

From the Superintendent's Desk

Hello, I hope that your summer is going well! It is hard to believe that school is right around the corner. Every summer we transition to the adventure of a new school year. July is a month when the buildings are quiet, however we are busy preparing the schools for the new year, which allows our students and staff to have everything they need to be successful when they enter.

Each year we have changes, and this year is no different. I would like to introduce to you our new teachers and their subject/ grade levels. In the High School, Kyla Grandy will be our new Business Teacher and Isaiah Steinwand will be teaching High School Physical Education. In Elementary School, Katie Dufner will be teaching First Grade, Brittany Hanenberg Second Grade, Ashley Burckhard Third Grade, Brook Nelson Fourth Grade, and Anthony Schreier will be our new Music Teacher. I am excited to welcome these new teachers into our district as I know they will work hard to help our students succeed in the coming months!

The other change that I must address is that we have had to raise our lunch prices. All families are encouraged to fill out Free and Reduced Lunch forms to help with costs. If you do not qualify for the Free and Reduced Lunch Program our prices for our meals are as follows:

\$1.75 for Breakfast for All Students

\$2.00 Lunch Students in Kindergarten through 6th Grade

\$ 2.25 Lunch Students in 7th Grade through 12th Grade

\$1.00 For Second helpings for All Students

When looking at gearing up and preparing for what we as parents need to provide for our children to start the school year, we will again be providing all the school supplies for the students in grades Pre-K through 6th Grade. We do ask, however, that you please provide your child with a pair of non-marking gym shoes and a backpack. For students in grades 7 through 12 we ask that they have a notebook for each class, gym shoes if they are taking P. E., and pens and pencils as they begin the school year.

Finally, I will say that I am beyond excited to see the students again! I know that this year will be another successful one for Laker Nation, and I look forward to seeing the accomplishments that will follow everyone's hard work!

Sincerely,

Christopher N. Bachmeier

Des Lacs – Burlington Superintendent of Schools

**** ALL REGISTRATION IS ON-LINE**

Go to www.dbhs.united.k12.nd.us

Select Returning student enrollment for current students

Select NEW Student enrollment for students new to our district

Please get all registration finished before July 31st.

Call either school with questions:

Burlington 839-7135

Des Lacs 725-4334

OPEN HOUSE

PK-6th Grade (Burlington)

Last name begins with A-M 5:30-6:15 p.m.

Last Name begins with N-Z 6:15-7:00 p.m.

August 14, 2023

7th -12th Grade and NEW Students (Des Lacs)

7th Grade and New Students Should attend for sure.

August 15, 2023

5:30 p.m. Go to the new gym

**** MUST HAVE UPDATED IMMUNIZATION RECORDS, WHICH YOU CAN
UPLOAD DURING REGISTRATION OR BRING IT TO EITHER SCHOOL (See
immunization requirement sheet on the next page)**

School Immunization Requirements

Vaccine Type	Number of Required Doses		
	Kindergarten-6	Grades 7-10	Grade 11-12
DTaP/DTP/DT/Tdap/Td*	5	5	5
Hepatitis B	3	3	3
IPV/OPV[‡]	4	4	4
MMR	2	2	2
Varicella (Chickenpox)[†]	2	2	2
Meningococcal[¶]	0	1	2
Tdap[⊖]	0	1	1

- * One dose of DTaP (pediatric diphtheria, tetanus, and acellular pertussis) vaccine must have been given on or after the fourth birthday. Only four doses are necessary if the fourth dose was administered on or after the fourth birthday. Three doses of Tdap (adolescent/adult tetanus, diphtheria, and acellular pertussis)/Td are required for children ages seven or older who were not previously vaccinated. Tdap should be used as the first dose followed by two doses of Td for children age seven or older not previously vaccinated.
- † For polio vaccination, in an all-IPV or all-OPV schedule: one dose must have been given on or after the fourth birthday. The final dose in the series should be administered on or after the fourth birthday and at least six months after the previous dose. If four doses are administered prior to age four, a fifth dose should be administered on or after age four. Only three doses of IPV are required if the third dose is given on or after the fourth birthday. Children born before August 2005 only need four doses separated by at least four weeks. These children do not need a dose after the age of four.
- ‡ Any doses of OPV administered after April 1, 2016, should not be counted as valid, because it was bivalent or monovalent vaccine, rather than trivalent. The child should be revaccinated with IPV vaccine, accordingly. A person may require additional/replacement doses of IPV, if part of their vaccination history includes receipt of OPV.
- ¶ One dose of meningococcal conjugate vaccine (MCV4) must have been given on or after the tenth birthday. The second dose of MCV4 must be given on or after the sixteenth birthday. If the first dose of MCV4 is given after the sixteenth birthday, then only one dose of MCV4 is required for eleventh and twelfth grade.
- ⊖ One dose of Tdap must have been given on or after the eleventh birthday.

