



The Norsemen **Pride**

January 2019 | Issue 19

THE NEWSLETTER FOR NORTH MUSKEGON SCHOOL DISTRICT

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Hawaii Trip with Close Up

By Mackenzie Fris

“We had many opportunities to fundraise for our trip to Hawaii. There were multiple pop can drives, breakfasts at Steak ‘N’ Egger, cookie dough sales, 50/50 tickets at basketball games and a mattress sale in the cafeteria. Once we got to Hawaii, we were a part of the Close Up Program every day. Being a part of that program meant we were awake for breakfast by 8:00am and on the road to learn something new within an hour. Each day was different from the one before. One day we would be snorkeling with the most beautiful fish and coral reefs at Hanuman Bay and the next we were at Pearl Harbor. At the end of the day, we had a class to learn about different countries’ governments, and what really goes into how governments work and the bonds the different countries had together. During the trip we had the privilege of meeting new friends from Alaska, California and North Carolina. Many of us are still in contact with our new friends. The Close Up trip to Hawaii was a blast and will be a favorite memory forever!”

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Letter From Our Superintendent



Greetings Norsemen Education Family!
 Hello! Welcome to your 2019 winter edition of the Norsemen Pride. I hope the holidays were enjoyable, safe and many memories were made with loved ones. Now, it is time for all of us to get back into our

routines and schedules of practices, activities, lessons, events and school – fun and crazy busy all at the same time! As you will see, this edition encompasses many of the exciting things that occurred last fall. As you go through this newsletter, I hope you feel the incredible pride that generates in our school community. We had a great fall and we will have an amazing winter adding to the continued tradition of excellence here at North Muskegon Public School!

Now, grab a warm drink and kick back while you enjoy your newest edition of the Norsemen Pride. We have so much to be proud of and celebrate here at NM. As always, please contact me if you have ideas on how we may continue to make this an effective communication piece for our community. I hope to see you soon!

It is a GREAT day to be a NORSEMEN!

Sincerely,
 Curt Babcock
 Superintendent of Schools

Go Norse!

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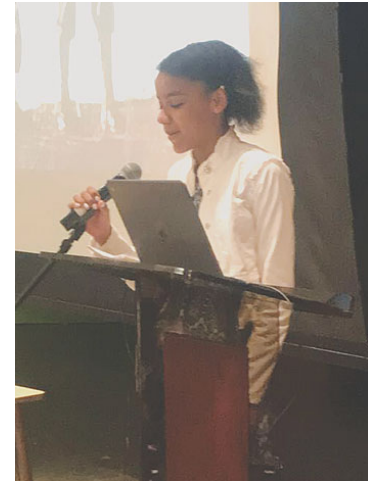
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Veterans Day 2018

The class of 2024 (current seventh graders) at North Muskegon Middle School honored, celebrated and showed gratitude to American veterans through the telling of their stories on Monday, November 12, 2018, in observance of Veterans Day. Just like music and art, storytelling is one way we interpret life and search for meaning. It is through the telling of our shared history that we learn and remember the reality that we are all connected. The hardest part about telling a story whether in writing or orally, is knowing where to start. In the discipline of history, we begin our investigations with questions, which lead us to the sources. The sources lead us to more questions: questions about significance, time, space and order which help us to find answers using the evidence. These hard-working seventh-grade historians worked through the process of framing a historical problem to uncover the stories of courageous family members, friends, and strangers who all had one thing in common: the willingness to serve our country and the principles of democracy.



In this project, we heard roughly 84 different stories from American veterans. We discovered new truths about our families, our country, and ourselves. Today and every day we give thanks to our veterans for not only their service and sacrifice but also for their stories of dedication, discipline, love, courage, honor, and commitment. We will never forget.

This project was funded by a grant from the IBEW Local 275.



We'll Miss You, Fireman Steve!

Thank you Fire Chief Steve Lague for your years of dedication to the City of North Muskegon and to North Muskegon Public Schools! Teaching young kids about fire safety was an awesome part of his job. Fireman Steve, best wishes in your future, you will be missed!




Mrs. Atchison's Class Constitution!

For Constitution Day on September 17, 2018, Mrs. Atchison's class created their very own Class Constitution:

***" We the children, promise to:
make good choices
share with friends
use our hands for helping
follow directions
work hard and do our best
help each other
be nice and kind."***


What Is Mindfulness?

