

BHS Girls Basketball Hygiene Hype



For the month of February, the BHS Girls Basketball Team is collecting personal hygiene items for students in need. Monetary donations are also welcome to assist in the purchase of other much needed apparel. For a list of items needed, [view the flyer](#).

Collection locations:

- BHS counselor Julie Berg's office
- Visit www.facebook.com/bhsgirlsbasketballboosters
- Feb. 11 at the BHS vs. St. Mary's Girls Games
- Amazon Registry - search "Hygiene Hype BHS Girls Basketball"

Paw Art



<https://www.bpsfoundation.com/2020/12/30/show-off-your-pet-and-help-3-local-causes/>

Show off your pet and help 3 local causes! To participate, simply submit a photo of your pet along with a \$20 donation and you will receive back a student artist's rendition of your pet. It could be drawn by a Kindergartner or a Senior Art student- not knowing what you will get back is half the fun! All submissions will be featured in the Paw Art Parade online video which will debut this spring. Proceeds for this fundraiser will go to the BPS Foundation, BPS Fine Arts.

Giving Hearts Day

Department and the Central Dakota Humane Society. Double your donation and help our BPS families in need. Join the BPS Foundation and Eide Ford – Eide Chrysler in helping our struggling families by donating to our BPS Family Assistance Fund during Giving Hearts Day. All donations up to \$8000 will be matched and go to fund basic needs for struggling families. This fund provides hygiene items, household cleaning items, pantry items, basic clothing needs and utility/rent assistance for those that do not qualify or have not yet been approved for other community resources. For more information or to give now: <https://app.givingheartsday.org/#/charity/303>.

Bismarck Tribune Sports Show

The 51st *Bismarck Tribune* Sport Show is Friday, February 12 from 3-8 pm, Saturday, Feb. 13 from 10 am-7 pm, and Sunday, Feb. 14 from 11 am-4 pm. For the full seminar schedule and more information, visit www.bismarck-sportshow.com. Several COVID Safety Measures will be in place during the event.

They are once again hosting DOCKDOGS, the largest presenter of dock jumping and dock diving dog performance sports in the world. Enjoy amazing VENDORS displaying campers, RVs, motor sports, boats, ice houses, fishing and hunting products, resorts, specialty foods, and much more!

Don't miss out on amazing SEMINARS from Pro-Anglers Ted Takasaki, Zach Axtman, Jason Mitchell, Jr Carter, and Kris Walcker, Ultimate Outdoor Adventures, Former Pro Cyclist & Coach Jairo Ramos and more!

FAMILY FUN DAY on Friday, February 12 is bigger and better than ever! Make sure to participate in the Mascot Scavenger Hunt from 5-7 pm sponsored by the Bismarck Larks, participate in KIDS Seminars on Friday night for your chance to win a door prize. Kids (ages 6-12) get in on Friday for only \$1 and kids (5 & under) are FREE! Parking is FREE all weekend! Check out the new MINI GOLF Zone & Photo Booth in the ADVENTURE ZONE. Head left of the Arena to find the WING ZONE with food sponsored by Laughing Sun Brewery and Buffalo Wings & Rings.

Singing for 2nd & 3rd Graders

Winter & Spring 2021



Central Dakota Children's Choir is excited to offer a music class for 2nd & 3rd grade students! "Singing for 2nd & 3rd Graders" will focus on the fundamentals of music, using the child's singing voice. Each class will include not only singing, but games, dances, speaking and creating. Classes will be taught by Teri Fay on Tuesdays, from 4:15 to 5:00 pm, at the Bismarck Event Center, from February 2 – May 4, 2021 with a performance at the end of the session. Registration and more information is available on the CDCC website at www.aboutcdcc.org and through the CDCC office at 701-258-6516.

Theo Art School

Celebrating 29 years in our community!



SmART- RestART guidelines and information available at www.theoartschool.org

Contact Theo at www.theoartschool.org/contact, call 701-222-6452, or visit the Theo Art School Facebook or Twitter.

Theo is offering:

- Safety first
- Smaller-size classes/camps
- Twenty-nine years of experience
- Affordable Art for All

Theo Art School is committed to caring for the health and well-being of families, students, staff, and in playing a constructive role in supporting local health officials and government leaders, while still doing what Theo does best: ART! Your experience may feel a little bit different but they are still Theo! Theo's commitment to you is that they will continue to make proactive decisions for everyone they serve. Theo encourages you to embrace the ND SmART RestART (added the "ART"!) protocols for a safer and healthier tomorrow.

Odyssey Art Camps Series

When School is Out, Theo is in! Odyssey Art Camps are about exploring, creating, and having fun with art! Ages 5 & up; 8 am-5:30 pm; cost per day: \$20 member; \$25 non-member; dates based on the BPS school calendar.

