit, carrots, and chocolate cupcakes
- Thurs: Breakfast- NO SCHOOL Lunch- NO SCHOOL

October 23 - 26

- Mon: Breakfast Pancake sausage wrap on a stick and pineapple Lunch – Chicken Io-Mein, egg rolls, sweet n sour chicken, mandarin oranges, mixed vegetables, & fortune cookie
- Tues:
 Breakfast Hashbrown casserole and mandarin oranges

 Lunch- Philly steak sandwich, onion rings, apple sauce, and green beans
- Wed: **Breakfast** Bacon, eggs, hashbrowns, and applesauce **Lunch** Cheeseburgers, fries, fruit cocktail, and corn
- Thurs: **Breakfast** Poptarts, cereal, yogurt, and fruit cocktail **Lunch**- Turkey or ham pitas, chips, oranges, and carrots

October 30 - 31

- Mon: Breakfast Pancakes, sausage, and strawberries Lunch – Mini corn dogs, pretzels, nacho cheese, peaches, and green beans
- Tues: Breakfast Biscuits and gravy, peaches Lunch- Batwing pasta, witch's fingers, applesauce, and corn

October 2023						
Sun 1	Mon 2	Tue 3	Wed 4	Thu 5	Fri 6	Sat 7
	SCHOLASTIC BOOK FAIR IN THE LIBRARY	V VB @ Frazer 5:30			8 th /V VB NASHUA 1:00 +20 JH/V FB @ Circle 4:30/7:00	HS XC @ Sidney Invite 10am V VB @ Richey/Lambert Invite
8	9 1 st Day of JH GBB Practice FFA: Livestock Judging and Veterinary Sciences@ Pwood	10 Reach Higher Montana	11	12 JV/V VB FROID/LAKE 5:00 +20	13 JH/V FB WIBAUX 4:30/700	14 JH/HS XC @ Culbertson 10am
15	JV FB CIRCLE 4:30	Senior Parent Night 6:00 pm 17	18	SENIOR NIGHT/Pack the House Pink	20	21
		JV/V VB @ Lustre 4:30 +20		NO SCHOOL – MEA DAYS	NO SCHOOL – MEA DAYS	STATE XC @ KALISPELL
22	23	24	25	26	27	28
				Qtr 1 ends District 1C VB Tourney in Plentywood	Teacher Work Day	1st Round of FB Playoffs JH GBB @ Wolf Point Jamboree
29	30 JMG Conference in Helena	31	Nov 2: JH GBB @ Wolf Point 6:00/7:00 pm Nov 2-4: Eastern C Divisional VB Tourney in Sidney Nov 4: FB Quarter Finals & JH GBB @ Harlem Nov 9-11: State VB Tourney in Bozeman Nov 10: Parent Teacher Conferences			