We invite you to the Class of 2019 graduation commencement, June 2, 2019 at 1:00 pm in the school gymnasium.
2019 Class Motto ~

No Matter where life takes me,
You’ll always find me with a smile.

Class Color~ Blue & Grey

Class Flower~ Red Rose

Logan Kuntz

Hannah Chambers

Jodi Leingang

Kaylee Heiser
Class of 2019

Wyatt Baseflug

Collin Kuntz

Gavin Wallace

Maylyn Naumann

Wyatt Kuhn

Elijah Vogle

Jesse Bjerken

Shawn Sattler

Preston Floberg
CONGRATULATIONS!

Seniors

It has been quite the privilege getting to know all of you and work with you as you are making important life decisions. Some of you have decided to go onto college or the military and some of you are ready to join the workforce. Either way, I hope you feel equipped to transition into the next phase of life. Just a reminder that I will be here for a few days after school dismisses, and I encourage you to call or stop in if you need assistance with anything.

Upon graduation, those of you attending college will need a final transcript sent to your university of choice. I can only send those out after grades have been posted. If you decide to attend a different college than what you indicated at the end of the school year, you will be responsible for calling or emailing me with your new transcript request. Also, if you qualify for the state scholarship you will be receiving an email that you must respond to in order for the funding to be released to your college.

2019 KQCD- TV Best of the Class Recipients

BAILEY PAULSON
LOGAN HOFF
ANNIKA BOBB

Juniors

I have just received your ACT scores so as we meet to discuss your next year’s schedule we will review those scores. Your ACT composite score may affect the classes you take as we want to make sure you take the courses that will help you qualify for the ND Academic/CTE scholarship.

Sophomores

The sophomores are scheduled to take the ACT Aspire assessment on May 8th. This assessment provides test score ranges that are similar to what they can expect to get on the ACT exam next spring. It will provide information on areas of strength and areas in need of improvement for the ACT. I anticipate the test results to arrive early next school year so I will go over those results next fall.

ALL 7-12 student schedules

All students have received a copy of their 2019-2020 schedule. If you would like to see your child’s schedule, please ask them or request a copy from me.
The junior high classes of Richardton-Taylor High School will be performing “Cinderella” on May 19th at 2:00 PM.

This production has a few changes from the original “Cinderella”. A major change is the fact that there are three stepsisters instead of two. Ava Bartz plays the title role of Cinderella. She works diligently in trying to help her stepmother, played by Evelyn Kuntz, and three stepsisters, played by Adreia Sanchez as Matilda, Alyssa Hoff as Griselda, and Kora Vogle as Frump. Of course there needs to be a fairy godmother to help Cinderella in her quest to go to the ball. This part is being portrayed by Emma Goetz. And what’s a fairytale without a Prince? Matthew Pretzer is playing the prince in this production. His trustworthy helpers to find his beloved include the Duke, played by Dylan Kessel, and the Prime Minister, played by Jaxon Lacher.

As the story goes, all of the ladies try to get the prince to choose them to dance and become his bride. Several members of the junior high have this job: Carissa Farpella and Chandra Farpella actually get to dance with the prince. But sadly enough, neither of them have the right answers to the riddles he asks them. Other ladies vying for the prince’s attention are Kendra Kaylor and Keira Kitzan. Of course there needs to be lords at the ball for some of the ladies to dance with. They include Adian Sanchez, Hunter Davison and the high school Drama class. The play is being student directed by Eden Bartz.

The cast and crew are excited to perform this fairytale for the community. Please, one and all come to see how these junior high students portray these timeless characters. All will be pleasing at what they see.