After School Art Club at the Studios

1st grade & up; Mondays from 3:45-5 pm; \$35 a month.

Private Art Lessons

All ages; any day Monday-Saturday, set up a time with the instructor; \$35 for four lessons.

Mommy and Me Art Hour

10 months-3 yrs old; Mondays 10-11 am; \$10/ session.

Homeschool Art Hour

5 & up; Mondays 1-2 pm, Tuesdays 10-11 am; \$35/month.

Family Art Events

Families that do ART together have FUN together!

For dates and times, go to <https://www.theoartschool.org/>
Ages 5 and up; \$5-\$10 per person

Art Camps- GO VAN GOGH

We come to you! One-day camps for ages 3 & up. All day (8:30 am-5 pm) and half day (1-5 pm) options available. Cost is \$5 per student; chaperones are free.

Field Trips

Come to the studio or off-site- Let's Do Art! Field trips are for ages 3 & up for \$3 per student; Chaperones are free. All art supplies are included.

Birthday parties at Theo are ARTastic!

For all ages; two hours of Art and Birthday Celebration; Cost is \$100 for members; \$110 for non-members.

NEW AT Theo!



Theo Camp to-go Kit.

Theo Art to-go Kit.

Theo Birthday to-go Kit.

11th Annual Art Attack Summer Camps details and registration will be available April 1--What's in your Summer?

Girl Scouts



Blast off with Girl Scouts at this free event!

Kindergartners and First Graders

Tuesdays 6:30 pm | Saturdays 10:00 am

Learn about "Violet the Pilot" and engineer a paper rocket and test different techniques to fly further and faster.

2nd Graders and beyond

Tuesdays 7:30 pm | Saturdays 11:00 am

Learn what an engineer does, how they solve problems, and complete a rocket design challenge using items commonly found in a junk drawer or around your home.

Learn more and register online at

<https://www.gsdakotahorizons.org/launch>.

BPS Summer Band Camp

BPS summer band camp is for students entering 6th grade and will take place August 9-13 & 16-19 at Simle Middle School, 1218 Simle Dr. Choose the morning (9-11:30 am) or afternoon session (12:30-3 pm). Reminders about the camp will be sent via email by the district. For up-to-date information, go to www.bismarckschools.org/Page/162. For questions, contact Nicole Fitzgerald, Fine Arts Secretary, 323-4082, nicole_fitzgerald@bismarckschools.org.

Hardcopy registration *return to music teacher by Apr. 30

ONLINE registration *due by June 1

Right Track



Right Track is a developmental screening and follow-along program for ND infants and toddlers under three years of age. It is FREE and available statewide! Is your child on the RIGHT TRACK? To enroll, call 701-328-8985 and request a screening. For more information, call Laura at 701-323-4419 or go to www.bismarckschools.org/Page/2617 or www.nd.gov/dhs/services/disabilities/earlyintervention/parent-info/right-track.html.

Assistance available



Community Action agencies statewide are under taking a COVID Awareness campaign in partnership with the State of ND. The purpose of the campaign is to get information and resources into the hands of individuals/households that may qualify for some sort of assistance if they have been directly impacted by the COVID-19 pandemic (ie: rental assistance, food assistance, utility assistance, other community resources, etc.). To see what Community Action Program ND (CAPND) can do for you, [view the handout](#). For resources from CAPND and other community resources, [view the brochure](#). Call Community Action Program Region VII at 701-258-2240 if you need assistance or visit capnd.org. CAPND serves all 53 counties in ND. Income guidelines are required. A variety of programs are available to assist.

Community Friends



BECEP has openings for 4-year-olds in the Community Friends program for the 2021-2022 school year. This is a tuition based, ½ day preschool program, for students who demonstrate age-appropriate skills. Tuition costs are \$100/month for 4 half days a week and \$50/month for 2 half days a week. Grant options may be available to assist with tuition and busing. Please call BECEP at 701-323-4400 to schedule a screening. Spots are limited.

Kindergarten Registration

BPS kindergarten registration is open for children who will be 5 years old on or before July 31, 2021. Go to <https://www.bismarckschools.org/kreg> to get information to complete your child's registration. If you don't have access to a computer, you can visit any public elementary school to use one or stop by Hughes at 806 N. Washington St., door #2. If you need assistance, call 701-323-4110 or email registrar@bismarckschools.org. **NOTE:** Parents who do not register any K-5 student by August 1 may not be assured a spot in their neighborhood school due to lack of space.

Youth & Family Programs @ YMCA & Family Wellness



YMCA: Always there for our community.
1608 N Washington St.
701-255-1525

www.bismarckymca.org

Family Wellness: For your active family, for our growing community.

