

Parenting in a Pandemic Series

This FREE webinar series is designed to build on parents' strengths, deliver practical strategies and reinforce our connections during a challenging time. Each session is 7-8 pm via Zoom with presenter Erin Walsh of Spark and Stitch Institute. Register at www.ag.ndsu.edu/pen. For questions, call NDSU Extension Barnes County at 701-845-8528.

- **Feb. 24:** Staying Engaged in Learning and Work: The Science of Motivation
- **Mar. 24:** Screen time During COVID-19: Three Supportive Insights From the Research to Guide Your Parenting Today
- **Apr. 28:** Setting Limits and Avoiding Power Struggles
- **May 26:** Loosen But Don't Let Go: Helping Teens Cope With COVID

Bismarck Dollars for Scholars

Deadline: Sunday, Feb. 28

Bismarck Dollars for Scholars is a non-profit scholarship foundation that helps provide scholarships for post-secondary education to graduating seniors in Bismarck. Scholarships are awarded not only based on academic achievement but life experiences, financial need, work experience, and volunteer hours. Scholarships range from \$500-\$1,000. Since its inception in 2005, Bismarck Dollars for Scholars has awarded 271 scholarships; \$150,000!

The deadline to complete the scholarship application is Sunday, Feb. 28, 2021. To apply and/or make a donation, visit <http://www.bismarck.dollarsforscholars.org/>. For questions, bismarckdollarsforscholars@gmail.com.

Head Start

Head Start is accepting applications for the Early Head Start program, which serves families and children ages birth-3 years, and for the Head Start Preschool which serves children ages 3-5 years. Head Start is running two, half day sessions this year: 8:15-11:15 am and 12:15-3:15 pm. Both programs are FREE to eligible families. For more info, call 323-4400.



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.

BPS Camp Edventure

Registration Deadline: Thursday, March 18

Camp Edventure is a free six-week elementary summer school program starting June 7 through July 19 (no school on July 5) from 8 am-noon that focuses on reading and math. Each Bismarck Public School District elementary school will have Camp Ed. Children who will be entering grades 1-5 in the fall and whose parents live in the BPS District are eligible to attend Camp Ed. The goal is that children who enroll in Camp Ed will maintain or improve their academic skills in reading and math. The registration deadline is Thursday, March 18. Late registration will be placed on a waiting list and parents will be notified if space becomes available.

To register online (BPS students only):

1. Log on to PowerSchool at <https://bismarck.ps.state.nd.us>. If you don't have a login, contact your building secretary to get started.
2. Click the "Forms" link on the left side.
3. Select the "Camp Edventure Registration Form."
4. Fill out your student's information.
5. Click "Submit."

BPS students: [Registration form](#) & [Parent letter](#)

Bismarck Private/Parochial/Home School students: [Registration form](#) & [Parent letter](#)

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

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.familywellnessbisman.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 (age 4-5) & K-1 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: PreK-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: now through 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: now through 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.



Continued on next page...

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: Mar. 15-Apr. 12

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

Sessions: 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!

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

Adventure Camp: An exciting and educational place to learn and play on school off days for K-5th grade children. Mar. 15, Apr. 5 & 30, May 3. 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.