2019 R-THS Speech Team

Our season started with the team attended 12 meets. Within those meets, various students received state qualifications with their pieces. The following students were participants on this year’s team: Seniors – Elle Goetz and Kaylee Heiser; Juniors – Eden Bartz, Reece Biel, Jacob Christianson, Jack Johnson, Britton Paulson, Cheyden Paulson, and Tymber Schneider; Sophomore – Emily Palmer; Freshmen – Robert Bartz, Will Bartz, Katelynn Cabot, Brooklin Freeberg, Hadlee Gebhardt, Truman Hamburger, and Abby Lacher; 8th Graders – Carissa Farpella, Alyssa Hoff, Matthew Pretzer, and Adreia Sanchez; and 7th Graders – Hunter Davison, Emma Goetz, Evelyn Kuntz, Jaxon Lacher, and Aidan Sanchez.

The state qualifiers include: Elle Goetz in Serious Prose, Elle Goetz and Reece Biel in Serious Duo, Kaylee Heiser in Humorous Interp., Eden Bartz in Dramatic Interp. and Speech to Entertain, Reece Biel in Serious Prose, Jacob Christianson in Speech to Persuade and Impromptu, Jack Johnson in Humorous Interp. and Extemporaneous Programmed Reading, Britton Paulson in Radio, Cheyden Paulson in Speech to Inform and Serious Prose, Emily Palmer in Poetry Interp., Robert Bartz in Humorous, Robert Bartz and Will Bartz in Humorous Duo, Will Bartz and Abby Lacher in Serious Duo, Truman Hamburger in Extemp. Speaking and Impromptu, and Matthew Pretzer in Speech to Persuade. All of these students will be attending the state tournament on April 27th in Mandan.

The Region X tournament took place in Richardton on April 9th. Regional winners include Elle Goetz in Serious Prose, Elle Goetz and Reece Biel in Serious Duo, Eden Bartz in Dramatic, Cheyden Paulson in Speech to Inform, and Robert Bartz and Will Bartz in Humorous Duo. The R-THS team took first place at the tournament.

In addition to the regular season, eight students participated in the National Speech and Debate Association’s regional tournament held in Mandan on April 15th and 16th. There, the students do a number of preliminary rounds and then advance into the semi-final and final rounds. We are proud to announce the following students have won the opportunity to go to a national tournament this June in Dallas Texas: Eden Bartz in Dramatic, Cheyden Paulson in his Inform, Robert Bartz and Will Bartz in Humorous Duo, and Jacob Christianson in World Schools, which is a debate form of competition. With schools throughout North Dakota attending, the R-THS students brought home the first place trophy for sweepstakes. Congratulations to all who participated in NSDA!
Superintendent……Mr. Bautz

Construction Update

Area C is near completion, and we have been fully utilizing the art room, music room, and bathrooms. We have been slowly moving into the business/computer room and Technology Education area. It has been a slow process because the concrete block had to be resurfaced, due to poor product and craftsmanship. The resurfacing was the responsibility of the sub contractors and did not cost the district a dime.

The welding vent hoods and saw dust collection system have been installed in the shop area. Mr. Isaak’s tech classes will be building partitions for the welding tables, installing cabinets and countertops, and assist in moving equipment. Area C will be totally functional by the beginning of the next school year.

There are numerous punch list items that need to be completed before the project is closed out. We are looking at possibly paving the east parking lot and are exploring options for more parking in the south parking lot.
Superintendent… Mr. Bautz continued

Congratulations and Best of Luck to the Class of 2019!

Graduation: Greet the future with anticipation. Dream big and work hard. Remember your roots, manners, and the way home. -quotesgram.com

Always remember: You are Braver than you believe, Stronger than you seem, Smarter than you think, and Loved more than you know. -goodmorningquote.com

The 5 W’s of Life

Who you are is what makes you special. Don’t change for anyone.

What lies ahead will always be a mystery. Don’t be afraid to explore.

When life pushes you over, you push back harder.

Where there are choices to make, make the one you won’t regret.

Why things happen will never be certain. Take it in stride and move forward. -lifehack.org

“Surround yourself with the dreamers and the doers, the thinkers and the believers. But most of all surround yourself with those who see greatness in you, even when you don’t see it in yourself.”