Mindfulness is all about learning to direct our attention to our experience as it unfolds, moment by moment, with open-minded curiosity and acceptance. Rather than worrying about what *has* happened or *might* happen, it trains us to respond skillfully to whatever *is* happening right now, be that good or bad.



Brain imaging studies show that mindfulness practice alters the structure and function of the brain in ways that appear to be linked to improved concentration, mood regulation and ability to choose appropriate responses, as well as improved immune function.

What's the point of mindfulness? In adults, mindfulness training has been shown to improve health and wellbeing. People of all ages report after taking a mindfulness course that they are able to learn more effectively, think more clearly, perform better and they feel calmer, less anxious and less depressed. Mindfulness is now recommended by the National Institute of Clinical Excellence and GPs are referring adults on 8 week courses to reduce stress and help prevent recurrent depression. It is increasingly being used in business to improve staff wellbeing and satisfaction, in sports training to improve performance, and with children and young people and in schools to enhance wellbeing and learning.



How do people learn mindfulness? Mindfulness is always learned in a highly practical way, through experience rather than talk. We gradually learn to direct our attention in a more focused way to whatever is actually happening - whether it be our breathing, the sensations in our body, thoughts and feelings, or everyday activities such as walking and eating.

Is it difficult?

At first the mind wanders constantly, but with practice we learn to sustain our attention and direct it more skillfully. This helps break the grip of unhelpful mental habits, judgements and impulses, making way for greater calm, and for more helpful, kinder and rational thinking about all aspects of life. However, it takes practice!

What mindfulness IS

- Paying attention to things as they happen
- A life-skill
- For some, a whole way of being
- Evidence-based



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Nick Kortman, University of Michigan



Elementary Reading Buddies!



This year Ms. Bentley's fifth graders are having the opportunity to experience library with the Discovery Kindergarten students. On Fridays, every student in each DK class has a fifth grade buddy join them in the library. The fifth graders and DK students listen to a story read by Mrs. Van and then they help the littles choose a book of interest. The fifth graders are helping the kiddos read the titles, find interesting books, and learn how to find books in the library! Ms. Bentley, Mrs. Johnson and Mrs. Van are overwhelmed by the kindness and compassion shown by the fifth graders toward the DK students but also by the impact the DK students are having on the fifth grade students. Maleia Nickoloff shared with Ms. Bentley, "I think it's fun because you get to go hang out in the library and it's fun helping the littles find their books. I love reading to them and finding their books." Ms. Bentley's students also had a chance to help their DK buddies create their own Alphabet Books in Mrs. Johnson's classroom. Thanks to our staff and students for creating this wonderful experience!



Friends of the Walker Library

Our staff and students regularly volunteer with the Walker Library. High School English teacher Zach Fricke leads a class of students to the library each spring and fall, where they carry used books upstairs from the basement and help organize them onto tables. Mr. Fricke was honored for his 7 years of service and leadership at a recent Friends of the Walker Library meeting. Congratulations!



Halloween Haunted House for Sale!

By E'lyse Benson, Kindergarten Teacher

We started this project at the beginning of October, to help us learn more about community helpers and 3D/2D shapes. We learned about becoming architects and created "blueprints" of our house, used recyclables for building materials, and sorted shapes. They constructed the house together and I used hot glue to connect the pieces. We then added another community job: Painters! Every student had a chance to paint. Finally we learned about interior/exterior design and they decorated the outside of the home. They worked hard to meet our deadline and are very proud of the house! We concluded our project with learning about real estate and putting a house on the market. Together we created the "For Sale" sign and house details sheets with what the house looks on the inside.

When we discussed what would happen when the house sells, the students suggested we donate the money to Helen DeVos Children's Hospital, for kids who can't leave the hospital to go Trick or Treating.

Thank you to the many North Muskegon staff members who contributed to the purchase of our Haunted House!



