

Final Weekend for Open Gym

The Open Gym program for youth and adults offered by the Bismarck Parks and Recreation District in cooperation with BPS will end March 6-7. The Open Gym program offers the use of neighborhood gymnasiums in a supervised, free play environment. For a complete list of Open Gym locations and times for the final weekend, go to www.bisparks.org.

BPS Fruits & Veggies Week!

March 8-12

Students K-5 will be exposed to fruits and veggies on the lunch menu each day. Parents are asked to also consider sending a fruit or vegetable snack that coincides with these colors each day.

Mon., March 8 is Yellow/Orange Day: serving carrots & oranges.

Tues., March 9 is Red Day: serving tomatoes.

Wed., March 10 is White/Tan/Brown Day: serving bananas, baked beans, and jicama.

Thurs., March 11 is Green Day: serving celery, kiwi fruit & peas.

Fri., March 12 is Purple/Blue/Black Day: serving purple cauliflower & raisins.

Ice Show

March 19-21

The Bismarck Figure Skating Club's annual ice show is March 19-21. Shows are Friday, March 19 at 7 pm; Saturday, March 20 at 2 pm and 7 pm; and Sunday, March 21 at 2 pm at the VFW Sports Center. Tickets are \$10/person and ages 4 & under are free. Tickets will be available 2 hrs prior to the show. Pre-purchase tickets will also be available during ice show practices on the following dates and times: Monday, March 15, 4-8 pm VFW 1 Lobby; Tuesday, March 16, 4-7:30 pm VFW 1 Lobby; & Thursday, March 18, 4-8:30 pm VFW1 Lobby. More information at www.bismarckfigureskatingclub.com or [2021 Bismarck Figure Skating Club Ice Show](#).



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 are strongly encouraged to register their K-5th grade students as soon as possible to help ensure a spot in their neighborhood school. The sooner a student is registered, the higher the probability of them attending their boundary school. Due to capacity limitations, those who wait too long may be placed in a different school and required to wait until the following year to be enrolled in their boundary school.

Bismarck Youth Fastpitch Travel Tryouts & Spring Camp



March 14 & April 11

2021 BYFSA Sparks Travel Team tryouts are on Sunday, March 14 at Sanford POWER. 10U will begin at 1 pm and all other divisions will begin at 2:30 pm. Please bring glove, facemask, bats, etc. BYFSA will have helmets and bats available to use if needed. BYFSA is committed to fielding teams in the 10U-16U divisions for the 2021 season.

BYFSA has partnered with Sanford POWER to bring you the 2021 McQuade Spring Camp! Professional training will focus on hitting, throwing and fielding. Give fastpitch a try or continue working on skill development! Camp starts on Sunday, April 11 and runs for 3 weeks. Clinics for girls 5-7 are from 1-2 pm and girls 8-10 are from 2-3 pm. The fee is \$75. All players receive a camp T-shirt.

Register at www.bismarckfastpitch.com. For questions, call 701-471-5997 or email bismarckyouthfastpitch@gmail.com.

Gateway to Science



STEM Adventure Summer Camps – Gr. 1-5

- Weekly camps
- Open to grades 1-5
- Full or half day options
- Full day camp 8:30 am – 4:30 pm
- Half days 8:30 am-12 pm / 1:00 pm-4:30 pm
- Full Day: Members \$200 / non-members \$225
- Half Day: Members \$98 / non-members \$110
- Details and registration at www.gatewaytoscience.org

STEM Summer Camps – Grades 6-9

- Open to grades 6-9
- June 7-11 exploring subject areas offered at the BPS Career Academy (including welding, medical careers, graphic design, drones, aviation, building systems, and more)
- July 26-30 with an engineering focus – Engineering for Space Colonization
- August 9-13 with a science focus – Can You Save the World with STEM?
- Full day camp 8:30 am – 4:30 pm
- Gateway to Science members \$225/non-members \$250
- Details and registration at www.gatewaytoscience.org

STEM Adventure Mini-Camps

- 1-day camps held on days there is no school
- Open to grades 1-5
- Camp day is 8:30 am – 4:30 pm
- Mini-camp dates: March 15, April 5, April 30, May 3
- Gateway to Science members \$60 / non-members \$75
- Register at www.gatewaytoscience.org

STEM Saturday Workshops

- Open to grades 1-5
- 1:00 pm – 3:30 pm
- March 27 – Messy Science
- April 24 – Maker Time
- May 22 – All About Plants
- Gateway to Science members \$15 / non-members \$20
- Register at www.gatewaytoscience.org

STEM Adventure Club

- Afterschool club for students in grades 1-5
- Meets Tuesdays from 4:00 -5:15 pm
- Spring Club Sessions: Mar. 16-Apr. 13; Apr. 20-May 18
- Gateway to Science members \$55 / non-members \$70
- Register at www.gatewaytoscience.org

Girls Who Code

- Afterschool club for girls focused on coding
- Meets Thursdays from 4:00 – 5:15 pm
- Spring session for grades 6-12 from April 8-May 13
- No cost to participate – Registration required
- Register at www.gatewaytoscience.org