Exemptions

Students may be exempt from immunization requirements for the following reasons:

- **Medical Exemption:** Requires a certificate signed by a licensed physician stating that the physical condition of the child is such that immunization would endanger the life or health of the child.
- **Personal Belief or Religious Belief Exemption:** Requires a certificate signed by the parent or guardian whose sincerely held philosophical, moral or religious belief is opposed to such immunization.
- **History of Disease Exemption:** Requires a certificate signed by a physician stating that the child has a reliable history of disease. History of disease exemptions may only be claimed for hepatitis B, varicella, measles, mumps, or rubella.

Exclusion

- All children must be up-to-date according to the school immunization requirements or have claimed an exemption by **October 1st** of each school year or they must be excluded from school. Children enrolling in school after October 1st have 30 days to be up-to-date or claim an exemption or they must be excluded from school.

UNITED SCHOOL DISTRICT #7
DES LACS-BURLINGTON HIGH SCHOOL
2023-2024 CALENDAR

Beginning June 16, 2023	PK-12 th Grade Registration Online.
August 1, 2023	First day of Girls' Golf
August 3, 2023	First Day of HS football practice
August 14, 2023	First Day of Cross Country
August 14, 2023	First Day of HS VB Practice
August 14, 2023	Pk-6 th Open House @ Burlington 5:30-7:00
	Last names A-M 5:30-6:15; Letters N-Z 6:15-7:00
August 15, 2023	7 th -12 th Grade Open House @ DL 5:30 p.m.
	Important for 7 th grade and new students
August 14 & 15, 2023	Teacher In-service
August 16, 2023	First Day of School
September 4, 2023	No School-Labor Day
September 29, 2023	No School-Professional Development Day
October 11, 2023	No School- Professional Development Day
October 19 & 20, 2023	No School- NDU Convention
October 16, 2023	Parent-Teacher Conferences: 4:00-6:00 p.m.
October 17, 2023	Parent-Teacher Conferences: 4:00-7:00 p.m.
November 10, 2023	No School-Veteran's Day
November 14 & 15, 2023	Parent-Teacher Conferences in DL: 4:00-6:30 p.m.
November 23 & 24, 2023	No School- Thanksgiving Vacation
December 22, 2023	Christmas Vacation Begins
January 3, 2024	School Resumes
January 15, 2024	No School- MLK Day
February 16, 2024	No School- State Wrestling
February 19, 2024	No School-Professional Development Day
March 13,14 & 15, 2024	No School-Spring Break
March 29-April 1, 2024	No School- Easter Break
April 12, 2024	No School- Professional Development Day
May 16, 2024	Last Day of School
May 19, 2024	Graduation Ceremony 2:00 p.m.

Quarter grading periods will end as follows:

1 st Nine Weeks	October 13	40 Days
2 nd Nine Weeks	December 21	44 Days
3 rd Nine Weeks	March 12	47 Days
4 th Nine Weeks	May 16	<u>41 Days</u>

2023-2024 CALENDAR OF EVENTS

6/16/2023	PK-12th Grade Registration Online
8/1/2023	First Day of Girls Golf Practice
8/3/2023	First Day of HS Football Practice
8/6/2023	East/West Girls Golf @ Medora
8/7/2023	East/West Girls Golf @ Medora
8/14/2023	Girls Golf @ Wildwood @ 9:00
8/14/2023	First Day of Cross Country
8/14/2023	First Day of HS Volleyball Practice
8/14/2023	Pk-6th Open House @ Burlington 5:30-7:00
8/14/2023	Last names A-M 5:30-6:15
8/14/2023	Last names N-Z 6:15-7:00
8/14/2023	Teacher In-service
8/15/2023	7-12 Grade Open House @ DesLacs 5:30 pm
8/15/2023	Teacher In-service
8/16/2023	First Day of School
8/18/2023	Football @ Trinity 6:00 (Mountain Time)
8/21/2023	JH Girls Golf@ Wildwood 9:00
8/21/2023	JVFB @ Velva 5:00
8/25/2023	Football vs Minot North 7:00
8/28/2023	Girls Golf @ Wildwood @ 9:00
8/29/2023	VB @ Kenmare 5:00
8/29/2023	5th/6th GBB vs Surrey 4:15/5:15
8/29/2023	JHVB vs Surrey 4:00/5:00
8/31/2023	JHVB @ Nedrose 4:00/5:00
8/31/2023	VB vs Garrison 5:00
9/1/2023	Girls Golf @ Bismarck 10:00
9/1/2023	Football vs Velva 7:00
9/4/2023	No School Labor Day
9/5/2023	5th/6th GBB vs MLS 4:15/5:15
9/5/2023	JHVB @ Berthold 4:00/5:00
9/7/2023	Girls Golf DLB 10:00 NW Conference
9/7/2023	VB vs Rugby
9/7/2023	JHFB @ Velva 5:00
9/7/2023	JHVB vs Velva 4:00/5:00
9/7/2023	5th/6th GBB vs Berthold 4:14/5:15
9/8/2023	Football @ Kenmare
9/9/2023	8th Gr. VB @ ORCS Tournament
9/9/2023	VB @ Central Cass Tournament
9/9/2023	6th Gr. GBB @ Berthold Tourn.
9/10/2023	Homecoming Week
9/11/2023	JHFB vs. Kenmare 5:00
9/11/2023	JVFB vs. Rugby 6:30
9/11/2023	JHVB @ Glenburn 4:00/5:00
9/12/2023	Cross Country Stanley 12:00 NW Conf.
9/12/2023	5th/6th GBB @ Velva 4:00/5:00
9/12/2023	VB @ Ray 5:00
9/14/2023	JHFB @ Rugby 5:00