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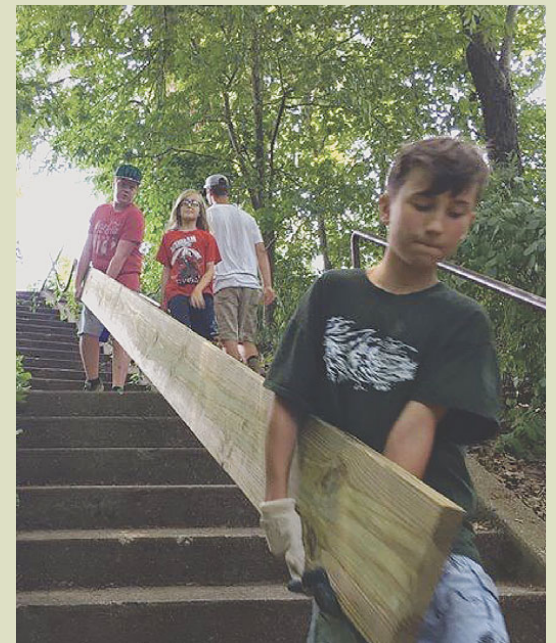


NM's New Outdoor Deck - Norse Environmental Club



There is a new learning experience at North Muskegon Schools - and it's outside! In 2013, former middle school science teacher Rick Howard initiated the idea of creating an outdoor classroom for the students of NM. A group of middle school student leaders worked with Mr. Howard, Ms. Knuth and architect Harry Wierenga to begin a plan to make their dream a reality! Studies have shown us that physical and mental health problems increase when physical activity and exposure to nature decrease. Our new Green Space and Observation Deck provides an opportunity to enjoy unstructured play in a safe area; serves as an outlet for stress reduction; endows a secure and protected setting for studying nature; allows opportunities for self-discovery; and promotes creative inquiry and problem solving skills.

Our student group, advised by Ms. Johnson, constructed a design plan and marked out an area for the deck on the school property below the water tower. We received grants and donations to cover the entire cost, and contacted contractors who could help us build. We obtained building, DEQ and county permits, cleared out the invasive blackberry plants covering the area, and created walkways surrounding the deck area. Our next step in the plan is to add a handicap access ramp to the nature area and to continue beautifying the area with plants and flowers. If you have any suggestions or would like to help, please email Ms. Johnson or Mr. Jarvis at djohnson@nmps.net or tjarvis@nmps.net.



Special thanks to the NM community volunteers, Norse Education Foundation, Great Lakes Stewardship Initiative, Thomas M. Thornton, Redemption House builders, Home Depot, Weber Lumber, City of North Muskegon, Soils and Structures Consulting, Kelly Rice of GEI Consulting, and especially architect Harry Wierenga!



North Muskegon Norsemen

2018/19 Winter Sports Schedule

BOYS BASKETBALL JV/VARSITY

Jan 8	@ Muskegon Heights	5:30pm
Jan 10	@ Montague	5:30pm
Jan 15	@ Hart	6:00pm
Jan 18	@ Oakridge	6:00pm
Jan 22	Western MI Christian	5:30pm
Jan 24	Mason County Central	5:30pm
Jan 29	Shelby	5:30pm
Feb 1	@ Whitehall	5:30pm
Feb 4	Ludington	5:30pm
Feb 7	@ Ravenna	5:30pm
Feb 12	Montague	5:30pm
Feb 15	Hart	5:30pm
Feb 18	Saugatuck (JV)	7:00pm
Feb 19	@ Saugatuck (V)	7:00pm

Varsity coach: Chuck Rypstra

JV Coach: Jeff Cooke

GIRLS BASKETBALL JV/VARSITY

Jan 4	Holland Black River	5:30pm
Jan 8	@ Hart	6:00pm
Jan 11	@ Oakridge	6:00pm
Jan 15	Western MI Christian	5:30pm
Jan 17	@ Mason County Central	6:00pm
Jan 22	@ Shelby	6:00pm
Jan 25	@ Whitehall	5:30pm
Jan 28	@ Holton	5:30pm
Jan 31	@ Ravenna	5:30pm
Feb 5	Montague	5:30pm
Feb 8	Hart	5:30pm
Feb 14	Oakridge	5:30pm
Feb 18	Saugatuck (JV)	5:30pm

Feb 19	@ Saugatuck (V)	5:30pm
Feb 22	Mason County Central	5:30pm
Feb 26	@ Hesperia	5:30pm

Varsity Coach: Ryan Hankinson

JV Coach: Taylor Fris

BOYS SWIMMING CO-OP

Jan 5	@ Spring Lake Inv.	9:00am
Jan 10	Ottawa Hills	6:00pm
Jan 15	Ludington	6:00pm
Jan 17	Caledonia	6:00pm
Jan 22	Fremont	6:00pm
Jan 24	@ Grand Rapids Union	6:00pm
Jan 31	@ Wayland Union	6:00pm
Feb 2	@ Ottawa Hills Inv	8:30am
Feb 7	Thornapple Kellogg	6:00pm
Feb 12	@ Fremont	6:00pm
Feb 14	Grand Rapids W. Catholic	6:00pm
Feb 22	@ Hastings - Conference	3:30pm
Feb 23	@ Hastings - Conference	10:00am

