BIGFORESCHOOLS









** Help Bigfork High School Make History in D.C.!

Bigfork High School's National History Day students have earned an incredible opportunity — they're headed to ${\bf Washington}$, ${\bf D.C.}$ for the ${\bf National~Competition}$ this June! $\stackrel{*}{\gg}$

To help offset our travel costs, we are offering three amazing Raffle Tickets Deals to test your luck!

\$500 Cosrco Gift Card @ \$20 a ticket

\$50 **EFLOC** Card @ \$5 a ticket

\$50 Euckers Card for @ \$5 a ticket

Please contact Ms. Sikon (asikon@bigfork.kt2.mt.us), Ms. Wilondek (cwilondek@bigfork.kt2.mt.us) or any NHD to DC student to buy these marvelous raffle tickets. *Raffle tickets must be bought in person with cash or check.*

Not interested in raffle tickets but still want to support the team? If you'd like to donate <u>directly</u>, please use this web address/QR Code: https://tinyurl.com/yc@esynd



***Contributions are tax deductible

Let's come together as a community and help our students represent Bigfork on the national stage. ** #SupportBigforkHistory #NHD2025 #RoadToDC #MakeHistory



Who: The Bigfork Speech & Drama State Champions and the NHD to DC Team

Where: Bigfork High School's Community Room When: Tuesday, May 6th from 6:00 to 8:00 p.m.

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What: An exciting, entertaining, and family-friendly BINGO night full of lots of laughs, delicious treats, raffle items, and a 50/50 drawing.

Why: Because we are raising funds to represent our school at our respective National Competitions.

We hope to see you there!

Supply Drive to build a Middle School Makerspace!

ase look around your home to help grow resources for our Middle Scho akerspace. This space will be utilized duirng our WIN time for students design and create solutions through the enginerring process.



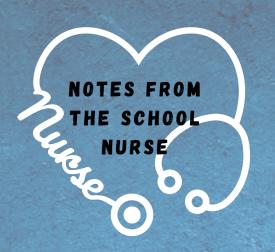
Supplies can be brought to the elementary/middle school office. e other materials you think might be helpful? contact Mrs. Van Valkenl evanvalkenburg@bigfork.k12.mt.us











FLU PREVENTION TIPS



The flu is a highly contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Here are some tips to avoid catching it.

1 WASH YOUR HANDS

Wash your hands often and thoroughly (for at least 20 seconds) especially after being in public places. Keep gel sanitizers close at hand. If a sink isn't nearby, a gel sanitizer or an alcohol-based hand wipe is easy to grab to clean dirty hands.



2 HANDS OFF

The flu virus can live on any type of surface, including door handles, phones and elevator buttons. Avoid touching your eyes, nose, and mouth until you have washed your hands. These are access points for viruses to enter the body.



3 DISINFECT

Disinfect surfaces frequently. Pay special attention to high-contact areas like bathrooms, work spaces, and kitchens. Also be sure to disinfect high-contact items like remote controls, computers, and and cell obones.



4 IT'S SOMETIMES NICE TO NOT SHARE

Avoid sharing food, drinks, utensils, and personal items. Try not to use a coworker's phone desk, office, computer, or other work tools and



5 TAKE SOME SPACE

Avoid close contact with those who are already sick. Avoid shaking hands and giving hugs.



STRENGTHEN YOUR IMMUNE SYSTEM

The human body has been designed to resist an infinite number of changes brought about by its environment. The secret of good health lies in successful adjustment to changing stresses on the body.



7 GET VACCINATED

Get the flu vaccination—it's not too late! The CDC recommends annual flu vaccinations for everyone 6 months and older, unless contraindicated



Enterely Title

You know your child best. Contact a healthcare rofessional or seek emergency medical help if any symptom is causing concern. www.entirelykidspediatrics.com

<u>Seasonal Parent</u> <u>Reminder</u>

Please keep your child home for 24 hours after their last fever or episode of vomiting or diarrhea.

Please call with any questions.

Seasonal influenza vaccine is now available at our Logan Health School Based Health Center.
Call 1-406-858-3453
to schedule an appointment.



Influenza (or flu) is a contagious respiratory illness caused by flu viruses. Most people with flu have mild illness and do not need medical care or antiviral drugs. If you get flu symptoms, in most cases, you should stay home and avoid contact with others except to get medical care.



Flu viruses can cause mild to severe illness, and at times can lead to death. The flu is different from a cold. The flu usually comes on suddenly.

People who have flu often feel some or all of these symptoms: Fever* or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue (tiredness). Some people may have vomiting and diarrhea. This is more common in children.

* It's important to note that not everyone with flu will have a fever.



Antiviral drugs can be used to treat flu illness. Antiviral drugs can make illness milder and shorten the time you are sick. They also

DC recommends that antiviral drugs be used early to treat people who are very sick with the flu and people who get flu symptoms



when you are suc, imm, contact with outers as much as possions, nemember to cover your nose and mouth with a ussue when you cough or neeze, and through ussues in the trash after you use them. Stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.

our fever should be gone for 24 hours without the use of a fever-reducing medicine before resuming normal activities.



