



The

Norsemen Pride

May 2022 | Issue 29

THE NEWSLETTER FOR NORTH MUSKEGON SCHOOL DISTRICT

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NM PTO Celebrates "Tie Dye TWOSday!"



The NM PTO created a groovy celebration for "Tie Dye TWOSday" on Tuesday, February 22, 2022 for our staff! Elementary students and staff were encouraged to wear tie dyed clothing or stickers to recognize this once-in-a-lifetime date!



First Congregational Church



**In Person & ONLINE
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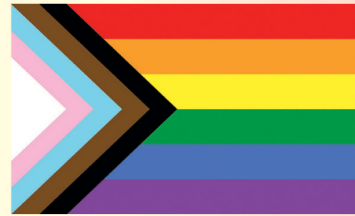
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First Congregational Church of Muskegon has recently confirmed its commitment to being Open and Affirming.

This means that we care for the welfare of our community and welcome everyone, no matter who you are or where you are on life's journey.

We embrace into our full life and ministry persons of all sexual orientations, gender identities, and gender expressions.



A Message From Our Superintendent!



Greetings Norsemen Education Family!

We made it – the winter weather is over and our world is able to practice a bit more normalcy relative to the pandemic! As much fun as the winter season can be, it is wonderful to be experiencing

the warmer days. I hope you and your family had a great winter and are enjoying our start to spring.

The end of the school year is such an exciting and busy time. Please be sure to take in some of our students' performances, athletic events and other activities. We are very fortunate to have so many incredibly talented young people in our community – it is a joy to watch them excel in their areas of interest. Several of those talented students will be moving to the next chapter in their lives very soon – congratulations to the Class of 2022!

As you are about to experience, the Norsemen pride is alive and well as depicted in the pages of this newest edition!

Now, get ready to enjoy your spring edition of the Norsemen Pride! 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 – take care!

Enjoy,

Curt Babcock
Superintendent



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Lions Club Famous Pancake Breakfast!



Upcoming pancake breakfasts:

- Sat. June 4, 8 a.m. to 12 p.m. @ LST 393
- Sat. June 11, 8 a.m. to 12 p.m. @ Walker Park
- Sat. July 9, 8 a.m. to 12 p.m. @ Walker Park
- Sat. August 13, 8 a.m. to 12 p.m. @ Walker Park

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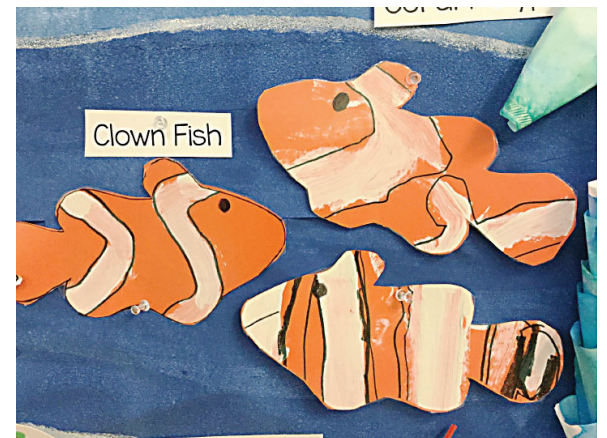
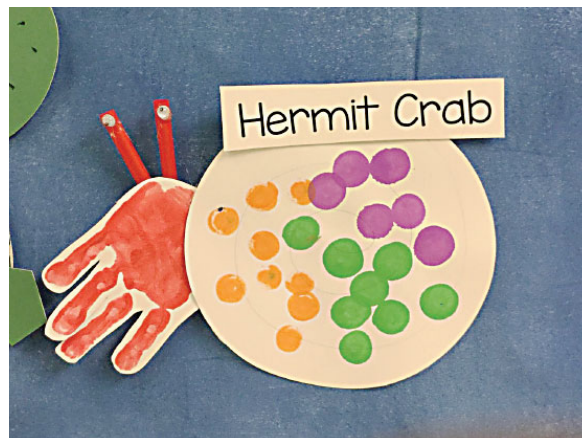
www.muskegonnorthsidelions.org



Muskegonnorthsidelionsclub

Discovery Kindergarten Goes Under the Sea!

Our DK students, along with their teachers, Mrs. Johnson and Mrs. Atchison, went “under the sea!” They learned about the animals that live in the oceans, and created beautiful and colorful art projects using different materials to display in their classrooms.



Hands On Learning in Middle School!