Coach: Mick Homan

HOCKEY CO-OP

Jan 4	@ Mona Shores - Tournament	8:00pm
Jan 5	Mona Shores - Tournament	TBA
Jan 10	@ Big Rapids	5:45pm
Jan 11	@ Bay Area Rep	9:15am
Jan 18	West Ottawa	6:30pm
Jan 19	Grandville	6:30pm
Jan 23	Grand Rapids Christian	6:30pm
Jan 26	@ Manistee	6:30pm

Feb 1	@ Bay City Western	7:00pm
Feb 2	@ Midland	2:30pm
Feb 8	@ GR Catholic Central	7:30pm
Feb 15	East Kentwood	6:30pm
Feb 22	@ Grandville	5:00pm

Coach: *Bill Zalba*

FRESHMAN BASKETBALL

Jan 8	@ Muskegon Heights	4:00pm
Jan 15	@ Fruitport	4:00pm
Jan 18	@ Oakridge	4:15pm
Jan 22	Western MI Christian	4:00pm
Jan 24	Hart	4:00pm
Jan 29	Fremont	4:00pm
Feb 1	@ Whitehall	4:00pm
Feb 4	Ludington	4:00pm
Feb 8	@ Holland Black River	4:00pm

Coach: *Cody Liverance*

MIDDLE SCHOOL VOLLEYBALL

Feb 5	@ Ravenna	4:00pm
Feb 7	Oakridge	4:00pm
Feb 12	Whitehall	4:00pm
Feb 14	Montague	4:00pm
Feb 19	@ Hart	4:00pm
Feb 21	Mason County Central	4:00pm
Feb 26	@ Shelby	4:00pm
Feb 28	Ravenna	4:00pm
Mar 5	@ Oakridge	4:00pm
Mar 7	@ Whitehall	4:00pm
Mar 11	Tournament	4:00pm
Mar 13	Tournament - Away	4:00pm

7th Grade Coach: *Chuck Wahl*

8th Grade Coach: *Heather Claussen*

**GET OUT AND SUPPORT YOUR
NORTH MUSKEGON TEAMS!**

From the Norse Archives...

**Where
ARE THEY
now?**

Our Norse community is proud of our alumni and their many contributions and achievements! We would like to feature some of our alumni in upcoming editions of the Norsemen Pride. Do you have an interesting story, connection, or accomplishment you would like to share? Or would you like to honor a friend or former classmate? Please contact Beth Soelberg at bsoelberg@nmps.net or 231-719-4206 with suggestions and information! Thank you for your help!

“Service Above Self” - NM Interact

By Claire McCall

Our year has been filled with making new friendships around the world, helping those close to home, and growing closer to our goal of “Service above Self”. Interact is built on the idea that everyone has something to give and everyone is deserving of those gifts. Through the course of the busy year that idea never wavered in the minds of Interact participants but grew to others in our school and around the world.

We started the year off with volunteering at the Irish Music Festival and we also partnered with the NM Music Program to raise money for the Hope Project, a non-profit organization aiming to raise awareness of local and global human trafficking and help those affected by it. In addition to these fundraisers, Interact also organized Wrestlemania, where Mr. Allen wrestled seniors Christian Brooks and Anthony Oviedo to raise money for Every Woman’s Place, a program which provides service for those who are victims of domestic violence. We also fundraised at events like Get Your Chili On and Donkey Basketball, and were active in Compassion International, a wonderful project that helps support a young boy, Midan Alcantara Medina, in the Dominican Republic.



Our team leaders led group projects such as the Holiday Gift Giving, in which Interact members lovingly bought gifts for those in need right here in our own community, giving us the chance to see firsthand the impact we make. Other events such as Senior Senior Prom, painting the Veterans’ Memorial Park bridges, and selling headbands to donate to the Soddo Christian Hospital, who promotes feminine health and hygiene and allows girls to further their education were guided by the team leaders.

Interact also hosted the Rotary Interact District Conference and met with a variety of schools throughout Michigan to discuss what makes their club great and what our group could change or suggest to others. One of the best programs Interact/

Rotary offers is the International trip, and this year four members of Interact travelled to El Salvador and Honduras. Garrett Poulin, Anneka Lindsay, Bella Lindsay, and Lindsey Piper volunteered for an opportunity of a lifetime and helped build sustainable homes and improve the lives of the people in those countries.