2025 APRIL

Harvest of the Month:

Monday	Tuesday	Wednesday	Thursday	Friday	
31	01	02	03	04	
	B:Bagelw/Cream Cheese L:Corn Dog, Salad Bar, Sliced Peaches	B:Granola Bar L: Pizza, Fresh Veggies, Fresh Sliced Oranges	B:Banana Bread L:Meatball Sub Sandwich, Salad Bar, Fresh Apple	B:Cereal. L:Sweet & Sour Chicken, Coconut Rice, Mandarin	
07	08	09	10	11	
B:Muffin L:Pork Carnitas Taco, Corn Chips, Salad Bar, Apricot	B:Bagelw/Cream Cheese L:Breaded Chicken Parmesan Sandwich, Salad Bar, Sliced Oranges	B:Fruit Parfait L: Pizza, Fresh Veggies, Fresh Kiwi	B:Banana Bread L:Turkey Tacos, Mexican Corn Salad, Cinnamon Apples	B:Cereal L:Hot Dog, Sun Chips, Berry Cup	
14	15	16	17	18	
B:Muffin L:Tuna Pasta Salad, Goldfish, Salad Bar, Applesauce	B:Bagelw/Cream Cheese L:BBQ Pork Sandwich, Cole Slaw, Fresh Grapes	B:Granola Bar L: Pizza, Fresh Veggies, Strawberry Cup	B:Banana Bread L:Egg Rolls, Coconut Rice, Mandarin Oranges	B:Cereal L: Lil Smokies, Baked Beans, Fresh Apple	
21	22	23	24	25	
B:Muffin L:Beef Taco, Corn Chips, Salad Bar, Fresh Pear	B:Bagelw/Cream Cheese L:Orange Chicken, Coconut Rice, Mandarin	B:Fruit Parfait L: Pizza, Fresh Veggies, Applesauce	B:Banana Bread. L:Turkey Bacon Ranch Wrap, Salad Bar, Fresh Sliced	B:Cereal L:Sloppy Joe, Salad Bar, Cinnamon Apples	
28	29	30	01	12	
B:Muffin L:Chicken Fajita, Mexican Corn Salad, Sliced Pears	B:Bagelw/Cream Cheese Lower Valley Cheeseburger, Sun Chips, Salad Bar, Sliced Peaches	B:Granola Bar L: Pizza, Fresh Veggies, Strawberry Cup		E STA	
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BIGFORK CAFETERIA PRICES AND INFORMATION

Students

Breakfast K-6 \$1.75 Breakfast 7-12 \$2.00

Lunch K-6 \$2.75 Lunch 7-12 \$3.25

Reduced Breakfast K-12 .30 Reduced Lunch K-12 .40

Adults

Parents/Visitors \$4.75

You can deposit money online at:

www.mymealtime.com, or cash/check to the
teacher or secretary with your child's name on
the envelope.

Thank you for your support!

Contact Information

Roger Vanlandingham Food Service Director

rvanlandingham@bigfork.kl2.mt.us

406-837-7400

All meals subject to change depending

A new free/reduced meal form needs to be filled out every year

2024-25 Free/Reduced Meals

Click above for form. You can fill out online or print then send to rvanlandingham@bigfork.k12.mt.us or drop off at the district office this summer.



Homeless Liaison for Bigfork Schools Tom Stack, Superintendent Please click <u>here</u> for more information.











3 Day Intro to Kayaking Clinic (All Ages)
One Week Kids Camp (Age 10-17)
5 Week Session (All Ages)
Intermediate/Advanced Course (All Ages)
River Roll Clinic (All Ages)
Kayak For Free Day (All Ages)
Out Of Town Trips (All Ages)

We are offering a new one-week kids' camp for 2025. Spend a full five days on the water learning everything about kayaking and river safety. Drop off at 9 a.m. and pick up at 4 p.m. at Scout and Gather on Hwy 40.

Price: \$500 for the week, all equipment included.
SCHOLARSHIPS AVAILABLE FOR ALL
PROGRAMS.
BOOK NOW
CHECK OUT OUR WEBSITE FOR MORE INFO

Threads A Student Resource

Threads is a FREE resource for Bigfork area Students.

Threads offers a variety of age appropriate, new and nearly new, gently worn clothing, outerwear, shoes, new socks/underwear, personal care items, and school supplies for students who may need them. Threads is an ongoing project of BLSC (Bigfork Ladies Service Club), giving our local students the opportunity to get what they may need to be successful in school as well as an opportunity to learn the value of giving back and helping one another.

Located on the upstairs floor of the Methodist Church just east of the High School, we love to have students visit, even for just a snack and a short break from their school day! We welcome ALL students to visit Threads with a parent, counselor or teacher and encourage them to take what they need and in turn, donate items for others when possible.

Recycle/Reuse/Responsible

Open Thursdays from 9-3pm 406-249-5820

SCHOOL CALENDAR

2024-2025

Bigfork School District 38 2024-2025 Calendar

K-12 School Day: 8:00 am - 3:20 pm

August 26 & 27 - Teacher In-Service Days

September 2 - Labor Day - No School

September 23 - PIR - No school

October 31 - End of 1st Quarter

November 26 - End of 1st Trimester

January 24 - End of 1st Semester February 17 - PIR - No School March 7 - End of 2nd Trimester

April 4 - End of 3rd Quarter May 26 - Memorial Day

May 31 - High School Graduation

June 4 - 8th Grade Graduation

June 6 - Last Day of School - 1:30*

March 24 to 28 - Spring Break - No School

August 28 - First Day of School - Release 1:30 *

October 17 & 18 - MEA Convention - No School

November 1 - PIR - Parent Teacher Conference - No School

November 27, 28, 29 - Thanksgiving Break - No School December 23 - January 3 - Christmas Break - No School

Wednesday Late Start: 8:40 am - 3:20 pm

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November 2024

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Х	No School
*	First & Last Day of School - Release 1:30*
PIR	Teacher Work Day/No School
PTC	Parent Teacher Conference
EQ	End of Quarter
ET	End of Trimester
ES	End of Semester
Α	HS Athletics - Fall, Winter, Spring
@	MS Athletics - Fall, Winter, Spring

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April 2025							
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PO Box 188, 600 Commerce St. 406-837-7400 | Fax: 406-837-7407 www.bigforkschools.org

Bigfork School District #38