-Dr. Seuss

Principals Corner Dr. Vogle & Mrs. Jung

It is hard to believe that May is already here, and the 2018-19 school year is winding down. We are so proud of our teachers and staff for their hard work this year. We are so grateful that they continually progress their skills in teaching the students. Please celebrate Teacher & Staff Appreciation May 6-10 by thanking teachers and staff for their dedication to your child’s education. We also want to thank many parents, parent groups and boosters for all the events they have assisted with and the support they have shown. Your hard work does not go unnoticed. Thank you.

NWEA testing has changed from April to May due to technology difficulties. A special thanks to Mr. Aluise for working with the state in resolving these issues. NWEA testing will take place May 13-17 and May 20-24.

You are invited to attend our 7-12 grade awards ceremony which will take place on May 23rd at 9:00 am in the Richardton Gym. We want to formally invite you to Graduation for the Raider Senior Class on June 2, 2019 at 1:00 pm. Please plan on attending to honor this class and their accomplishments throughout their years here at Richardton-Taylor. Our last day of school is May 29th. Please feel free to contact Dr. Vogle (Misti.Vogle@k12.nd.us) or Mrs. Jung (Jennifer.Jung1@k12.nd.us) at any time throughout the summer. We wish you an enjoyable break.
RTPS MAY MENU  (End-of-year menus are subject to change)

Breakfast
Wed, May 1- cereal, breakfast bar, fruit, juice, milk
Thurs., May 2- breakfast burritos, fruit, juice, milk
Fri., May 3- cereal, breakfast bar, fruit, juice, milk

Mon., May 6- cereal, breakfast bar, fruit, juice, milk
Tues., May 7- breakfast sandwich, fruit, juice, milk
Wed., May 8- french toast, sausage, fruit, juice, milk
Thurs., May 9- cereal, English muffin, fruit, juice, milk
Fri., May 10- No School

Mon., May 13- cereal, breakfast bar, fruit, juice, milk
Tues., May 14- breakfast sandwich, fruit, juice, milk
Wed., May 15- cereal, breakfast bar, fruit, juice, milk
Thurs., May 16- breakfast sandwich, juice, fruit, milk
Fri., May 17- cinnamon rolls, cereal, fruit, juice, milk

Mon., May 20- cereal, breakfast bar, fruit, juice, milk
Tues., May 21- breakfast sandwich, fruit, juice, milk
Wed., May 22- french toast, ham, fruit, juice, milk
Thurs., May 23- cereal, bagels, fruit, juice, milk
Fri., May 24- long johns, cereal, fruit, juice, milk

Mon., May 27- No School
Tues., May 28- breakfast bar, fruit, juice, milk
Wed., May 29- cooks choice, fruit, juice, milk

Lunch
Lasagna, breadsticks, corn, salad bar, fruit, milk
hot dogs, buns, coleslaw, potato salad, salad bar, milk
pulled pork sandwich, coleslaw, potato salad, fruit, salad bar, milk

sub, salad bar, fruit, milk
spaghetti, bread sticks, salad bar, fruit, milk
tacos, chips, cheese, refried beans, fruit, salad bar, milk
corn dogs, baked beans, french fries, salad bar, fruit, milk

Professional Development

sub, chips, cheese, salad bar, fruit, milk
sloppy joes, cheese, potatoes, fruit, juice, milk
mac & cheese, bread sticks, fruit, milk, salad bar
grilled hamburgers, french fries, salad bar, fruit, milk
knoephla soup, bread, salad bar, fruit, milk

chili crispitos, fruit, salad bar, milk
grilled hot dogs, baked beans, salad bar, fruit, milk
tacos, cheese, salad bar, fruit, milk
sub, chips, cheese, salad bar, fruit, milk
sloppy joes, cheese, buns, fruit, milk, salad bar

Memorial Day
cooks choice, salad bar, fruit, milk
cooks choice, salad bars, fruit, milk