While we have a great number of people in our high school club, we know it’s important to encourage a new generation of Interact members through a program called Early Act. Overall our year has been filled with events and fundraisers that humble one another and help better our world. The “Service above Self” rings true in every member and in every activity we are devoted to.



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Michigan State Vocal Music Association Solo & Ensemble Festival

Congratulations to our NM students who participated in Vocal Solo & Ensemble at GVSU on November 17! These talented NM choir students were accompanied by vocal coach Elizabeth Jackson.

Soloists:

Andrea Lindback
Rayne Ackerberg
Alex Goodwin
Kerah Plichta
Lexi Jandt

Ensemble performers:

Andrea Lindback
Natalie Johnson
Kayla Davies
Lexyona Julin
Mason Zizak
Kerah Plichta
Adam Batch
Brendan Harris
Owen Rooks
Lexi Jandt

We also wish to recognize our MI State Vocal Association Honors Choir members: Riley McEvoy, Carra Hilliard, Kai Tucker, Natalie Johnson, Abigail Bayne, Mila VanTol, and Madisyn McKay.

Congratulations to our hard-working and gifted vocal musicians!

Norse Theater *Gives Back!*



Norse Theater students Kayla Davies, Rutha Wright and Alexandria Goodwin had a wonderful experience giving of their time and talents to the Greater Muskegon Community! The Greater Muskegon Woman's Club asked Norse Theater to support Read Early Read Often on two occasions, "The Green Eggs" on March 15 and the Farmers Market event on May 12. Thank you to these girls for offering their time to support young readers! Program Advisor: Toni Seyferth

M.A.R.S.

Muskegon Area Robotics Students
743 Marquette Ave., Muskegon, MI 49442

Robotics Team Helps Kids in Need

The Muskegon Area Robotics Students (M.A.R.S.) are continuing their efforts in helping out the local community by providing area families with assistive technology. Earlier this year M.A.R.S. partnered with MI Kids On The Move, an organization that matches up families in need with local robotics teams. The goal is to provide kids who suffer from debilitating illnesses such as Cerebral Palsy with electric ride-in cars so that they may participate in more activities with their peers and enjoy new freedoms and experiences. The team fundraises the money required to purchase the cars and then assembles and modifies them for each child based on their needs and abilities. All work is done by the robotics students with guidance from adult mentors. The majority of the robotics students come from North Muskegon with some students coming from Reeths-Puffer, Orchard View, Oakridge and home schools.

Last year the high school robotics team had a very successful year, making it all the way to the World Championship which was held at Cobo Hall in Detroit. The 4-day event drew over 400 teams from around the globe and brought 45,000+ visitors in the form of students, parents and spectators to Detroit. At the World Championship the team was awarded the Industrial Design Award by GM for their robot.



Due to the unexpected success, the team needed help from the community to make the trip to Detroit a reality and sees this latest activity as a small way to repay the favor. The team has received a number of donations of no longer needed electric cars that they are going to refurbish so that they can be customized and donated to more local families.

To learn more about M.A.R.S. or to get involved go to www.muskegonrobotics.com. M.A.R.S. is proud to announce that they are hosting a robotics competition next March – see website for more info.



Congratulations to our newest Norse Eagle Scouts!

Norsemen Jake Lorenz, Tyler Budd, Matthew Olsen, and Liam Lindstrom recently earned their Eagle Scout awards! These awards are given after years of meeting requirements, learning new skills, and finally completing a capstone project to benefit the community. Eagle projects require Scouts to choose a project, assemble materials, solicit donations, ask for volunteers, and work an average of 156.4 hours to complete a project. Please watch for these improvements in our community!

Jake Lorenz - completed the Monkey Bar Obstacle at the Fore Shore Run, which benefits the Muskegon Rescue Mission

Tyler Budd - built and supplied two "Little Free Libraries" outside of North Muskegon Elementary school

Matthew Olsen - benches for a walking path at the Lions Club Camp near Grand Rapids

Liam Lindstrom - built a gaga ball pit at Snug Harbor



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★ Students of the Month ★

September Student of the Month



Ellie Hayhurst is the daughter of Rod and Lidia Hayhurst. She is the Executive President of HS Student Council and Treasurer of the Muskegon Community Foundation Youth Advisory Council. She is also co-captain of the volleyball team, plays basketball, runs track, and is a member of the National Honor Society. Ellie enjoys spending time at the beach, no matter the season, traveling and exploring new places, and discussing AP biology with her younger brother, John. She plans on attending a university next fall and is considering a degree in biochemistry or neuroscience to pursue her love of science.

