

# Solheim Cougar Tracks Newsletter

January 2023



## Important Dates:

### January 2023

Jan 2 – Mon, NO SCHOOL

Jan 10 – Tues, PTO Meeting 6:30,  
Solheim Library

Jan 16 & Jan 17 – NO SCHOOL (Martin  
Luther King Day & Teacher Professional  
Development Day)

Jan 20 – Fri, Family Fitness Night hosted  
by PTO

Jan 26 – Thur, 4<sup>th</sup> Grade Music Program,  
7pm @ Solheim

January 26 – Wachter Middle School,  
Incoming 6<sup>th</sup> Grade Parent Meeting

## Life skills for January:

- Organization: To plan, arrange, and implement in an orderly way; to keep things orderly and ready to use

January is National Mentoring Month

Solheim Cougars are PAWSitively  
Respectful, Responsible, Safe & Kind



## Family Fit Night – Save the Date!



Kindergarten Registration will open February 1 – information to be posted by BPS soon!



February “Spring” Parent Teacher Conferences – more info to come soon!  
will open February 1 – more info to come soon!



## ART MINIONS CLUB -



Art from the Heart offers an Art Minions after-school club at Solheim every Tuesday afterschool. You must register to attend. Limited availability. Please click the link below to register with Art From the Heart for the month of January.

<https://fb.me/e/2ihWY7mvG?mibextid=N4tvPT>

## 4<sup>th</sup> & 5<sup>th</sup> Grade Children's Choir Opportunity -



The BHS/Wachter Choral Department invites your child to participate in the 4th & 5th Grade Children's Choir. This choral experience is an excellent opportunity for students to develop their musical skills and have the enjoyment of singing with other students. Your child will be able to meet students from different feeder elementary schools of Wachter Middle School/Bismarck High School. Through this experience, students may develop long-lasting relationships which will extend into middle school and beyond. The director of the Wachter Middle School/ Bismarck High School Feeder Elementary School Children's Choir is Mrs. Alyssa Peterson.

Rehearsals will be held in the choir room at Wachter Middle School from 4:00 to 5:00pm on Thursdays, beginning Thursday, January 19. We have an extra rehearsal on Monday, March 6th from 4:00-5:00. Our final rehearsal on Thursday, March 9th, will be at BHS in the auditorium from 4:00-5:00. The children's choir experience will end on Thursday, March 9th, with a concert in the auditorium at BHS. The concert will be with the 7th grade choir from Wachter. The participation fee for this choir is \$20. Register online <https://www.bhschoir.org/bhs-children-s-choir> by Jan 13th. Each singer will receive a t-shirt that will be worn at the concert. Checks should be made payable to Bismarck High School Choir.

If you have any further questions or would prefer to enroll your child by phone or email, please contact Alyssa Peterson at 701-391-0011, or email [alyssa\\_peterson@bismarckschools.org](mailto:alyssa_peterson@bismarckschools.org).