9/14/2023	VB @ Berthold
9/15/2023	Football vs. Nedrose 7:00
9/15/2023	Region Girls Golf @ Wildwood
9/16/2023	7th Gr. VB @ ORCS Tourn.
9/16/2023	C/JV VB @ South Prairie Tourn.
9/18/2023	Cross Country @ Wildwood 4:00
9/18/2023	JHFB @ Nedrose 5:00
9/18/2023	JVFB @ Nedrose 6:30
9/18/2023	JHVB @ Velva 4:00/5:00
9/19/2023	5th/6th GBB @ Surrey 4:00/5:00
9/19/2023	JHVB vs ORCS 4:00/5:00
9/19/2023	VB @ Glenburn 6:00/7:00
9/19/2023	Region Girls Golf @ Wildwood 10:00
9/21/2023	5th/6th GBB vs Velva 4:15/5:15
9/21/2023	VB vs. South Prairie (Parents Night)
9/22/2023	Football @ South Prairie
9/23/2023	C Squad VB @ Kenmare Tourn.
9/23/2023	7th Gr. VB Tournament @ DesLacs
9/23/2023	5th Gr. GBB @ MLS Tournament
9/25/2023	JHFB vs South Prairie 5:00
9/25/2023	JVFB vs South Prairie 6:30
9/25/2023	State Girls Golf
9/26/2023	State Girls Golf
9/26/2023	VB @ ORCS
9/26/2023	Cross Country @ Kenmare
9/26/2023	5th/6th GBB @ Berthold
9/28/2023	5th/6th GBB @ MLS 4:00/5:00
9/28/2023	JHVB vs Bishop Ryan 4:00/5:00
9/28/2023	Football vs Bishop Ryan (Parents night)
9/29/2023	Laker VB Invite
9/29/2023	No School Professional Dev. Day
9/30/2023	Laker VB Invite
10/2/2023	5th/6th GBB vs NSP 4:15/5:15
10/2/2023	JHFB @ Bottineau 5:00
10/3/2023	5th/6th GBB vs MLS 4:15/5:15
10/3/2023	VB @ Bishop Ryan
10/3/2023	JHVB vs Berthold 4:00/5:00
10/5/2023	VB vs Surrey
10/6/2023	Football @ Ray/Powers Lake
10/6/2023	JHVB @ ORCS 4:00/5:00
10/6/2023	Blood Drive @ DLBHS
10/7/2023	NW Conference VB @ Stanley 9:00
10/7/2023	JVVB Tournament @ ORCS
10/7/2023	8th Gr. VB @ Berthold Tournament
10/9/2023	JHFB vs Ray/Powers Lake 5:00
10/10/2023	VB vs MLS
10/10/2023	College Application Day 12:15-1:15

10/11/2023	No School Professional Dev. Day
10/12/2023	JHFB @ Washburn 6:00
10/12/2023	VB vs TGU
10/13/2023	Football vs Stanley
10/16/2023	VB vs Bottineau
10/16/2023	Elementary Parent-Teacher Conferences: 4:00-6:00 pm
10/17/2023	Elementary Parent-Teacher Conferences: 4:00-7:00 pm
10/19/2023	VB @ Velva 5:00
10/19/2023	No School NDU Convention
10/20/2023	No School NDU Convention
10/26/2023	District Volleyball
10/27/2023	District Volleyball
10/27/2023	State B Cross Country
10/30/2023	District Volleyball Finals
11/2/2023	JHGBB vs South Prairie 4:00/5:00
11/6/2023	Begin Wrestling
11/6/2023	JHGBB vs Bishop Ryan 4:00/5:00
11/6/2023	Region Volleyball
11/7/2023	Region Volleyball
11/9/2023	Region Volleyball
11/10/2023	No School Veteran's Day
11/13/2023	Begin Girls Basketball
11/13/2023	Begin Girls Hockey
11/13/2023	JHGBB vs Rugby
11/14/2023	JHGBB @ Nedrose 4:00/5:00
11/14/2023	HS Parent Teacher Conf. in DL 4:00-6:30
11/15/2023	HS Parent Teacher Conf. in DL 4:00-6:30
11/16/2023	JHGBB @ Velva 4:00/5:00
11/16/2023	State Volleyball Tourn.
11/17/2023	State Volleyball Tourn.
11/17/2023	State Volleyball Tourn.
11/17/2023	JH Wrestling @ Minot
11/18/2023	7th Gr. GBB @ Glenburn Tourn.
11/18/2023	Boys/Girls Wrestling @ Minot
11/21/2023	JHGBB @ Stanley 4:30
11/23/2023	No School Thanksgiving Vacation
11/24/2023	No School Thanksgiving Vacation
11/27/2023	Begin Boys Basketball
11/27/2023	JHGBB vs Stanley
11/28/2023	JH Wrestling @ Jim Hill
11/28/2023	GBB @ Beulah 4:00/5:30/7:00*
11/30/2023	8th Gr. GBB @ Nedrose Tournament
12/1/2023	GBB vs Killdeer 5:45/7:15
12/2/2023	8th Gr. GBB @ Nedrose Tournament
12/2/2023	Wrestling @ Jamestown Boys/Girls
12/5/2023	JHGBB @ ORCS 4:00/5:00
12/5/2023	GBB vs Minot North 4:30/6:00