Left: Looking under the microscope in Mr. Rypstra's classroom

Bottom row: Mr. Rypstra's class receiving new haircuts to see cell mitosis in action!

Middle row, center and right: Mr. Friesner's 8th grade history class recreated food and recipes from the late 18th Century to learn more about how the American colonists ate and what foods were common at that time and place.



Baker Nursing Students Collaborate with North Muskegon

Submitted by Tanya Kolkema ~ ELA Teacher
& Lisa Cobb, LMSW ~ School Social Worker

Baker College and North Muskegon Schools have a new and exciting partnership that benefits all of our Middle School and High School students! Seven groups of second year Baker College BSN Nursing students had an opportunity to collaborate with North Muskegon Public Schools during the 2022 spring semester.

Chronic stress can impair the body's immune system and make many other health problems worse. By lowering the stress response, mindfulness may have downstream effects throughout the body. Mental health is vitally important, and as nursing students in their mental health nursing rotation, the Baker College Nursing students were given the opportunity to share their knowledge with students.

Mindfulness practices have been integrated into hundreds of medical programs and hospitals across the country. There are many possible benefits of mindfulness including lowering stress, improving emotional regulation, boosting cognitive abilities, and strengthening relationships. Results have shown that mindfulness practice increases patients' medical understanding and positive engagement with the healing of their mind and body.

The Baker nursing students created interactive mindfulness videos that were shown at Norsetime Mindful Mondays (6th - 12th grade) every other week and focused on simple mindfulness techniques. These video presentations were about 10 minutes in length. The



goal of the lessons was to provide NM students with an opportunity to focus on themselves, increase self-awareness, and provide an opportunity for students to listen and respond to their feelings. Baker student teams then followed up with in-person presentations on the following Tuesdays for all of the 6th grade ELA classes in a live, interactive session. Thank you Mrs. Kolkema for investing your time and for incorporating the lessons into your daily teachings!

This collaborative opportunity with Baker and NM has been beneficial for all involved! Together we can focus on improving the mental wellness of all.



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March is Reading Month at NM Elementary!

North Muskegon Elementary celebrated “March is Reading Month” with guest readers from our school staff, NM Community members, and many parents as “Mystery Readers!”





Author Jessica VanderLaan shares her book, Mr. McMillan, with Mrs. Pek's second grade class.



Norse celebrate Youth Art Month with art displays in the library

March is National Youth Art Month and we celebrated with a student art show in the library. Art teacher, Chip Vanderwier, and librarian, Brett Howard, collaborated to showcase student art projects in the MS/HS Library. These works of art were all created in Mr. Vanderwier's art classes by North Muskegon's talented students!





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Jan Witt

Grants Awarded Spring 2022

Congratulations to the 6 applicants that received grants in March. NEF offered \$250 mini grants. A total of \$1500 was granted to support the following learning projects in the Middle, High and Elementary buildings:

Entrepreneur Business Project - Heather Claussen - Applied Business class is starting an Entrepreneurship project. The goal is to build their own small business with another classmate. The objective is to create a product or service to offer to the public. The students will create a business plan and pitch their business to a group of adults from the business world.

Beautification of Elementary Bathrooms- Lindsey Bentley-Kittel - Paint stalls in Elementary bathrooms and add inspirational quotes.

MS/HS Nonfiction Book Update - Brett Howard- Purchase books requested to update the nonfiction book area.

Safety First - Debra Johnson & Phoebe Schroeder - Purchase lab splash goggles for the science department. This would ensure that all kids have a safer experience and are able to do different types of inquiry labs.

Unity Day - Unity Day Team - The goal for this year's sixth-annual Unity Day is a day of community celebration featuring food vendors from local diverse businesses, performances by students and community members, speakers, and other activities centered around our Unity Day theme and learning targets.

Wish For A Book - Lori Vanderweele - Provide books and ownership of books to students who may not otherwise have that opportunity. The funds would allow me to provide books to students unable to purchase.

FOR ENHANCING THE EDUCATION
OF NORTH MUSKEGON STUDENTS



Congratulations to the Norse Choirs!

MSVMS District Choral Festival success! All four choirs received superior ratings and even collected a few perfect performance scores. Congratulations to all Norse Choir members! And a special thank you to our accompanist Laura Ogren and to our amazing high school assistants CJ Bennett and Sage Brewer! *Pictured bottom right: Mrs. Laura Ogren, accompanist, and Mrs. Beth Slimko, director*



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NM Student Gathers Support for Ukraine

Grace Sheler is a 7th grader here at North Muskegon Schools. Her favorite subjects are French, ELA and Math. In her spare time, she enjoys golf, reading, school sports and making jewelry.

