



FOR IMMEDIATE RELEASE

MEDIA ADVISORY – Tuesday, October 2, 2018

Fargo Public School District #1

HIGH SCHOOL FRESHMEN ATTEND CHARACTER-BUILDING RETREAT

Kindness. Respect. Courage. Honor. These character traits are important enough to future success to devote a day of learning to develop them.

WHAT: Fargo North High School Freshmen Retreat
WHEN: **Thursday, October 4, 2018 from 9:00 to 11:30 a.m. and Noon to 2:00 p.m.**
WHERE: Heritage Hjemkomst Interpretive Center, 202 1st Ave N, Moorhead
CONTACT: **Andrew Dahlen**, North High principal, 701.446.2404 or dahlean@fargo.k12.nd.us for more information.

On October 4, the entire freshman class (283 ninth graders) from Fargo North High School, will participate in a “respect” retreat lead by Youth Frontiers of Minneapolis. Forty-seven seniors from North’s Student Council and a variety of extra-curricular activities/clubs will be acting as group leaders for the event. The goal of the retreat is to build a positive school community at North High School in which students respect themselves and others. The retreat will take place at the Hjemkomst Center in Moorhead.

Youth Frontiers retreat staff will focus on helping North High create a positive school community by engaging retreat participants in a variety of activities that build students’ empathy and teach safe ways to help prevent bullying, including:

- Community-building activities to foster stronger student-to-student relationships
- Skills-building activities to enhance self-awareness
- Large-group storytelling about respecting others and yourself
- Small-group discussions about respect concepts
- Personal journaling and reflection time on how to apply respect concepts in their life and at school
- Large-group sharing for participants to make commitments to stand up for respect within their school

The retreat reminds students that they are important, can effect change in their environment, and that there is a supportive community of educators, mentors, and classmates around them. Students are challenged with the message that someone acting with character does not make fun of or bully anyone for any reason. As bystanders, they are encouraged to stand up for the value of respect in their school hallways, lunch lines, and classrooms. Youth Frontiers shares that participation in the retreat results in cognitive, attitudinal, and behavioral shifts that decrease students’ distractions to learning and help build a positive school community.

More information about Youth Frontiers can be found online at www.youthfrontiers.org.

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