12/7/2023	Wrestling dual vs Stanley
12/8/2023	JHGBB @ Bishop Ryan 4:00/5:00
12/8/2023	BBB @ Killdeer 3:30/5:00/6:30 MT
12/8/2023	Wrestling @ Kenmare Tournament
12/9/2023	BBB vs Velva
12/9/2023	Girls Wrestling @ Grand Forks
12/9/2023	JV Wrestling @ Stanley
12/12/2023	GBB/BBB @ Watford City 4:15/5:45/7:30
12/12/2023	JHGBB vs Surrey 4:00/5:00
12/14/2023	Wrestling Tri home DLB
12/14/2023	JHGBB vs Velva 4:00/5:00
12/14/2023	GBB @ Hazen 5:30/7:00
12/15/2023	GBB/BBB vs Standing Rock 3:00
12/16/2023	BBB @ Hazen 1:00/2:30/4:00
12/16/2023	Girls Wrestling @ Ashley
12/19/2023	JHGBB @ Bottineau 4:30/5:30
12/19/2023	GBB/BBB @ Shiloh
12/21/2023	BBB vs Trinity 4:15
12/21/2023	GBB @ Trinity 4:00/5:30 MT
12/21/2023	DLB Wrestling Tournament Duals
12/22/2023	Christmas Vacation Begins
12/27/2023	GBB @ Auditorium TGU
12/28/2023	Girls Wrestling @ Rumble on the Red
12/29/2023	BBB @ Dome vs Thompson
1/3/2024	School Resumes
1/4/2024	Wrestling Tri@Tioga
1/4/2024	BBB vs Beulah
1/5/2024	Wrestling at Central Cass Girls/Boys
1/6/2024	Wrestling @ Central Cass
1/6/2024	BBB/GBB vs Nedrose
1/9/2024	BBB/GBB vs Bishop Ryan
1/11/2024	GBB vs Central McClean 4:30/6:00
1/12/2024	Wrestling @ Rugby Tournament
1/13/2024	Wrestling @ Rugby Tournament
1/13/2024	BBB @ MLS 3:00/4:30/6:00
1/13/2024	Girls Wrestling@ MHS
1/13/2024	JH/JV State Wrestling @Carrington
1/15/2024	No School - MLK Day
1/16/2024	GBB vs Bottineau 4:30/6:00
1/16/2024	JHBBB @ Kenmare 4:00/5:00
1/18/2024	Wrestling Tri @ Kenmare
1/18/2024	JHBBB vs Rugby 4:00/5:00
1/19/2024	GBB @:Nedrose 5:45/7:15
1/19/2024	JHBBB vs Nedrose 4:00/5:00
1/20/2024	GBB @ Glen Ullin
1/20/2024	Girls Wrestling @ Killdeer
1/23/2024	BBB @ Stanley

1/25/2024	GBB @ Stanley 5:45
1/25/2024	JHBBB @ Nedrose 4:00/5:00
1/26/2024	JHBBB vs Bishop Ryan 4:00/5:00
1/26/2024	Girls Wrestling @ Central Cass
1/27/2024	BBB vs ORCS 11:30/1:00/2:30
1/27/2024	Wrestling @ Larimore Tourney
1/29/2024	BBB vs Turtle Mountain
1/30/2024	GBB vs Turtle Mountain 4:30/6:00
2/1/2024	BBB vs Rugby
2/2/2024	GBB @ South Prairie
2/2/2024	JHBBB @ Velva
2/3/2024	Region 3 Dual Wrestling @ DLB
2/3/2024	Girls Wrestling @ Napoleon
2/5/2024	GBB vs Rugby 4:30/6:00
2/5/2024	JHBBB @ Bishop Ryan 4:00/5:00
2/6/2024	BBB @ New Town
2/8/2024	GBB @ Dunseith
2/9/2024	BBB vs South Prairie
2/9/2024	Girls WDA Wrestling
2/9/2024	JHBBB vs Bottineau
2/10/2024	Region 3 Individual Wrestling
2/12/2024	GBB vs New Town 4:30/6:00
2/13/2024	BBB @ Nedrose
2/13/2024	JHBBB vs Velva
2/15/2024	JHBBB vs Surrey 4:00/5:00
2/15/2024	State Wrestling Fargo
2/16/2024	State Wrestling Fargo
2/16/2024	BBB vs Dunseith
2/16/2024	No School State Wrestling
2/19/2024	Region GBB
2/19/2024	No School Professional Dev. Day
2/20/2024	Region GBB
2/22/2024	Region GBB
2/22/2024	JHBBB @ South Prairie 4:00/5:00
2/23/2024	BBB @ Bottineau
2/24/2024	Challenge Game GBB
2/24/2024	Haley Sundsbak Tournament
2/25/2024	Haley Sundsbak Tournament
2/26/2024	Begin Track
2/29/2024	State GBB Tournament
2/29/2024	JHBBB vs ORCS
3/1/2024	State GBB Tournament
3/1/2024	DLB JH BBB Tournament
3/2/2024	DLB JH BBB Tournament
3/4/2024	Region BBB Tournament MSU Dome
3/5/2024	Region BBB Tournament MSU Dome
3/7/2024	Region BBB Tournament MSU Dome