She had been watching the news about the devastation and war in Ukraine with her Mom, and they were talking about how they could help. Grace enjoys making bracelets and giving them to her friends and family. She made and sold them last summer to raise money for a local pet rescue. So, she decided to make bracelets in the color of the Ukraine flag, including red and black hearts and the words *love, peace, hope, pray, and Ukraine*. She decided to ask for a \$2.00 donation for each bracelet, and the money would be donated to Save The Children - Ukraine. Her Mom posted a sample photo of the bracelets on her Facebook page, and family and friends started to place their orders. Grace had hoped to sell at least 20 bracelets. Her parents, Paul and Terri, said they would match the initial amount of money Grace raised. Within a week, Grace had made 223 bracelets and raised \$502.00 for



Save The Children - Ukraine. She mailed her first check in the amount of \$1002.00 for the children in Ukraine.

Grace asked Mr. Byard if she could organize a hat day to raise additional funds for Save The Children - Ukraine. The Middle School/High School hat day raised \$214.00! Grace is very thankful to all the NM students and staff that participated and made donations. Way to go Norse!!

Grace has made 93 more bracelets and raised an additional \$643.00. She hopes the next check to Save The Children, which will include the hat day money, will also be over a thousand dollars.

Grace is very appreciative of everyone's support in her efforts to help the people of Ukraine. Together we can make a difference!



North Muskegon Students Shine at Showcase!



North Muskegon students placed at Showcase in both solo and group categories for performing arts this year! Adrian Martinez took first and the Stetson Sisters (Allie Lindsay, Riley McEvoy, and Gabby Gaston) took second. Congratulations to our wonderful performers!

10th grader Anna Blastic was chosen as one of the 2022 Logo Design Contest Co-Winners for Student Showcase. Her logo will be used with web marketing and social media for West Michigan Student Showcase. Congratulations to Anna on your beautiful winning design!



Adrian Martinez



Allie Lindsay, Riley McEvoy, Gabby Gaston - "The Stetson Sisters"

Student Writers Impress with their Poems!

By Brett Howard

Middle school and high school students were invited to write original poems in any style this March as part of the March is Reading Month activities sponsored by the MS/HS Library. We received poems in a variety of styles on topics ranging from the serious to the silly. We were so impressed with the talent of our students and the quality of their work! Poems were judged anonymously by staff members and they selected Madeleine Wright as the winner. Madeleine received a Barnes and Noble gift card. Here are the poems submitted by our talented students.

I know why the free bird sings

(inspired by Caged Bird
by Maya Angelou)

By Ava Williams

The free bird sings a tune of freedom
As they are gliding over a stream
The free bird looks down to still see bars of rage
That is being silenced and ignored
Other birds that don't have the same shade of feathers
They are longing for a chance at peace
Though it may seem like they are "free"
Some are protecting its wings from being clipped
Or feet from being tied they are too scared to sing so they hide
They are not looking for war
They just want to fly without fearing harm
So They open their mouth to sing a tune
I am just like you so love me too

Robe of White

By Lidia Carty

Shadows crept into the eyes of the man
She walked without sight
Shadows took over his hands
She wandered from the light
Shadows consumed his bones
She wore her robe of white
Shadows controlled his mind
She knew it was time to fight

Robe

By Sophia Atwood

You speak of sun and moon,
my friend,
for thus are only legend.
You tell me now that they can speak,
And get along so well.
Have not you heard that now,
The wind and earth are friend?
Wind dances 'round earth,
bringing him up off the ground.
She flutters quite so delicately
bringing earth to trail behind.
'Tis it is quite the scene to see.
Now I mean not to haste,
but I really must be going.
'Tis I have time not for,
This childish speak,
of which you say.
Please wait before you go!

This is the biggest of them all!
Ice and fire are working together,
and they're chugging right along!

They venture off so far,
till they don't know where they are.
But be cautious of when you step.
You might just slip, on ice her slippery patches,
and on fire his burning spots.
I dare not mean to say,
But tell me friend,
Not of which the lies you speak.
Tell me something true,
Tell me something real,
Tell me something to my appeal.
Thank you for this news my friend.
For I shall keep it in my mind.
The next time I go out again,
I'll look for sun and moon,
Wind and earth,
Ice and fire,
The elements of life.

game of life

By LeAmber Nickoloff

life is like a game.
a game you can't win.
you roll the dice.
you make your move.
you either go forward or backward you choose.
sometimes you're not the one making the moves the world is.