Junior High Acalympics

The JH acalympics team from RTHS competed with local teams at Dickinson Middle School on Monday April 8th, 2019. The students that were on the RTHS team was: Caisen Dohrmann (7th grade), Alyssa Hoff (8th grade), Ava Messer (8th grade), Bailey Elkins (8th grade), Alayna Dressler (9th grade), Lila Jahner (9th grade). The Raider were coached by Rhonda Kuntz. RTHS performed very well during the preliminary written round and just missed qualifying for the top 3 team finals by a few points!! Good job Raiders and congratulations on your great performance.
Mr. Bohn’s Byline…..

The countdown is on, and there is still a lot to do before the end of the year. Testing is pretty well finished for the students at TRE. The 3rd grade students seemed more focused on the new North Dakota State Assessment, and we saw positive results overall. It is great to see that they are putting a lot of effort into the test.

I would like to thank the parents who filled out the survey during P-T conferences. Your feedback is important to us. The feedback can help us grow as a staff to benefit the students. We will continue to improve with your assistance and support! The winners of the pizza parties were the preschool and kindergarten classes with each having a 55% parent participation on the survey.

As we begin to wrap up this year, we split some of the classes into groups for next year. When we split the class, we use a team approach so that one or two people aren’t having to make the decision on their own. We use a process to split the class. We first look at them academically by giving them a 1, 2, or 3 depending on their present performance. We then split them by making sure that the numbers are as evenly split between the two groups as possible. We then look at a few other factors to make the groups the best we possibly can. Each group is then assigned a teacher. If you have questions about our process, please feel free to contact me.

The PAWS sponsored Spring Fling will be held Friday, May 3. Please come and enjoy the fun and company. It is a fun way to celebrate all the successes of the year. This is an event that many of the students look forward to so please bring them out for a fun evening. Supper begins at 5:30 pm with entertainment to follow. The theme this year is centered around sports so please wear your favorite team clothes.

Another event the students wait for all year is their field trip. Remember that a field trip is a privilege so if the students don’t meet the requirements set forth by their teacher, they will not be able to go on the field trip. The field trips are very educational and enjoyable. The purpose of the field trip is to extend the classroom academics, so our intent is to make it the best educational experience for all students. If a few students are constantly having to be monitored by the teacher, it takes away from the full educational experience of the field trip for the other students. The students are very aware of the expectations set forth for them by their teachers in their classrooms. These are the same expectations they have had all year so there are no surprises.

I would like to thank all the students, parents and staff for making this another successful year. It was nice to be able to stay in one building and work more closely with the students. I enjoyed being able to be with them during the guidance classes. It takes the efforts of all of us to create a dynamic learning environment at TRE. We strive to provide a strong, well-rounded education for the students. As always, please read through the newsletter so you don’t miss important information and dates. Remember that my door is always open for any celebrations or concerns, please come in and visit with me. Have a great May and summer!

PS: Just a quick reminder, students in grades 4-12 have to have a physical next fall in order to participate in sports.

Field Trips Scheduled
Kindergarten—Friday, May 17 (Bismarck Zoo)
Grade 1—Wednesday, May 22 (Bismarck Heritage Center)
Grades 3—Friday, May 24 (Medora)
Grades 2—Tuesday, May 28 (Enchanted Highway)
COMMUNITY CALENDAR ORDER FORM

Final Notice to Purchase 2019-2020 Calendars

PAWS will again sponsor a community calendar which includes birthdays of local community members as well as school events. In order to receive a PAWS community calendar, you MUST fill out the order form below and send it to Taylor-Richardton Elementary with your $6.00 payment. A limited quantity of calendars will be ordered so please take the time to order your calendar now.

All Taylor-Richardton community members are welcomed and encouraged to submit birthdays even if they don’t purchase a calendar at this time. Please include any corrections, deletions, or additions on the lines below and indicate on the end of each line if the info is a (C) correction, (D) deletion, or (A) addition.