3/9/2024	BBB Challenge Game
3/13/2024	No School Spring Break
3/14/2024	State Tournament BBB
3/14/2024	No School Spring Break
3/15/2024	State Tournament BBB
3/15/2024	No School Spring Break
3/16/2024	State Tournament BBB
3/18/2024	Begin Baseball/Softball
3/23/2024	Prom
3/25/2024	5th/6th BBB vs South Prairie 4:14/5:15
3/26/2024	NW Conference Indoor Track MSU 1:00
3/28/2024	5th/6th BBB vs ORCS 4:15/5:15
3/29/2024	No School Easter Break
4/1/2024	No School Easter Break
4/4/2024	5th/6th BBB @ Velva 4:00
4/5/2024	5th/6th BBB vs Kenmare 4:15/5:15
4/8/2024	Begin Boys Golf
4/8/2024	5th/6th BBB @ Surrey 4:00/5:00
4/9/2024	5th/6th BBB @ Kenmare 4:00/5:00
4/12/2024	5th/6th BBB vs MLS 4:15/5:15
4/12/2024	No School Professional Dev. Day
4/16/2024	5th/6th BBB @ South Prairie 4:00/5:00
4/19/2024	5th/6th BBB vs Surrey 4:15/5:15
4/22/2024	5th/6th BBB @ Bishop Ryan 4:00/5:00
4/23/2024	NW Conference JH Boys Golf @ Kenmare
4/27/2024	5th/6th @ Kenmare Tournament
5/2/2024	NW Conference Track @ Parshall
5/7/2024	NW Conference Boys Golf@Divide co.
5/16/2024	Last Day of School
5/19/2024	Graduation Ceremony 2:00 pm
5/20/2024	Region Baseball
5/21/2024	Region Baseball
5/21/2024	Region Softball
5/22/2024	Region Baseball
5/22/2024	Region Softball
5/23/2024	Region Softball
5/23/2024	State Track Bismarck
5/24/2024	State Track Bismarck
5/30/2024	State Baseball/Softball
5/31/2024	State Baseball/Softball

From the Office of the Athletic Director

1. Any student participating in a sport MUST have a physical turned in to their coach or into the High School office BEFORE they will be allowed to practice. Students in grades 7-12 need nine practices before you are allowed to play in a game and not having your physical completed before the season starts may put you in a position where you may not be eligible for the first contests. Make an appointment now and get physicals completed before August. Your physician should have the form needed or you can print one off the NDHSAA website. Any physical completed after April 15, 2023 is valid for this coming school year.
2. Sports seasons starting dates:
 - Girls Golf—practice will begin August 1st
 - High School Football—practice will begin August 3rd
 - Cross Country—practice will begin August 14th
 - High School Volleyball—practice will begin August 14th
 - Junior High Football—gear hand-out after school on August 16th
 - Junior High Volleyball—practice after school on August 16th
 - 5th and 6th grade GBB—meeting on August 16th during the school day
 - Junior High GBB—practice will begin mid-October
 - Wrestling—practice will begin on November 6th
 - High School GBB—practice will begin November 13th
 - High School BBB—practice will begin on November 27th
 - Junior High BBB—practice will begin on January 3rd
 - High School and Junior High Track—practice will begin in early March
 - High School Baseball—practice will begin March 18th
 - High School Softball—practice will begin March 18th
 - 5th and 6th grade BBB—practice will begin in early March
 - Boys Golf—practice will begin April 8th
3. Athletes in grades 7-12 who are competing on a DLB school team are prohibited from participating on a “traveling team” during that season. This is a rule established by the NDHSAA.

4. High School Coaches *may* be holding “tryouts” for their respective seasons. Not all athletes are guaranteed a spot on the Varsity, Junior Varsity, or C-squad teams regardless of what grade they are in. Coaches will be contacting players within the first few days of practice if they are not going to make a team.
5. Please support our athletic teams and any extra-curricular activities at Des Lacs-Burlington High School in a positive manner. Don’t hide behind social media and post negative comments about teachers, coaches, coaching decisions, players, officials, administrators, or other schools.
6. The majority of our sports teams and extra-curricular groups are involved with some type of fundraising. The DLB Boosters are also *very gracious* with helping out when necessary. No solicitation of money should be made by Parents or groups outside the school without the approval of the Superintendent and/or Athletic Director.
7. Athletic fees for the 2023-2024 school year
 - Athletic participation for 5th and 6th grade:
 - *\$30 for one sport
 - *\$50 for two sports
 - Athletic participation for grades 7-12:
 - *\$50 for one sport
 - *\$100 for two sports
 - *\$150 for three sports. (Family max)

Looking forward to an exciting and successful 2023-2024 school year!!