Lavender

By Taylor Mann

i still see you.
i see you in the reflection of the water.
why did you choose this?
i hear your screams faintly in the gust of the wind.
i can still smell your lavender-scented perfume.
the scent that I was once covered in.
why didn't you say goodbye?

Phrase Note and Thought

By Katie Simonson with help from Cayden Overbay

The imitation of art became art
The parody becomes poetry
The representation becomes the presentation
Every saga comes to life, born from the life of another
Every story meant to compliment another, receives its own
compliments

No original thought, only a stream that meanders through the
minds of mankind
Deltas and rapids form books and plays, they ripple onto
screen and sound
Riding the waves into minds of others, Ideas ebbing and
flowing into media
To be forgotten and revived
For the art will never die

Loss

By Sierra Sikkema

For some, loss is the cause of sorrow
The thought of not waking up tomorrow
Brings peace for the conniving beings of this universe
The people who crave ghastly romance
The people who crave the macabre
The demure observers who analyze your demeanor
The people who don't observe and question humanity are the
ones who are blindsided by the worlds blissful secrets
May you seek knowledge deeper than the shallow, but not to
be drowned by the tide.

Untitled Haiku

By Ella Mallon

Ukraines' sky's falling
I can feel the blaring heat
So why am I cold?

Eliza

by Ella Potts

Eliza's hair is brown
I live in town
Eliza is mellow
Bananas are yellow

Eliza is fun
I don't like to run
Eliza likes animals
I am not a cannibal

Eliza has braces
But she doesn't have two faces
Eliza has two guinea pigs
And she wears no wigs

Eliza has blue eyes
So far, I have told no lies
Eliza likes hoodies
I like goodies

Eliza has short hair

My dog likes her poofy chair
Eliza likes pizza
She also likes treats-a

Eliza is nice
As cool as ice
She cares about no trend
She is my friend

Untitled

By Madeleine Wright

A long time ago, when our globe was young
We didn't build cities sky-high or plant crops a mile-wide
We were kind to our Earth, after all she's birthed
We hadn't succumbed to money and greed,
We had all we could ever need
A long time ago on our blue and green globe

But now it's modern-day
And we have to have our way
It doesn't matter the damage we do
So long as it only gets you
So because man's number one
We get to have all of our fun
That's what we like to tell ourselves
Nevermind the damage done

One day we'll be coated in smoke
We will have mined all of our coal
And our oil will have gone dry
You will hear all of our cries
Cause we didn't listen back then
When you told us our truth
Your cries for help were silenced
When we thought we knew better than you

A long time ago, when our globe was young
We didn't build cities sky-high or plant crops a mile-wide
A long time ago on our blue and green globe

Right now we have The Lorax on our side,
But we're all so mystified
When the once-ler brings his thneeds
And he cuts down all of our trees

So before we buy our end
Just try and take it in
Though now we may be fine
Our future is on the line
So don't stand back and watch
Mother Earth's a ticking clock
So join hand in hand
And take a stand

NM'S NEW POWERLIFTING TEAM

Stronger Together!

Left: All State Powerlifters - Tristan Thomas (HS - 7th), Landon Christensen (HS - 1st), Landen Grimm (HS - 4th), Andrew Baker (1st - MS) (not pictured)

Below Left: NM's first ever State powerlifters! Megan Houseman (12th) and Emily Judd (9th)



The North Muskegon
Athletics Calendar
is available online at
www.nmps.net/athletics

Schedules are regularly updated to reflect necessary changes



NM Boys' Varsity Basketball - District Champs 2022!



March was Colorectal Cancer Awareness Month

Several staff at NMPS decided to take on the American Cancer Society's **2nd Annual Midwest 40 mile Colorectal Cancer Challenge** with over 6,600 other participants. These participants were able to raise over \$200,000 toward a cure.

Colorectal cancer is a leading cause of cancer deaths for men and women. Each year, almost 53,000 people die of it in the United States. Colorectal screening is one of the only cancer screening tests that can prevent cancer by finding precancerous polyps and removing them before they become cancer.

The month's mission was to spread awareness regarding **Colorectal Cancer Screening**. Most specifically, the newest research supporting **45 is the new 50**. Find out more at [cdc.gov](https://www.cdc.gov).