2700 46th Ave. SE Mandan

701-751-9800

www.familywellnessbismar.org

Youth Sports YMCA & Family Wellness

When children participate in youth sports programs, they experience the excitement of teamwork, determination, competition, leadership and athleticism. Registration fees vary by program. Register now at bismarckymca.org.

How the Y & Family Wellness are working hard to run a fun, safe youth program and keep all our participants healthy:

- Thoroughly cleaning all equipment after each game & practice.
- Staggering game & practice times to minimize group sizes.
- Requiring participants to wear masks while on the bench.
- Requesting all spectators wear masks.
- Operating our facility under cleaning & distancing protocols.

Volleyball YMCA: 7th-8th Grade Boys

Session: Apr. 11-May 28

Practices: 1 hr/wk, Mon-Thurs 8:30 pm or Sun 1 or 2 pm

Games: Friday evening beginning Apr. 23

Registration: Mar. 1-22, \$41 member; \$89 non-member

*Roster sign up league. Minimum 6 players.

Basketball YMCA: PreK (4 & 5 yr. olds) & K-1st Gr. Boys & Girls

Session: Apr. 12-May 29

Practices: 45 min/week, Mon-Thurs 4:30, 5:30, or 6:30

Games: Sat. mornings starting Apr. 24

Registration: Mar. 1-22, \$45 members;

Mar. 4-22, \$97 non-members

Basketball FW: 2nd-6th Gr. Boys

2nd Grade Boys: Mon. 7 pm, Tues. 7 pm, Wed. 4:30 or 7 pm, Thurs. 4:30 pm

Games: Saturday mornings starting Mar. 6

Registration: now-Feb. 8; \$45 member; \$97 non-member

3rd & 4th Grade Boys

Developmental: Tues. 4:30pm, Wed. 7 pm

Games: Saturday mornings starting Mar. 6

Competitive: Mon. 7 pm

Games: Fri. evenings starting Mar. 5

Registration: now-Feb. 8; \$45 member; \$97 non-member

Continued on next page...

5th & 6th Grade Boys

Developmental: Tues. 4:30 pm

Games: Saturday morning starting Mar 6

Competitive: Tues 7pm, Wed 4:30pm

Games: Fri. evenings starting Mar. 5

Registration: now-Feb. 8; \$65 member; \$117 non-member

Basketball FW: Pre-K-1st Gr. Boys & Girls

Pre-K (4 & 5 Year Olds) Boys & Girls: Mon. 6:30 pm,

Tues. 4:30 pm, Wed. 5:30 pm, Thurs. 5:30 pm

Games: Saturday mornings starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

Kindergarten Girls: Mon. 5:30 pm, Tues. 4:30 pm or 6:30

pm, Wed. 4:30 pm, Thurs. 5:30 pm

Games: Saturday mornings starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

Kindergarten Boys: Mon. 5:30 pm, Tues. 6:30 pm, Wed.

4:30 pm or 5:30 pm

Games: Saturday morning starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

1st Grade Boys: Mon. 6:30 pm, Tues. 5:30 pm, Wed. 6:30,

Thurs. 6:30 pm

Games: Saturday morning starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

1st Grade Girls: Tues 5:30 pm, Wed 6:30 pm, Thurs 6:30pm

Games: Saturday mornings starting Apr. 24

Registration: Mar. 1-21; \$45 member; \$97 non-member

Itty Bitty Activities YMCA & Family Wellness

A fun and exciting program designed to introduce basic sports skill and concepts to participants ages 3-5 years. Fees for all Itty Bitty Activities are \$30 for members and \$50 for non-members. Register now at bismarckymca.org.

Itty Bitty Sports YMCA

Sessions: Mar. 7-28, Sun. 2, 3, or 4

Mar. 3-24, Wed. 9, 10, or 11 am

Registration: Feb. 8-Mar. 1

Itty Bitty Football YMCA

Session: Apr. 11-May 2, Sun. 2, 3, or 4 pm

Registration: Mar. 15-Apr. 5

Itty Bitty Basketball YMCA

Session: Mar. 31-Apr. 21, Wed. 9, 10, or 11 am

Registration: Mar. 1-22

Session: May 3-25, Mon or Tues 4:30, 5:30 or 6:30 pm

Registration: Apr. 5-26

Itty Bitty Sports Family Wellness

Session: Mar. 11-Apr. 1, Thurs. 10 or 11 am

Session: Mar. 7-28, Sun. 3 or 4 pm

Registration: Feb. 8-Mar. 1

Aquatics YMCA

Kids who take swimming lessons at the Y learn much more than how to swim. YMCA instructors work with children on confidence, fun and the Safety Around Water program. Now in the NEW Family Splash Center! \$55 members; \$85 non-members. Register at bismarckymca.org.