Mr. Medalen
Des Lacs-Burlington High School Athletic Director

Frequently Asked Questions

Federal Free and Reduced-Price School Meals & North Dakota's Expanded Income Eligibility Guidance

This document provides information for families with students attending a school in North Dakota offering Federal Child Nutrition Programs such as National School Lunch Program and/or School Breakfast Program, as well as information about North Dakota's Expanded Income Eligibility Guidelines for schools. It is effective July 1, 2023

Dear Family:

Children need healthy meals to learn. United #7 offers healthy meals every school day. Breakfast is \$__1.75__ and lunch is \$2.15/2.25. Other programs, such as Title I, rely on area income eligibility. If your household income is below the numbers in the chart below, please complete the enclosed income application and return it to the school. **To be considered for any other income-based programs the district may offer, please fill out the "Release of Information Form" as well.**

1. **DO I NEED TO FILL OUT AN APPLICATION FOR EACH CHILD?** No. Complete the application to apply for free or reduced-price meals. *Use one Free and Reduced-Price School Meals Application for all students in your household. We can only approve a complete application, so be sure to fill out all required information and sign it. Return the completed application to: United #7, Attn: Jody Askvig, PO Box 117, Des Lacs, ND 58733, or email to: jody.askvig@k12.nd.us*
2. **WHO CAN GET FREE MEALS?**
 - All children in households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP), the Food Distribution Program on Indian Reservations (FDPIR) or the Temporary Assistance Program for Needy Families (TANF) can get free meals regardless of your income. Also, your children can get free or reduced-price meals if your household income is within the limits on the Federal Income Chart.
 - Foster children under the legal responsibility of a foster care agency or court are eligible for free meals.
 - Children who meet the definition of homeless, runaway, or migrant are eligible for free meals. To determine if your child is eligible, please call or email jody.askvig@k12.nd.us.
 - Children may receive free or reduced-price meals if your household's income is within the limits on the Federal Income Eligibility Guidelines. Your children may qualify for free or reduced-price meals if your household income falls at or below the limits on the chart below.

Federal Income Chart
For School Year 2023 -24

Household Size	1	2	3	4	5	6	7	8	Each Additional Person:
Yearly	\$26,973	\$36,482	\$45,991	\$55,500	\$65,009	\$74,518	\$84,027	\$93,536	\$9,509
Monthly	\$2,248	\$3,041	\$3,833	\$4,625	\$5,418	\$6,210	\$7,003	\$7,795	\$793
2x per Month	\$1,124	\$1,521	\$1,917	\$2,313	\$2,709	\$3,105	\$3,502	\$3,898	\$397
Every 2 Weeks	\$1,038	\$1,404	\$1,769	\$2,135	\$2,501	\$2,867	\$3,232	\$3,598	\$366
Weekly	\$519	\$702	\$885	\$1,068	\$1,251	\$1,434	\$1,616	\$1,799	\$183

- Children attending schools in North Dakota may receive free meals if your household income is within the limits of the new State Free Expanded Income Guidelines (State Free 200). Your children may qualify for no-cost meals if your household income falls at or below the limits on the chart below:

State of North Dakota Income Chart
For School Year 2023 -24

Household Size	1	2	3	4	5	6	7	8	Each Additional Person:
Yearly	\$29,160	\$39,440	\$49,720	\$60,000	\$70,280	\$80,560	\$90,840	\$101,120	\$10,280
Monthly	\$2,430	\$3,287	\$4,143	\$5,000	\$5,857	\$6,713	\$7,570	\$8,427	\$857
2x per Month	\$1,215	\$1,643	\$2,072	\$2,500	\$2,928	\$3,357	\$3,785	\$4,213	\$428
Every 2 Weeks	\$1,122	\$1,517	\$1,912	\$2,308	\$2,703	\$3,098	\$3,494	\$3,889	\$395
Weekly	\$561	\$758	\$956	\$1,154	\$1,352	\$1,549	\$1,747	\$1,945	\$198

3. **SHOULD I FILL OUT AN APPLICATION IF I RECEIVED A LETTER THIS SCHOOL YEAR SAYING MY CHILDREN ARE APPROVED FOR FREE MEALS?** Please read the letter you got carefully and follow the instructions.
4. **MY CHILD'S APPLICATION WAS APPROVED LAST YEAR. DO I NEED TO FILL OUT ANOTHER ONE?** Yes. Your child's application is only good for that school year and for the first few days of this school year. You must send in a new application unless the school told you that your child is eligible for the new school year.