Kasey Firestone is the daughter of Pat and Lynda Firestone and younger sister to Jessica. Throughout her high school career, Kasey has been involved in Student Council, National Honor Society, Choir, and the High School Leadership Team. Kasey is also a three-year captain and four-year member of the varsity volleyball team. During her free time, she enjoys reading and going to Lake Michigan. She credits her family for always pushing her to be the best that she can be on a daily basis. Next fall, Kasey will be attending Central Michigan University in Mount Pleasant, Michigan, to play on the volleyball team and pursue a degree in either Human Resources Management or Physical Therapy.



October Student of the Month



Saray Figueroa is the daughter of Jose and Martha Figueroa. She is a member of North Muskegon's Rotary-Interact Club and Spanish Club. She is the treasurer for National Honor Society. Saray has been playing in the orchestra for all four years of high school and is the Orchestra Council President. She plans to continue playing her instrument while at college. After graduation, Saray hopes

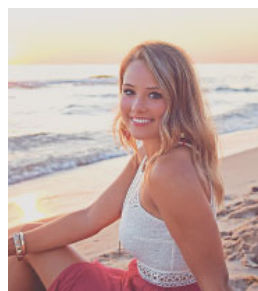
to pursue a career in communication sciences and disorders and becoming a speech-language pathologist.



Liam Lindstrom is the son of Angie and Eric Lindstrom, and brother to Keira Lindstrom. He has played varsity tennis, is an Interact Officer, a member of National Honor Society, Environmental Club, is a Boy Scout, and is on the Orchestra council. After graduation, Liam plans to go to Michigan Tech to study chemical engineering.

November Student of the Month

Lindsey Golden is the daughter of Cindy and David Golden. She is a member of National Honor Society and has been a member of student council every year of high school with the title of Senior Class President this year. She is also a member of Harmonics and participates in track. Lindsey enjoys reading, writing, leading others, watching movies, and hanging out with friends and family. She plans to attend a university to study Human Resource Management.



Abigail Grevel is the daughter of Jeffrey and Laura Grevel. She has been a member of National Honor Society, involved in student council every year of high school, elected for Executive Council, a part of Harmonics, Cabaret Council, and a group leader for the Be Nice Organization. Abby is a three sport athlete, including the captain on the varsity golf team for four years, a starter on the varsity soccer team for four years, and recipient of the Coaches Award for the varsity basketball team two years in a row. During her free time, she enjoys going to the beach, boating on the lake, and hanging out with friends. Abby plans on attending Ferris State University to play college golf and become a pharmacist.

Congratulations Students!





North Muskegon Choir 2019 Spring Pops Concert



**Concerts: Fri., Sat., April 19th & 20th,
7:30 PM at the Frauenthal Center**

Greetings North Muskegon Choir Friends! We are excited to announce the 4th Annual Spring Pops Concert at Muskegon's Frauenthal Center. We are seeking sponsors and advertisers for this exciting event at a venue that will provide seating for over



3,000 people at two evening performances on April 19th - 20th. The Norse choir family consists of 230 + students representing all choirs from grades 6 to 12. This year's seniors represent the largest number of 7 year choir members!

As a great way to reach a wide community audience, please consider being a show sponsor and advertising in the printed concert program.



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Board of Education Update

As you may be aware, the recent election has provided a change in membership to our Board of Education. In January, we will be saying “thank you and job very well done” to Mrs. Lisa Winter and welcoming a very familiar face to our school in Mrs. Susan Burmeister (Mrs. B to many!). We appreciate the commitment and effort of Mrs. Winter and are confident that Mrs. B will provide continued dedication in her newest role. Dr. Mary Moulton and Mr. Paul Young retained

their seats on our Board. We thank them for their past positive impact on the Board and look forward to their continued support. A special “Thank You!” is sent to Mrs. Lisa Richards and Mrs. Marci Dalm for their perpetual desire to serve our school community. We are extremely fortunate to have both of these wonderful people involved in many other aspects of making our school the best it can be – thank you Mrs. Richards and Mrs. Dalm!

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