NMPS participants were Lindsey Bentley-Kittel, Joanna Berry, Stephanie Cutler, Marci Dalm, Tina Gallo, Jenny Lindell, Molly Moser, Khim Rossiter, Tracy Schofield, and Amy Zonnebelt. In total, this team walked 500 miles!

This month highlighted our participants' inspiration to walk. Joanna Berry - **John Wade**; Lindsey Bentley-Kittel - **Stephanie Cutler**; Stephanie Cutler - **Lynnette Maki**; Marci Dalm - **Stephanie Cutler**; Tina Gallo - **Stephanie Cutler**; Jenny Lindell - **Stephanie Cutler**; Molly Moser - **Grandma Faye**; Khim Rossiter - **Stephanie Cutler**; Tracy Schofield - **Mary Kelly**; Amy Zonnebelt - **Stephanie Cutler**.

For Tina Gallo, it was seeing the inspirational journey of Stephanie Cutler. *"Stephanie's positive attitude and faith was contagious. Her strength, courage, and determination brought our entire community together during her treatment."*

From Tracy Schofield: *"Despite an unexpected back injury, the dry pavement allowed me to walk 130 miles to honor Mary Kelly."*

Cancer has affected each person in a unique way. While this challenge has ended, the mission of funding and supporting cancer research has not. The next event is the **Relay for Life Muskegon County**, held this year on **Saturday, June 11, 2022 11am-11pm** at Oakridge High School. North Muskegon Public Schools team is called Norse Fight United. If you are interested in joining this team, please contact Tina Gallo.

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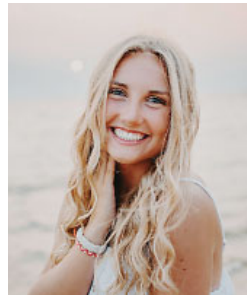
★ Students of the Month ★

September Student of the Month

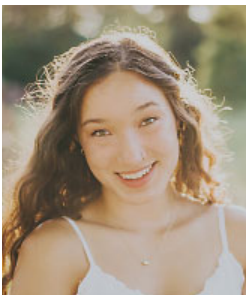


Megan Houseman is the daughter of Matt and Heidi Houseman. She is a member of National Honor Society, Interact Club, and is the Senior Class Vice President. She enjoys playing softball and volleyball. Outside of school, Megan loves to spend time with friends and family, babysit, read, go to the beach, and play travel softball. After graduation, she plans to attend Aquinas College to continue her softball career and pursue a degree in Orthopedic Surgery.

Gabriella Gaston is the daughter of Heather and Bill Gaston. She enjoys participating and captaining her varsity golf, swim, and tennis teams while claiming a 1st Team All State title her junior year tennis season. When not participating in her own sports, she devotes her time to cheering on other sports in the student section as Student Council Class President. She is also an active member of Choir, French, Interact Club, Vice Chair for Youth Advisory Council for the Muskegon Community Foundation, and Norse United. In her future, she plans to study engineering or biochemistry at university.



October Student of the Month



Whitney Byard is the daughter of Ken Byard and Megan Byard-Karaba. She is the Executive Secretary of Student Council, a leader in the Environmental Club, and a member of the National Honor Society. She also owns her own small tea business, White Rose Tea. When given the time, she enjoys spending time with friends, writing, being outdoors, playing with her dogs, and running on the Track and Field team. After graduation, Whitney plans to pursue

Public Relations and Journalism at a university.

Kelty Blastic is the son of Andrew and Kim Blastic. He is a member of the National Honor Society as well as a member of North Muskegon's football and track teams. In his free time, he enjoys playing sports, drawing, writing, and spending time with friends and family. After graduation, Kelty plans to study engineering.



November Student of the Month



Lauren Peterson is the daughter of Aaron and Jenny Peterson. She is a member of the National Honor Society and volunteers to be team manager for several Norsemen sports. Outside of school, Lauren enjoys spending time with family and friends, going shopping, being on the water, getting coffee, going to concerts, and traveling. After graduation, she plans to attend Grand Valley State University to study Business and Psychology.

Josee Cooke is the daughter of Jeff and Kim Cooke. She is the President of National Honor Society and a member of the Environmental and Interact Clubs. She is the captain of the volleyball, basketball and softball teams. Outside of school, Josee enjoys spending time with family and friends, going to the beach, working out, and reading. After graduation, she plans on attending Kalamazoo College where she will continue to play volleyball and study Neuroscience.