5. **I GET WIC. CAN MY CHILD(REN) GET FREE MEALS?** Children in households participating in WIC may be eligible for free or reduced-price meals. Please fill out an application.
6. **WILL THE INFORMATION I GIVE BE CHECKED?** Yes, we may also ask you to send written proof of income.
7. **IF I DON'T QUALIFY NOW, MAY I APPLY LATER?** Yes, you may apply anytime during the school year if your household size goes up, income goes down, or if you start receiving SNAP TANF or FDPIR. If you lose your job, your children may be able to get free or reduced-price meals during the time you are unemployed.
8. **WHAT IF I DISAGREE WITH THE SCHOOL'S DECISION ABOUT MY APPLICATION?** You should talk to school officials. You also may ask for a hearing by calling or writing to: UNITED #7, ATTN: CHRISTOPHER BACHMEIER, PO BOX 117, DES LACS, ND 58733.
9. **MAY I APPLY IF SOMEONE IN MY HOUSEHOLD IS NOT A U.S. CITIZEN?** Yes, you or your child(ren) do not have to be U.S. citizens to qualify for free or reduced-price meals.
10. **WHOM SHOULD I INCLUDE AS MEMBERS OF MY HOUSEHOLD?** You must include all people living in your household, related or not (such as grandparents, other relatives, or friends). You must include yourself and all children living with you.
11. **WHAT IF MY INCOME IS NOT ALWAYS THE SAME?** List the amount that you normally receive. For example, if you normally make \$1000 each month, but you missed some work last month and only made \$900, put down that you made \$1000 per month. If you normally get overtime, include it, but do not include it if you only work overtime sometimes.
12. **WE ARE IN THE MILITARY. DO WE INCLUDE OUR HOUSING ALLOWANCE AS INCOME?** If you receive an off-base housing allowance, it must be included as income.
13. **MY SPOUSE IS DEPLOYED TO A COMBAT ZONE. IS HIS/HER COMBAT PAY COUNTED AS INCOME?** No, if the combat pay is received in addition to her basic pay because of her deployment and it wasn't received before she was deployed, combat pay is not counted as income. Contact your school for more information.

If you have other questions or need help, call Jody at 725-4334.

Sincerely,

Christopher Bachmeier, Superintendent

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, (including gender identity and sexual orientation) disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the responsible state or local agency that administers the program or USDA's TARGET center at 92020 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete Form AD-3027, which can be obtained on-line at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-o-0508-0002-508-11-28-17Fax2Mail.pdf>, or at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or (833) 256-1665 or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.



2023-24 Application for Free or Reduced-Price Meals

Complete one application per household for all children. Please use a pen (not a pencil). Mail or return completed form to: (School/District Information) Unit #7, PO Box 117, Des Lacs, ND 58733

STEP 1: List ALL Household Members who are infants, children, and students up to and including grade 12 (if more spaces are required for additional names, attach another sheet of paper).

Definition: A Household Member is "Anyone living with you and shares income and expenses, even if not related." Children in Foster care are eligible for free meals. Read *How to Complete the Application for Educational Benefits* for more information. Adults over grade 12 living in the same household should be reported in Step 3. If your children attend different districts or charter/nonpublic schools, return an application to each one.

Child's First Name (list all children in household)	M	Child's Last Name	School	Grade	Foster Child	Migrant	Homeless or Runaway
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
					<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Does your child have health insurance? Many children who qualify for free or reduced-price meals may also be eligible for low-cost or free health coverage. For more information, visit <https://applyforhelp.nd.gov> or call 1-844-854-4825.

STEP 2: Do Any Household Members (including you) currently participate in one or more of the following assistance programs: SNAP, TANF, or FDIPIR? Medical assistance does not qualify. If NO > Go to STEP 3. If YES > Enter SNAP, TANF, or FDIPIR Case Number (between 4-9 digits, do not report EBT card number) _____ then go to STEP 4 (Do not complete STEP 3.)

STEP 3: Report Income for ALL Household Members (Skip this step if you answered 'Yes' to STEP 2)

A. Child Income. Sometimes children in the household earn or receive income, such as from a part-time job or SSI. Please include the TOTAL income received by all children listed in STEP 1. Do not include income received by adults in the box to the right.

Total Income Received by All Children	Weekly	Bi-weekly	2x Month	Monthly
\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B. All Adult Household Members (including yourself). For each Household Member listed, report total gross income only if they receive income. If they do not receive income from any source, write '0' or leave any fields blank. You are certifying (promising) that there is no income to report. Not sure what income to include here? Flip the page and review "Sources of Income" for information. "Sources of Income" will help you with the Child Income section and All Adult Household Members section.

Names of All Adult Household Members (First and Last)	Gross Earnings from Working at Jobs				Are you Self-Employed or a Farmer?				Any Other Gross Income			
	Weekly	Bi-Weekly	2x Month	Monthly	Yearly	Monthly	Net income from Farm or Self-Employment. Do not duplicate elsewhere.	Weekly	Bi-weekly	2x Month	Monthly	SSI, Unemployment, Public Assistance, Child Support, and others on Page 2
List all Household members not listed in STEP 1 (including yourself) even if they do not receive income. Include children who are temporarily away at school or in college.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STEP 4: An Adult household member must sign the application. If Part 3 is completed, the adult signing the form must also list the last four digits of his or her social security number or mark the 'I do not have a Social Security Number box'.