Name __________________________ Birthday ___________________ C / D / A
Name __________________________ Birthday ___________________
Name __________________________ Birthday ___________________
Name __________________________ Birthday ___________________

The cost of the calendar is $6.00. Please make checks payable to Taylor-Richardton Elementary School. Send your payment and order to:

Taylor-Richardton Elementary
PO Box 157
Taylor, ND  58656

Number of calendars ________ @ $6.00 each.  Amount enclosed $__________

Ordered by ________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Keep this portion for your records:

Number of Calendars Ordered ______  Date Paid ____________  Paid by  Cash _____ or Check #__________
## TRE MAY MENU  (End-of-year menus are subject to change)

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 29 – May 3</td>
<td>cereal, granola bar, fruit, juice, milk</td>
<td>sausage, noodles, vegetables, muffin, fruit, milk</td>
</tr>
<tr>
<td>Monday</td>
<td>cereal, granola bar, fruit, juice, milk</td>
<td>sausage, noodles, vegetables, muffin, fruit, milk</td>
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<tr>
<td>Tuesday</td>
<td>yogurt parfait, toast, juice, milk</td>
<td>ham wrap, lettuce, cheese, chips, fruit, milk</td>
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<tr>
<td>Wednesday</td>
<td>ham &amp; cheese biscuit, fruit, juice, milk</td>
<td>cream chicken, mashed potatoes, mixed veggies, apple crisp, milk</td>
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<tr>
<td>Thursday</td>
<td>pancake, sausage, fruit, juice, milk</td>
<td>sloppy joes, French fries, baked beans, ½ orange, milk</td>
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<tr>
<td>Friday</td>
<td>egg omelet, toast, fruit, juice, milk</td>
<td>pizza, lettuce salad, pluots, cookie, milk</td>
</tr>
<tr>
<td>May 6-10</td>
<td>cereal, granola bar, fruit, juice, milk</td>
<td>super nachos, California veggies, bubble bread, ½ apple, milk</td>
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<tr>
<td>Monday</td>
<td>cereal, granola bar, fruit, juice, milk</td>
<td>super nachos, California veggies, bubble bread, ½ apple, milk</td>
</tr>
<tr>
<td>Tuesday</td>
<td>long john, fruit, juice, milk</td>
<td>chicken wrap w/lettuce &amp; cheese, veggie blend, mandarin oranges</td>
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<tr>
<td>Wednesday</td>
<td>cinnamon roll, fruit, juice, milk</td>
<td>hamburger macaroni hot dish, corn, bubble bread, banana, milk</td>
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<tr>
<td>Thursday</td>
<td>cereal, yogurt, fruit, juice, milk</td>
<td>Sun butter and jelly sandwich, cheese sticks, Cheetos, raisins, milk</td>
</tr>
<tr>
<td>Friday</td>
<td>no school</td>
<td>Professional Development Day</td>
</tr>
<tr>
<td>May 13-17</td>
<td>cereal, granola bar, fruit, juice, milk</td>
<td>cheese burger, baked beans, coleslaw, fruit, milk</td>
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<tr>
<td>Monday</td>
<td>cereal, granola bar, fruit, juice, milk</td>
<td>cheese burger, baked beans, coleslaw, fruit, milk</td>
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<tr>
<td>Tuesday</td>
<td>waffle, ham patty, fruit, juice, milk</td>
<td>tacos w/lettuce &amp; cheese, black beans, carroteenies, milk</td>
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<tr>
<td>Wednesday</td>
<td>egg omelet, toast, fruit, juice, milk</td>
<td>spaghetti w/meat sauce, peas &amp; carrots, breadsticks, Jell-O w/fruit</td>
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<tr>
<td>Thursday</td>
<td>cereal, muffin, fruit, juice, milk</td>
<td>chicken strips (gr K-1) orange chicken (gr 2-3), rice pilaf, veggies, milk</td>
</tr>
<tr>
<td>Friday</td>
<td>egg omelet, toast, fruit, juice, milk</td>
<td>fish sticks (gr K-1) chicken burger (gr 2-3), French fries, veggies, milk</td>
</tr>
<tr>
<td>May 20-24</td>
<td>cereal, mini bagel, fruit, juice, milk</td>
<td>fish sticks (gr K-1) chicken burger (gr 2-3), French fries, veggies, milk</td>
</tr>
<tr>
<td>Monday</td>
<td>cereal, mini bagel, fruit, juice, milk</td>
<td>fish sticks (gr K-1) chicken burger (gr 2-3), French fries, veggies, milk</td>
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<tr>
<td>Tuesday</td>
<td>scrambled eggs, sausage, fruit, juice, milk</td>
<td>chicken hot dish, muffin, veggies, ½ orange, milk</td>
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<tr>
<td>Wednesday</td>
<td>caramel roll, fruit, juice, milk</td>
<td>chicken hot dish, muffin, veggies, ½ orange, milk</td>
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<tr>
<td>Thursday</td>
<td>cereal, banana bread, fruit, juice, milk</td>
<td>chicken hot dish, muffin, veggies, ½ orange, milk</td>
</tr>
<tr>
<td>Friday</td>
<td>pancake on a stick, fruit, juice, milk</td>
<td>chicken hot dish, muffin, veggies, ½ orange, milk</td>
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<tr>
<td>May 27-29</td>
<td>no school</td>
<td>chicken hot dish, muffin, veggies, ½ orange, milk</td>
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<tr>
<td>Monday</td>
<td>cereal, toast, fruit, juice, milk</td>
<td>pulled pork sandwich, oven fried potatoes, veggie blend, applesauce</td>
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<tr>
<td>Tuesday</td>
<td>cereal, toast, fruit, juice, milk</td>
<td>pulled pork sandwich, oven fried potatoes, veggie blend, applesauce</td>
</tr>
<tr>
<td>Wednesday</td>
<td>long john, yogurt, fruit, juice, milk</td>
<td>pulled pork sandwich, oven fried potatoes, veggie blend, applesauce</td>
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<td>pulled pork sandwich, oven fried potatoes, veggie blend, applesauce</td>
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<td>pulled pork sandwich, oven fried potatoes, veggie blend, applesauce</td>
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<tr>
<td></td>
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<td>pulled pork sandwich, oven fried potatoes, veggie blend, applesauce</td>
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</tbody>
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Memorial Day