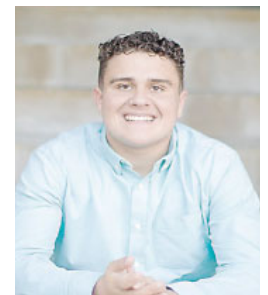


December Student of the Month

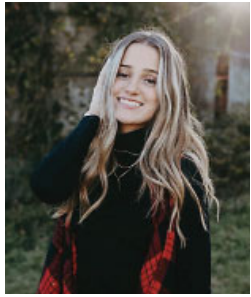


Abby Bayne is the daughter of Jill and Rich Bayne. She is the President of Choir Council, Secretary of Environmental Club, Secretary of French Club, Co-Chairperson for Norse United, and a member of National Honor Society. Abby enjoys reading, sewing, singing, and spending time with family and friends. After graduation, Abby hopes to attend a four-year university to study International Relations and Diplomacy.

Champ Young is the son of Paul and Jill Young. He is a member of the National Honors Society, captain of the basketball, football, and baseball teams, and is a section leader in the North Muskegon Choir. In his free time, he enjoys spending time with his friends and family, golfing, and singing. After graduation, Champ plans to study business management.



January Student of the Month



Allie Lindsay is the daughter of Zabrina Santiago and Robert Lindsay. She is Executive President of Student Council, Public Relations of Interact, and a member of the track team, Choir, and National Honor Society. Outside of school, she enjoys meeting new people, making new friends, skiing, and going to the beach. After high school, Allie plans to attend The University of Michigan and study Communications and Media.

Adam Batch is the son of Terry and Nancy Batch. He is a member of National Honor Society, Choir Council, Drumline and is a member of the Powerlifting and Chess Teams. Outside of school, Adam enjoys volunteering in and through his church, hanging with friends, creating music and sleeping. After graduating, Adam plans to continue his education at Muskegon Community College as a Muskegon Promise scholar before transferring to a 4-year university to study Mechanical Engineering.

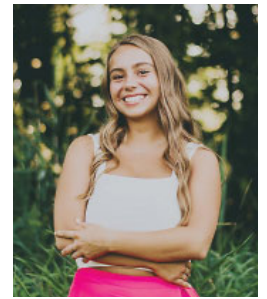


February Student of the Month



Trystan Guerrero is the daughter of Heather Schrebe and Gabriel Guerrero. She is a member of National Honors Society, Norse Care Program, and French Club. She is president of the Environmental Club as well as National Art Honor Society. She participated in JV Girls Volleyball, Varsity Girls Bowling, and Girls Varsity Basketball. In her free time she enjoys taking pictures for her small business WphotosG, spending time with her dog Sweetie, going to the beach with her friends, and watching Ink Master. After high school, she plans on attending a 4 year university majoring in Pre-Vet, and minoring in Zoology or Marine Science before continuing her education to earn her DVM.

Adrian Martinez is the daughter of Angie and Eloy Martinez. She is a member of Choir and National Honor Society, is a Club Officer of Interact, and is the Senior Class Secretary. She is also a member of the Spotlight Dance Academy Competitive Troupe. Outside of school, she enjoys spending time with friends and her dog, dancing, baking, and shopping. Adrian plans to attend Western Michigan University in the fall to double major in Dance and Entrepreneurship and earn a Certificate in Dance Studio Management. In the future, she plans to become a studio owner and have her own dance clothing line.



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Mission Statement: committed to equipping students with the tools they need for academic, personal and social achievement.

PROTECTING OUR PEERS

By Whitney Byard

This year, our Advanced Placement Literature class took on a new challenge. Our goal was to recognize the persistent issue of sexual assault and violence in our age group. We aspired to raise awareness of the issue and become a force for change. After witnessing this problem firsthand in our community, we decided to assemble a committee and present an array of training, precautions, and initiatives to

empower our fellow students to rise up. As a group, we curated an assembly aimed at our most vulnerable students. We presented videos, movies, fact sheets, and resources. We used discussion groups to consider vulnerability and safety, which led to a conversation for change. We presented students with examples of healthy and unhealthy behavior, information about consent, and an open idea forum for solutions. From an awkward introduction to the

topic in October, to a student-led intervention in April, we saw the scope of this issue prioritized at North Muskegon. The class of 2022 aimed to walk together with those who were victims of this issue and settled for nothing less than change. With true Norsemen pride, our group demanded and received education, advocacy, and prevention. Through this initiative, we are proud to leave North Muskegon on a trajectory for awareness and change.

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