A. Last Four Digits of Social Security Number (SSN) of Adult Household Member: XXX-XX- Or I do not have a Social Security Number

B. Attestation & Signature: "I certify (promise) that all information on this application is true, and that all income is reported. I understand that this information is given in connection with the receipt of Federal funds and that school officials may verify (check) the information. I am aware that if I purposely give false information, my children may lose meal benefits, and I may be prosecuted under applicable State and Federal laws."

X SIGNATURE of Adult Completing Application (Form must be signed to be complete.) DATE _____

Print Name _____ Apt# _____ City _____ Zip _____ Daytime Phone _____

Total Number of All Household Members (Children + Adults) Here:

SCHOOL OFFICE USE ONLY

Error Prone Application

Case # Application Foster Application Directly Certified: Date of Disregard: _____

Income Application Homeless/Migrant/Runaway

Household Size: _____ Per: Week Bi-Weekly (Every 2 Wks) 2x Month Monthly Annual

Total Income: \$ _____ Eligibility: Federal Free (130%) _____ Reduced (185%) _____ State Free (200%) _____ Denied _____ Reason for Denial Income Too High Incomplete App

Determining Official's Signature: _____ Date: _____

Selected For Verification: Confirming Official's Signature: _____ Date: _____

Verifying Official's Signature: _____ Date: _____

INSTRUCTIONS: Sources of Income

Sources of Income for Children

Sources of Child Income	Examples
<ul style="list-style-type: none"> Earnings from work Social Security <ul style="list-style-type: none"> Disability Payments Survivor's Benefits Income from person outside the household Income from any other source 	<ul style="list-style-type: none"> A child has a regular full or part-time job where they earn a salary or wages A child is blind or disabled and receives Social Security A Parent is disabled, retired, or deceased, and their child receives Social Security benefits A friend or extended family member regularly gives a child spending money A child receives regular income from a private pension fund, annuity, or trust

Sources of Income for Adults

Earnings from Work	Public Assistance / Alimony / Child Support	All Other Income
<ul style="list-style-type: none"> Salary, wages, cash bonuses (before deductions or taxes) Net income from self-employment (farm or business) If you are in the U.S. Military: <ul style="list-style-type: none"> Basic pay and cash bonuses (do NOT include combat pay, FSSA or privatized housing allowances) Allowances for off-base housing, food and clothing 	<ul style="list-style-type: none"> Cash Assistance from State or local government Supplemental Security Income Unemployment benefits Worker's compensation Alimony payments Child support payments Veteran's benefits Strike benefits 	<ul style="list-style-type: none"> Social Security Disability benefits Regular income from trusts or estates Annuities Investment income Rental income Regular cash payments from outside household

OPTIONAL: Children's Racial and Ethnic Identities

We are required to ask for information about your children's race and ethnicity. This information is important and helps to make sure we are fully serving our community. Responding to this section is optional and does not affect your children's eligibility for free or reduced-price meals. Respond to both Step One, *Ethnicity* and Step Two, *Race*.

Step One: Ethnicity (check one): Hispanic or Latino Not Hispanic or Latino

Step Two: Race (check one or more): American Indian or Alaskan Native Asian Black or African American Native Hawaiian or Other Pacific Islander White

The Richard B. Russell National School Lunch Act requires the information on this application. You do not have to give the information, but if you do not, we cannot approve your child for free or reduced price meals. You must include the last four digits of the social security number of the adult household member who signs the application. The last four digits of the social security number is not required when you apply on behalf of a foster child or you list a Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF) Program, or Food Distribution Program on Indian Reservations (FDPIR) case number or other FDPIR identifier for your child or when you indicate that the adult household member signing the application does not have a social security number. We will use your information to determine if your child is eligible for free or reduced-price meals and for administration and enforcement of the lunch and breakfast programs. We MAY share your eligibility information with education, health, and nutrition programs to help them evaluate, fund, or determine benefits for their programs, auditors for program reviews, and law enforcement officials to help them look into violations of program rules.

Foster, migrant, homeless, and runaway children and children enrolled in a Head Start program are categorically eligible for free meals and free milk. If you are completing an application for these children, contact the school for more information.

Nondiscrimination Statement: *In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.*

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online

at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

Mail: * U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(1) Fax: (833) 256-1665 or 202-690-7442; or
(2) Email: program.intake@usda.gov.

*Only use this address if you are filing a complaint of discrimination.

Income Determination: Multiple income frequencies must be converted to annual amounts and combined to determine household income. Do not convert if only one income frequency is provided by the household. If converting income to annual, round only the final number.
Annual Income Conversion: Weekly x 52 Every 2 Weeks x 26 Twice a Month x 24 Monthly x 12

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Return completed form to your child's school.