How the Y and Family Wellness are working hard to run a fun, safe youth program and keep all participants healthy:

- Continuous cleaning all equipment.
- Spacing out & staggering lesson groups.
- Requiring instructors to wear face shields.
- Requesting all spectators wear masks & view from bleacher area.
- Operating under cleaning & distancing protocols.

2x/wk for 4 wks - Mon./Wed. or Tues./Thurs.

Sessions: Feb. 8-Mar. 8

Mar. 15-Apr. 12

1x/wk for 4 wks - Sat. or Sun.

Sessions: Feb. 20-Apr. 27

Apr. 10-May 15



First International Bank & Trust Family Splash Center

This addition to the Y boasts a variety of special features! Water slides, play structures, fountains, therapy jets and lap lanes, all accessible from a zero depth entry, make this safe, clean and welcoming warm water pool the place to be for the whole family: and it's always FREE for members! Visit www.bismarckymca.org for more information.

Adaptive Swim YMCA

Children with Down Syndrome, Autism, or other sensory disorders, work with certified instructors to learn water safety and swim skill, in a calm, soothing environment. Sessions held regularly. FREE for members. Visit www.bismarckymca.org for more information.

Youth Development Centers YMCA & FW

Preschool & Kindergarten Readiness Programs:

Through a tiered learning approach, children 3-4 and 4-5 grow academically and build a foundation for school readiness. Structured daily experiences include gym time and swim lessons, and the classroom curriculum develops early writing, literacy and math skills. To enroll or for more information, go to www.bismarckymca.org.

Adventure Camp: An exciting and educational place to learn and play on school off days for K-5th grade children. Feb. 12 & 15, Mar. 15, Apr. 5 & 30, May 3. To enroll or more details, go to www.bismarckymca.org.

Summer Care & Camps: An exciting, educational and safe way for school age kids to spend their summer, learning and growing with friends. Kinder Camp, Y Explorers and Camp Nakota programs available. Registration is OPEN. To enroll or for more details, go to www.bismarckymca.org.

Before & After School Program: A fun, safe, active place for school age kids to play outside of classroom hours. Some transportation and various locations available Sept-May. Registration opens Feb 15. To enroll or for more details, go to www.bismarckymca.org.



Early Learning Academy: An exciting, engaging, part time educational program for kids ages 3-5. Various schedules available Sept-May. Registration opens Feb 15. To enroll or for more details, go to www.bismarckymca.org.



Youth Fitness Family Wellness

Tues, 6:30-7:15 pm: Children enjoy a guided group fitness class designed to keep them moving, active and having fun. Offered Labor Day through Memorial Day. FREE for members. More at www.familywellnessbisman.org/.

Step Into You Yoga Family Wellness

Virtual, Weekly: Young women, ages 12-19, come together in a guided virtual yoga class that helps them find their footing, find their voice and find balance. FREE for the community. More information at familywellnessbisman.org.

Intro to Fitness Family Wellness

In-person, 4-week programs: Young people, ages 10-19, learn the fundamentals of safe and effective strength and cardio training, in a fitness center, led by a certified trainer. \$100 for members; \$125 non-members. More information at familywellnessbisman.org.

Jr. Chefs YMCA

Kids get cookin' in this fun and flavorful program. Our culinarians put young people ages 6-10 to work in the kitchen learning about safety, healthy eating and fun family recipes! Sessions are held regularly with special rates for members. More information at www.bismarckymca.org.

Babysitter Training Course YMCA

This fun, interactive and hands-on class will help future caregivers, ages 11-14, develop the knowledge, skills, and confidence they need to effectively and safely supervise and manage children. Upon completion, participants will be certified in both babysitting and first aid/cpr/aed, which is valid for two years. Dates: Apr 17 or July 17, 9 am-5 pm, \$75. Visit www.bismarckymca.org for more information.

Family Fun Gym Time YMCA & Family Wellness

YMCA: Tuesdays & Thursdays, 10 am-noon; Family Wellness: Wednesdays & Fridays, 10:30 am-noon. Families can enjoy playing together with ride-on toys, sports activities and climbing on the bouldering wall. Offered Labor Day through Memorial Day. FREE for members. Visit www.bismarckymca.org for more information.

The Friday Flier is emailed to parents of public & private school students in Bismarck, grades Pre-K-8, every other Friday during the school year. It's produced by Bismarck Public Schools as a service to non-profit community organizations that provide positive events and activities for students and families. With the exception of official BPS activities, these events are not sponsored/endorsed by BPS. Fundraising events such as benefit breakfasts or auctions/dinners will not be allowed, nor will notices that directly compete with BPS events, activities and services. For the guidelines, deadlines and fees, visit www.bismarckschools.org under Departments, Community Relations, email community_relations@bismarckschools.org or call 701-323-4092 to submit items for a small fee.