Gateway to Science Program Scholarships Available

- Partial scholarships available for Gateway to Science camps and afterschool clubs
- Details and application at www.gatewaytoscience.org

STEM Spectacular Free Family Event

- Saturday, April 17
 - Solve the Crime with Forensics
 - Lunar Landing Moon Game
 - Fun With Physics
 - Toddler Area
- Reservations required
- Details and reservations at www.gatewaytoscience.org

Gateway to Science Annual Memberships

- Unlimited Gateway to Science gallery visits
- Discounts on program registrations
- Admission reciprocity with 200+ Association of Science & Technology Center (ASTC) members
- Memberships for families, individuals, students, seniors
- Discounted membership for educators and military
- Details and membership purchase form at www.gatewaytoscience.org/membership

Gateway to Science is located at 1810 Schafer Street in Bismarck. Exhibit Gallery hours are 1:00 - 6:00 pm Monday - Thursday; 1:00 pm to 5:00 pm Friday-; 10:00 am – 5:00 pm Saturday; Closed Sunday.

BPS Camp Edventure

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](#)

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Parenting in a Pandemic Series The Afterschool Place

This FREE webinar series is designed to build on parents' strengths, deliver practical strategies and reinforce connections. 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 701-845-8528.

- **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



The Afterschool Place has provided positive out of school time activities through youth and community development since 2008. The schools include, Sunrise, Miller, Murphy, Grimsrud, Northridge and Will-Moore. Check the web site for expanded route information as they respond to community needs. The Afterschool Place is conveniently located across the street from Bismarck High School at 800 N 7th St in the Fellowship hall of First Lutheran Church.

Now enrolling for 2021/2022! To enroll, call 701-250-3109.

Valley City State 3 on 3 Basketball Tournament



Saturday, April 17

There will be a 3 on 3 Basketball Tournament for both Boy's and Girl's teams in grades 3-12. The tournament is held at W.E. Osmon Fieldhouse ("The Bubble") in Valley City, ND. The cost is \$90 per team and includes a guaranteed 3 games. To sign up or for more information, contact Ryan Montgomery at 701-845-7173 or ryan.montgomery@vcsu.edu. Registration is limited to the first 70 teams.

Early Intervention



Did you know that BPS is home to a program for infants and toddlers called BECEP Early Intervention? It is a home visiting program to help families help their young children. Infants and toddlers with delays in their development or diagnoses associated with delays may be eligible for this FREE, in-home program. To find out more, email michelle_ragan@bismarckschools.org with questions or to refer a child, call 701-328-8985. This program serves Region 7 and includes not only Bismarck, but also the surrounding counties (Kidder, Emmons, Grant, Morton, Mercer, Oliver, McLean, Sheridan, and Burleigh).

Live Your Legacy 5K/10K

Sunday, April 25

The public is invited to register to participate in the Live Your Legacy 5K/10K event to support Brave the Shave. It will take place Sunday, April 25 at Sertoma Park Community Center with registration at 1:30 and race at 3 pm. The event is being sponsored by the Legacy High School Health Occupations Students of America (HOSA). Cost is \$25 and includes a shirt on race day if you register by April 8. Register at <https://donate.bravetheshave.net/Campaign/LiveYourLegacy>.

Community and COVID-19 Response

The Afterschool Place is on the road two to three days a week with field trips. Currently, field trips have been limited. Students wear face masks. We provide hand sanitizer, tables are sanitized several times throughout the day, and sneeze guards are in use at each table.

Wednesday's Art Block

Students participate in a wide variety of artful experiences through field trips that include BAGA, the Gannon, BDAC, and the Capital Gallery. Students work with print making, drawing, clay building, textiles, and experimental art forms.

Thursday's Lego Lab

The kids are tasked with creating Lego solutions for everyday challenges along with free play.

Friday Flicks and Chess Club

Chess is the perfect board game to teach the art of strategy and patience.

Reel Time Productions



The Afterschool Place offers video production and puppet theater. Together we learn script writing, costume design, filming, directing, acting, make-up, and puppeteering.

Summer Camp YaGottaWanna

The ultimate old fashioned summer camp. The kids spend every day in the swimming pool; swim lessons offered. After the pool they head back to camp central and the sundae bar. The kids spend their mornings baking, making art, going on adventures, and roasting marshmallows. Transportation is provided at noon from Camp Ed.



- June 7-July 19** noon-5:30 pm
- July 20-Aug 13** 7:30 am -5:30 pm
- *Room for 18 campers.**

For more information, call Lori and the Kids at 701-250-3109 or visit www.afterschoolplace.org.

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 (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: through Mar. 22, \$45 members; \$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 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

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: 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.

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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.

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.

ND Behavioral Health services & support



Especially now, people may be unsure about exactly where they can go for help. "I'm feeling alone." "Is this normal?" "How can I find help for my mom?" Simply put: Help is here. ND Behavioral Health can connect you with information, resources and support built specifically for North Dakotans. For issues big or small, help is here when you need it most. To connect to all Behavioral Health services and support, go to www.behavioralhealth.nd.gov/helpishere.

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.