Memorial Day
PAWS Annual Spring Fling

Friday, May 3, 2019

“All Star” Sports

Please wear your favorite sports apparel

Supper - 5:30 p.m.

Games - 6:00 to 7:00 p.m.

Dance - 7:00 to 8:00 p.m.

Music by Curt Olson, D.J.

Next PAWS meeting June 19th at TRE, 6:15 p.m.
Second grades visit the Richardton Health Center

Kindergarten Graduation
Tuesday, May 28th
1:30 p.m. at TRE

Last day for preschool—Wednesday, May 15th
Last day for students grades K-12—Wednesday, May 29th
Screentime Is Making Kids Moody, Crazy and Lazy

6 Ways electronic screen time makes kids angry, depressed and unmotivated.

Posted Aug 18, 2015, Psychologytoday.com, Victoria L. Dunckley M.D.

Children or teens who are “revved up” and prone to rages or—alternatively—who are depressed and apathetic have become disturbingly commonplace. Chronically irritable children are often in a state of abnormally high arousal, and may seem “wired and tired.” That is, they’re agitated but exhausted. Because chronically high arousal levels impact memory and the ability to relate, these kids are also likely to struggle academically and socially.

At some point, a child with these symptoms may be given a mental-health diagnosis such as major depression, bipolar disorder, or ADHD, and offered corresponding treatments, including therapy and medication. But often these treatments don’t work very well, and the downward spiral continues.

What’s happening?

Both parents and clinicians may be “barking up the wrong tree.” That is, they’re trying to treat what looks like a textbook case of mental disorder, but failing to rule out and address the most common environmental cause of such symptoms—everyday use of electronics.

Time and again, I’ve realized that regardless of whether there exists any “true” underlying diagnoses, successfully treating a child with mood dysregulation today requires methodically eliminating all electronics use for several weeks—an “electronics fast”—to allow the nervous system to “reset.”

If done correctly, this intervention can produce deeper sleep, a brighter and more even mood, better focus and organization, and an increase in physical activity. The ability to tolerate stress improves, so meltdowns diminish in both frequency and severity. The child begins to enjoy the things they used to, is more drawn to nature, and imaginary or creative play returns. In teens and young adults, an increase in self-directed behavior is observed—the exact opposite of apathy and hopelessness.

It’s a beautiful thing.

At the same time, the electronic fast reduces or eliminates the need for medication while rendering other treatments more effective. Improved sleep, more exercise, and more face-to-face contact with others compound the benefits—an upward spiral! After the fast, once the brain is reset, the parent can carefully determine how much if any electronics use the child can tolerate without symptoms returning.

But why is the electronic fast intervention so effective? Because it reverses much of the physiological dysfunction produced by daily screen time.

Children’s brains are much more sensitive to electronics use than most of us realize. In fact, contrary to popular belief, it doesn’t take much electronic stimulation to throw a sensitive and still-developing brain off track. Also, many parents mistakenly believe that interactive screen-time—Internet or social media use, texting, emailing, and gaming—isn’t harmful, especially compared to passive screen time like watching TV. In fact, interactive screen time is more likely to cause sleep, mood, and cognitive issues, because it’s more likely to cause hyperarousal and compulsive use.
Here’s a look at six physiological mechanisms that explain electronics’ tendency to produce mood disturbance:

1. **Screen time disrupts sleep and desynchronizes the body clock.**

   Because light from screen devices mimics daytime, it suppresses melatonin, a sleep signal released by darkness. Just minutes of screen stimulation can delay melatonin release by several hours and desynchronize the body clock. Once the body clock is disrupted, all sorts of other unhealthy reactions occur, such as hormone imbalance and brain inflammation. Plus, high arousal doesn’t permit deep sleep, and deep sleep is how we heal.

2. **Screen time desensitizes the brain’s reward system.**

   Many children are “hooked” on electronics, and in fact gaming releases so much dopamine—the “feel-good” chemical—that on a brain scan it looks the same as cocaine use. But when reward pathways are overused, they become less sensitive, and more and more stimulation is needed to experience pleasure. Meanwhile, dopamine is also critical for focus and motivation, so needless to say, even small changes in dopamine sensitivity can wreak havoc on how well a child feels and functions.

3. **Screen time produces “light-at-night.”**

   Light-at-night from electronics has been linked to depression and even suicide risk in numerous studies. In fact, animal studies show that exposure to screen-based light before or during sleep causes depression, even when the animal isn’t looking at the screen. Sometimes parents are reluctant to restrict electronics use in a child’s bedroom because they worry the child will enter a state of despair—but in fact removing light-at-night is protective.

4. **Screen time induces stress reactions.**

   Both acute stress (fight-or-flight) and chronic stress produce changes in brain chemistry and hormones that can increase irritability. Indeed, cortisol, the chronic stress hormone, seems to be both a cause and an effect of depression—creating a vicious cycle. Additionally, both hyperarousal and addiction pathways suppress the brain’s frontal lobe, the area where mood regulation actually takes place.

5. **Screen time overloads the sensory system, fractures attention, and depletes mental reserves.**

   Experts say that what’s often behind explosive and aggressive behavior is poor focus. When attention suffers, so does the ability to process one’s internal and external environment, so little demands become big ones. By depleting mental energy with high visual and cognitive input, screen time contributes to low reserves. One way to temporarily “boost” depleted reserves is to become angry, so meltdowns actually become a coping mechanism.

6. **Screen-time reduces physical activity levels and exposure to “green time.”**

   Research shows that time outdoors, especially interacting with nature, can restore attention, lower stress, and reduce aggression. Thus, time spent with electronics reduces exposure to natural mood enhancers.

   *In today’s world, it may seem crazy to restrict electronics so drastically. But when kids are struggling, we’re not doing them any favors by leaving electronics in place and hoping they can wind down by using electronics in "moderation." It just doesn’t work. In contrast, by allowing the nervous system to return to a more natural state with a strict fast, we can take the first step in helping a child become calmer, stronger, and happier.*

   *For more on this topic, check out my new book, Reset Your Child’s Brain: A Four Week Plan to End Meltdowns, Raise Grades and Boost Social Skills by Reversing the Effects of Electronic Screen Time.*
Movie Night in the Park!

Consolidated’s 2019 Summer Series

Wednesday, July 10th – Mott Legion Park
6:00 pm  Burgers & Brats by Fire Dept. & Concessions by local group
8:00 pm  Columbia Pictures Smurfs: The Lost Village

Wednesday, July 17th – Dunn Center Park
6:00 pm  Concessions by Dunn County Historical Society
8:00 pm  Columbia Pictures Planet 51

Wednesday, July 24th – Gladstone City Park
6:00 pm  Concessions by Fire Dept. and Ladies Auxiliary
8:00 pm  Warner Bros. Smallfoot

Wednesday, July 31st – South Heart Lions Pavilion
6:00 pm  Concessions by South Heart Lions Club and South Heart High School
8:00 pm  Columbia Pictures Hotel Transylvania

Wed., August 7th – Richardton High School Football Field
6:00 pm  Concessions by Richardton/Taylor High School
8:00 pm  Disney’s Ralph Breaks the Internet

Wednesday, August 14th – Bowman City Park
5:00 - 7:30 pm  Burgers in the Park served by Bowman Parks & Recreation/Empowering Leaders
8:00 pm  Disney’s Bolt

Save the dates on your calendar!
Join Consolidated for family fun this summer!
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<th>Sun</th>
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<td>Varsity Track @ Underwood – 2:00</td>
<td>JH track @ Killdeer</td>
<td>State Music @ Bismarck</td>
<td>Varsity track- Bowman-10:30</td>
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<td>4-6 grade Concert- 7:00 pm @ Rt</td>
<td>Spring Fling-TRE Supper starts @ 5:30</td>
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<td>V Track @ Bowman Gr. 12-Stark County Commissioners Meeting-Dickinson</td>
<td>10 gr.-Act Aspire test-8:30</td>
<td>Varsity track @ BAC Dickinson- 9:30</td>
<td>No School Professional Development Day Band Night Varsity track @ Shilo- 6:00 pm</td>
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<td>Varsity track @ BAC</td>
<td>Preschool-Last Day</td>
<td>Pops Concert @ RT -7:00</td>
<td>K-Field Trip Bismarck</td>
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<td>Varsity track @ Bowman- Regionals-10:30</td>
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<td>Jr. Play-7:00pm RT</td>
<td>2:00pm Consolidated meeting-in Gym</td>
<td>5th gr. Field Trip- Beulah 1st gr. Field trip to Bismarck</td>
<td>6th gr. Field trip-Red Trail 7-12 gr. Awards program 9:00 am</td>
<td>6th gr. Field trip- Bismarck 4th gr. Field trip Mandan 3rd gr. Field trip to Mandan State Track Bismarck</td>
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<td>2nd gr. Field trip- Enchanted Highway Kindergarten Graduation-1:30 TRE</td>
<td>Last Day of School</td>
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BOXHOLDER

We're on the web
www.richardton-taylor.k12.nd.us

CLASS OF
2019
Congratulations